

Posture and Mobility: Full-Body Foam

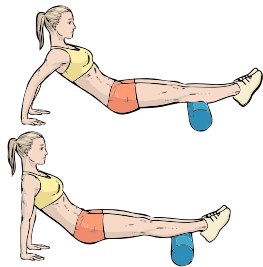
23 min · Chest, Legs

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Moving on from static stretching, today we are going to work through a form of stretching known as self-myofascial release. Take out a foam roller and work your way through each exercise being sure not to apply too much pressure to each stretch.

Foam Roller Calf Stretch

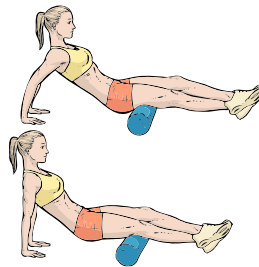


1:00
rest

2 sets 30 secs 15 sec rest

Starting at the lowest part of the body, gently roll out your calves for 30 seconds per set.

Foam Roller Hamstring Stretch

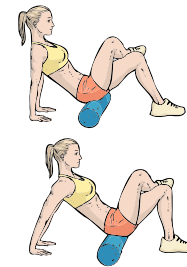


1:00
rest

2 sets 30 secs 15 sec rest

Move up to those hamstrings, don't forget to check out the instructions if necessary!

Foam Roller Glutes Stretch

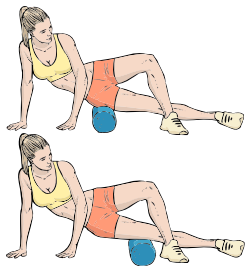


1:00
rest

2 sets 45 secs 15 sec rest

Spend 45 seconds rolling out each glute muscle. This will feel very rewarding.

Foam Roller Outer Thighs Stretch

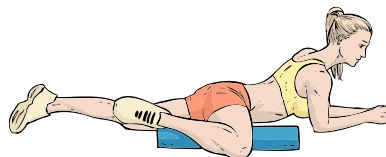


1:00
rest

2 sets 30 secs 15 sec rest

Again, easy on the pressure here!

Foam Roller Inner Thigh Adductor Stretch

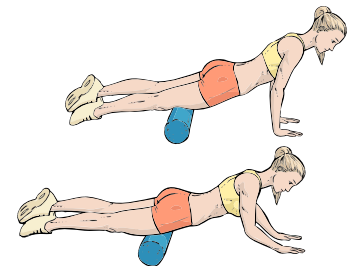


1:00
rest

2 sets 30 secs 15 sec rest

This one may take a little time to perfect, but once you do, it feels great!

Foam Roller Quadriceps Stretch

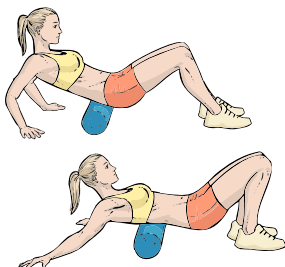


1:00
rest

2 sets 30 secs 15 sec rest

Onto the quadriceps now for some reward!

Foam Roller Lower Back Stretch

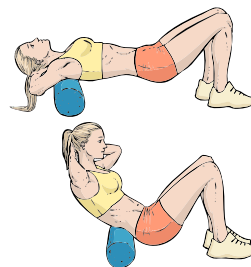


1:00
rest

2 sets 30 secs 15 sec rest

Go very easy here, and skip if it causes any unnecessary discomfort.

Foam Roller Upper Back Stretch

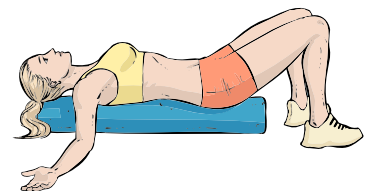


1:00
rest

2 sets 30 secs 15 sec rest

Again, only complete this if you haven't had any serious back trouble.

Foam Roller Chest Opener Stretch



1:00
rest

2 sets 30 secs 15 sec rest

Finish up by laying still in this position allowing a great chest and shoulder stretch.