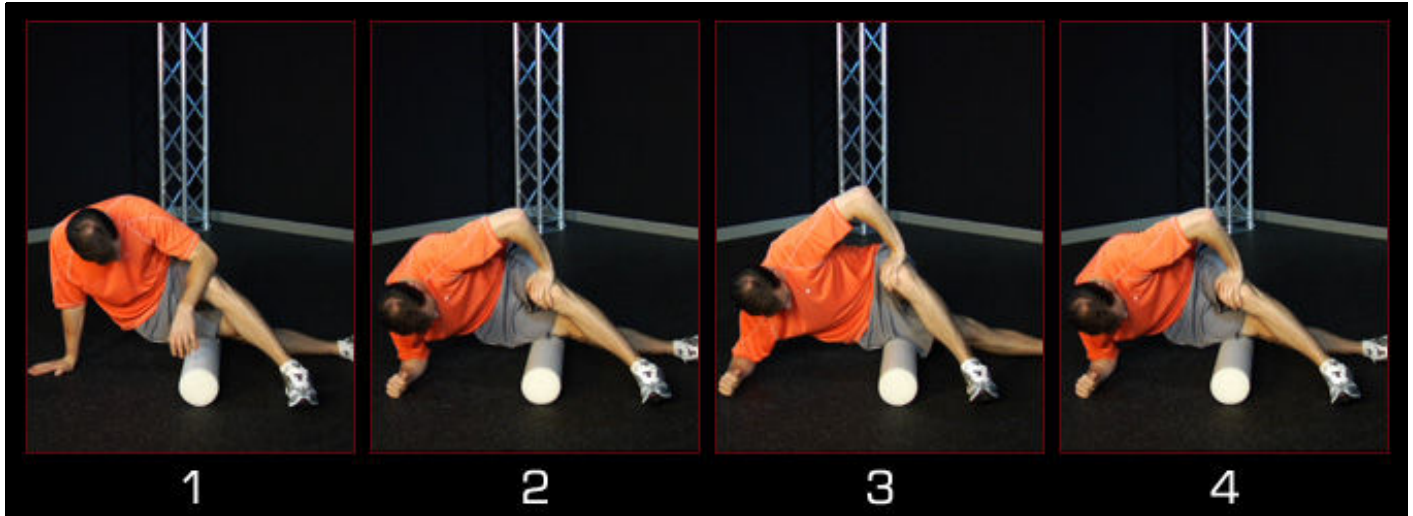


Foam Roller - TFL



Begin exercise in side-lying position with TFL placed directly on the foam roller with bottom hand and opposite leg supporting body weight. Next, roll the TFL 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 TFL.

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