

Give it a Try!

Foam Rolling is extremely beneficial!

10 minutes a day! THAT'S IT!!! It's time set aside just for you...which seems to be easy on some of these long days at home and much harder on other days.

Here is the thing... easy or hard... IT'S WORTH IT!
What is it? Foam Rolling!

Foam rolling is a self-myofascial release (SMR) technique. It can help relieve muscle tightness, soreness, and inflammation, and increase your joint range of motion. **Foam rolling** can be an effective tool to add to your warm-up or cool down, before and after exercise!

I'm going to share with you some of my favorite exercises to do on the foam roller! If you found them to be beneficial, that's awesome! I encourage you to follow the link at the end to check out the full article, I found that it goes into a little more depth about the topic and provides a lot of exercises!

~ Anna - Marie Forbes - FitRec Personal Trainer

Directions:

Roll over each body with the foam roller about 5 to 10 times. If you feel a spot that is kinda intense, try this: Start below that area, and slowly work up to it. While your at it gently hold for a few seconds the intensity should lighten up !



Calf

Start with the foam roller underneath the left ankle, make sure your seated with right ankle crossed over left.

Arms are supporting you from behind.

Lift up your hips to roll up and down the calf slowly.

Rotate your left leg slightly to the left and right 5-10 times with the roller below the middle of your calf.

Repeat on the right leg.



Shin (Tibialis Anterior)

Start on all fours, wrists below shoulders, and knees below hips with the roller placed below the left knee.

Roll up and down left shin 5 - 10 times by slightly pulsing off the other foot. Then slightly pivot your hips to the right and left while rolling at the same time.

Repeat on the right leg.

IT Band (Iliotibial Band)

Lie on your left side with the roller placed alongside the outer left thigh. Cross your right leg over the left leg. Support your upper body with your left forearm.

Roll 5-10 times. Move up and down on the outer part of the thigh and alongside the hip and knee.

Shake out your leg and repeat on the other leg.





Hamstrings (Biceps Femoris)

While seated, place your arms behind you so they support you during this exercise.

Position the foam roller just under the left glute and roll up and down over the upper portion of the hamstring 5-10 times.

. Repeat on the right leg.

Deep Hip (Piriformis)

(This looks similar to the previous exercise but we are at an angle on this one)

Sit on the foam roller with weight shifted to the left. Arms are again behind you to support you.

Roll the left glute, by aiming just under your hip bone 5-10 times, then draw your left knee to your chest and extend it about 5-10 times.

Repeat on the right hip.



How did that feel? If you do this frequently you will start to notice the benefits of foam rolling! It can be hard at first but if you continue to use the foam roller I know you'll start to like it too!

Check out this link to learn a little more about foam rolling:
<https://www.bicycling.com/training/a20030223/foam-rolling-moves-for-every-cycling-muscle/>

