



TRUEAP

FOAM ROLLING CHEAT SHEET

PRE- & POST-WORKOUT: 10-15 REPS EACH, HOLD SPOT FOR 3-5 SECONDS



QUADRICEPS



HAMSTRINGS



ADDUCTORS



TFL/IT BAND



GLUTEALS



CALF



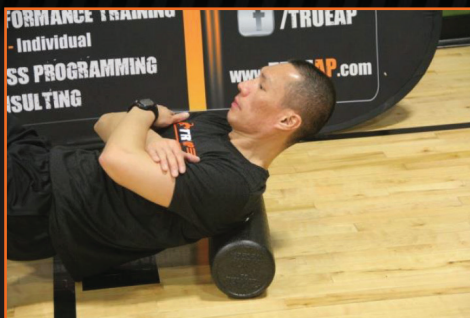
SHIN



SHIN (LATERAL)



LATISSIMUS DORSI



THORACIC BACK

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