

## Foam Rolling 101: Roll Out Those Knots in Your Muscles!

### SELF MASSAGE FOR THE LOWER BODY

The following is a lower body sequence that exercisers at all levels can benefit from. Complete exercises 1-6 before switching legs. Remember to move slow and smoothly.

#### 1. Outside of lower leg

Sit on the floor with your lower leg on the roller, near your ankle. Cross one leg over the opposite, resting your ankle on your shin. With your elbows supporting you, lift your glutes and back off the floor and move so that you can slowly roll your calf along the roller. Pause at any tender spots for 10-12 seconds. Readjust if needed, and continue to exercise.



#### 2. Front of upper leg

Continuing from exercise 1, turn over to a face down position and place the foam roll slightly above the knees. Slowly roll from knee toward hips while keeping quadriceps relaxed.



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### 3. **Buttocks**

Sit on the roller, leaning on your glute, with one foot crossed and resting on opposite knee. Hold that knee, and put one hand behind you for support. Slowly roll along your rear hip, again stopping at tender points.



### 4. **Front of hip**

Turn over so your front hip is on the roller. Your leg should be straight out, your opposite knee should be bent with foot on the floor for balance. Now, starting at the hip, slowly roll down over the front of your thigh to your knee (see exercise 5).

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**5. Side of leg**

Continuing from exercise 4, position yourself side lying on foam roll. Bottom leg is raised slightly off floor. Maintain head in "neutral" with ears aligned with shoulders. Roll slowly to the knee. To transition into exercise 6, simply roll to the front of the thigh progressed by straddling the foam roll (see exercise 6)



**6. Inside of leg**

Straddle the roller, with your inner right thigh resting on it, supporting your upper body on both elbows. Roll from your knee toward your hip.

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Complete exercises 1-6 on opposite leg.

#### **CHOOSING A FOAM ROLL**

When choosing a foam roll, make sure the foam roll is hard and dense. If the foam is too soft, less than adequate tissue massage is applied. On the other hand, if the foam is too hard, bruising and more advanced soft-tissue trauma may occur.

**You can purchase your foam roller in the studio at BodyForm or from the website.**

**[www.bodyformpersonaltraining.com](http://www.bodyformpersonaltraining.com)**

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