

MASTERTM
OF MUSCLE



**THE
MOST ADVANCED
TRIGGER POINT ROLLER
TECHNIQUES**

Maximum Roll - Maximum Coverage - Maximum Performance

**CHECK INSIDE FOR ADVANCED
FOAM ROLLER EXERCISES**





A VERY WARM WELCOME TO THE MUSCLE MAULER MAX TRIGGER POINT FOAM ROLLER EBOOK FROM HEAD TRAINER AT MASTER OF MUSCLE **DRE AMOS...**

***We're so excited you have met your match in the Muscle Mauler MAX!
The most advanced trigger point foam roller that provides GREATER
coverage and an INCREASED workout experience.***

With the MUSCLE MAULER MAX - you get Maximum coverage and Maximum performance in your Foam Roller Workout!

The MUSCLE MAULER MAX will ensure your body will benefit from increased impact from sport massage, providing greater reduction in inflammation, scar tissue and joint stress and overall increase in blood circulation and greater flexibility results. We encourage you to use the PRO for pre and post workouts to ensure your muscles are prepared for every workout and that you also care for your muscles as part of your post workout recovery plan.

In this ebook you will find our basic roller techniques and then we will take you through advanced roller exercises and stretches to take your foam roller experience to the next level.

Don't forget to always WORK HARD and PLAY HARD!

Trust me, your body will thank you for it!

Dre Amos

Dre – Head Trainer – Master of Muscle

BE STRONG. BE YOUR BEST.

Don't Forget! - For More Inspiration for Your Fitness Training, Nutrition, Supplementation and all round Motivational Needs JOIN the COMMUNITY



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DISCLAIMER:

Risk of injury can be lessened when safe techniques and common sense are practiced. Do not use this product without proper instruction or supervision, or without first consulting your physician. If you experience discomfort whilst using this product stop activity immediately. Always check equipment for wear or damage before using. If any defects are found do not use this product.

You must get your physician's approval before beginning this program. The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program, or if you have any medical condition or injury that can possibly worsen with physical activity.

This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Master of Muscle advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness.

The exercises in this book are not intended as a substitute for any exercise routine or treatment that may have been prescribed by your physician. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist.

Don't perform any exercise without proper instruction. Always do a warm-up prior to any exercise. See your physician before starting any exercise program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to masterofmuscle.com.

If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old.

If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

IMPORTANT!

REMEMBER TO TRAIN SAFELY



- Don't do any exercises that you aren't sure how to do. Always get personal instruction from a certified physician or trainer or ask for a substitute exercise.
- **GET READY TO ROLL!** Always warm up your muscles before you Maul them! Try Jump roping for 2 minutes or Jumping Jacks - this will warm up the body and get you ready.
- If it hurts, **STOP!** Don't be afraid to use alternative exercises. We don't believe in the "no pain, no gain" mentality.
- If you want to start this or any other program but think you have an injury, get medical attention **FIRST** and have a professional therapist rehabilitate your injury before starting any exercise program.

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FAQ'S

WHAT IS TRIGGER POINT MASSAGE?

Essentially Trigger Point Massage, also known as Myofascial Release, is a way of releasing toxins in the body that have built up in the body's fascia.

Fascia, is much like that slimy layer on a chicken breast that you can peel off. Every structure in the body — organs, muscles, nerves, blood vessels, etc. — is covered in a layer of fascia. It's almost akin to oil in your car's engine — it allows everything to run smoothly and slide without friction.

Through the overstress of our muscles, whether through overuse or trauma, our layers of fascia can get tears in them. When the tears don't heal properly, the various layers of fascia in your body can adhere together in spots (called adhesions), which will cause pain and discomfort.

These adhesions keep your muscles from working the way they're supposed to, which keeps your body from living up to its potential for strong and natural movement.

This is where where trigger point massage, foam rolling and Self Myofascial Release (SMR) can come into play. When we put pressure on these adhesions, they are released, and we can get back to optimal physical performance.

In addition to releasing these adhesions, Trigger Point Massage Rolling also has some general benefits for our bodies:

- aids in preventing injuries
- gets rid of knots and tightness in your muscles
- physically de-stresses your body so it can work more efficiently
- increases flexibility
- increases blood flow, which helps for faster recovery from workouts
- reduces soreness from workouts

HOW DO I USE MY MUSCLE MAULER?

