



Foam Roller: Lower Body

Rachel Prairie Fitness

20min



Anytime Fitness



Rachel Prairie

Here Is Your Workout

Roll back and forth over area for at least 30 seconds or as long as needed to relief stiffness.

Foam Rollers are used by physical therapists for their many rehabilitation & recovery benefits including myofascial release.

This Foam Roller program contains two self-myofascial release sessions: one for the upper body and one for the lower body.

Using just a roller and these simple exercises you can alleviate muscle stiffness, aches and pains as well as improve joint mobility.

Perform each exercise for as long as needed or until muscular stiffness subsides.

Equipment: Foam Roller

Intensity

Roll back & forth over an area for as long as needed to relieve stiffness

Anterior Tibialis

Myofascial



- 1 - Kneel on all fours with the roller under one ankle.
- 2 - Raise the knee of the leg on the roller and push back, rolling up from your ankle to your knee, straightening your leg.
 - Roll back down the shin, keeping the knee raised throughout.
 - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	

Anterior Tibialis

Myofascial



- Kneel on all fours with the roller under one ankle
- 1 - Raise both knees off the mat, bringing one into your chest, supporting your bodyweight on your hands and the ankle on the roller,
 - 2 - Push back, rolling up from your ankle to your knee, straightening your leg
- Roll back down the shin, keeping the other leg raised throughout.
 - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	

Adductors

Myofascial



- 1 - Lie face down with one leg bent at the knee 90 degrees and the roller under your inner thigh
 - 2 - Roll back and forth along your inner thigh from your inside hip to knee and back.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	

Calves

Myofascial



- Sit with roller under your ankles with your legs straight and your hands on the mat behind your buttocks.
- 1 - Raise your hips off the floor and one ankle off the roller, supporting your bodyweight on your hands.
 - 2 - Roll up and down your calf from ankle to knee, pushing your body away with your hands.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	



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Glutes Myofascial



- 1 - Sit upright on roller with legs straight out in front and your hands on the mat behind your back.
 - 2 - Roll back and forth over your buttocks from the top of your hamstrings to your lower back.
- Bend and straighten your legs as you roll back and forth.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	

Piriformis Myofascial



- 1 - Sit upright on a roller leaning to one side with this leg bent and the ankle on your other knee.
 - 2 - Push your body away, bending your elbow and rolling over the side of your buttocks.
- Support your bodyweight on one hand on the mat behind with your arm straight.
 - Pull back, straightening your arm and rolling back over the buttocks.
 - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	

Hamstrings Myofascial



- 1 - Sit with a roller under the top of your hamstrings with your legs straight, your feet off the floor and your hands behind your buttocks about 2 feet.
 - 2 - Pull your body towards your hands, rolling down along the hamstrings to the back of your knees.
- Push your body back away from your hands rolling up from your knees to your buttocks.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	

IT Band Myofascial



- 1 - Lie on your side with the roller under your hip, resting on your forearm and hand with your feet off the floor.
 - 2 - Pull your body toward your forearm, rolling down along the side of your thigh from your hip to the top of your knee.
- Push away rolling back up the side of your thigh from your knee to your hip.
 - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	

Peroneus Myofascial



- 1 - Lie on your side with a roller under the side of your bottom shin, hips on the mat and resting on your forearm.
 - 2 - Pull your body toward your forearm, raising your hips and roll down the side of your shin from your knee to your ankle.
- Push away, rolling back up the side of your shin to your knee.
 - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	

Quadriceps Myofascial



- 1 - Lie face down with a roller under lower thighs just above your knees supporting your weight on your hands & toes with your arms straight.
 - 2 - Push away, lowering your body down, raising your feet and roll up along the front of your thighs from your knee to mid-thigh.
- Pull back, returning to a straight arm position, rolling down to the top of your knee again.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	



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Hip Flexors

Myofascial



1 - Lie face down with a roller at hip level, legs straight with one foot off the floor resting on your forearms.

2 - Leaning to the side of the raised leg roll up and down this leg from the top of your hip to your mid-quad.

- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	