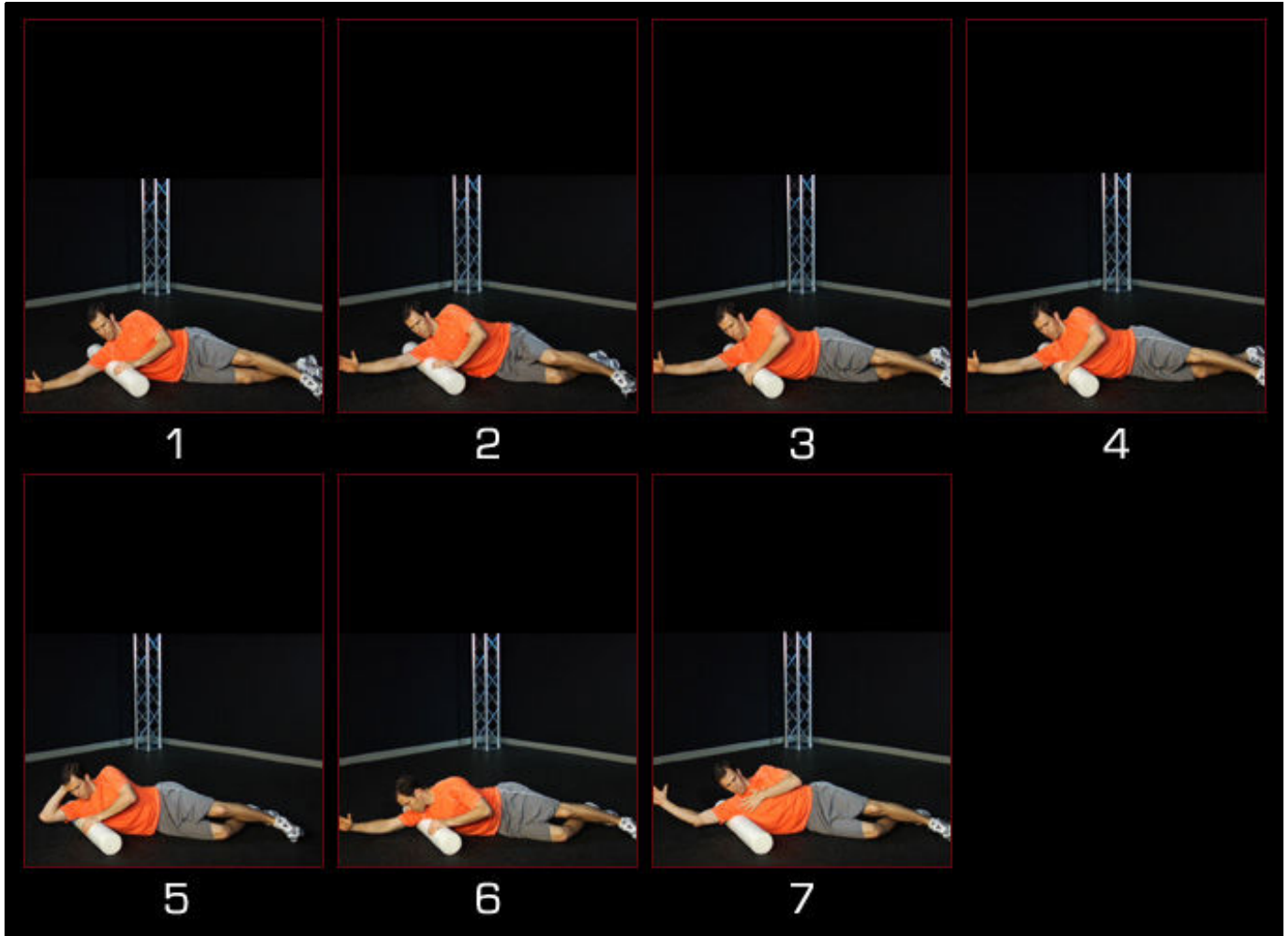


Foam Roller - Lat



Begin exercise in side-lying position with lats placed directly on the foam roller with both legs supporting body weight. Next, roll the lats across the foam roller from high to low and outside to inside. Make sure to have the affected side's arm outstretched in front of the body. 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 lat muscle.

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