Your Master of Muscle **MUSCLE MAULER** has been specifically designed with Dual Targeted Pressure Zones to ensure you get the right level of release for you.

- The Raised Pressure Zones - act like the finger tips and target specific "Hot Spots" in the Body.
- The Broad Pressure Zones - act like the palm of the hand and target larger muscle zones in the body.

Roll on the roller until you feel a "trigger point" or "hot spot." You'll know you found one when it hurts. When you find a trigger point, stop and just rest on the foam roller for 10 to 20 seconds. Contrary to popular belief, it's the pressure, not the rolling, that smooths fascia.

- Avoid applying pressure on bones and joints. Just muscle.
- By using your own bodyweight, you can increase or decrease the intensity of rolling each body part.
- If you are a beginner, expect it to hurt the first few times! Try and stick with it, you will end up feeling much better.
- Combine an abbreviated Trigger Point Massage with your regular warm-up on workout days. We like to focus on the spots that we have the most trouble with.
- Use one of your rest days to devote 30 to 45 minutes to practice Trigger Point for your whole body.
- Drink plenty of water after an intense Trigger Point session.



READY TO ROLL AND ROCK?!

The Muscle Mauler massaging action can be further intensified by changing your movement from a back-and-forth **ROLLING** motion to a side-to-side **ROCKING** motion. That's because the **Muscle Mauler MAX** bumps have an asymmetrical shape that allows them to flex more easily in one direction.

During rolling movements (i.e. the most common roller exercises, with the roller moving beneath you), the bumps flex relatively easily, and provide a wiping-type massage pressure. However, if you rock from side-to-side toward the Muscle Mauler MAX ends, the bumps are forced to flex in a direction in which they're designed to be somewhat stiffer. This creates a deeper "digging" pressure.

Get these movements sorted and you're ready to Roll and Rock!



BASIC FOAM ROLLER TECHNIQUES

Below are individual massage trigger point foam rolling exercises for each major muscle area. These are great to target the muscle groups that you work out the most.

Begin each move by lying with the part of your body you're targeting on top of the foam roller, then roll slowly in both directions until you find a tender spot.

Hold for 30-45 seconds, or until you feel the muscle relax.

Then, continue to roll until you find another sore spot. It's really that easy. When you're first starting off, take it easy and go light on the pressure. As you become more experienced, you can increase the pressure by pressing your body down into the roller.

TARGETED MASSAGE TECHNIQUES

1) LOWER BACK

GOOD FOR: Releasing the lower back, improving flexibility. Great for everyone from Weight Trainers/Runners to Desk Jockey's ;)

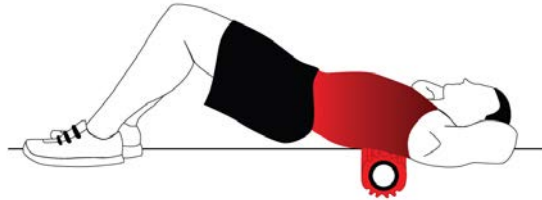


Caution: This exercise is not recommended for an individual with an injured or unstable lumbar spine.

- Position yourself face-up, with your lower back on the foam roller, both knees bent and feet flat on the floor. Keep your abdominal muscles flexed to support your upper body and stabilize your spine.
- Look straight ahead and keep your head and neck in a neutral position. If necessary, place one or both elbows on the floor behind you for additional support.
- Roll from just above your hips to just below your lower ribs. If you feel the roller against your spine, tilt your body slightly to the right or left to refocus the pressure on the muscles.

2) UPPER BACK/THORACIC SPINE

GOOD FOR: Releasing the upper back, improving flexibility. Great for everyone from Weight Trainers/Runners to Desk Jockey's ;)



- Position yourself face-up, with your upper back on the foam roller, both knees bent and feet flat on the floor. Keep your abdominal muscles flexed to support your upper body and stabilize your spine.
- Roll slowly from the lower edge of your trapezius muscles (lower-thoracic area) to the top of the rhomboids (upper thoracic area). Do NOT roll onto your neck.
- To increase the intensity of this exercise, cross your arms in front of you and/or rock to the right and left as you roll.

