

# FOAM ROLLING

## Hyatt Training exercise guide



### Calf

Use one leg to brace or double leg over for more pressure. Roll slowly along calf, rotate hips to work media in two to three sections for better focus.



### Hamstring

Same as calf, only higher. Use top leg position to adjust pressure and roll along length of upper leg from knee to hip. Divide into two to three sections.



### IT band

Lay on side with top leg crossed over and foot flat. Top leg will adjust weight on the bottom leg. Roll in two to three sections along direct outside of bottom leg, working from hip to knee.



### Glutes

Cross focus leg and rotate towards bent leg to work that side. Hip is now open and the roller sits deep into the hip. Roll back and forth or in small circles.



### Quads

Face down with non-work leg angled out to the side. Roll hips from side to side to get all muscles in quads/hip flexors. Divide into two to three sections.

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