

casall[®]

FOAM ROLL GUIDE

THE ULTIMATE GUIDE TO GET
INSPIRED AND LEARN MORE
ABOUT FOAM AND TUBE ROLL.
IT WILL HELP IMPROVE BOTH
YOUR TRAINING AND BODY.





My name is Matthew Griffiths and I am a Professional Trainer within the fields of health and fitness.

I focus on performing with control, strength and rhythm. My training is diverse as I integrate many training forms to achieve total athleticism. This keeps the individual athletic, injury free and energized. In the Casall foam roller guide, I will show you how to effectively complete the exercises and programs that we have compiled to help you along the way.

WELCOME TO THE CASALL FOAM ROLLER GUIDE

This guide has been created to optimize the use of the Casall Foam rollers which can help reduce risk of injuries, joint pain and improve your energy and movement capacity.

This booklet will guide you carefully how to complete some of the most effective Foam Roll exercises shared by our Casall training expert Matthew Griffiths.

The exercises are supported by 7 specific training programs and 20 illustrated exercises. The programs have been designed to help you enhance and optimize your position when you play sports and move. Giving you a functional body that feels stronger with a reduced risk of injury and pain.

Let's get started and make your body move and feel better!

How does foam roll training work?

Foam and tube roll training works by applying localized pressure to chosen regions of the body using, prescribed techniques as explained in this booklet.

When pressure is applied with a roller, the roller exercises with help increase the circulatory flow through that area reducing soft tissue damage and improving movement dynamics.

Can foam roller help prevent injuries?

Yes, studies have shown the benefits of regular foam and tube roll training can help reduce joint and back pain. Also aid as an excellent injury prevention tool.

How do I choose a foam roller?

We have designed different rollers based upon your needs and wants. The Casall foam and tube rollers vary in material density, length and travel convenience. Generally, if you are new to roller training or suffer with muscular tension then we suggest you to go for a softer density such as a Casall small or medium foam roller,

that is easy to manage and comfortable to use. If your training type is performance, then we advise possibly a harder density such as a Casall tube roller or Casall Foam roll mini. If you are interested in using the roller for additional training such as stability training, then we suggest a Casall Long foam roller.

If you want to travel with a roller, then the mini roller is an ideal choice. It is important to ask the store staff if you have further questions to assure you purchase the right product for you.

CASALL FOAM ROLL MINI

Art. no: 74010

Density: 113 kg/m³

Material: EVA and Polyethylene,
PVC FREE/No phthalates.

Recommended for: Experienced users



The Mini Foam roll with only 10 cm diameter and little harder density 35-40 D is easy to bring along when travel or going to the gym. Harder density to give more pressure. Smaller diameter also makes it easier to use when doing flexibility exercises for beginners since you are closer to the floor when flex.



CASALL FOAM ROLL MEDIUM

Art. no: 74009

Density: 50,78 kg/m³

Material: EVA and Polyethylene,
PVC FREE/No phthalates.

Recommended for: Beginners
and intermediate users



Firm density and medium length makes foam roller perfect for first time users. The Foam roll with 61 cm length covers larger area of muscles and make it easier to find balance while doing practice.



CASALL FOAM ROLL SMALL

Art. no: 74005

Density: 50,78 kg/m³

Material: EVA and Polyethylene,
PVC FREE/No phthalates.

Recommended for: Beginners
and intermediate users



Foam rolling can be painful in the beginning because tight muscles are pushed upon with your full body weight. Casall small foam roller will produce a little less pain with its firm density compare to Casall Tube roll. The smaller size also makes it easy to bring or store and easy to handle for leg exercises.



CASALL FOAM ROLL LARGE

Art. no: 74008

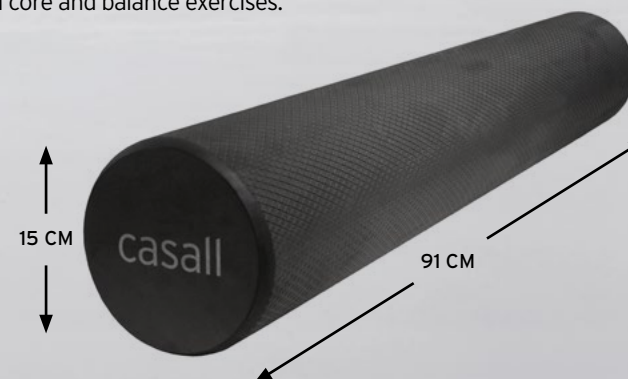
Density: 50,78 kg/m³

Material: EVA and Polyethylene,
PVC FREE/No phthalates.