3) NECK

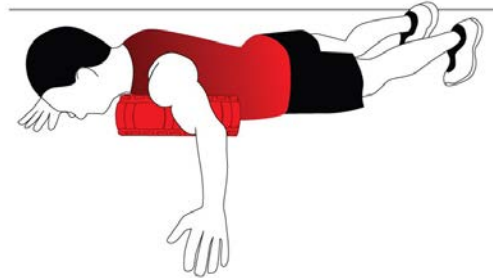
GOOD FOR: Releasing Tension in the neck. Great before any workout and also waking up or winding down for the day!



- Caution: This exercise is not recommended for an individual with an injured or unstable cervical spine.
- Lie face-up on the floor, with the back of your neck resting on top of the foam roller. Slowly rock your head from side to side, allowing the roller to press into the muscles on the sides of your neck. Keep your body relaxed during this exercise. The weight of your head should be the only force against the foam roller.

4) PECTORALS

GOOD FOR: Releasing the Pecs before any upper body workout or preparing for any large grip movements like Squatting/Chin Ups etc... Great CrossFitters, Weight Trainers and Yogi's



- Lay down on your stomach and flex out one arm. Place the roller under the ab.
- Roll over the mauler in all directions. The movements will be somehow limited, but lateral movements provide a more intense massage of the muscle.

5) LATTISIMUS DORSI

This may seem like a weird place to roll - but you've started you won't want to stop! This area takes a lot of strain and stress and once you've released it you will feel on top of the world!!

GOOD FOR: Release before any upper body workout. Great CrossFitters, Weight Trainers, Yogi's



- Lie on your side on the floor, with your arm outstretched and over the top of the foam roller. Position the roller in the axillary area (armpit) pressed against the latissimus muscle.
- Rock and roll slowly in all directions. The range of the rolling motion for this exercise is limited, but rocking from side to side will allow deep penetration of the muscle.

6) ILLITOBIAL BAND (IT BAND)

This one is a killer, but when released you will feel more flexible and ready to rock!

GOOD FOR: Hip or knee pain due to a tight IT band. Great for Runners, Cyclists, CrossFitters

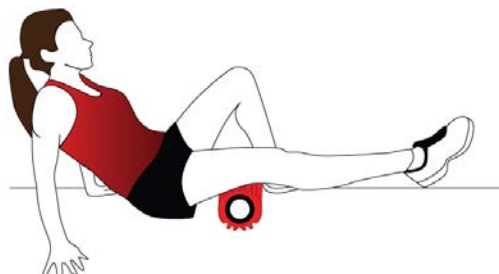


- Position yourself on your side, with your lower leg extended and on top of the foam roller and your upper leg bent with your foot firmly on the floor.
- Support your upper body on one elbow and forearm. Keep your abdominal and back muscles lightly flexed to stabilize your spine.
- Roll the outside of your thigh, from just below the hip joint to just above the knee. If the movement is too painful, reduce your force against the roller by shifting more of your weight to your foot that's on the floor.

7) HAMSTRINGS

These puppies do get neglected when it comes to massage, but being one of the biggest muscles in the body, they should be treated with respect - no one wants a torn hamstring!

GOOD FOR: Releasing tight hamstrings, improving flexibility and general wellbeing. Great for Runners, CrossFitters, Cyclists, Weight Training.



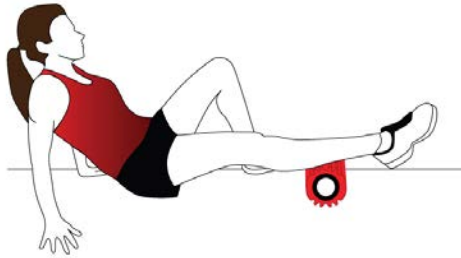
- Sit with back of your thighs on top of the roller and both hands on the floor behind you. Keep your leg muscles relaxed, and let your heels lightly drag the floor.
- Roll your hamstrings from just above your knees to just below your pelvis. To increase intensity, shift your weight to one leg by crossing your legs at the ankle.

8) CALVES

These are another muscle that can sometimes get neglected, yet it is one of the most frequently torn muscles in the body.

