

Foam Rolling Routine



Video: [Foam Roller Routine by MatchFit Conditioning](#)

FIND THE TIGHT AREAS AND GENTLY MASSAGE WITH FOAM ROLLER FOR 20-30 SECS IN THE FOLLOWING SEQUENCE:

Foam Roller Routine
Calves
Single Leg Calf
Hamstrings
Single Leg Hamstrings
Glutes (Leg Crossovers)
Lower Back
Lower Back (On the Side)
Upper Back (Arms over Head)
Upper Back (Arms Hugging)
Neck (Roll Side to Side)
IT Band
Quads
Single Leg Quad
Adductors