

# SPRI DYNAMIC RECOVERY FOAM ROLLER EXERCISE GUIDE

## Exercise Instruction

- As a warm-up before each session, perform each selected exercise 3–5 times without the Foam Roller.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscle imbalances.

- If unable to complete (8) exercise repetitions through a full range of motion, increase rest time between exercise sets.
- OR—
- If unable to achieve moderate to maximal muscular fatigue following the completion of (12) exercise repetitions through a full range of motion, decrease rest time between exercise sets.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Foam Roller exercise session.

## LOWER LEG ROLL



**Start:** Sit with back straight, hands on floor positioned slightly behind shoulders with arms extended and supporting upper body. Straighten one leg; bend opposite leg and position roller just above ankle under back of lower leg with heel on floor.



**Finish:** Press hands downward while raising buttock slightly off the floor. Straighten bent leg, raise heel off floor and pull toes backward while pressing and rolling lower leg across top of roller. Return slowly to start position and repeat.

## UPPER LEG ROLL



**Start:** Sit with back straight, hands on floor positioned under shoulders with arms extended supporting upper body. Bend one leg; straighten opposite leg and position roller just above knee under back of upper leg with heel off floor and toes pointed forward.



**Finish:** Press hands downward while raising buttocks off the floor. Fully straighten leg, pull toes backward, shift body forward while pressing and rolling upper leg across top of roller. Return slowly to start position and repeat.

## HIP ROLL



**Start:** Lie on side with body straight, bottom arm bent with elbow on floor under shoulder supporting upper body. Bend top arm and leg and place foot flat on floor in front of bottom leg. Straighten bottom leg and position roller just below hip under side of upper leg with foot slightly off floor and toes pulled backward.



**Finish:** Press elbow downward while keeping body straight. Point toes slightly, shift body backward while pressing and rolling side of leg across top of roller. Return slowly to start position and repeat.

## UPPER LEG ROLL (Anterior)



**Start:** Lie on stomach with body straight, toes on floor with arms bent and hands on floor under shoulders. Position roller just below hips under front of upper legs.



**Finish:** Press hands downward while straightening arms and raising chest above floor. Fully straighten arms, keep toes on floor, shift body forward while pressing and rolling upper legs across top of roller. Return slowly to start position and repeat.

## CHEST ROLL



**Start:** Kneel with knees behind hips, toes on floor, and back straight. Straighten one arm and position hand on floor under shoulder with opposite arm slightly bent, palm of hand on top of roller with fingers pointing outward.



**Finish:** Bend straight arm, shift weight to same side while turning head in same direction. Fully straighten arm, lower chest toward floor, while gently pressing and rolling forearm across top of roller with thumb pointing upward. Feel chest and shoulder stretch. Return slowly to start position and repeat.

## SHOULDER ROLL



**Start:** Kneel with knees under hips, lower legs and feet on floor, and back straight. Straighten one arm and position hand on floor slightly in front of shoulder with opposite arm bent, side of hand on top of roller with thumb pointing upward.



**Finish:** Straighten bent arm, shift weight forward and lower chest toward floor while gently pressing and rolling forearm across top of roller with thumb pointing upward. Feel shoulder and back stretch. Return slowly to start position and repeat.