Show your calves some love with the below technique - they will thank you for it :)

GOOD FOR: Releasing tightness, improving flexibility and decreasing risk of common injury. Great for Runners, Boxers and CrossFitters.

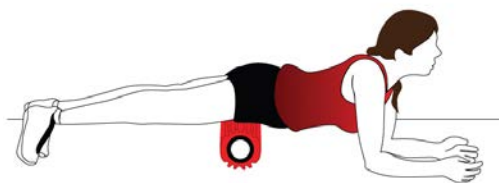


- Sit with back of your calves on top of the foam roller and both hands on the floor behind you. Keep your leg muscles relaxed, and let your heels lightly drag the floor.
- Roll from just above your ankles to just below your knees. Cross your legs at the ankle to increase the exercise's intensity.
- For even greater stimulation, place one calf on top of the roller, and rock your leg left and right to allow the muscle mauler's bumps to dig deeper into the muscle

9) QUADRICEPS/HIP FLEXORS

One of the most common areas for Tightness - get these released and you'll be playing harder in no time!

GOOD FOR: Releasing tightness, improving flexibility and decreasing risk of common injury. Great for Runners, Cyclists, Boxers, CrossFitters, Weight Trainers

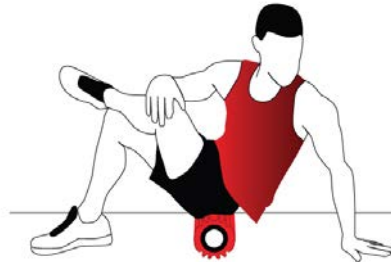


- Position yourself on your elbows and forearms, and keep your abdominal and back muscles lightly flexed to stabilize your spine.
- Roll slowly back and forth on the foam roller, from just above your knees to just below your hips, and pause at any spot that feels especially tender. Your quadriceps muscles should stay relaxed throughout the movement, and your toes should drag the floor.
- Because the quads are such a large muscle group, you may want to spend extra time on this exercise. Repeat your back and forth movements until all tenderness dissipates.
- To dig deeper into the muscle and increase the intensity of this exercise, tilt your body to the left or right while rolling.

10) GLUTE/PIRIFORMIS

Another "OUCH" area - but your Butt will never have felt so good!

GOOD FOR: Releasing tightness, improving flexibility and decreasing risk of common injury. Great for Runners, Cyclists, Boxers, CrossFitters, Weight Trainers, Yogi's



- Sit on the center of the foam roller with one foot crossed to the opposite knee. Place one or both hands on the floor behind you to support your upper body.
- Slowly rock and roll on the glute of your bent leg. Then switch leg positions to roll the opposite glute.

11) ADDUCTOR

TIP: Use the following techniques to get this muscle warmed up before you start rolling on this one: front and lateral leg swings, clockwork lunges and lateral lunges. this will ensure you get the most out of your roll!

GOOD FOR: Having optimal mobility in your hip adductors can increase the range of motion your hips can move and reduce your risk of straining these muscles. Might even help you to run faster!



- Position yourself face-down, with legs partially spread. Support yourself on your elbows and forearms, and keep your abdominal and back muscles lightly flexed to stabilize your spine. Rest one knee on the floor and the groin area of the other leg against the top of the foam roller.
- Roll the roller back and forth along the length of your adductors by slowly moving your hips to the left and right.

12) PERONEALS

On the outside of the lower leg, the Peroneal Muscles are often neglected but can get very tight. These muscles are heavily used in running and regular massage here can help avoid overuse injuries of the lower leg.

GOOD FOR: Runners and Boxers - anyone that jumps!

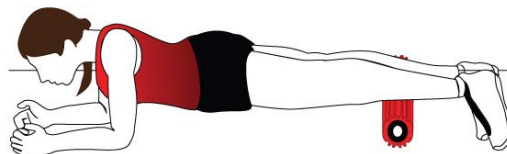


- Get on your hands and knees on the floor, with the broad side of a foam roller placed underneath your shins; your hands should be positioned just in front of your shoulders on the ground, and your heels rotated slightly outward.
- Roll by Shift your weight forward, bringing your shoulders in front of your hands, to move the roller from your ankles to just below your knees.

13) TIBULARIS ANTERIOR - SHINS

The Tibularis Anteroir muscle - or shins - need rolling on a regular basis to help alleviate shin splints.

