

Foam Rolling

Spend 1-2 mins per muscle or muscle group. Go slowly. Aim for 6 movements in a minute.

May do more or less on some areas.

Benefits of foam rolling:

Improves mobility and your range of motion

Can reduce of scar tissue and adhesions

Can improved your quality of movement

Helps to maintain of healthy tissue

Do not roll: On injured tissue

On joints or bony prominences

On any areas that are inflamed or extremely painful

Tensor Facia Latae, Gluteus Minimus, Gluteus Medius



Iliotibial Band



Peroneals



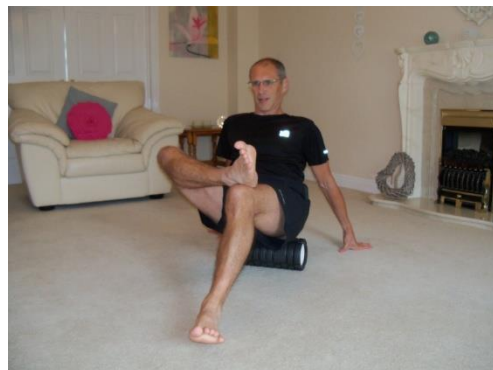
Gastrocnemius & Soleus



Hamstrings



Piriformis



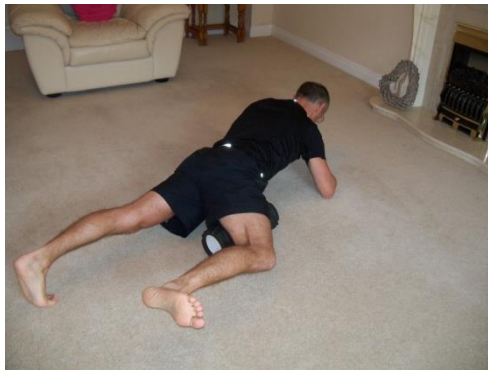
Thoracic Spine



Quadriceps



Adductors



This document is not designed as an instructional guide but as an aid for squad members and players to remember all the movements shown and instructed in squad. If you are not sure of any of the movements, wait, ask and you will be shown at the next squad.