

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

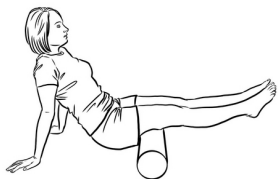
Vary the pressure and slowly roll backwards and forwards on the foam.



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

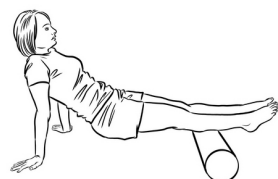
With your knee crossed over your opposite thigh placing the foam roller underneath your hip (gluteus) muscle.

Vary the pressure and slowly roll backwards and forwards.



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.



Position yourself so the back of your calves 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.



Position yourself on your front so that the front of your shin (Tibialis Anterior) is on the foam roller.

Vary the pressure 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.



Position yourself on your side with the foam roller under your arm pit area.

Rotate your body backwards slightly until the pressure of the foam roller can be felt at the muscles around the back of your arm pit.

With small movements roll backwards an



Lie on your back and position yourself so that your spine is along the length of the foam roller.

Take your arms to the side in an outstretched position and allow your arms to relax.

You will feel a stretch in the front of your shoulders and chest.