

Position yourself on your side with the foam roller under the side of your thigh.

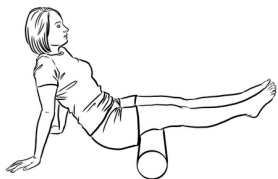
Vary the pressure and slowly roll backwards and forwards on the foam.



Sit on the floor supporting your upper body with your hands behind your back.

With your knee crossed over your opposite thigh placing the foam roller underneath your hip (gluteus) muscle.

Vary the pressure and slowly roll backwards and forwards on the foam roller (focus on trigger points).



Position yourself so that the back of your thighs (hamstrings) are on the foam roller.

Vary the pressure and slowly roll backwards and forwards on the foam.



Lie on your back and position yourself so your mid back (thoracic region) is on the foam roller.

Cross your arms behind your head and slowly roll backwards and forwards on the foam.



Lie on your front and position yourself so that the front of your shoulder is over the foam roller.

With small movements roll backwards and forwards on the foam.