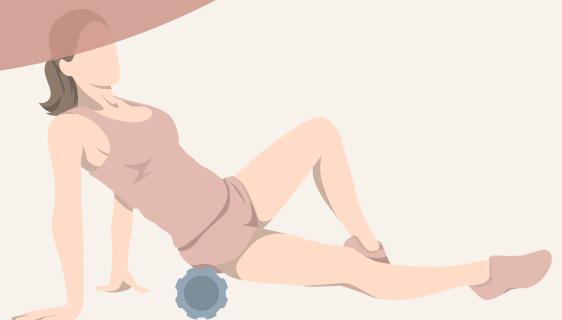
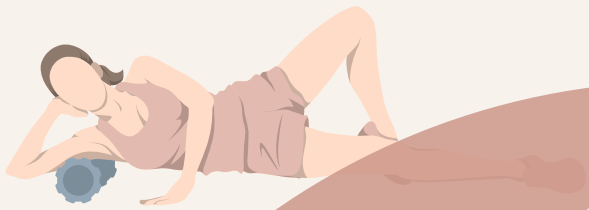




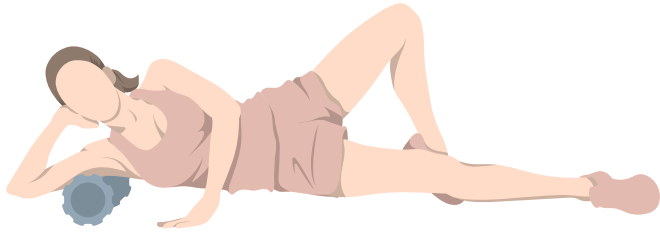
STRETCHING FOAM ROLLING CHART & CHEAT SHEET

Increase your mobility and life quality
with these simple movements

@LOVESTFIT

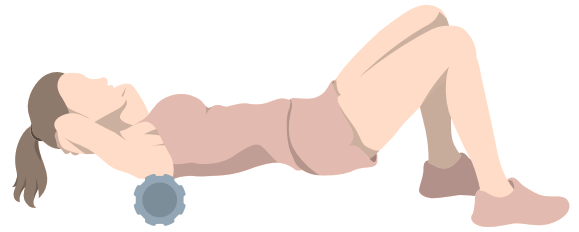


FOAM ROLLING



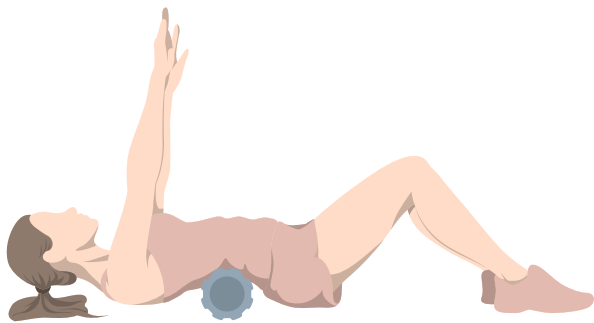
LATISSIMUS DORSI

1. Start by placing a foam roller on the ground and lying on your side with the foam roller positioned perpendicular to your body, just beneath your armpit.
2. Begin to gently roll your body along the foam roller, moving from just beneath your armpit towards your lower ribcage.
3. While holding pressure on tense areas, practice deep breathing to promote relaxation and enhance the effectiveness of the foam rolling technique.



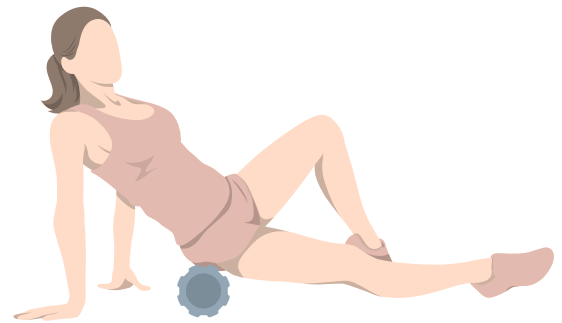
UPPER BACK

1. Slowly lower yourself onto the foam roller so it's positioned horizontally under your upper back, just below your shoulder blades.
2. Engage your core muscles to stabilize your body and prevent excessive arching of your lower back. Begin to gently roll your upper back along the foam roller, moving from just below your shoulder blades towards the middle of your upper back.
3. Practice controlled breathing as you roll to encourage relaxation and muscle release.



