

Stretching Exercises Upper Body



Back Extension

Keeping your back as relaxed as possible and hands on roller use your arms to press into an extension stretch. Hold 5-10 seconds or until you feel the stretch.



Pectorial stretch

Ideal for those using upper body in exercise eg golfers.
Lie on your roller lengthways holding out your arms at 90 degrees out from your body. Ensure your hands and fingers feel comfortable. To prevent tingly or numb fingers only hold this stretch for 30-40 seconds.



Bow stretch

While kneeling with roller in front of your body, extend your arms out onto the roller with your head down. Push down from your shoulders.

Massaging Exercises Upper Body



Lats

To release lats and outside of shoulder blades.

With roller under one arm and that arm above your head roll from under arm to waist. Repeat this on other side.



Thoracic roll

Best for upper back mobility - Large chest muscles, weak back muscles and sitting for long periods can cause pain from neck to your lumbar region. Place roller beneath your upper back near shoulder blades. Place feet and bottom on the ground with hands behind your head. Tighten abs as if bracing for a punch and lift bottom up slowly off ground. Pushing from your feet work roller 30 seconds up and down upper back from shoulder to waist.



Shoulder release

Place roller in spine neutral relaxation position lying on top. Placing both hands above your head hold position for 20-30 seconds

Stretching Exercises Lower Body



Hip flexor

While lying on the roller as shown in picture, relax one leg while pulling other knee to stretch. Hold 30-40 seconds each side.

Foam Roller User Guide

Foam Rollers 4U

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Massaging Exercises Lower Body



Calf

Place roller on floor below calves. Cross leg over the other resting foot on lower foot. Use your arms to lift your body and roll along the length of calves from knee to ankle and back up. Soleus (short calf muscle) is lower calf region.



ITB (Iliotibial Band)

Ideal for runner's knee – ITB runs along outside leg from hip to knee. Lie roller under hip at 90 degrees to your body holding self up with elbow and forearm. Lift lower leg off ground and cross top most leg over other leg planting it on floor. Roll up and down outside leg for 30 seconds. For increased pressure take bracing leg off floor and place on top of leg you're massaging.



Gluteal release

Cross right leg over left at the knee supporting self with right hand on floor and left hand on ankle. Roll from top glut downwards into sit bone for 30 seconds. To find tight spots roll slowly from side to side. Change legs.



Hamstrings

Sit on floor with roller under hamstrings. Place hands on floor behind you. Using arms slowly roll roller back and forth to release tension in hamstrings. Pressure can be increased by stacking one leg on top of the other.



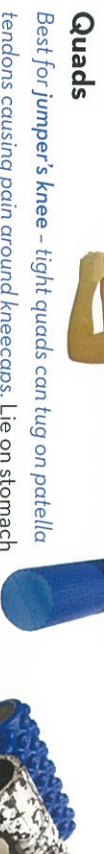
Adductor

Lie on your side with roller placed parallel to you. Place top leg over roller and transfer body weight onto roller. Use your hips to roll your body forwards and backwards along your adductor muscles.



Hip flexor

Lie on roller face down with roller placed just below hips. Knees apart but raise ankles into air with heels touching. Keep elbows on floor and roll forwards and back to massage top of quads (hip flexors).



Quads

Best for jumper's knee – tight quads can tug on patella tendons causing pain around kneecaps. Lie on stomach with roller placed just under your hips. With elbows on floor, roll self back and forth from hip to mid thigh for 30 seconds. To increase pressure bend knees.

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