



1. Calf Stretch



2. Hamstring stretch



3. Spine and Back



4. IT Band, thigh



5. Thigh, adductors



6. Butt Glutes, piriformis



7. Lats

By performing **Self-Myofascial Release techniques** on the foam roller, you can improve flexibility, function, performance, and reduce injuries. Basically you can use your own body weight to roll on the round foam roll, massaging away restrictions to normal soft-tissue extensibility. And you can perform this program at home, maximizing your recovery time.

[Go to our purchases page and you can order your very own Foam Roller.](#)