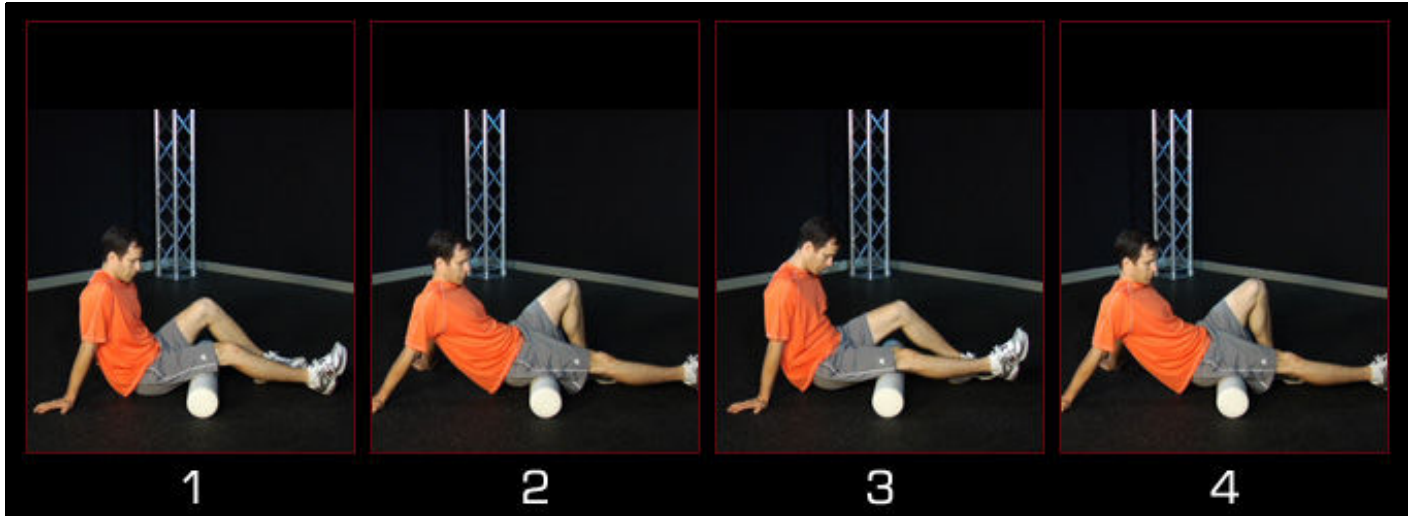


## Foam Roller - Hamstring



Begin exercise in supine position with hamstring placed directly on the foam roller with both hands supporting body weight. Next, roll the hamstring across the foam roller from high to low and outside to inside. Never perform exercise to the point of pain, but make sure that your muscle is feeling just short of the pain threshold as this will help to establish the best mobility in the muscle tissue. Repeat in same fashion on the opposite hamstring.

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