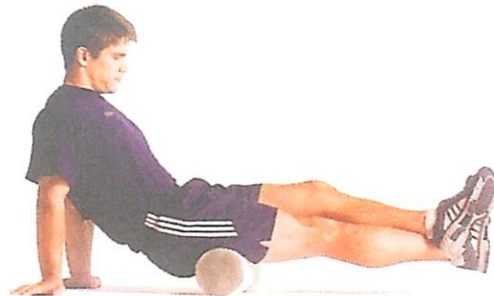
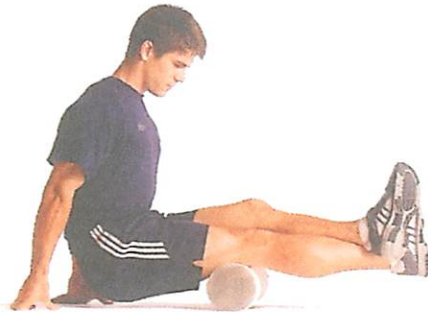


# FOAM HAMSTRING

Place the foam roll under one or both of your hamstrings and let your body glide up and down the roll. For added benefit, try to

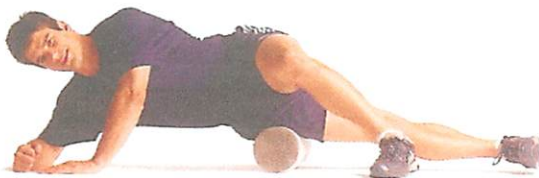
put all your body weight on the roll. Hold perfect posture throughout.



# FOAM IT BAND

This might seem a little uncomfortable, but it's very effective. The iliotibial (IT) band is a thick band of tissue that extends from your hip down over your knee and attaches to your tibia (shinbone). Lie on your side

and roll along the foam from your thigh to just above your knee. For greater pressure on your IT bands, stack your legs, as shown in the right photo.



BASIC



ADVANCED

## FOAM QUAD

To work your quadriceps, you'll need to get on top of the foam and roll over the quads—either one at a time or both at

once. You'll be surprised at how effective this particular roll is in working out muscle spasms.



## FOAM GROIN

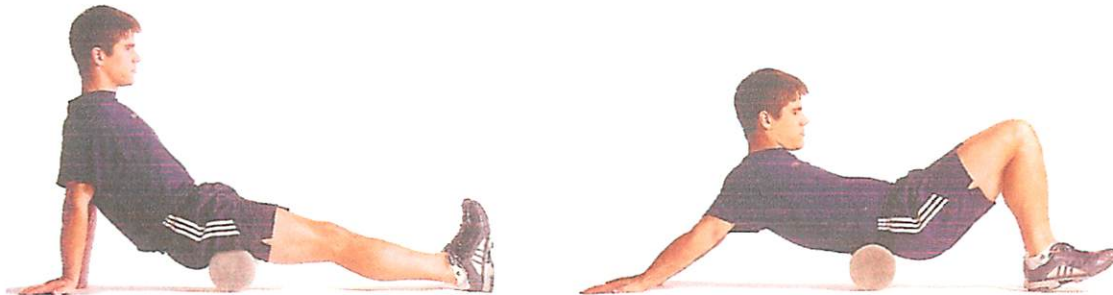
Lie on your stomach, with one leg lifted up toward your shoulder and the roll under

that leg. Roll on the inside of your thigh, from your knee to your pelvis.



## FOAM GLUTE

Sit on the foam roll and let it work from the back of your thighs to your lower back.



## FOAM BACK

Lie atop the roll and let it glide from your shoulders down to the base of your spine. Keep your tummy tight. You can support your head with your hands, if you want.



## FOAM LAT

Lie on your side and roll from the side of your lower back up past your armpit.



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