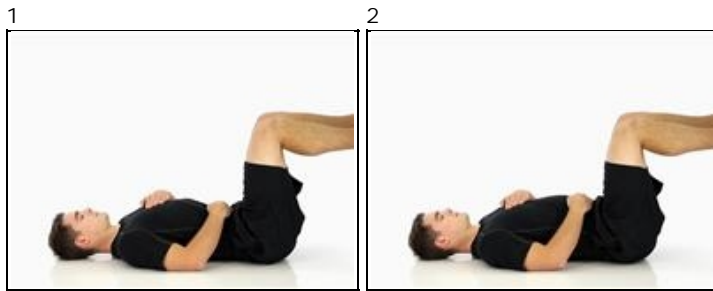


# Self Massage

10 Exercises, Duration: 14 mins

90/90 Breathing Position

2 sets | 2 mins, 40 seconds



**Description:**  
Begin in the supine posture by positioning yourself face up so that your back is on the floor with the feet on a wall, so the knees are bent to 90 degrees and the hips are bent to 90 degrees. Neck and spine should be “neutral” and comfortable. Place one hand on the upper chest and one hand on the lower abdomen.

1. Take a nasal inhalation and exhalation.
2. Nasal inhalation should be a low, slow 3 seconds
3. Then a brief pause
4. Nasal exhalation should be slow and full 4-6 seconds
5. Then a longer pause (2-3 seconds)
6. Then the next breath cycle
7. The air should expand the lateral portion of the stomach pushing your hands out.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	1	60	20
		2	1	60	20



## Crocodile Breathing

3 sets | 2 mins



**Description:**

Begin in the prone posture by positioning yourself face down, so that your stomach is on the floor with your forehead on your hands, both palms down, one covering the other. Make sure the chest and arms are relaxed, and you are as "flat" as you can get; your neck should be relaxed and comfortable.

Breathe in through the nose and feel the air move down past the chest into the "stomach". When this happens, you will feel the abdomen push out against the ground, this should happen naturally without you forcing your stomach out.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	1	30	10
		2	1	30	10
		3	1	30	10



Foam Roller - Adductor

1 sets | 1 mins, 10 seconds



Description:

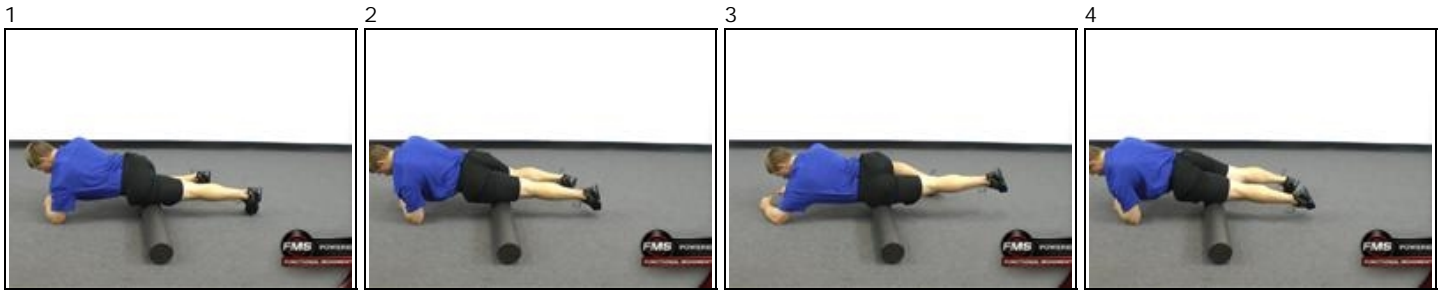
Begin exercise in prone position with foam roller positioned on the inside of the leg. Using both hands and the leg not on the foam roller as support of body weight, begin to roll your groin muscle on the foam roller. Make sure to roll high and low and inside and outside of the groin muscle group. Never perform rolling to the point of pain, but always make sure to take your rolling to the point just short of discomfort. This will allow for the greatest amount of muscle mobility enhancement. Repeat exercise on opposite side in same manner.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	1	60	10