Recommended for: Beginners
and intermediate users



Firm density and long length makes this foam roller perfect for both massage, balance and core exercises. The Foam roll with 91 cm length covers large muscle areas and the length also makes it perfect for advanced core and balance exercises.



CASALL TUBE ROLL

Art. no: 74007

Density: 113 kg/m³

Material:

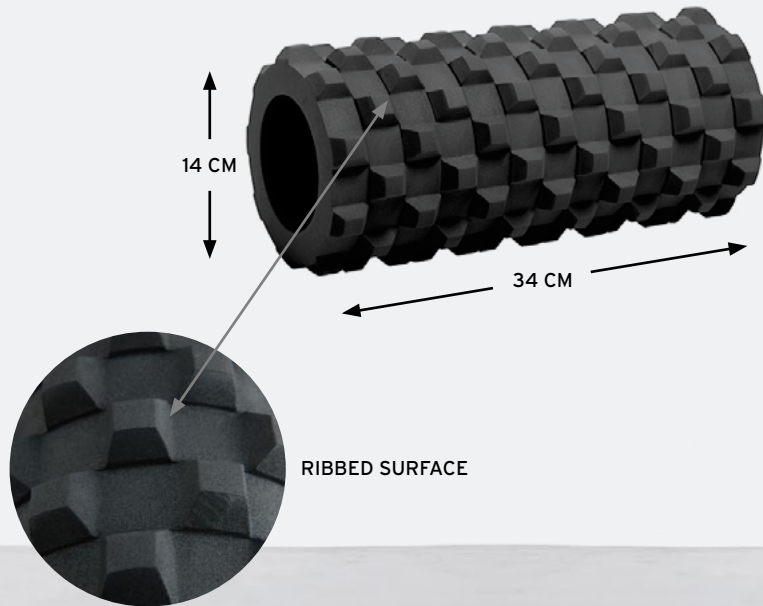
Outer foam: EVA plastic,
Polyethylene and
Thermoplastic elastomers (TPE).

Inner tube: ABS plastic

Recommended for: Experienced users



A solid tube roll for the most optimal muscle relief and tension alleviation. Ribbed surface, compact construction and hardness 35-40 D with density above 113 kg/m³ for enhanced effects and results. The ABS inner tube also helps keep the hardness and shape when frequently used.



Casall always strive for that our products are of the highest standard and are produced with respect for the environment. We are constantly working to ensure we comply with all applicable environmental requirements and regulations (including REACH), so that the products are not dangerous for the environment and humans.

To read more about this Casall product and the process how it comply to the REACH chemical legislation see www.casall.com



EXPLORE FOAM ROLL

FOAM ROLL EXERCISES, STRENGTHEN THE SMARTER YOU.

To help you perform foam roller training as illustrated in this booklet, we have given you some basic guidelines.

You will use your body-weight to create a pressure on the foam roller while using the techniques as prescribed. This pressure can be variable, for those new to foam roller training a lighter load can be enough to give you an effect, while for more experienced users a greater load might be preferred. An example to explain this method, can be while rolling out the calves, a lighter pressure can be achieved by roller out the calf while be supported by the other leg on the ground. To create a heavier load the user can place the supporting leg on top of the working leg, increasing the pressure. Another option can be to choose a harder roller.

The guidelines will help optimize your foam roll training, allowing for you to search in the best way for tight and restricted areas on your body. It's a good idea to go barefoot or without shoes when you are foam rolling for a more relaxed feeling, being barefoot will help you be more aware when completing the exercises as shown in this guide.

When you encounter a tight area - which could be a tender spot in your muscle - rest on that spot, breathe deeply, and slowly massage back-and forth and side-to-side with a subtle rocking

motion for a few more reps or seconds, or until the tenderness you feel decreases by about 50%. When you cannot find any new trigger points, it is suggested to upgrade to a harder foam roller.

Foam roller training is for all and not just for athletes, everyone can benefit from foam roll training because becoming mobile enough to properly perform basic human movements will help to avoid overuse injuries and chronic pain later in life.

