




# Hashey's Basic Guide To Foam Rolling

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**General Instructions:** Roll each muscle group for 30-60 seconds. If there is an area that is particularly sore (from DOMS) then sit the roller on it until the muscle relaxes. You may brace your bodyweight with the off foot if the pressure is too much. Videos of each technique can be found at [www.YouTube.com/jhashey](http://www.YouTube.com/jhashey) or refer to my [Powerful Recovery Methods](#).

**DO NOT ROLL:** bones, bruises, acute injuries, or if you have a medical condition.

Muscle Group Targeted	Foam Rolling Position
Iliotibial (IT) Band - Braced	
Iliotibial (IT) Band - Unbraced	
Quadriceps - Braced	

Adductors



Tibialis anterior



Hamstring Braced



Hamstring Unbraced



Glute With Added Tension



Glute Without Added Tension



Upper Back “Wing” Formation



Upper Back With Muscles “Exposed”



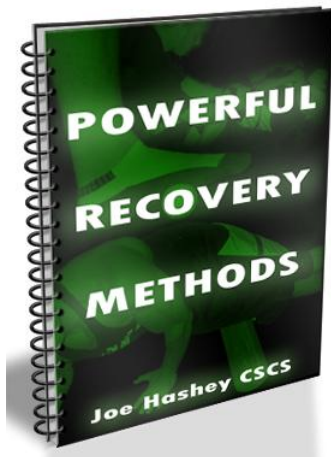
Latissimus Dorsi



Deltoids

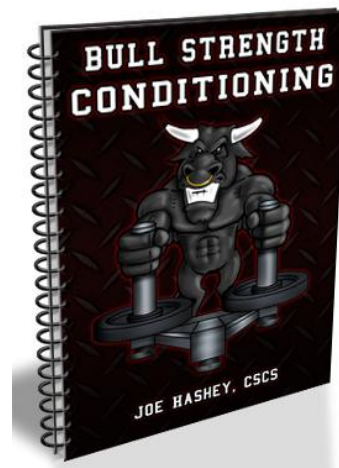


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