

4 WEEK

FOAM ROLLING PROGRAM

WEEK 1

Day 1**CALVES -**
2 MINS/SIDE**Day 2****QUADS/
HIP FLEXORS**
2 MINS/SIDE**Day 3****PIRIFORMIS/
GLUTES**
2 MINS/SIDE**Day 4****HAMSTRINGS**
2 MINS/SIDE**Day 5****LATS**
2 MINS/SIDE**Day 6****UPPER BACK**
2 MINS**Day 7 REST**

WEEK 2

Day 1**CALVES**
3 MINS/SIDE**Day 2****QUADS/
HIP FLEXORS**
3 MINS/SIDE**Day 3****PIRIFORMIS/
GLUTES**
3 MINS/SIDE**Day 4****HAMSTRINGS**
3 MINS/SIDE**Day 5****LATS**
3 MINS/SIDE**Day 6****UPPER BACK**
3 MINS**Day 7 REST**

WEEK 3

Day 1**A. HAMSTRINGS**
B. UPPER BACK
3 MINS/SIDE**Day 2****A. CALVES**
**B. QUADS/
HIP FLEXORS**
3 MINS/SIDE**Day 3****A. PIRIFORMIS/
GLUTES**
B. LATS
3 MINS/SIDE**Day 4****A. HAMSTRINGS**
B. UPPER BACK
3 MINS/SIDE**Day 5****A. CALVES**
**B. QUADS/
HIP FLEXORS**
3 MINS/SIDE**Day 6****A. PIRIFORMIS/
GLUTES**
B. LATS
3 MINS/SIDE**Day 7 REST**

WEEK 4

Day 1**A. HAMSTRINGS**
B. LATS
C. UPPER BACK
3 MINS/SIDE**Day 2****A. CALVES**
**B. PIRIFORMIS/
GLUTES**
**C. QUADS/
HIP FLEXORS**
3 MINS/SIDE**Day 3****A. HAMSTRINGS**
B. LATS
C. UPPER BACK
3 MINS/SIDE**Day 4****A. CALVES**
**B. PIRIFORMIS/
GLUTES**
**C. QUADS/
HIP FLEXORS**
3 MINS/SIDE**Day 5****A. HAMSTRINGS**
B. LATS
C. UPPER BACK
3 MINS/SIDE**Day 6****A. CALVES**
**B. PIRIFORMIS/
GLUTES**
**C. QUADS/
HIP FLEXORS**
3 MINS/SIDE**Day 7****A. CALVES**
**B. PIRIFORMIS/
GLUTES****C. PIRIFORMIS/
GLUTES**
**D. QUADS/
HIP FLEXORS****E. LATS**
F. UPPER BACK
3 MINS/SIDE