

Roll and Trigger

Rolling and trigger work is designed to help release tightness through musculature in preparation for a session or prior to stretching. Any implement is fine to use, but as a general rule smaller and harder is more challenging. Roll through muscle slowly working your way down the muscle or when finding a particular knotty spot hold until release. Before session will allow for greater unrestricted movement, while before stretching will allow the muscle to increase length. But can also be done as own session.

Time for all should be approximately 30sec per side, twice if time is available

1. Calf
 - Work up and down or hold on trouble spots
2. Glute
 - Circular work or hold trouble spots
3. Hip Flexor
 - Little back and forth or hold trouble spots
4. ITB
 - Work up and down or hold on trouble spots
5. Quads
 - Work up and down or hold on trouble spot
6. Upper Back
 - Gentle up and down with slight pauses