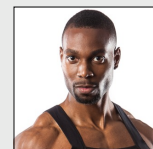




My Respire Fitness Workout

Foam Roller - Lower Body



#MikeFitCoach

Intensity

Roll back & forth over an area for as long as needed to relieve stiffness



- 1 - Kneel on all fours with the roller under one ankle.
2 - Raise the knee of the leg on the roller and push back, rolling up from your ankle to your knee, straightening your leg.
• Roll back down the shin, keeping the knee raised throughout.
• Complete all reps on one side before switching to the

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Lie face down with one leg bent at the knee 90 degrees and the roller under your inner thigh
2 - Roll back and forth along your inner thigh from your inside hip to knee and back.
• Complete all reps on one side before switching to the other side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Sit with roller under your ankles with your legs straight and your hands on the mat behind your buttocks.
1 - Raise your hips off the floor and one ankle off the roller, supporting your bodyweight on your hands.
2 - Roll up and down your calf from ankle to knee, pushing your body away with your hands.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Sit with roller under your ankles with your legs straight and your hands on the mat behind your buttocks.
1 - Raise your hips off the floor and one ankle off the roller, supporting your bodyweight on your hands.
2 - Roll up and down your calf from ankle to knee, pushing your body away with your hands.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Sit upright on roller with legs straight out in front and your hands on the mat behind your back.
2 - Roll back and forth over your buttocks from the top of your hamstrings to your lower back.
• Bend and straighten your legs as you roll back and forth.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



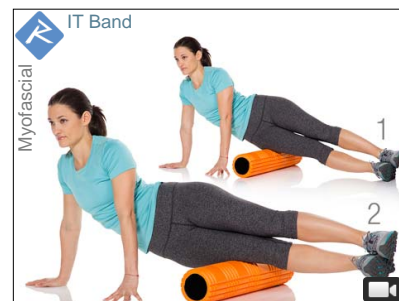
- 1 - Sit upright on a roller leaning to one side with this leg bent and the ankle on your other knee.
• Support your bodyweight on one hand on the mat behind with your arm straight.
2 - Push your body away, bending your elbow and rolling over the side of your buttocks.
• Pull back, straightening your arm and rolling back over the

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Sit with a roller under the top of your hamstrings with your legs straight, your feet off the floor and your hands behind your buttocks about 2 feet.
2 - Pull your body towards your hands, rolling down along the hamstrings to the back of your knees.
• Push your body back away from your hands rolling up

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Lie on your side with the roller under your hip, resting on your forearm and hand with your feet off the floor.
2 - Pull your body toward your forearm, rolling down along the side of your thigh from your hip to the top of your knee.
• Push away rolling back up the side of your thigh from your knee to your hip.

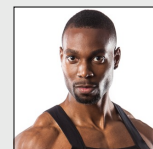
Sets	Reps	Weight	Notes
1			
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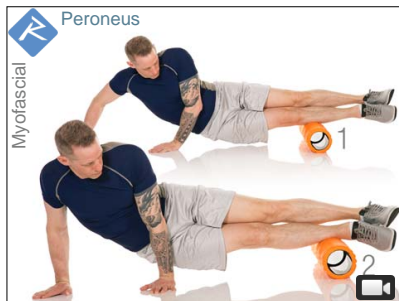


My Respire Fitness Workout

Foam Roller - Lower Body



MikeFitCoach



- 1 - Lie on your side with a roller under the side of your bottom shin, hips on the mat and resting on your forearm.
2 - Pull your body toward your forearm, raising your hips and roll down the side of your shin from your knee to your ankle.
• Push away, rolling back up the side of your shin to your knee.

• Complete all reps on one

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Lie face down with a roller under lower thighs just above your knees supporting your weight on your hands & toes with your arms straight.
2 - Push away, lowering your body down, raising your feet and roll up along the front of your thighs from your knee to mid-thigh.
• Pull back, returning to a straight arm position, rolling

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Lie face down with a roller at hip level, legs straight with one foot off the floor resting on your forearms.
2 - Leaning to the side of the raised leg roll up and down this leg from the top of your hip to your mid-quadrant.
• Complete all reps on one side before switching to the other side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			