

## Balance

Start by balancing one foot on a half-round foam roller. Be sure that your toes barely touch the floor. As balance improves, lift one leg lower into squat.

## Reverse Lunges

Start in upper position with left leg on half round roller. Keep hips towards floor and both knees at a 90-degree angle. Take a step backward and lower as shown. Do 8-12 reps and switch to right leg.

# \* *J/fit*

## Foam Roller Exercise Chart

## Glutes/Piriformis



Sit on roller with legs extended. Starting with lower part of glutes, roll to the upper part. Keeping your body slightly tilted allows you to focus on one glute at a time.

## Illiotalibial Band



Lie on right side and position foam roller under right hip. With both arms in front of your torso, your right arm will support most of your body. Bend left leg and place over outstretched right leg as shown in the picture. Your head should be in a neutral position, ears aligned with shoulders. Slowly roll down from your hip on outside edge of leg down to knee. Hold on any tight spot for 20-30 seconds. Switch to left side and repeat.

## Trapezius, Erector Spinae



Place foam roller behind lower back with arms either supporting head or extended out behind. Roll from small of back up towards shoulders. Hold for 20-25 seconds on tight spots. Breath slowly and deeply.

## Latissimus Dorsi



Laying on your left side with roller placed under your arm. Keep left arm outstretched, thumb up and legs extended with right over left. Roll from armpit towards waist.

## Push-Ups



With your head remaining neutral, slowly lower elbows out to 90 degrees and continue down to floor. Return to starting position. Beginners can keep knees on floor.

## Quadriceps



Lie on stomach with roller placed just above knee. Elbows are bent and forearms flat against the floor. Engage your abdominal muscles and keep glutes tight to prevent back from sagging. Roll forward from pelvic bone, over front of thigh, down to knee. Place roller on outside of thigh to focus on the Tensor Fascia Latae