GOOD FOR: Runners and Boxers - and anyone that jumps!



- Start on your hands and knees, with a foam roller under the front of your shins, just below your knees. Keep your abdominal muscles engaged and your back flat, and place as much weight on the foam roller as you can tolerate.
- Roll along the front of your shins, from just below your knees to your ankles, by pulling your knees towards your hands while keeping your hands still.

BASIC STRETCHES

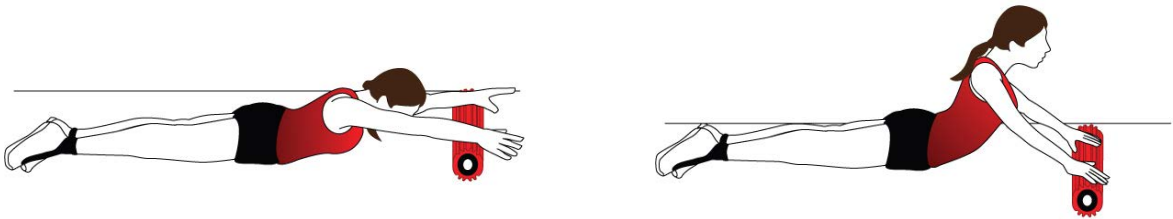
Your Muscle Mauler can also be used to position your body to get a deeper stretch. Check out the Best Trigger Point Stretching Techniques Below!

TRIGGER POINT STRETCHING

1) BACK EXTENSION STRETCH

This one is great for anyone both pre and post workout - or if you have just been hunched over your desk all day. Our backs go through a lot - R.E.S.P.E.C.T!

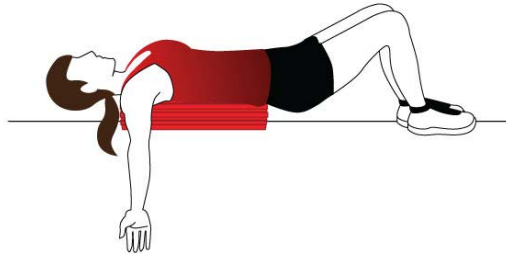
Note: avoid this exercise if you have back injuries and are unsure of what hurts/helps.



- Lie on your stomach and place your forearms on the roller (see position 1). Lift your head and shoulders up and slide the roller in towards your chest (see position 2) as you come up as far as you can.
- Hold for 10 seconds (keep breathing!) and repeat x 10

2) PECTORAL T STRETCH

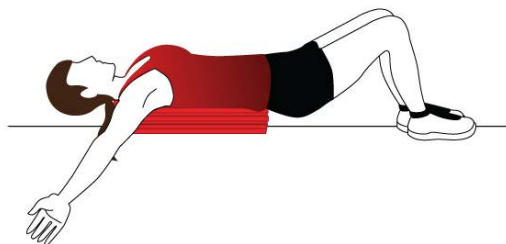
A great stretch before and after an upper body workout and to release the chest and back.



- Lie with head and spine supported on foam roller and feet flat on floor.
- Place arms directly out to the side, as in forming the letter "T". You should feel the stretch in your chest/pectoral muscles and shoulders.
- Hold this position for 30 seconds while still breathing and repeat 3 times.
- TIP: In this position, roll side to side to give your back muscles a massage. Massage the area for 1 minute.

3) PECTORAL Y STRETCH

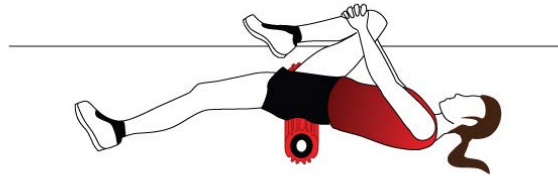
Another great upper body stretch!



- Lie with head and spine supported on foam roller and feet flat on floor.
- Place arms directly out to the side, as in forming the letter "Y". You should feel the stretch in your chest/pectoral muscles and shoulders.
- Hold this position for 30 seconds while still breathing and repeat 3 times.

4) HIP FLEXOR STRETCH

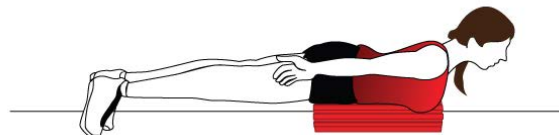
A great one for a glute/hip stretch after any butt and lower leg workout. Particularly good for runners and cyclists.



