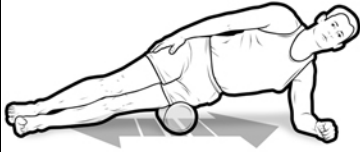


FOAM ROLLER MASSAGE: ITB

In side-lying, place a foam roller under your ITB. Roll back and forth over the foam roller concentrating on the tight, tender areas. Stay below the hip bone and roll all the way down to the knee



SETS & REPS: 2-3mins

FREQUENCY: 3-4 x week

FOAM ROLLER MASSAGE: HIP FLEXORS

Lie on your side with the foam roller placed under your hip flexor, directly below your hip bone. Support your weight with your arms and gently rotate your body over until your hip flexor muscle is fully in contact with the roller. Using your arms and top leg, gently roll yourself back and forth over the roller, concentrating on any tight and tender areas.



SETS & REPS: 2-3mins

FREQUENCY: 3-4 x week

FOAM ROLLER MASSAGE: LATERAL HAMSTRINGS

Sit on the floor and place the foam roller under your hamstring with one leg straight and the other bent. Rotate your straight leg outwards, lean back and support yourself on your hands. Use your arms and supporting leg to gently roll yourself back and forth over the roller while keeping your leg rotated outwards. Concentrate on any tight and tender areas.

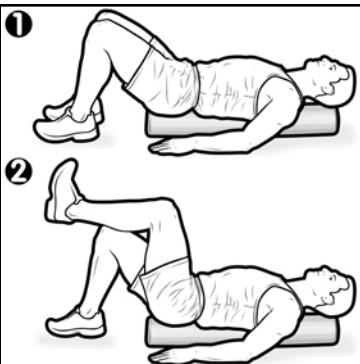


SETS & REPS: 2-3mins

FREQUENCY: 3-4 x week

FOAM ROLLER: ALTERNATE LEG LIFTS

Lie on your back lengthways along the foam roller with your knees bent to 90° and hands and feet flat on the floor. Contract and hold your lower abdominals (1). Slowly raise one leg until your hip is at 90° (2) then return to the start position. Ensure your lower back remains in 'neutral' throughout the exercise. Alternate legs.



SETS & REPS: 2-3 x 10-20

FREQUENCY: Daily

FOAM ROLLER: THORACIC MOBILISATION

Lie on your back with your knees bent, feet flat on the floor and the foam roller placed under your back below your shoulder blades. Place your hands unclasped behind your head, breathe deeply and gently arch over the roller. Relax and hold, then move the roller slightly higher and repeat.



SETS & REPS: 2-3mins

FREQUENCY: Daily