



**FOAM ROLLER  
WORKOUT GUIDES**  
**SP0377**

<http://www.iodoland.com/>

# ○ PART 1. FULL BODY WORKOUT

To improve your base line flexibility, do the full body foam rolling routine three times a week. During each move, roll back and forth slowly for 30 seconds. If you hit a tender spot with the roller, hold it three for 30 to 90 seconds.

## 1 HAMSTRINGS ROLL

Roll for 30 Seconds



## 2 GLUTES ROLL

Roll for 30 Seconds



## 3 ILIOTIBIAL-BAND ROLL

Roll for 30 Seconds



## 4 CALF ROLL

Roll for 30 Seconds



## 5. QUADRICEPS AND HIP-FLEXORS ROLL

Roll for 30 Seconds



## 6. GROIN ROLL

Roll for 30 Seconds



## 7. UPPER-BACK ROLL

Roll for 30 Seconds



## 8. LOWER-BACK ROLL

Roll for 30 Seconds



## 9. SHOULDER-BLADES ROLL

Roll for 30 Seconds



## 10 GRASSHOPPER

Roll for 30 Seconds



## 11. LEG PULL

Roll for 30 Seconds on Each Side



## 12 ROLLER DIP

Do 10 Reps



## 13. STOMACH MASSAGE

Do 8 Reps



## ○ PART 2. BACK WORKOUT

Grab a roller and follow this routine three or four times a week. Perform each of the following exercises in order, without rushing through, resting for a few seconds after each move. Repeat the sequence up to three times total.

### 1. SHOULDERS



WORK out tension in your shoulders, upper back and chest! Position the foam roller long ways so that it's between your shoulders and lay in a bridge position. Raise both of your arms next to your head, palms up, elbows bent at a 90 degree angle.

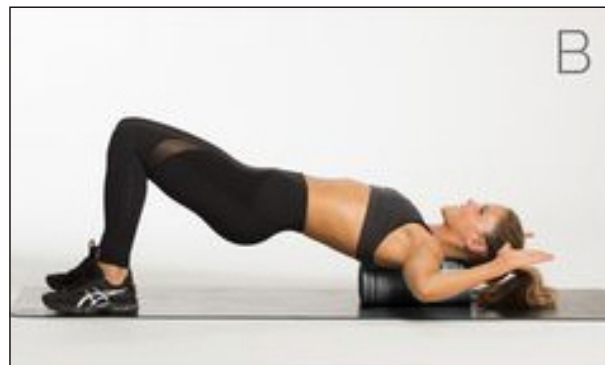


SLOWLY bring your hands together in front of your face while maintaining a 90 degree angle at the elbow and keeping your core and booty engaged. Reverse this move to return back to the starting position. Repeat for 60 seconds.

## 2. UPPER BACK



**RELEASES** your postural muscles! Move directly into this move from the previous one. Press your arms over your head, palms facing up. Make sure to keep your booty and abs engaged the whole time!



**LOWER** your arms back toward your head until you reach a 90 degree angle at the elbow.

## 3. UPPER/MID BACK



**WORKS** out tension in your upper back! Turn the foam roller so that it goes across your shoulders and put your hands behind your head.



**SLOWLY** roll down your back by extending your legs. Reverse this move to return back to the starting position. Roll up and down your upper back for 60 seconds, making sure to pause at any pressure points until it's released.

## 4. LATS



**RELEASES** tight lat muscles! Lay on your side with your hands behind your head and position the foam roller about six inches below your arm pit. Keep your bottom leg straight and bend the top one slightly behind you to support your body.



**ROLL** up toward your armpit by slowly bending your straightened leg. Reverse this move to return back to the starting position. Pause at any pressure points until it's released. Roll out for 60 seconds then switch sides.

## 5. BOOTY



**RELEASES** tight glute muscles! Put your left hand behind you for support and position the foam roller under your left glute. Cross your left leg over your right. Slowly roll back and forth along the booty, pausing at any tight spots until it is released. Roll out for 60 seconds. Repeat on the right side.

## 6. IT BAND



**RELEASES** tight IT bands! Position the foam roller on the outside part of your left leg with your right leg crossed over the front and the left arm on the ground for support. Roll up and down the side of the leg, avoiding the knee joint and pausing at any pressure points. Roll out for 60 seconds then switch legs.

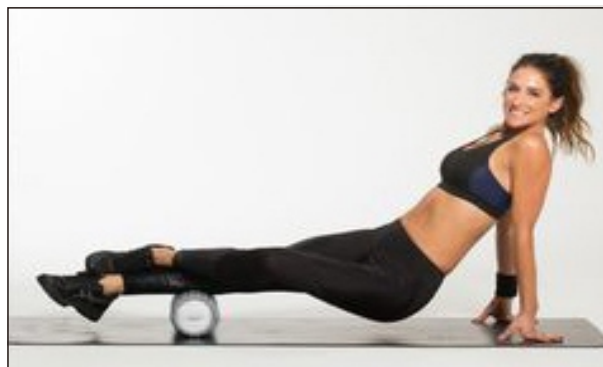


## 7. HAMSTRINGS

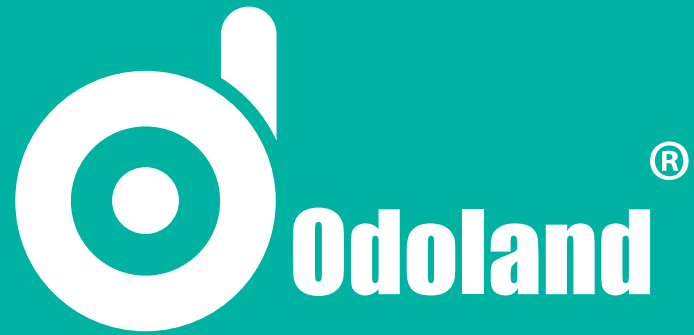


RELEASES tight hamstrings! Start with the foam roller in the middle of your thigh while crossing your opposite leg over the other. Keep your arms behind you to support your body. Roll down until just before the back of your knee, making sure to avoid the joint, then roll back up all the way to your booty. Pause at pressure points until they are released. Repeat for 60 seconds then switch sides.

## 8. CALVES



RELEASES both your gastroc and soleus muscles! Start with the foam roller in the middle of your calf muscle. Cross your opposite leg over your shin. While rolling up and down the calf, also roll slightly side to side, pausing at pressure points until it's released. This helps get both the soleus and gastroc muscles! Make sure to avoid the knee joint. Repeat for 60 seconds then switch legs.



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