

Foam Roller Warm-up

A mobility routine using a foam roller to target all major muscle groups. For anyone who needs a little extra mobility work before training. Complete one round, resting 10 seconds between movements.

TIME
13 minutes

EQUIPMENT
Foam roller

1

Foam Roll - T-Spine (arms crossed)

60 SECONDS

- Cross arms over chest
- Roll length of ribcage, not neck



2

Foam Roll - Lats

60 SEC EACH SIDE

- Position roller below armpit
- Slowly roll length of lat muscle



3

Foam Roll - T-Spine (arms overhead)

60 SECONDS

- Extend arms overhead
- Roll length of ribcage, not neck



4

Foam Roll - Figure-4 Glutes

60 SEC EACH SIDE

- Cross ankle over knee
- Roll across glute muscles



5

Foam Roll - IT Band

60 SEC EACH SIDE

- Roller under outer hip/thigh
- Roll from hip to knee and back



6

Foam Roll - Adductors

60 SEC EACH SIDE

- Roller under inner thigh
- Slowly roll length of inner thigh



7

Foam Roll - Calf

60 SEC EACH SIDE

- Position roller under lower calf
- Slowly roll entire calf muscle

