

1. **Thoracic Extensors, Middle and Lower Trapezius, Rhomboids:** With your arms behind your head (not pulling on the neck), lie supine with roller positioned in the middle of your back; your glutes should be on the ground. Roll upward, reversing direction when you reach the level of the armpits. This is an excellent intervention for correcting kyphosis.



2. **Tensor Fascia Latae and Iliotibial Band:** Without a doubt, this one will be the most painful for most of you. In the starting position, you'll be lying on your side with the roller positioned just below your pelvis. From here, you'll want to roll all the way down the lateral aspect of your thigh until you reach the knee.



3. **Adductors:** Balance on your forearms with the top of one of your inner thighs resting on the roller. From this position, roll all the way down to the adductor tubercle (just above the medial aspect of the knee) to get the distal attachments.



4. **Quadriceps:** This one is quite similar to the hip flexor version; you're just rolling further down on the thigh. You can perform this roll with either one or two legs on the roller.



5. **Gluteus Maximus:** Set up like you're going to roll your hamstrings, but sit on the roller instead. Roll your rump. Enough said. For Gluteus Medius and Minimus lift your foot and stack it on your knee then tilt laterally to your elevated knee side.



6. **Hamstrings:** You'll want to try these with the feet turned in, out, and pointing straight ahead to completely work the entire hamstring complex. Balance on your hands with your hamstrings resting on the roller, then roll from the base of the glutes to the knee.



7. **Calves:** This, too, is similar in positioning to the hamstrings roll; you're just rolling knee to ankle. Try this with the toes up (dorsiflexion) and down (plantarflexion).



8. **Latissimus Dorsi and Teres Major:** Lie on your side with the same side arm overhead. The roller should be positioned at the attachment of the lat on the scapula in the starting position. You'll want to roll toward the attachment on the humerus (roll toward the armpit).

