



Foam Roller: Upper 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

Upper Back

Myofascial



1 - Lie on a roller across your upper back with hands on the floor by your sides, your feet flat and knees bent.

2 - Push away, rolling down from your upper back to your mid-back, straightening your legs.

- Then pull back, rolling up from your mid to upper back.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	

Lower Back

Myofascial



1 - Lie on a roller in your mid-back with hands on the floor behind, your feet flat and knees bent.

2 - Push away, rolling down from your mid-back to your buttocks, straightening your legs.

- Then pull back rolling up from your buttocks to your mid-back.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	

Chest

Myofascial



1 - Lie face down with a roller under your upper chest and your arms stretched overhead.

2 - Pull your body toward your forearms, rolling down from your upper chest to your mid-abdomen supporting your weight on your toes and forearms.

- Push away rolling back from your mid-abdomen to your upper chest.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	

Lats

Myofascial



1 - Sit, leaning to one side with a roller under the side of your rib cage resting on your forearm with your elbow bent.

2 - Roll upward toward your armpit, straightening your arm.

- Roll back down from your armpit to your rib cage, bending your elbow.

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

#	REPS	WEIGHT	TIME	NOTES
1			30.0	



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Triceps

Myofascial



1 - Lie on your side with a roller in your armpit with your arm straight out and your other hand on the mat in front.

2 - Raise your upper body rolling down the back of your upper arm from your armpit to your elbow.

- Lower your body back down, rolling back up your arm to your armpit.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	

Back

Myofascial



1 - Lie on your back with a roller lengthwise along your spine, feet flat, knees bent and arms by your sides.

2 - Roll from side to side across your back, keeping your feet flat.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	