LOWER BACK

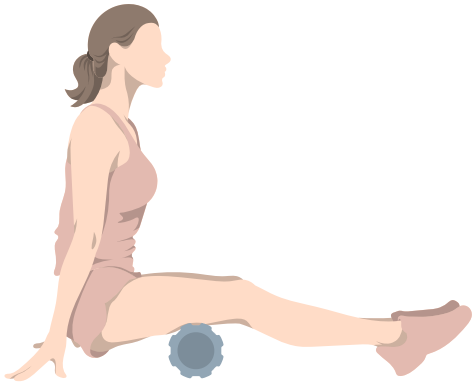
1. Slowly lower yourself onto the foam roller so that it is positioned vertically along your spine, just above your hips. Your tailbone should be close to the base of the foam roller.
2. Use your feet to push against the ground and control the movement of the foam roller along your lower back. Start rolling gently up and down, moving the foam roller from just above your hips to the lower part of your ribcage.
3. Inhale deeply through your nose as you prepare to roll, and as you exhale, try to relax the muscles of your lower back into the foam roller.



GLUTE/PIRIFORMIS

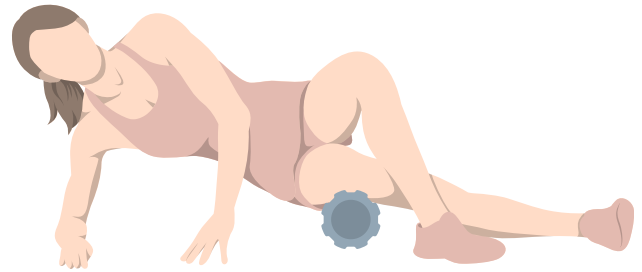
1. Sit on a foam roller with your knees bent and feet flat on the floor.
2. Begin by gently rolling back and forth over the foam roller, moving from your glutes to the upper part of your hamstring. When you find a tight or tender spot, pause and hold the pressure on that area. Allow the foam roller to work on the muscle for about 20-30 seconds.
3. Inhale deeply through your nose, and as you exhale, try to relax the muscle and sink into the foam roller.

FOAM ROLLING



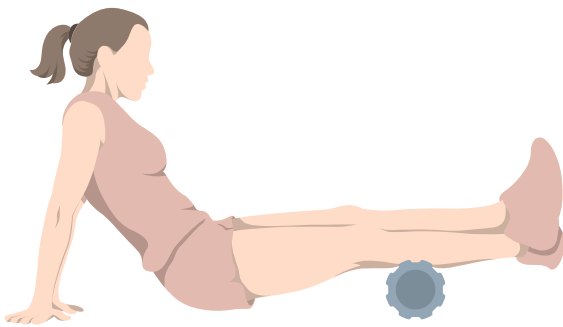
HAMSTRINGS

1. Sit on a foam roller with your legs extended in front of you and your hands placed behind you for support. Place the foam roller underneath your thighs, just above the back of your knees.
2. Begin by gently rolling back and forth along the length of your hamstrings, from above your knees to your glutes. When you find a tight spot, pause and hold the pressure. Allow the foam roller to work on the muscle for 20-30 seconds.
3. Inhale deeply through your nose, and as you exhale, try to relax the muscles and let them sink into the foam roller.



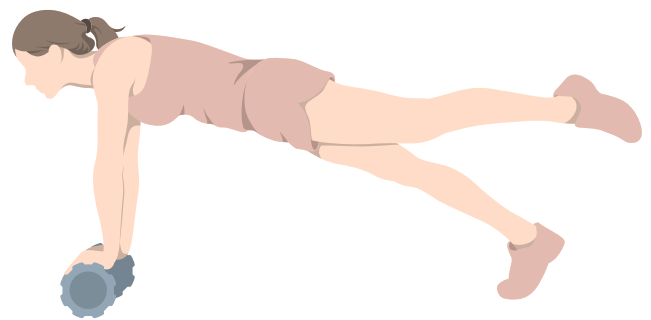
QUADS

1. Start by lying on your side, propped up on your elbow in a side plank position. Place a foam roller under your outer thigh, just above the knee. Your top leg should be stacked on top of the bottom leg for support.
2. Begin to gently roll your lateral quad along the foam roller, moving from just above the knee towards your hip.
3. Inhale deeply through your nose, and as you exhale, try to relax the muscles of your lateral quad into the foam roller.



CALVES

1. Place a foam roller under your calves, just above your ankles. Your hands should be placed behind you for support, with your fingers pointing towards your feet.
2. Begin by gently rolling back and forth along the length of your calves, from just above your ankles to just below your knees. When you find a tight spot, pause and hold the pressure on that area. Allow the foam roller to work on the muscle for about 20-30 seconds.
3. Inhale deeply through your nose, and as you exhale, try to relax the muscles of your calves into the foam roller.



CORE STRENGTHENING

1. Begin in a high plank position with your palms placed on a foam roller, shoulders directly over your wrists, and your body in a straight line from head to heels. Engage your core muscles by pulling your belly button towards your spine and squeezing your glutes.
2. Focus on maintaining a stable plank position.
3. Breathe steadily and deeply throughout the exercise. Focus on engaging your core muscles to stabilize your body during the rolling movement.

