

WORKOUT AT HOME

FOAM ROLLING ROUTINE



This week's goal: Do each exercise in sequence in this 15 to 20 minute Foam Rolling Routine twice a week. Make sure you hydrate and listen to your body, take a breather if you need it! Add a daily 20-30 minute brisk walk for cardio, a challenging strength workout, and finish with this Foam Rolling Routine. You can use this in place of your stretching routine after any workout!

Note: don't have a foam roller? Roll up a towel and tightly tape it!

Check off your daily progress below: **W** = Workout **C** = Cardio **S** = Stretch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/> W <input type="checkbox"/> C <input type="checkbox"/> S	<input type="checkbox"/> W <input type="checkbox"/> C <input type="checkbox"/> S	<input type="checkbox"/> W <input type="checkbox"/> C <input type="checkbox"/> S	<input type="checkbox"/> W <input type="checkbox"/> C <input type="checkbox"/> S	<input type="checkbox"/> W <input type="checkbox"/> C <input type="checkbox"/> S	<input type="checkbox"/> W <input type="checkbox"/> C <input type="checkbox"/> S	Rest day

As with any exercise program, there is always the possibility of injury. Consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in an exercise program. If you need modifications for any exercise, please consult your WELCOAZ Health Coach. By participating in this workout, you agree that you are exercising on your own time and do not hold WELCOAZ or your employer responsible.

Main Workout: Follow duration listed for each exercise.

<p>1. Hamstrings</p> 	<p>2. Tensor Fascia Latae (TFL)</p> 	<p>3. Latissimus Dorsi</p> 
<p>Place the foam roller just above the knee. Slowly roll from just above the knee to the top of the leg near the bottom of the glutes. If you find one leg needs more intensity, stack your other leg on top for more pressure. Continue to slowly roll for 60-90 seconds.</p>	<p>Lie on one side with the foam roller just in front of the hip. Cross the top leg over the lower leg, placing that foot on the floor. Slowly roll from the hip joint down, about 6". Make sure you are rolling the soft tissue in front of the hip, not the tendinous band on the side of the leg. Roll for 30-90 seconds. Switch sides and repeat.</p>	<p>Lie on one side with the arm closest to the ground outstretched with thumb facing upwards. Place the foam roller under the arm, just below the shoulder joint. Slowly roll back and forth to find the tender spot. Roll for 30-90 seconds. Repeat on other side.</p>
<p>4. Adductors</p> 	<p>5. Piriformis</p> 	<p>6. Thoracic Spine</p> 
<p>Lie face down and place one thigh, flexed and abducted, over the foam roller. Slowly roll the upper, inner thigh area to find the most tender spot. Hold for 30-90 seconds. Switch legs and repeat.</p>	<p>Sit on top of the foam roller, positioned on the back of the hip, crossing one foot over the opposite knee. Lean into the hip of the crossed leg. Slowly roll on the posterior hip area to find the tender spot. Hold for 30-90 seconds until the discomfort is reduced. Repeat on other side.</p>	<p>Lie on the floor with the foam roller behind the upper back. Cross arms to opposite shoulders. Raise hips off the floor and slowly roll back and forth to find the tender spot. Hold for 30-90 seconds.</p>

Go to this link to follow along with the workout video: [FOAM ROLLING ROUTINE](#)