4 WEEK FOAM ROLLING **PROGRAM**

WEEK 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
CALVES – 2 MINS/SIDE	**QUADS/ HIP FLEXORS** 2 MINS/SIDE	**PIRIFORMIS/ GLUTES** 2 MINS/SIDE	**HAMSTRINGS** 2 MINS/SIDE	**LATS** 2 MINS/SIDE	**UPPER BACK** 2 MINS

Day 7 REST

WEEK 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
CALVES 3 MINS/SIDE	**QUADS/ HIP FLEXORS** 3 MINS/SIDE	**PIRIFORMIS/ GLUTES** 3 MINS/SIDE	**HAMSTRINGS** 3 MINS/SIDE	**LATS** 3 MINS/SIDE	**UPPER BACK** 3 MINS

Day 7 REST

WEEK 3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
A. HAMSTRINGS **B. UPPER BACK** 3 MINS/SIDE	**A. CALVES** **B. QUADS/ HIP FLEXORS** 3 MINS/SIDE	**A. PIRIFORMIS/ GLUTES** **B. LATS** 3 MINS/SIDE	**A. HAMSTRINGS** **B. UPPER BACK** 3 MINS/SIDE	**A. CALVES** **B. QUADS/ HIP FLEXORS** 3 MINS/SIDE	**A. PIRIFORMIS/ GLUTES** **B. LATS** 3 MINS/SIDE

Day 7 REST

WEEK 4

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
A. HAMSTRINGS **B. LATS** **C. UPPER BACK** 3 MINS/SIDE	**A. CALVES** **B. PIRIFORMIS/ GLUTES** **C. QUADS/ HIP FLEXORS** 3 MINS/SIDE	**A. HAMSTRINGS** **B. LATS** **C. UPPER BACK** 3 MINS/SIDE	**A. CALVES** **B. PIRIFORMIS/ GLUTES** **C. QUADS/ HIP FLEXORS** 3 MINS/SIDE	**A. HAMSTRINGS** **B. LATS** **C. UPPER BACK** 3 MINS/SIDE	**A. CALVES** **B. PIRIFORMIS/ GLUTES** **C. QUADS/ HIP FLEXORS** 3 MINS/SIDE

Day 7			
	A. CALVES **B. PIRIFORMIS/ GLUTES**	**C. PIRIFORMIS/ GLUTES** **D. QUADS/ HIP FLEXORS**	**E. LATS** **F. UPPER BACK** 3 MINS/SIDE