

HOW TO FOAM ROLL

GET HEALTHY **U**

3 STEPS TO FOAM ROLLING

1. Roll over whole area to investigate and soften your muscles approximately ten times.
2. Find your sore spot or trigger point—pin it, hold it, lean into it, add pressure.
3. Cross friction—knead it back and forth across the muscle.

6 FOAM ROLLER MOVES TO TARGET & LOOSEN TIGHT MUSCLES



QUAD RELIEF



BACK RELIEF



CALF RELIEF



HAMSTRING RELIEF



LAT RELIEF



IT BAND RELIEF