

Foam roller & spikey ball exercises



Gastroc release – 30 sec x 2-3 per side



Rotator cuff release - 30 sec x 2-3 per side



Upper trap release – 20 sec x 2-3 per side



Glute release - 30 sec x 2-3 per side



Hamstring release - 30 sec x 2-3 per side



Chest stretch 30 sec – 1 minute hold



Quads – roll forward/back 1 minute



ITB – 30 sec x 2 per side



Thoracic extension – gentle rolling up/down mid back for 30 seconds



Glute release – lean onto tight side and roll foam roller 30 sec x 2 per side