

STEP 1



STEP 2



Hamstring Mobilization on Foam Roll

REPS: 10 | SETS: 3 | HOLD: nil | WEEKLY: 2x | DAILY: 1x

Setup

- Begin sitting on the floor with your legs straight and a wrapped foam roll horizontally under both of your thighs.

Movement

- Roll your thighs back and forth over the foam roll, using your arms for support.

Tip

- You can adjust the pressure by changing how much of your body weight is resting on the roll.

STEP 1



STEP 2



Thoracic Extension Mobilization on Foam Roll

REPS: 10 | SETS: 3 | HOLD: nil | WEEKLY: 2x | DAILY: 1x

Setup

- Begin lying with your upper back on a foam roll and hands clasped behind your neck.

Movement

- Let your back relax and head drop toward the floor. Pause briefly, then return to the starting position and repeat.

Tip

- Make sure not to let your hips rise up off the floor.

STEP 1



STEP 2



Calf Mobilization with Foam Roll

REPS: 1 | HOLD: 30 sec |

Setup

- Begin sitting upright with one leg bent, your other leg straight, and a foam roller under your calf.

Movement

- Push yourself off the ground with your arms and slowly roll your calf back and forth over the foam roller.

Tip

- Make sure to keep your movements slow and controlled.

STEP 1



STEP 2



Quadriceps Mobilization with Foam Roll

REPS: 10 | SETS: 3 | HOLD: nil | WEEKLY: 2x | DAILY: 1x

Setup

- Begin in a plank position with a foam roll placed directly under your thighs.

Movement

- Slowly lift your feet off the floor, then roll back and forth over the foam roll.

Tip

- Make sure to keep your thigh muscles relaxed during the exercise.

STEP 1



STEP 2



Sidelying IT Band Foam Roll Mobilization

REPS: 10 | SETS: 3 | HOLD: nil | WEEKLY: 2x | DAILY: 1x

Setup

- Begin lying on your side with your hip resting on a foam roll, your upper leg crossed in front of the other, and that foot resting on the ground.

Movement

- Slowly roll the side of your leg up and down the foam roll. Don't roll past your knee.

Tip

- Make sure to keep your back straight throughout the exercise.

STEP 1



STEP 2



Piriformis Mobilization with Small Ball

REPS: 10 | SETS: 3 | HOLD: nil | WEEKLY: 2x | DAILY: 1x

Setup

- Begin sitting upright on the floor. Place a small, firm ball below your buttock muscle and cross your same side leg over the other.

Movement

- Slowly roll your buttock muscle up and down on the ball until you feel a stretch or muscle release. Hold briefly on any tight spots, then continue rolling.

Tip

- Make sure to use just enough pressure that you feel a stretch, but no pain.

STEP 1



STEP 2



Downward Dog

REPS: 10 | **SETS:** 3 | **HOLD:** nil | **WEEKLY:** 2x | **DAILY:** 1x

Setup

- Begin on all fours.

Movement

- Prop your feet up on your toes, then push your body up into an inverted V position with your elbows and knees straight. Hold this position, feeling a stretch through your back and legs.

Tip

- Make sure to keep your shoulders down, as well as your hands and feet flat on the floor during the stretch.

STEP 1



STEP 2



V Sit Hip Adductor Hamstring Stretch

REPS: 10 | **SETS:** 3 | **HOLD:** nil | **WEEKLY:** 2x | **DAILY:** 1x

Setup

- Begin sitting on the floor with your legs out in a V shape.

Movement

- Lean forward, hinging at your hips, until you feel a stretch in the back and inside of your legs. Hold this position.

Tip

- Make sure to keep your back straight during the stretch.