- Lie on your back with foam roller under top of pelvis.
- Bring one knee up towards your chest using your hands while keeping the leg you are stretching straight out. Try to keep the heel on the floor.
- You should feel the stretch in your thigh/groin region.
- Hold this position for 30 seconds while still breathing and repeat 3 times on each side.

5) FACE DOWN T STRETCH

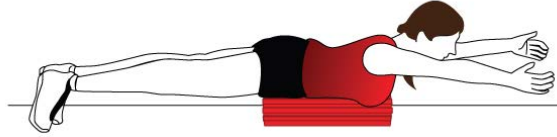
A great total body alignment and strengthening stretch!



- Lie on your stomach with the foam roller in the midline of your torso and toes on the floor. Begin with arms on the floor, straight out to the side in the "T" position, with thumbs pointing up to the ceiling.
- Lift arms up off the floor, pause for a second, and return to the floor.
- Perform 10 repetitions and repeat 3 times. Perform every other day. As you get stronger, you can add light hand weights (1-3 pounds).

6) FACE DOWN Y STRETCH

A great total body alignment and strengthening stretch - do this with the T stretch and this will help with overall total body alignment and back strength.



- Lie on your stomach with the foam roller in the midline of your torso. Begin with arms on the floor, straight out to the side in the “Y” position, with thumbs pointing up to the ceiling.
- Perform 10 repetitions and repeat 3 times. Perform every other day. As you get stronger, you can add light hand weights (1-3 pounds).

PRE & POST WARM UP WORKOUTS

PRE WORKOUT - TOTAL BODY MAUL

Think of this as waking up your whole body before you begin a workout! This warm up should take around 10 mins to complete and get you ready for lift off!

Start by warming up the body with the following techniques first, Jump Rope, Jumping Jacks or high leg running in place for 3 mins - then begin your roll...

Roll each area in order for 30 seconds or until you feel the tension subside

- Neck
- Upper Back
- Lattisimus Dorsi
- Lower Back
- IT Band
- Quads
- Hamstrings
- Calves
- Finish with 1 min Back Extension Stretch (see bonuses)

POST WORKOUT - TOTAL BODY RECOVERY MAUL

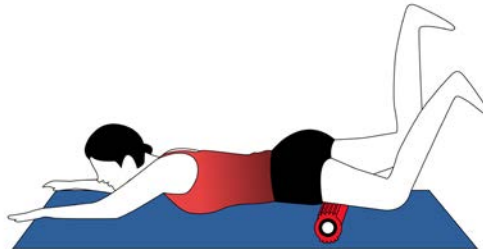
This one is great Post a smash workout to set your body into recovery mode!

Roll each area in order for at least 30 seconds or until you feel the tension subside

- Glutes
- Quads
- Hamstrings
- Adductors
- Calves
- Peroneals
- Tibialis Anterior
- Hip Flexor Stretch
- Finish with 1 min Back Extension Stretch

TOP 6 MOST ADVANCED TRIGGER POINT EXERCISES

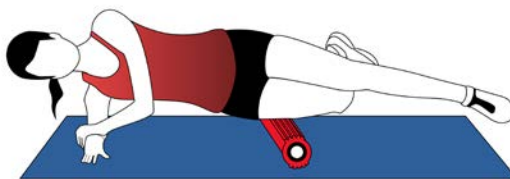
ADVANCED QUADS/HIP FLEXORS MASSAGE TECHNIQUE



- Assume Quads massage exercise position ([Link to exercise](#))
- Locate tight area the Quad/Hip Flexor
- Lying face down on the roller, Lift the right leg off the roller and straighten the leg, pointing the toe upwards
- The bend the left knee and either hold on the tight area or roll onto the tight area
- Change legs and repeat the movement

The increase weight and pressure on the tight area gives a greater massage effect on the Quads/ Hip Flexors.

