

## Styrofoam Rolling

Feet/Ankles/Calves



Adductors



Abductors/IT Band



Shins



Hips/Gluts



Hamstring



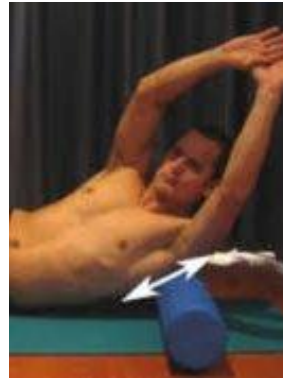
Quads



Pelvic Tilts



Scapula/ Teres/ Serratus Anterior



Pecs



Back



Arms



Neck



Hands & Feet