

FOAM ROLLING

CHEAT SHEET

Pre & Post Workout! 10-15 reps each: Hold spot for 3-5 seconds.







Quadriceps

- ADULT FITNESS FROM
- CLINICS/CONSULTING

Hamstrings



Adductors



TFL/IT Band



Gluteals



Calf



Shin

Shin (Lateral)



Latissimus Dorsi

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