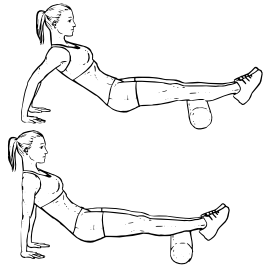


Sarah's favorite foam rolling routine

10 min · Chest, Legs

Perform this as part of your cool down routine after each workout followed by static stretching. Or as part of your warm-up routine before each workout (followed by dynamic stretching). Beginners, start with 15 reps on each muscle group and work your way up to 30 reps

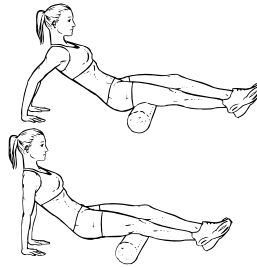
Foam Roller Calf Stretch



1 sets 20 reps

You can perform this with both legs (beginner) or one leg at a time (advanced)

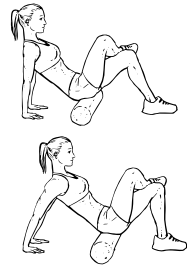
Foam Roller Hamstring Stretch



1 sets 20 reps

You can perform this on both legs at the same time (beginner) or on one leg at a time (advanced)

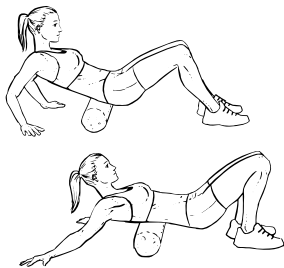
Foam Roller Glutes Stretch



1 sets 20 reps

Perform 20-30 reps on each side

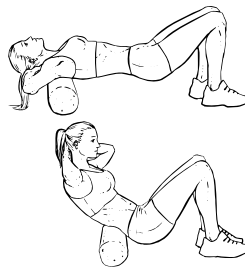
Foam Roller Lower Back Stretch



1 sets 20 reps

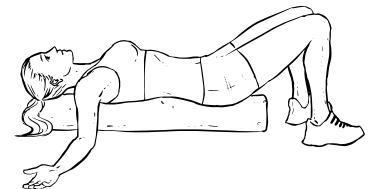
You may also cross your arms over your chest during this low back foam rolling sequence

Foam Roller Upper Back Stretch



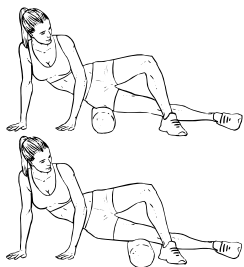
1 sets 20 reps

Foam Roller Chest Opener Stretch



2 sets 20 secs

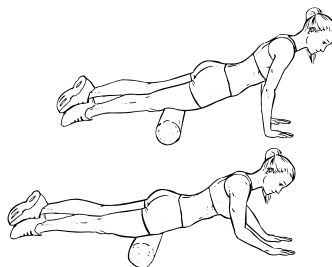
Foam Roller Outer Thighs Stretch



1 sets 20 reps

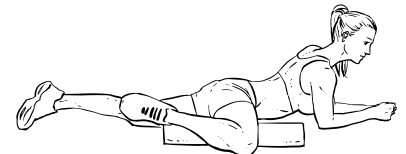
20 reps on each side

Foam Roller Quadriceps Stretch



1 sets 20 reps

Foam Roller Inner Thigh Adductor Stretch



1 sets 20 reps

20 reps on each side

