

Foam Rolling for Warm up and Cool Down

You may know the benefits of a foam roller but chances are you use it only when you are rehabbing from an injury or overworked muscles. If so, you aren't alone. But we can all benefit from adding this to a daily routine to help prevent sore muscles that can lead to potential injury. Foam rolling improves circulation, which gets the body ready for a workout and helps it recover faster. And since rolling breaks down knots that limit range of motion, it actually prepares your muscles for stretching. This is especially great for runners and cyclists but anyone can find relief. So get rolling! (www.runnersworld.com for demo)

01. calf muscle



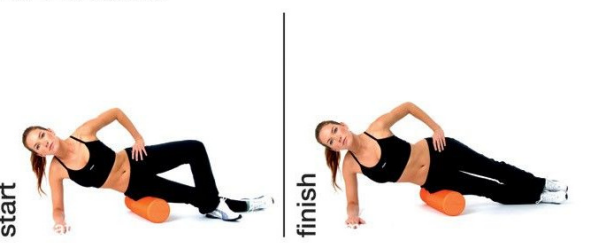
02. peroneals



03. adductors



04. it-band



05. piriformis



06. rectus femoris



07. latisimuss dorsi



08. hamstrings



09. thoracic spine

