

Coach Rozy Performance Foam Roller Workout Series



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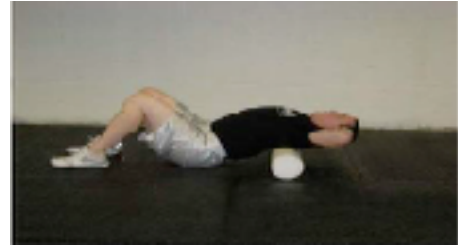
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FOAM ROLLER WORKOUT

Thoracic Spine Stretch

10-20 seconds

From the starting position, slowly extend the upper back. DO NOT extend the low back; it may help to think of “bracing” the stomach to ensure that the movement comes from the upper back. Slowly work the roller up and down the back, repeating the extension at the various spinal levels.



Rhombiod Stretch

10-20 seconds

Roll from the inside border of your scapula/shoulder blade to just outside your spine, working on the rhomboids. Roll for 30–60 seconds, and then switch sides.



Latissimus Dorsi Stretch

10-20 seconds

Glide the roller up and down the outside portion of your back.

Roll for 30–60 seconds, and then switch sides



Piriformis Stretch

10-20 seconds

From the starting position, roll back and forth over the piriformis. Roll for 30–60 seconds, and then switch sides. Try altering your body position throughout to hit the piriformis from multiple angles.



IT Band Stretch

10-20 seconds

From the starting position, press up and roll back and forth over the outside portion of your hip. Roll for 30–60 seconds, and then switch legs. To increase the pressure, take your opposite leg off the floor.



Rectus Femoris Stretch

10-20 seconds

From the starting position, press up and roll back and forth over the front of your thighs with the knees straight (position 1). It may help to work from the bottom of the hip to mid-thigh, reposition, and then work from mid-thigh to just above the knee versus using long, broad strokes to hit the entire RF at once.



*Remember - you can also use tennis balls, lacrosse balls, golf balls and other items to get muscle release and relief. There are a number of stretches and exercises that can be done to help improve how you feel and your performance. Contact COACH ROZY PERFORMANCE - POWERED BY AVERA at 817-219-2811 or rozyroozen@gmail.com for help, questions, information or training.