

# Pre-workout foam rolling routine

Using the original RumbleRoller:

1. Calves (relax the toes)
2. Hamstrings (mainly side to side)
3. Gluteus maximus (cross leg over bent knee)
4. Gluteus medius (uncross legs and rotate towards your side with a bent knee)
5. Quadriceps
6. TFL (right under hip bone on top of your hip)
7. Shins
8. Mid and upper back
9. Serratus anterior (under arm pit - extend your arm overhead)
10. Side of the shoulder

Using a large massage ball:

11. Pecs (with a ball)

Using a foot massage ball:

12. Foot roll

Using a 4-inch foam roller:

13. Low back (using a 4-inch roller)
14. Pecs stretches (laying in top of the roller)

Notes:

- Slow roll, both medially and laterally, if you find a trigger point - sit on or around it until it releases 50% or better; do not exceed 60s
- Pay attention to what is tight - that could be an indication of imbalances you will need to address