

MID- & UPPER-BACK

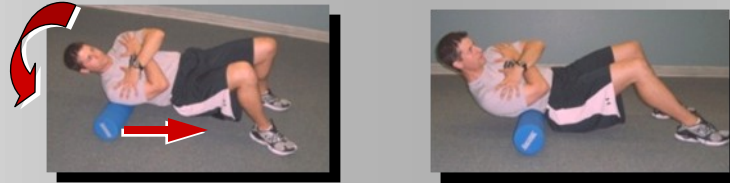
Lay on shoulders and roll up and down to mid-ribcage using the legs.



DO NOT...
...ROLL ONTO THE LOW BACK WITH ABS RELAXED!

POSTERIOR DELTS

While on back, tilt to 1 side so pressure is between spine and shoulder. Switch sides.



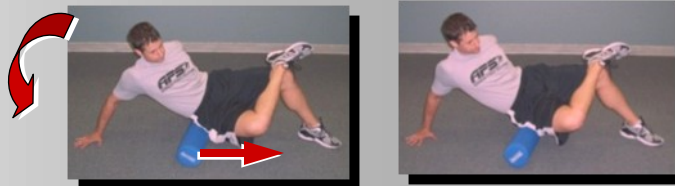
DO NOT...
...MOVE FEET WHILE ROLLING.

GLUTES

Sit on roller and go back & forth. Tilt to 1 side to get the hip socket.



Cross legs for deeper massage.



DO NOT...
...MOVE HANDS OR FEET AROUND WHILE ROLLING.

HAMSTRING

With roller off to 1 side, roll back & forth. Be sure to tilt foot outwards.



DO NOT...
...TRY TO GET THE CALVES, JUST FOCUS ON THE BACK OF THE THIGH.

CALF

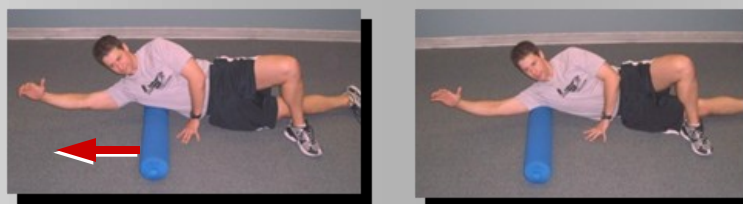
Like the Hamstring above, but be sure to roll foot out, neutral, and in.



DO NOT...
...FLEX THE FOOT UP, JUST RELAX THE ANKLE AND LET IT FLOP TO THE FLOOR.

LAT

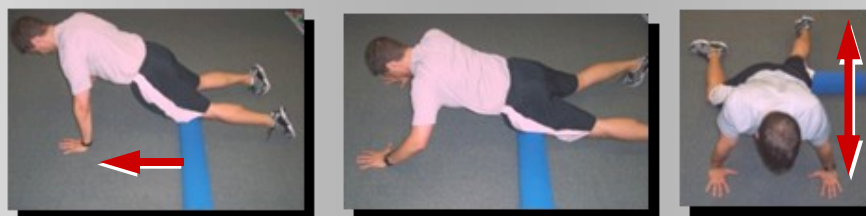
Use opposite hand to support body weight and roll back & forth from armpit to mid-ribcage.



DO NOT...
...PUT ALL YOUR BODY WEIGHT ON THE RIBS, TRY TO SUPPORT SOME OF YOUR WEIGHT WITH YOUR LEGS AND OPPOSITE ARM.

HIP FLEXOR & QUAD

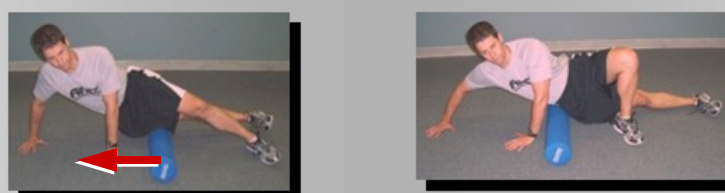
With roller off to 1 side, roll back & forth from front hip bone to just above knee cap. Use opposite leg to help balance.



DO NOT...
...DO BOTH LEGS AT THE SAME TIME...TRY IT AND FIND OUT WHY!

IT BAND

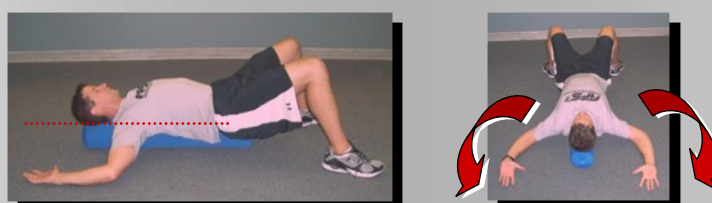
Support weight with arms and roll from above hip socket to just above knee joint, staying on side of thigh.



DO NOT...
...MAKE IT PAINFUL, TRY TO GET A RELAXING MASSAGE, NOT A BRUISE.

CHEST STRETCH

With head & tailbone supported, drop arms to sides keeping shoulders & elbows at 90° & relax. Hold for 2-5 minutes.



DO NOT...
...ARCH THE BACK, KEEP ABS TIGHT AND THIS WILL FIX IT.