Foam Roller - Quadriceps

1 sets | 1 mins, 10 seconds



Description:

Begin exercise in prone position with quad placed directly on the foam roller with both hands/elbows supporting body weight. Next, roll the quad 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 the same fashion on the opposite quad.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	1	60	10



Foam Roller - Gluteal Muscle

1 sets | 1 mins, 10 seconds



Description:

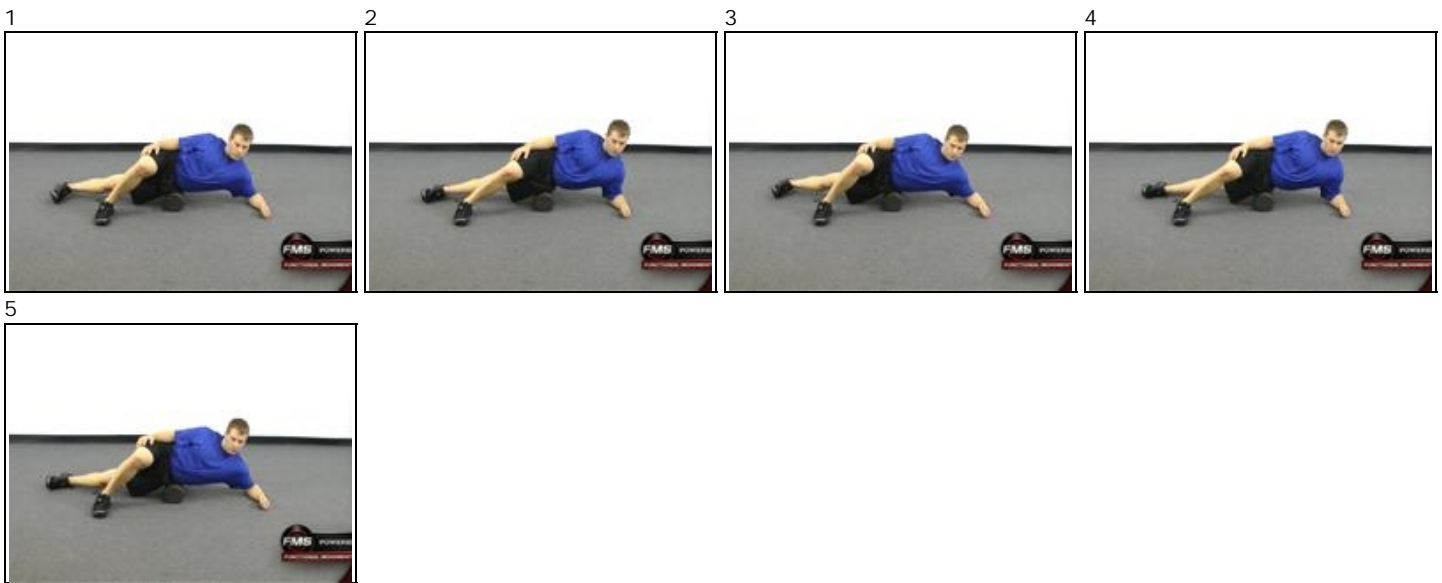
Begin exercise in supine position with glutes placed directly on the foam roller with both hands supporting body weight. Next, roll the glutes across the foam roller from high to low and outside to inside. Never perform exercise to the point of pain, but make sure that your muscle is feeling just short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

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	1	60	10



Foam Roller - Tensor Fascia Latae (TFL)

1 sets | 1 mins, 10 seconds



Description:

