












Mobility & Foam Rolling

- These simple tools and exercises can be used before or after your workouts – and even at home – to improve recovery and ensure you continue to see progress.

Mobility

Movement		Time
Chest Abductor Standing Press		60 sec.
Backhand/Forehand Swing		60 sec.
Hip Abductor/Adductor		60 sec.
Side to Side Hip Swing		60 sec.
Inchworm to Up Dog		60 sec.
Hip Opener w/ Rotation		60 sec.
Back Extension		60 sec.
Hip Stretch		60 sec.

Foam Rolling

Target Area			Time
Hamstring			60 sec.
Back – Spinal Correction Stretch			60 sec.
Latissimus Dorsi			60 sec.
Quadriceps - Front			60 sec.
Quadriceps – Side			60 sec.
Upper Back			60 sec.
Calf/Soleus			60 sec.
Glute/Piriformis			60 sec.

- Liked the foam roller and interested in integrating into your routine at home? Purchase one online in Life Time online store at <https://shop.lifetime.life/>