



## FOAM ROLL

PERFORM EACH EXERCISE 1-2 TIMES FOR 15-20 SECONDS OR 8-10 PASSES

COACHING CUE: FOCUS ON A SMALLER WORK AREA COMPARED TO BIG, SWEEPING MOTIONS



CALVES



GLUTES



GROIN



IT BAND



LAT



QUAD



THORACIC EXTENSION



UPPER BACK



CHEST OPENER