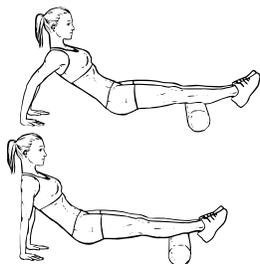


Post Strength Regeneration

Chest

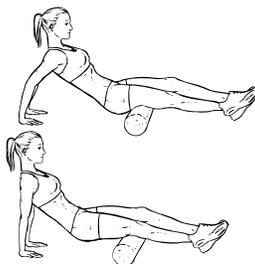
Foam rolling: 2-5 min post strength

Foam Roller Calf Stretch



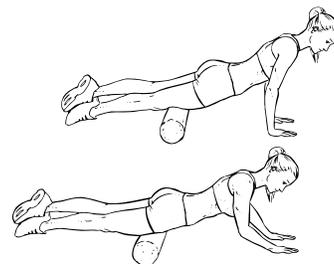
1 sets 30 reps

Foam Roller Hamstring Stretch



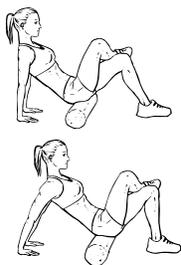
1 sets 30 reps

Foam Roller Quadriceps Stretch



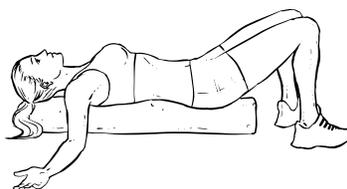
1 sets 30 reps

Foam Roller Glutes Stretch



1 sets 30 reps

Foam Roller Chest Opener Stretch



1 sets 30 reps

Foam Roller Calf / Calves Stretch

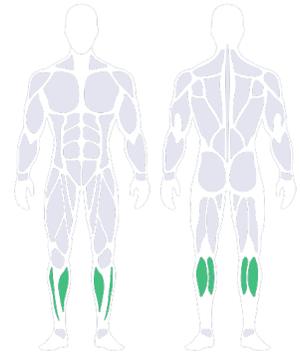
Primary muscle group(s):

Calves

Sit on the ground and position a foam roller underneath your calves. Make sure that you begin towards the top of the muscle, near the knee.

Place your hands behind you and lift yourself off the ground.

Slowly move yourself forward allowing your calves to roll 2 to 3 inches on the foam roller. Pause then roll the other way. Continue the back and forth motion. For a deeper stretch, try stacking one leg over the other.



Foam Roller Hamstring Stretch

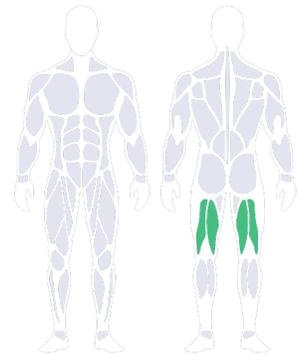
Primary muscle group(s):

Hamstrings

Sit on the ground and position a foam roller underneath your hamstrings (back part of the thigh). Make sure that you begin towards the bottom of the muscle, near the knee.

Place your hands behind you and lift yourself off the ground.

Slowly move yourself forward allowing your hamstrings to roll 2 to 3 inches on the foam roller. Pause then roll the other way. Continue the back and forth motion. For a deeper stretch, try stacking one leg over the other.



Foam Roller Quadriceps Stretch

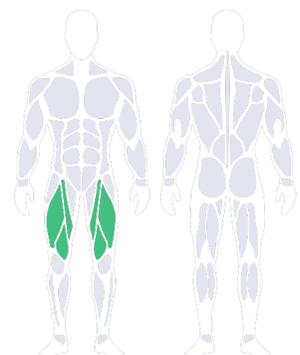
Primary muscle group(s):

Quadriceps

Place a foam roller on the ground and lay on top of it so that the foam roller is supporting your quadriceps (upper part of the leg). Brace your upper body with your elbows.

Make sure that the foam roller is positioned near the bottom of the muscle towards the knees but NOT on the knee. You will work your way up towards your hips from here.

Slowly move yourself forward allowing your quadriceps to roll 2 to 3 inches on the foam roller. Pause then roll the other way. Continue the back and forth motion. For a deeper stretch, try stacking one leg over the other.



Foam Roller Glutes / Butt Stretch

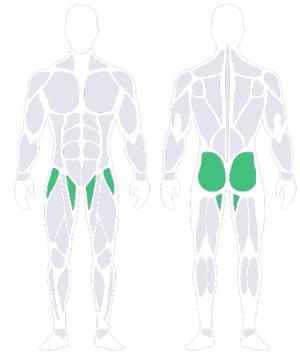
Primary muscle group(s):

Glutes & Hip Flexors

Sit on top of a foam roller. Place your left foot on top of your right knee and hold it in place with your right hand. Support yourself by placing your left hand behind you.

Begin the movement by slowly rolling yourself forward 2 to 3 inches. You'll feel the stretch in your glutes.

Reverse the movement and continue the back and forth motion. When finished, repeat on the other side.



Foam Roller Chest Opener Stretch

Primary muscle group(s):

Chest

Place a foam roller on a padded surface. Sit in front of the roller with your back to it. Carefully position yourself at the bottom of the foam roller and slowly lie back.

Once your spine has been laid out the length of the roller, bring your feet in towards the bottom.

Extend your arms to the sides. You will feel your chest open and stretch. If you feel comfortable enough, move the foam roller under you slowly from side to side.