Foam Roller benefits

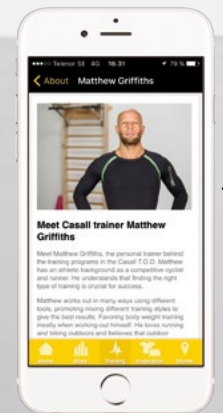
- Helps recovery
- Helps reduce muscular soreness
- Allows for great mobility
- Can help build strength
- Helps build injury resistance
- Improves your chances that you can train more readily
- Helps improve posture

The act of foam rolling itself also improves

- balance
- and body-awareness

ALSO CHECK OUT OUR APP

Please download our training app for smartphone. Available both in app store and google play. This is a pocket-sized personal trainer, helping you to track and maximise your training and inspire you to try many different exercises.



T-SPINE ROLL

BODY ZONE: UPPER BODY

WHAT IT WORKS: THORACIC SPINE

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Lay on your back with your knees bent, cradling your head in your hands, with the foam roller across your shoulder blades.



Lift your hips up off the floor and use your legs to roll your body up and down on the foam roller, 10-15 cm upwards and downwards. Aim to relax your upper body and let your spine fold backwards.

T-SPINE CROSS FRICTION

BODY ZONE: UPPER BODY

WHAT IT WORKS: THORACIC SPINE

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Lay on your back with your knees bent, placing your hands behind the back of the head, with the foam roller just below your shoulder blades.



Keep your hips on the floor with your feet hip width apart. Position your back parallel to the floor, then begin move side to side in a sideways motion.

T-SPINE HOLD AND STRETCH

BODY ZONE: UPPER BODY

WHAT IT WORKS: THORACIC SPINE

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Lay on your back with your knees bent, placing your hands behind the back of the head, with the foam roller just below your shoulder blades. Keep your hips on the floor with your feet hip width apart. Slowly begin to fold backwards.



Keep your hips on the floor, supporting your head. Begin gently to bend backwards over the roller. Stopping at a point where it feels comfortable. Return back to the starting position and repeat.

SIDE BACK ROLL

BODY ZONE: UPPER BODY

WHAT IT WORKS: LATS, SHOULDER

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Lay on your side with the legs in a bent position that feels comfortable. Place the foam roller perpendicular to your body, under the middle to upper part of your side back.



Length the arm with the palm facing upwards, then use your legs to slowly shift your body 10-15cm upwards and downwards

SIDE BACK HOLD AND STRETCH

BODY ZONE: UPPER BODY

WHAT IT WORKS: LATS, SHOULDER

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Lay on your side with the legs in a bent position that feels comfortable. Place the foam roller perpendicular to your body, under the middle to upper part of your side back.



Length the arm with the palm facing upwards. Slowly pull the arm down towards your chest bending at the elbow. Length the arm and repeat.

LATERAL LONG ROLL

BODY ZONE: UPPER BODY

WHAT IT WORKS: ERRECTOR SPINE

FOAM ROLLER: LONG



Lay on the roller with your hips and head firmly placed on the roller. Length the arms to the side of your body while keeping the knees bent.



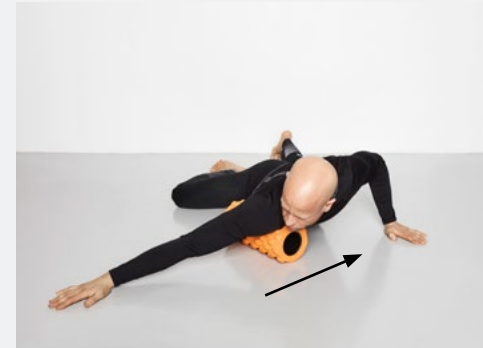
Move your upper body against the roll in a sideways motion, rolling towards the outer body. Roll back towards the middle and repeat on the other side.

FRONT SHOULDER ROLL

BODY ZONE: UPPER BODY

WHAT IT WORKS: PEC, DELTOIDS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Place the foam roller under the upper chest where it meets the shoulder, while using the other arm for support.