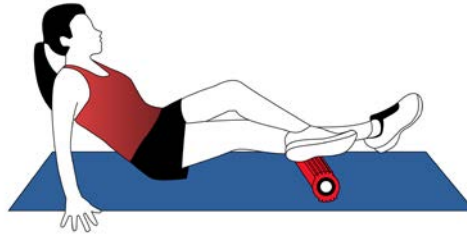
ADVANCED IT BAND MASSAGE TECHNIQUE



- Assume IT band massage exercise position ([Link to exercise](#))
- Locate tight area on IT band
- Lift both legs off the ground, resting on the arm
- Slowly Bend the bottom knee back and return to the front
- Either hold the position or roll onto the tight area
- Change sides and repeat the movement

The active motion of the knee bend back and forth gives a greater massage effect on the IT band.

ADVANCED CALF MASSAGE TECHNIQUE



- Assume Calf massage exercise position (Link to exercise)
- Locate tight area on the calf muscle
- Cross the right leg over the left leg and bend slightly bend the left knee
- Push the right leg down onto the left leg to add resistance
- Either hold on the tight area or roll onto the tight area
- Change legs and repeat the movement

The increase weight and pressure on the tight area gives a greater massage effect on the Calf muscle.

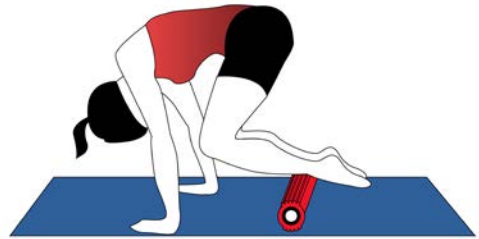
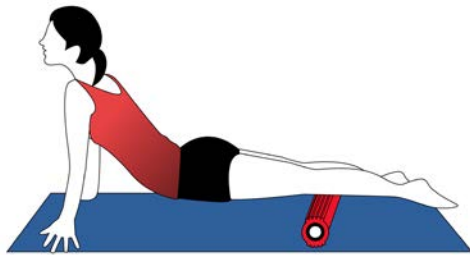
ADVANCED BACK MASSAGE AND SQUAT HOLD TECHNIQUE



- Take the Muscle Mauler Max and place between your back and a wall
- Slowly move your body into a squat position, maintaining the position of the Muscle Mauler Max
- Hold the squat position for 30 seconds
- Slowly roll the Max side to side putting pressure on the upper back
- Find a tight spot in the upper back and either hold or continue rolling on the tight area

This move requires strength in the core area and allows the body to increase or decrease the pressure of the roller on the tight areas during the movement.

ADVANCED SHINS MASSAGE AND SHELL CURL

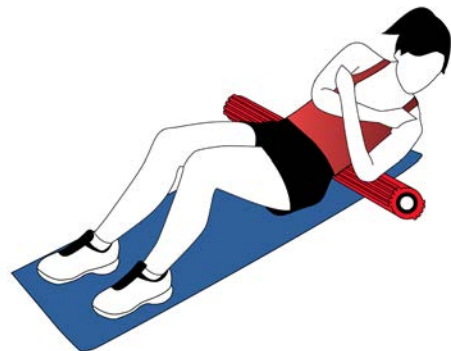


- Assume the Shins massage exercise position ([Link to exercise](#))
- Change your position so that extend your arms and place the weight onto your hands (As per the image)
- With the roll in your shins position, roll the Max forward by bringing your knees into your chest, this allows the roller to move down toward the ankle region
- Find a tight spot in the shin area and either hold or continue rolling on the tight area

By placing the weight onto your hands, this movement increases the pressure placed onto your shins which provides a great massage effect.

ADVANCED RHOMBOIDS MASSAGE

The rhomboids (major and minor) are back muscles that connect your shoulder blades with your spine, and are activated to retract the shoulder blades



- Assume the position of the upper back massage exercise position ([Link to exercise](#))
- Ensure that the roller sits on the shoulder blades
- Gently rock to the left side and locate a tight area and hold on this position for 30 seconds
- Gently rock to the right side and locate a tight area and hold on this position for 30 seconds
- Repeat the movements

By rolling onto one side, this increases the resistance and weight placed onto the tight area to increase the pressure placed on the Rhomboid.

