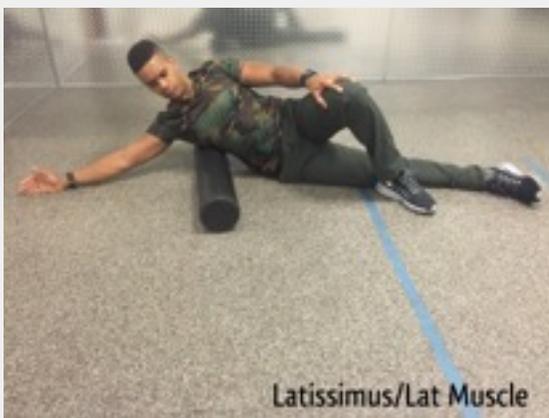


FREQUENCY FITNESS NYC

FOAM ROLLER



With your arms behind your head (not pulling on the neck).lie supine with roller positioned in the middle of your back your gluteus should be off the ground .Roll upward reversing direction when you reach the level of the armpits.



Lie on your side with the same side arm overhead.The roller should be positioned at the attachment of the Lat on the scapula in the starting position.You'll want to roll toward the attachment on the humerus (roll towards the armpit)

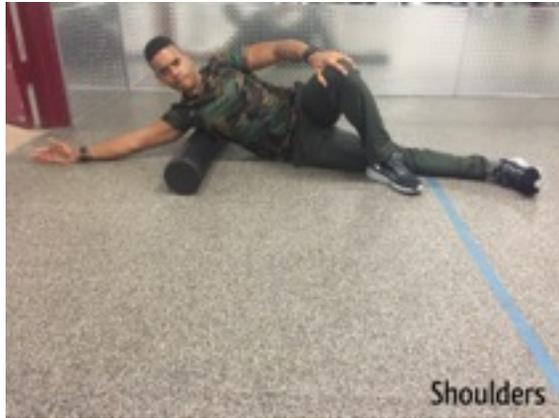


With your arms behind your head lie supine with the roller positioned under your mid-back. Elevate the gluteus and arch backward without touching the ground. Do not go on the lower back spine



With your same side leg extended place the roll in the space between your last rib and top of the pelvis bone. Lift off the ground with the opposite bent leg rocking back and forth leaning backward

With



Lie on your side with the same side arm overhead (Palm up) the roller should be positioned at the posterior triangle of the shoulder armpit. You'll want to roll back and forth towards the shoulder blades and lat



Lie on your side with the "meaty" part of your lateral glutes (just posterior to the head of the femur) resting on the roller. Balance on one hand with the same side leg on the ground and roll that lateral aspect of your glutes from top to bottom.



Balance on your forearms with the top of one of your inner thighs resting on the roller. Roll from the hip complex to the medial knee. Shift weight towards roller for more emphasis.



You'll want to try these with the feet turned in, out, and pointing straight ahead to completely work the entire hamstring complex. Balance on your hands with your hamstrings resting on the roller, then roll from the base of the glutes to the knee. To increase loading, you can stack one leg on top of the other.



Balance on your hands and feet rolling over the upper hamstring area. You should be applying pressure directly on and over the 'Sit bone' on both sides (Ischial tuberosity) with a rocking motion.



In the starting position, you'll be lying on your side with the roller positioned just below your pelvis. From here, you'll want to roll all the way down the lateral aspect of your thigh until you reach the knee. Stack the opposite leg on top to increase loading.



Balance on your hands and roll from knee to ankle. Try this with the toes up (dorsiflexion) and down (plantarflexion) Stack ones leg on top of the other increase loading Lean towards the outer and inner calf to add emphasis



Quadriceps

Balance on elbows face down with quads on roller work your way up or down the roller turn your feet out to isolate the inner muscle shift body weight to one side to add more emphasis you may cross legs to increase pressure even more.



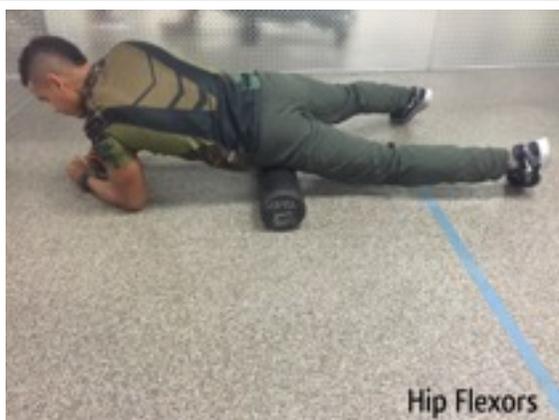
Tibialis/Soleus

Resting on your elbows, place your shins on the roller. Cross over one leg and rest the ankle on top of the calf for emphasis. Roll from the knee to ankle. This takes a lot of core strength so start slow.



Tibialis/Peroneals

Kneeling on the roller balance your body with hands on the floor. Roll from the knee to the ankles leaving more to one side for emphasis and avoiding direct pressure to the shin bone.



Hip Flexors

Balance on your forearms with the top of one thigh on the roller. Roll from the upper thigh into the hip. Try this with the femur both internally and externally rotated by shifting position of the opposite pelvis.



Piriformis

