



Foam Rolling for Runners *Super Six*



Plantar fascia
Calves
Peronei
Quads
TFL
Glutes & Piriformis



Plantar fascia



Calves & Peronei

The foot is the foundation for most of your daily movement, and is controlled by the lower leg and calf. Releasing your lower leg muscles will help mobilize the ankle for better foot movement.

- Set Up: Position MB5 Massage Ball at the base of your calf, where it meets your ankle.
- Step 1: Press down and slowly roll back and forth along the muscle.
- Step 2: Pin the MB5 into the ground with your calf, and stretch your ankle in circles.
- Step 3: Slightly bend working leg at the knee, allowing MB5 to roll back, and keeping foot completely relaxed.

Set Up



Quadriceps

Achieve optimal hip position and muscle activation for enhanced force and speed.

Set Up

Plank position, place GRID® just above knees. Plant elbows beneath shoulders. Flatten palms.



Zones: 1 2

Programming

4 Rolls Forward/Back



4 Knee Bends



Programming

Foot Circles



Knee Bends



The MB5™ Massage Ball was designed to target larger muscles groups directly for a safe level of deep tissue compression.



TFL

Release the TFL to improve overall hip function

Set Up

Find the TFL by placing one hand on the outside of the hip and slightly turning the knee cap inward. The TFL will "push" into your hand. Lay down on a smooth surface placing the MB5™ directly underneath that area.



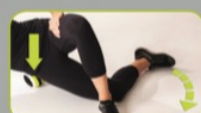
Zone: 1

Programming

4 Rolls Forward/Back



2 Knee Bends



Piriformis

Unlock the glutes for optimal mobility and control of the foot, knee and hip.

Set Up

Sit with TP Massage Ball™ underneath glute/piriformis. Apply compression with body weight.



Zones: 1

Programming

4 Knee Lifts



4 External Rotations