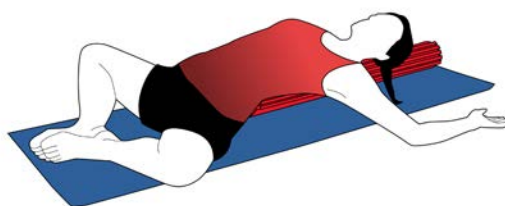
TOP 6 MOST ADVANCED TRIGGER POINT STRETCHES

ADVANCED HIP STRETCH



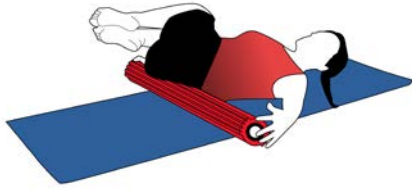
- A movement that stretches around the hip joints and unlocks stiffness in the lower body.
- Begin in a seated position with the foam roller positioned under your right buttock and left leg straight behind you.
- Gently tiptoe your fingers forward and take your chest over your front leg until you are at a position that is not forced. Hold for around 30 - 60 seconds, then tiptoe your fingers back and sit up. Change sides. You can progress to longer holds

ADVANCED HIP & GROIN STRETCH



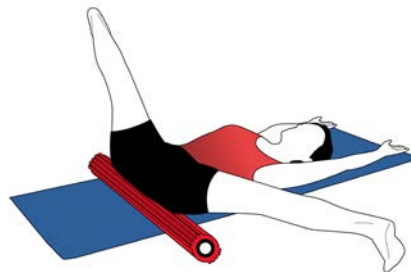
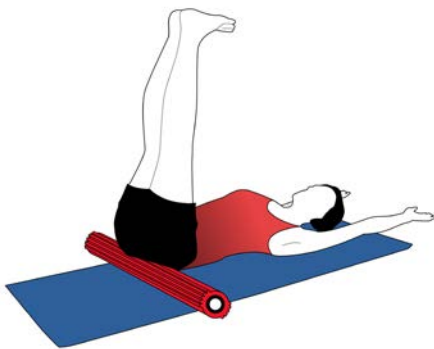
- An excellent groin and hip-opener. Also effectively opens up the ribcage.
- With your sit bones on the ground, place the foam roller starting at your lower back. Press the feet together so the knees are open, stretching out the adductors and opening the hips.
- Exhale, and gently lower yourself back onto the foam roller, externally rotating the shoulder (if uncomfortable, keep the arms at your side). Take deep diaphragmatic breaths, hold for 1 - 2 minutes.

ADVANCED BACK RELEASE STRETCH



- Release the lower back and increase mobility in the spine.
- Lie down, lift your hips up and place the foam roller under the hips. The key is to get the foam roller right into the ball and socket joint so you get a massage at the same time.
- Hold the roller so it doesn't move away and ensure the roller is running across the back of the pelvis, not along the lower back.
- With the knees up nice and close, gently tip from side to side, starting slowly at first connecting into the twist.
- As you get comfortable with it, see how far you can progress over.
- Exhale as you move to one side, inhale as you come back to central.

ADVANCED ADDUCTOR STRETCH



- Place the foam roller under the hips. Take your legs out to 90 degrees and reach up behind your head (left). If you find this uncomfortable for the shoulder, only take the arm/s out to a comfortable range.
- Modify by moving the legs back and forth to create mobility in the lumbar spine.
- From here, you can open up by lowering the legs out to either side (below left).
- Emphasise the stretch in the adductors by placing your hands on the inner thighs and gently pressing your legs into the stretch (below right). Do not force the stretch, work to your limit.



ADVANCED GLUTE STRETCH



- Lie one leg directly behind you. Place your front leg crossways - at 90 degrees and externally rotated at the hip. The foam roller is under your front upper thigh.
- Maintain an upright spine and look directly ahead.
- Gently lean forward over your front leg, tiptoeing your fingers forward.
- The further you go, the more you increase the stretch in your glute muscle.
- Note: Only go as far as is comfortable - i.e. to your own personal limit.
- Swap sides and repeat.

ADVANCED UPPER BACK & HAMSTRING STRETCH



- This stretch focuses on the upper back and hamstrings, and opens up the shoulders.
- Begin with feet wide, toes slightly in and tailbone to the roof. With your hands on the foam roller, gently roll it out until a point of resistance. Keep your base of support strong with your feet "glued" to the ground. You can bend your knees slightly if you feel irritation.

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