STRETCHING



HAMSTRINGS STRETCH

1. Begin by sitting up tall with a straight back,
2. Bend forward and reach for the tip of your feet, Breathe deeply as you hold the forward bend, and with each exhale, aim to deepen the stretch slightly. You can control the intensity of the stretch by how far you bend forward. As you become more flexible, you can gradually work towards bringing your chest closer to your thighs.
3. Hold the stretch for about 20-30 seconds, allowing your muscles to gradually relax and lengthen.



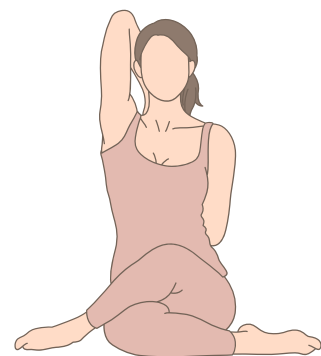
LUMBAR STRETCH

1. Sit on the floor with one leg extended and the other flexed.
2. As you exhale laterally, bend your trunk, trying to reach for the tip of the foot with your opposite hand,
3. Hold the position for about 20-30 seconds and repeat and the other side.



GLUTE STRETCH

1. Sit on the floor, bend your right knee, and place your right ankle over your left thigh, just above your left knee.
2. As you exhale, gently tilt your upper body forward and rotate, hinging at your hips while maintaining a straight back.
3. Hold the stretch for about 20-30 seconds, focusing on feeling the stretch in your right glute, and then repeat on the other side.



CHEST STRETCH

1. Begin in a seated position. Bend your right knee and place your right foot on the floor close to your left hip. Cross your left leg over your right, stacking your left knee directly over your right knee. Your left foot should be placed on the floor outside your right hip.
2. Bend your right elbow and reach your right hand down your upper back, attempting to touch your upper spine. Bend your left elbow and reach your left hand behind your back, attempting to clasp your right hand.
3. As you hold the pose, focus on lengthening your spine and sitting tall.

STRETCHING



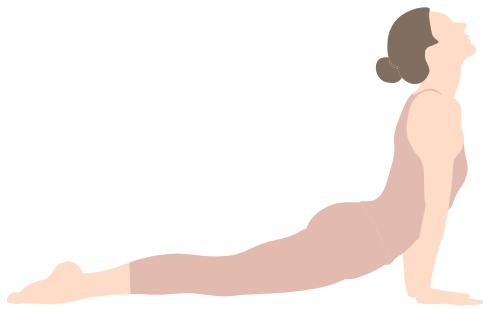
QUAD STRETCH

1. Stand tall on one leg with the other leg bent and pull it with your arm towards the same side glute.
2. Hold the position for 20-30 seconds while tucking your tailbone in.
3. Repeat on the other side.



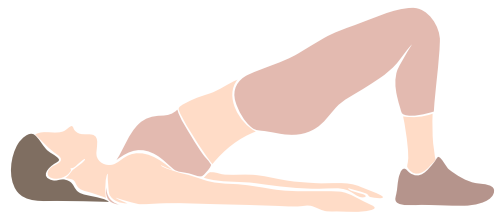
LUMBAR STRETCH

1. Start by sitting on the floor. Bring the soles of your feet together, allowing your knees to drop out to the sides.
2. As you exhale laterally, bend your trunk with the arm reaching the opposite side.
3. Hold the position for 20-30 seconds and repeat on the other side.



COBRA STRETCH

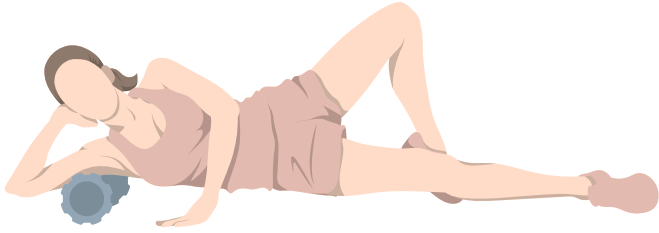
1. Start by lying face down. Place your hands beneath your shoulders, fingers spread wide and pointing forward. Keep your legs extended with the tops of your feet pressing into the floor.
2. Engage your core muscles to support your lower back. Inhale deeply as you gently press into your hands to lift your chest and upper body off the mat. As you lift your chest, keep your elbows slightly bent and your shoulders relaxed away from your ears.
3. Draw your shoulder blades back and down to open your chest and engage your upper back muscles. Hold the position for 20-30 seconds.



