

Foam Rolling Routine

BENEFITS PERSONAL TRAINING PARTNERED WITH **I CHALLENGE DIABETES**

VIDEO WORKOUT SUPPORTING GUIDE

This guide was created as a supporting resource for a pre-recorded, follow-along routine. **Make sure to check it out here: https://youtu.be/aktupMaQ_n4**

Below you will find a full-body foam rolling routine. Please complete as often as you like, with the option of focusing on specific areas relevant to your needs. **Spend at least 30 seconds with each move and pause on areas of tension.** Approach this time with a relaxed, no rushing, mindset.

1. CALF



2. QUADS



3. IT BAND



4. GLUTES/PIRIFORMIS



5. BACK



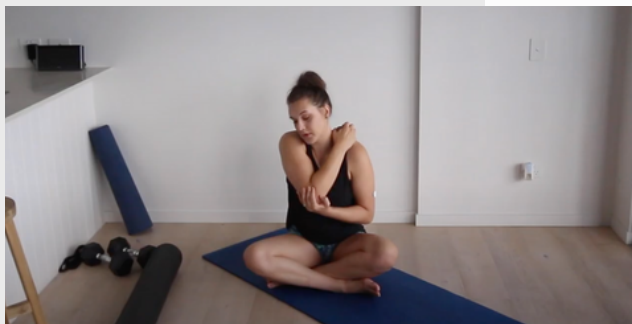
6. LATS



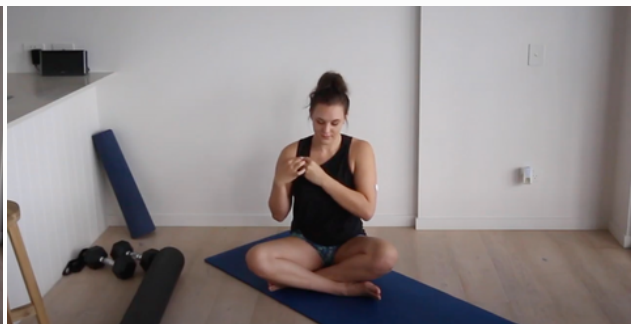
IS FOAM ROLLING SUPPOSED TO HURT?

Foam rolling may be uncomfortable at times, especially in the beginning when it's so new. When you find tight fascia, it will be mildly uncomfortable, Continue to apply pressure and with time you'll find your body will begin to relax. If any area is too uncomfortable, apply less pressure or change the tool. Rollers can range in firmness, with balls usually being the most intense.

7. BALL ROLLING NECK



8. BALL ROLLING CHEST



Hey, I'm Jenn! How wonderful to meet you!

In case we're crossing paths for the first time...

My name is Jenn, I'm a Type 1 Diabetic, Canadian, who loves travel, photography, good vibes, and great naps. I am the fitness, nutrition & wellness coach behind BENEFITS Personal Training.

I'll try and keep things short here.

Encouraging people to pursue their best selves is at the heart of everything I do. It's my joy to provide the knowledge, accountability, and support that you need to discover a healthy lifestyle that is nurturing, sustainable, encouraging and empowering.

I've been in business since 2013 helping people become the best version of themselves through personal fitness training, outdoor group training, and online fitness & nutrition coaching.

DISCLAIMER

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