

RAPFITNESS

REACH ABSOLUTE POTENTIAL

WARM UP: SELF MYOFASCIAL RELEASE/ FOAM ROLLING

Find the tightest spot (with most tension or discomfort) on each muscle and hold until discomfort is relieved (approx. 20-30 seconds).

1 PIRIFORMIS



Sit on the roller. Lean to one side.

If you are leaning to the RIGHT (shown), cross your right leg by putting your right ankle above your left knee (bent).

Roll forward, putting pressure on the back side of the hip.

2 TENSOR FASCIAE LATAE (TFL)

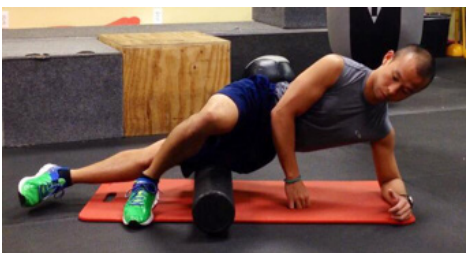


Have the roller in this position putting pressure below the hip bone.

Roll forward slightly, getting the side and front of the hip.

Keep bottom foot off the ground, focusing all weight on targeted muscle!

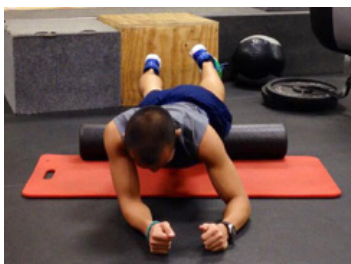
3 IT BAND (SIDE OF THIGH)



Start the roller half way between the hip and knee in this position.

The image on the right is used when more pressure on this muscle is needed.

4 QUADS (FRONT OF THIGH)



Plank position.

Have the roller half way between the hip and knee.

Focus your weight on one side at a time.

5 ADDUCTORS (INNER THIGH)



Have the roller parallel to your body and below your elbow.

Start half way between the hip and knee, making it easier to roll the entire inner thigh.

Stick your leg out far to target proper muscle.

6 *HAMSTRINGS (PERFORM ONLY IF YOU HAVE A FLAT/ROUNDED BACK)

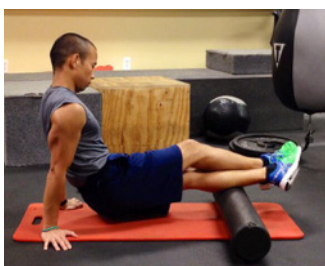


Place hamstring on one end of the roller, so roller won't get in the way of the support leg.

If roller is too thick, use a tennis, lacrosse, or soft ball to dig deeper into your hamstring.

Keep your back straight, chest out, and shoulders down!

7 CALVES



Start with the roller mid-calf, so you can roll entire calf.

Check the medial (inner) and lateral (outer) part of the calf after finding the tightest spot.

8 CHEST



Place chest/front of shoulder area on one end of the roller, allowing you to keep your chin tucked in.

Men normally have the roller at about a 45 degree angle in relation to their bodies, while women normally have the roller almost parallel.

9 LATS



Have the roller under your armpit while lying on your side.

Keep thumb pointed up.

10 THORACIC SPINE (NO 20-30 SEC. HOLD)



Roll up and down along your upper back, while giving yourself a big hug. Roll up and down a few times.

Next, have your hands behind your head and roll SLOWLY, pausing for 2-3 seconds on each vertebrae.

This increases mobility in your thoracic spine!