



ADVANCED TRAINING AND PERFORMANCE

Foam roll routine

Exercise Description

1. Using a foam roller
2. Roll the front, side, inside and back of your leg.
3. Roll your glutes
4. Sets and reps
 - o 5-7 times/week
 - o 2-3 sets
 - o 1-2 minutes each area

The Why

Foam roller work should feel productive. Avoid bony prominences and roll over hip/thigh musculature to reduce soreness. Foam rolling can be used to reduce soreness following a heavy training week or during a recovery time.