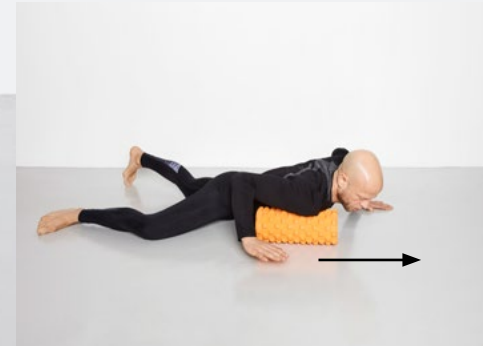
Find a comfortable position for your lower body and push the roller a few centimeter forward and backward with your upper body.

FRONT SHOULDER HOLD AND STRETCH

BODY ZONE: UPPER BODY

WHAT IT WORKS: PEC, DELTOIDS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Place the foam roller under the upper chest where it meet the shoulder, while using the other arm for support.



Keeping the roller fixed, pulling the arm in a downward motion. Push the arm forwards as you were going to straighten it and repeat.

FRONT HIP ROLL

BODY ZONE: HIPS

WHAT IT WORKS: HIP FLEXORS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Place the roller under frontal portion of your hip, while supporting the arm body with flexed arms.

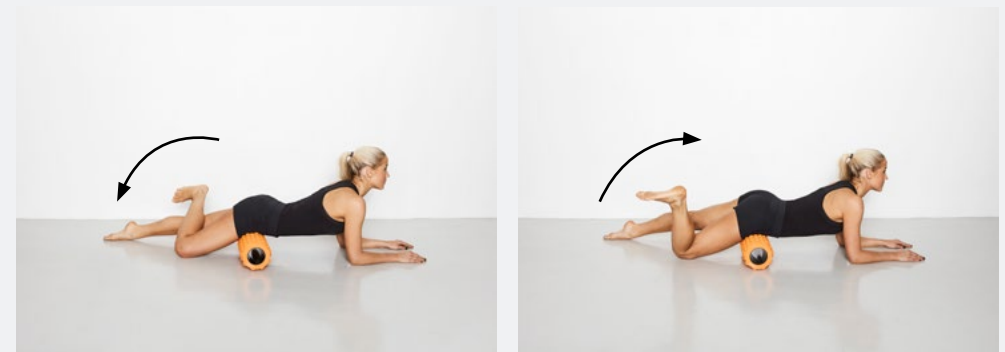
Use the upper body to roll backward and forward 10-15 cm across the front of the hip.

FRONT HIP HOLD AND STRETCH

BODY ZONE: HIPS

WHAT IT WORKS: HIP FLEXORS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Place the roller under frontal portion of your hip, while supporting the upper body with flexed arms. Flex the knee and position the working leg a 90 degree angle.

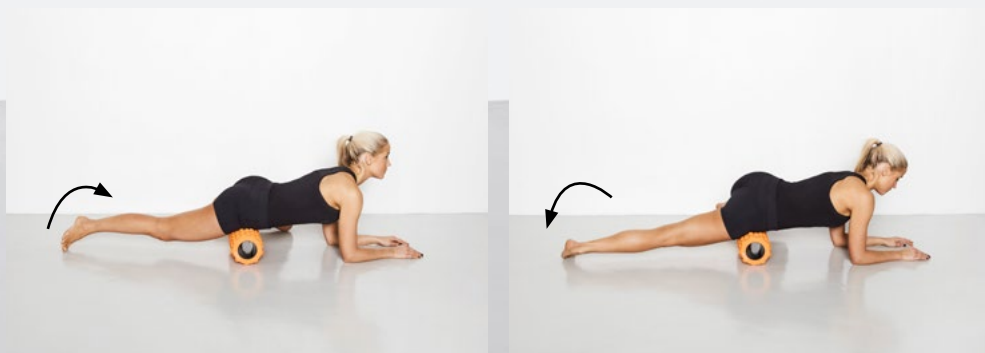
Keep the upper body stable with your arms, gently move the leg in a rotational motion across the roller. Work inwards and outwards with control, stopping at the end movement.

FRONT HIP CROSS FRICTION

BODY ZONE: HIPS

WHAT IT WORKS: HIP FLEXORS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Place the roller under frontal portion of your hip, while supporting the upper body with flexed arms.

Keep the upper body stable with your arms, gently move the hip in a side ways motion across the roller. Work in a range of 5-10 cm in each direction.

BACK HIP ROLL

BODY ZONE: HIPS

WHAT IT WORKS: HIP ROTATORS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Sit on the roller placing the one leg over the other at a 90 degree angle. Support yourself with the arm that is on the same side as the leg that is crossed, while gently pushing the knee down with opposite arm.

