

# Self-Massage with Foam Roller & Massage Ball

## Quick Exercise Guide

### Exercise Instructions

- Complete 1 to 2 sets of each exercise.
- Complete exercises on right and left sides.
- Exercise each muscle with gentle pressure, avoid major discomfort.
- Complete exercises 2 to 3 times per week.
- Complete exercises slowly being aware of tense areas and pausing on target area for a few breaths.
- Upon completion of exercises, be sure to stretch each muscle group.

### MASSAGE BALL EXERCISES



1

CHEST



2

UPPER  
BACK



3

LOWER  
BACK



4

GLUTES



5

HAMSTRINGS

### FOAM ROLLER EXERCISES



6

UPPER  
BACK



7

GLUTES/  
LOWER BACK



8

LOWER  
BACK



9

HAMSTRINGS



10

IT BAND/  
HIP FLEXOR