

## **FOAM ROLLING CHEAT SHEET**

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



MLETE PERFORMANCE TRAINI roup - Team - Individual ULT FITNESS PROGRAMMING w.TRUEAP.com UCS/CONSULTING



**QUADRICEPS** 

**HAMSTRINGS** 

/TRUEAP

**ADDUCTORS** 







**TFL/IT BAND** 

**GLUTEALS** 

CALF







SHIN

**SHIN (LATERAL)** 

**LATISSIMUS DORSI** 





THORACIC BACK

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