

[How To Use A Foam Roller, By Kit Zeigle & IdealShape](#)



Slow controlled motion, focus on tight and sore spots

Calves: Ankle to bottom of knee



IT Band: Top of knee to hip



Hamstrings: Top of knee to bottom of glut



Quads: Top of knee to hip



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Hip Flexor: Use end of roller



Lower back: Roll Side to Side



Inner Thigh: 2 segments from knee to groin



Upper Back: Pull in elbows



Gluts: Cross one leg



Lats: Armpit through shoulder blade



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