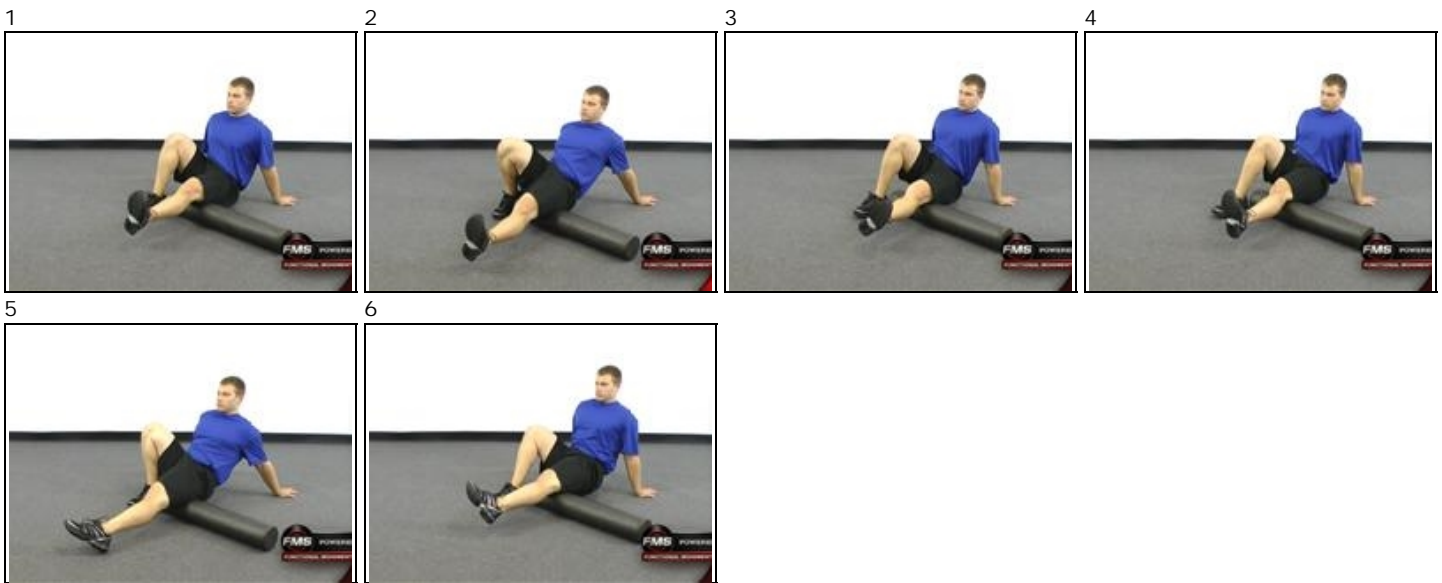
Begin exercise in side-lying position with TFL placed directly on the foam roller with bottom hand and opposite leg supporting body weight. Next, roll the TFL across the foam roller from high to low and outside to inside. Never perform exercise to the point of pain, but make sure that your muscle is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

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	1	60	10



Foam Roller - Hamstring

1 sets | 1 mins, 10 seconds



Description:

