



## FOAM ROLL - LATS

Start by lying on your side so that a foam roll is under the upper part of your arm and back.

Next, using your other arm and legs, roll forward and back across this area.

Repeat 1 Time

Hold 30 Seconds

Complete 1 Set

Perform 3 Time(s) a Week



## FOAM ROLL - CHEST

Start by lying face down so that a foam roll is under the upper part of your arm and chest.

Next, using your other arm and legs, roll forward and back across this area.

Repeat 1 Time

Hold 30 Seconds

Complete 1 Set

Perform 3 Time(s) a Week



## FOAM ROLL - TRUNK EXTENSION

Start by lying on your back with a foam roll under your back. Next place your hands behind your neck or across your chest.

Then slowly extend your spine over the roll.

Repeat 1 Time  
Hold 30 Seconds  
Complete 1 Set  
Perform 3 Time(s) a Week