

## Train Boston Foam Roll-out Progression



TRAIN BOSTON



Upper back , notice the 2 hand positions.



Thoracic foam roll-outs, first perform with elbows back ,then on to elbows together



Post shoulder/cuff rollout. First longitudinally, then forward and backward rotation over the roll



Shoulder and parascapular area, also with 2 hand positions



Lat roll-out



Calves (gastroc and soleus), both legs and stacked for deeper penetration



Hamstrings, dual and stacked



Quads, dual and stacked



Adductors (groin)



TFL (tensor fascia lata) and hip flexor group. The TFL is often sore and related to many IT band issues.



IT band roll-outs, single leg with off loading of force, and stacked for deeper penetration

Glute and piriformis roll-outs. As with all of the foam roll techniques, find the trigger points (sore areas) and concentrate there. Remember here, you are crossing over the leg of the glute you are working on.

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