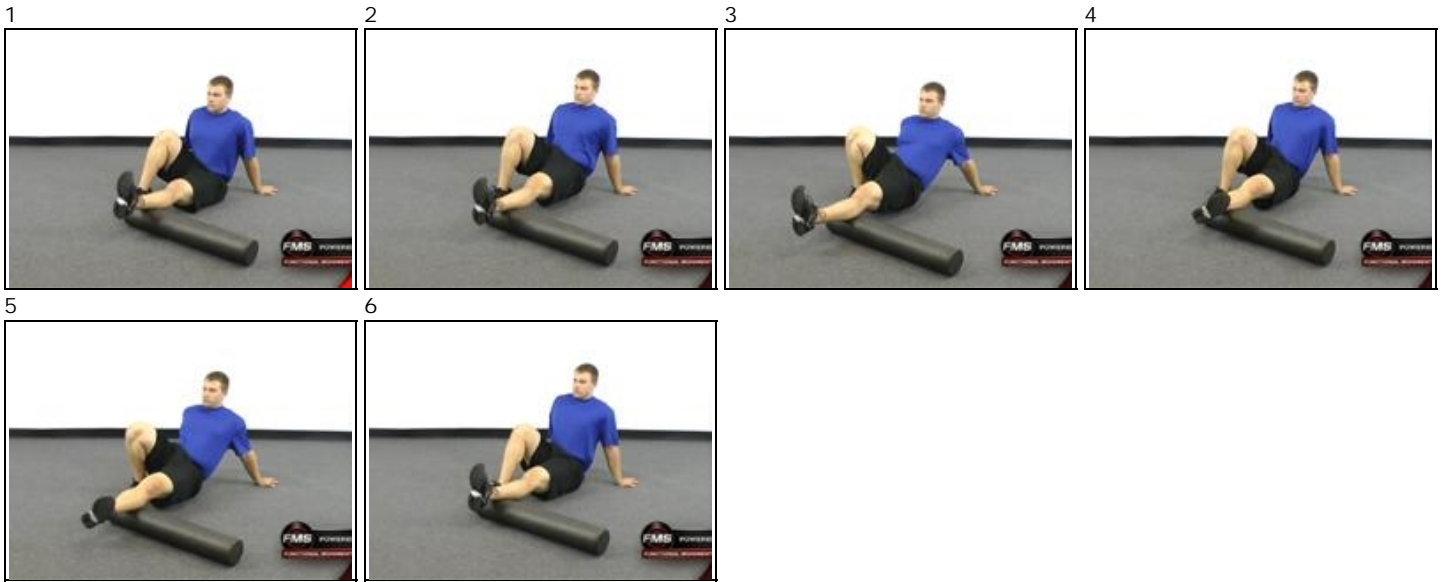
Begin exercise in supine position with hamstring placed directly on the foam roller with both hands supporting body weight. Next, roll the hamstring across the foam roller from high to low and outside to inside. Never perform exercise to the point of pain, but make sure that your muscle is feeling just 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.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	1	60	10



Foam Roller - Calf Muscle

1 sets | 1 mins, 10 seconds



Description:

Begin exercise in supine position with calf placed directly on the foam roller with both hands supporting body weight. Next, roll the calf 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.

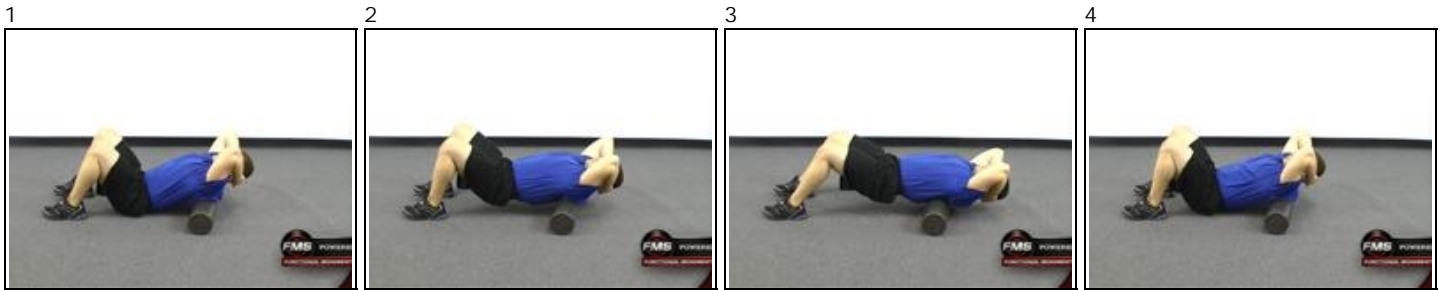
Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	1	60	10





Foam Roller - Mid Back

1 sets | 1 mins, 10 seconds



Description:

Begin exercise in supine position with mid-back placed directly on the foam roller with both elbows in front of face and both legs supporting body weight. Next, roll the mid-back across the foam roller from high to low. You may allow the upper back to bend or fold around the foam roller while maintaining your hip height to promote greater thoracic spine mobility (extension). 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.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	1	60	10



Foam Roller - Lat

1 sets | 1 mins, 10 seconds



Description:

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.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	1	60	10