

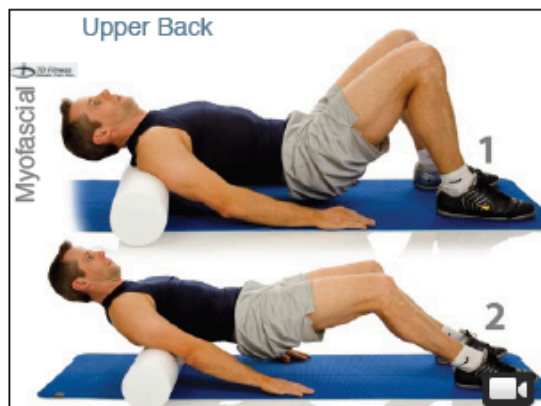


TD Fitness

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Foam Roller Sequence

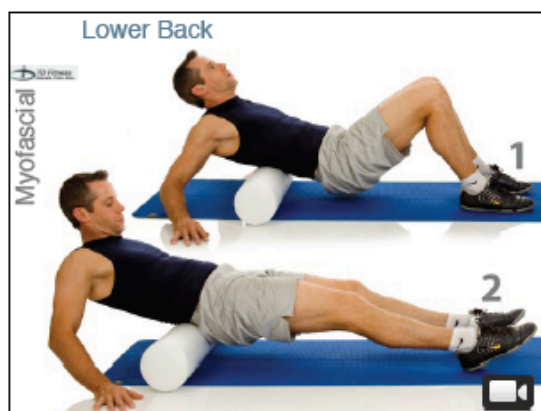
Exercise images courtesy of PumpOne.com



- 1 - Lie on a roller across your upper back with hands on the floor by your sides, your feet flat and knees bent.
 - 2 - Push away, rolling down from your upper back to your mid-back, straightening your legs.
- Then pull back, rolling up from your mid to upper back.



- 1 - Lie on your back with a roller lengthwise along your spine, feet flat, knees bent and arms by your sides.
- 2 - Roll from side to side across your back, keeping your feet flat.



- 1 - Lie on a roller in your mid-back with hands on the floor behind, your feet flat and knees bent.
 - 2 - Push away, rolling down from your mid-back to your buttocks, straightening your legs.
- Then pull back rolling up from your buttocks to your mid-back.



- 1 - Sit upright on roller with legs straight out in front and your hands on the mat behind your back.
 - 2 - Roll back and forth over your buttocks from the top of your hamstrings to your lower back.
- Bend and straighten your legs as you roll back and forth.



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- 1 - Sit upright on a roller leaning to one side with this leg bent and the ankle on your other knee.
- Support your bodyweight on one hand on the mat behind with your arm straight.
- 2 - Push your body away, bending your elbow and rolling over the side of your buttocks.
- Pull back, straightening your arm and rolling back over the buttocks.



- 1 - Sit with a roller under the top of your hamstring with one leg straight, and the other leg bent with your foot on the floor and your hands about two feet behind your buttocks.
- 2 - Pull your body towards your hands, rolling down along the hamstring to the back of your knee.
- Push your body back away from your hands rolling up from your knee to your buttocks.



- Sit with roller under your ankles with your legs straight and your hands on the mat behind your buttocks.
- 1 - Raise your hips off the floor and one ankle off the roller, supporting your bodyweight on your hands.
- 2 - Roll up and down your calf from ankle to knee, pushing your body away with your hands.



- 1 - Lie on your side with a roller under the side of your bottom shin, hips on the mat and resting on your forearm.
- 2 - Pull your body toward your forearm, raising your hips and roll down the side of your shin from your knee to your ankle.
- Push away, rolling back up the side of your shin to your knee.



- Kneel on all fours with the roller under one ankle
- 1 - Raise both knees off the mat, bringing one into your chest, supporting your bodyweight on your hands and the ankle on the roller,
- 2 - Push back, rolling up from your ankle to your knee, straightening your leg
- Roll back down the shin, keeping the other leg raised throughout.



- 1 - Lie face down with a roller under lower thighs just above your knees supporting your weight on your hands & toes with your arms straight.
 - 2 - Push away, lowering your body down, raising your feet and roll up along the front of your thighs from your knee to mid-thigh.
- Pull back, returning to a straight arm position, rolling down to the top of your knee again.



- 1 - Lie face down with one leg bent at the knee 90 degrees and the roller under your inner thigh
- 2 - Roll back and forth along your inner thigh from your inside hip to knee and back.



- 1 - Lie face down with a roller at hip level, legs straight with one foot off the floor resting on your forearm.
- 2 - Leaning to the side of the raised leg roll up and down this leg from the top of your hip to your mid-quad.



- 1 - Lie on your side with the roller under your hip with your leg straight and the other foot and your hands on the floor.
 - 2 - Pull your body toward your hands, rolling down along the side of your thigh.
- Push away, rolling back up the side of your thigh.