Use the supportive leg to gently push yourself forwards and backward in a range of 10-15 cm, applying pressure to the whole outer portion of the outer hip.



BACK LEG ROLL

BODY ZONE: LOWER BODY

WHAT IT WORKS: HAMSTRINGS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Position the roller under the upper thigh, close to the backside of the hip on one leg. Support yourself with both arms while keeping the other leg flexed.

Flex the foot and use both the arms and the supportive leg to gently roll backwards and forwards 15-20 cm. Placing the other leg over the working leg, will help increase the pressure and the effect.

FRONT LEG ROLL

BODY ZONE: LOWER LEG

WHAT IT WORKS: QUADRICEPS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Place the roller above the knee while supporting the body with flexed arms. Use the upper body to move the thigh in a forwards and backwards motion across the roller. Work in a range of 5-10 cm in each direction avoid rolling the knee.

FRONT LEG CROSS FRICTION

BODY ZONE: LOWER LEG

WHAT IT WORKS: QUADRICEPS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Place the roller above the knee while supporting the body with flexed arms. Keep the upper body stable through your arms. Gently move the thigh in a side ways motion across the roller. Work in a range of 5-10 cm in each direction.

FRONT LEG HOLD AND STRETCH

BODY ZONE: LOWER LEG

WHAT IT WORKS: QUADRICEPS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Place the roller above the knee while supporting the arm body with flexed arms. Flex the knee and position the working leg a 90 degree angle. Keep the upper body stable with your arms. Flex the knee bringing the foot towards the hip, stop when you have reached the end of the movement. Straighten the leg and repeat.

LOWER BACK LEG ROLL

BODY ZONE: LOWER LEG

WHAT IT WORKS: CALVES

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Position the roller under the lower portion of the leg. Support yourself with both arms while keeping the other leg flexed.



Flex the foot and use both the arms and the supportive leg to gently roll backwards and forwards 10-15 cm. Placing the other leg over the working leg, will help increase the pressure and the effect.

LOWER BACK LEG CROSS FRICTION

BODY ZONE: LOWER LEG

WHAT IT WORKS: CALVES

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Position the roller under the lower portion of the leg. Support yourself with both arms while keeping the other leg flexed.



Use the arms to support the upper body in a stable position. Flex the foot and rotate the lower leg on the roller in an inward and outward motion. Placing the other leg over the working leg, will help increase the pressure and the effect.

LOWER BACK LEG HOLD AND STRETCH

BODY ZONE: LOWER LEG

WHAT IT WORKS: CALVES

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Position the roller under the lower portion of the leg. Support yourself with both arms while keeping the other leg flexed.



Use the arms to support the upper body in a stable position. Point the foot away, follow by flexing the foot. Point and flex foot repeatedly as suggested. Placing the other leg over the working leg, will help increase the pressure and the effect.

LOWER FRONT LEG ROLL

BODY ZONE: LOWER LEG

WHAT IT WORKS: SHIN, TIBIALIS ANTERIOR

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG,



Position the roller under the lower portion of the leg. Support yourself with both arms and the opposite leg.










Point the foot and use both the arms and the supportive leg to gently roll backwards and forwards 10-15 cm.

HIT INTENSITY TRAINING

EXERCISE		PAGE NO	FOAM ROLLER	REPS
T-SPINE HOLD AND STRETCH		9	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	X 10
SIDE BACK HOLD AND STRETCH		10	MINI, SMALL, MEDIUM, LONG,	X 10
FRONT SHOULDER HOLD AND STRETCH		11	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	X 10
FRONT HIP HOLD AND STRETCH		13	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	X 10
BACK HIP ROLL		13	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	X 10
FRONT LEG ROLL		16	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	X 10
FRONT LEG HOLD AND STRETCH		17	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	X 10
LOWER BACK LEG HOLD AND STRETCH		19	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	X 10
LOWER FRONT LEG ROLL		19	MINI, SMALL, MEDIUM, LONG	X 10

Complete as many rounds 2-3 rounds for the best results.

FEEL GOOD

EXERCISE		PAGE NO	FOAM ROLLER	REPS
T-SPINE ROLL		8	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	X 10
T-SPINE CROSS FRICTION		8	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	X 10
SIDE BACK ROLL		9	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	X 10
LATERAL LONG ROLL		10	LONG	x 20
FRONT SHOULDER ROLL		11	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	X 10
FRONT HIP ROLL		12	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	X 10
FRONT HIP HOLD AND STRETCH		13	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	X 10
BACK HIP ROLL		13	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	X 10
BACK LEG ROLL		16	MINI, SMALL, MEDIUM, LONG	X 10
LOWER BACK LEG ROLL		18	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	X 10

Complete as many rounds 2-3 rounds for the best results.

RUNNING

EXERCISE		PAGE NO	FOAM ROLLER	REPS
T-SPINE ROLL		8	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
T-SPINE HOLD AND STRETCH		9	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
FRONT SHOULDER HOLD AND STRETCH		11	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
SIDE BACK ROLL		9	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
BACK HIP ROLL		13	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
FRONT HIP ROLL		12	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
FRONT HIP HOLD AND STRETCH		13	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
BACK LEG ROLL		16	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
LOWER BACK LEG HOLD AND STRETCH		19	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
LOWER BACK LEG CROSS FRICTION		18	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
LOWER FRONT LEG ROLL		19	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10

Complete as many rounds 2-3 rounds for the best results.

GYM TRAINING

EXERCISE		PAGE NO	FOAM ROLLER	REPS
LATERAL LONG ROLL		10	LONG	x 20
FRONT SHOULDER HOLD AND STRETCH		11	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
FRONT HIP HOLD AND STRETCH		13	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
BACK HIP ROLL		13	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
BACK LEG ROLL		16	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
FRONT HIP ROLL		12	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
FRONT LEG ROLL		16	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
FRONT LEG HOLD AND STRETCH		17	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
LOWER BACK LEG HOLD AND STRETCH		19	MINI, SMALL, MEDIUM, LONG	x 10










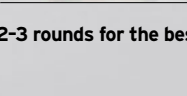
Complete as many rounds 2-3 rounds for the best results.

SKIING

EXERCISE		PAGE NO	FOAM ROLLER	REPS
T-SPINE HOLD AND STRETCH		9	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
SIDE BACK HOLD AND STRETCH		10	MINI, SMALL, MEDIUM, LONG,	x 10
FRONT SHOULDER HOLD AND STRETCH		11	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
FRONT HIP HOLD AND STRETCH		13	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
BACK HIP ROLL		13	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
BACK LEG ROLL		16	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
FRONT HIP ROLL		12	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
FRONT LEG ROLL		16	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
FRONT LEG HOLD AND STRETCH		17	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
LOWER BACK LEG HOLD AND STRETCH		19	MINI, SMALL, MEDIUM, LONG	x 10
LOWER BACK LEG CROSS FRICTION		18	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
LOWER FRONT LEG ROLL		19	MINI, SMALL, MEDIUM, LONG,	x 10






Complete as many rounds 2-3 rounds for the best results.

GOLF

EXERCISE		PAGE NO	FOAM ROLLER	REPS
T-SPINE ROLL		8	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
T-SPINE CROSS FRICTION		8	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
T-SPINE HOLD AND STRETCH		9	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
FRONT SHOULDER ROLL		11	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
SIDE BACK ROLL		9	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
LATERAL LONG ROLL		10	LONG	x 10
FRONT HIP ROLL		12	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
BACK HIP ROLL		13	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
BACK LEG ROLL		16	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
LOWER BACK LEG ROLL		18	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10

Complete as many rounds 2-3 rounds for the best results.

RACKET SPORTS

EXERCISE		PAGE NO	FOAM ROLLER	REPS
T-SPINE ROLL		8	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
T-SPINE CROSS FRICTION		8	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
T-SPINE HOLD AND STRETCH		9	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
LATERAL LONG ROLL		10	LONG	x 10
FRONT SHOULDER HOLD AND STRETCH		11	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
SIDE BACK ROLL		9	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
BACK HIP ROLL		13	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
FRONT HIP HOLD AND STRETCH		13	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
BACK LEG ROLL		16	MINI, SMALL, MEDIUM, LONG	x 10
LOWER BACK LEG HOLD AND STRETCH		19	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10
LOWER FRONT LEG ROLL		19	MINI, SMALL, MEDIUM, LONG, TUBE ROLL	x 10

Complete as many rounds 2-3 rounds for the best results.





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