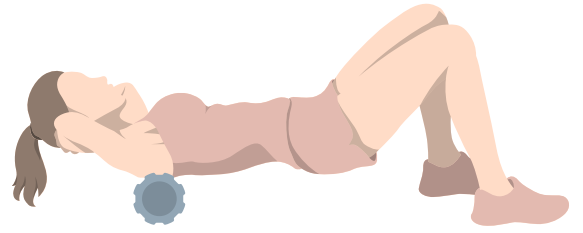
BRIDGE STRETCH

1. Start by lying on your back. Bend your knees and place your feet flat on the floor, hip-width apart.
2. Press your feet into the floor, engaging your glutes and core muscles. Inhale deeply as you gently lift your hips off the mat, creating a bridge shape with your body. Lift your chest towards your chin, allowing your neck to remain relaxed.
3. Breathe deeply as you hold the Bridge Pose. Allow your chest to expand with each inhale and maintain engagement in your glutes and core muscles. With each exhale, you can gently lift your hips a bit higher to deepen the stretch.

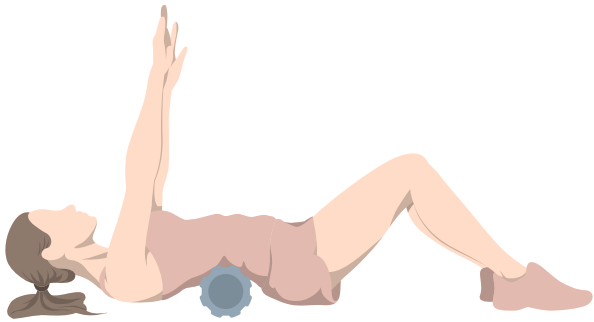
LATISSIMUS DORSI



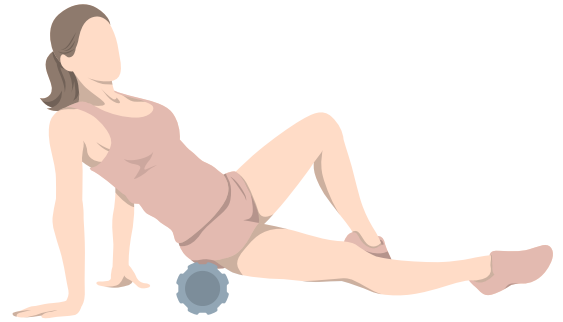
UPPER BACK



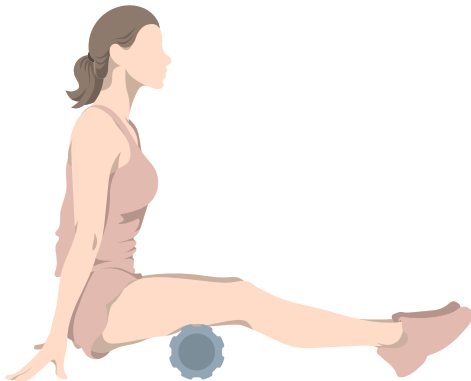
LOWER BACK



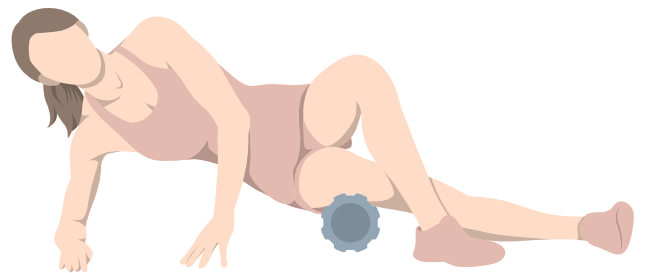
GLUTE/PIRIFORMIS



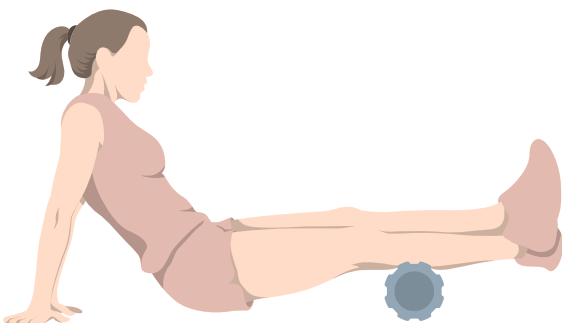
HAMSTRINGS



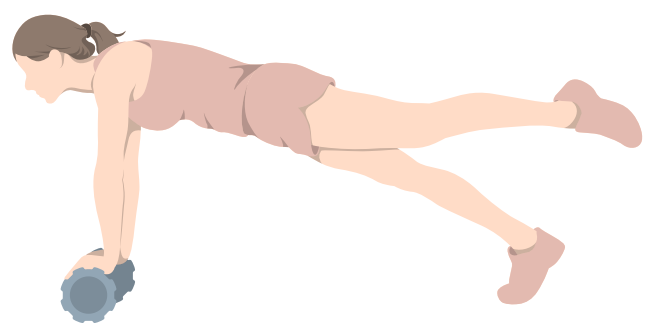
QUADS



CALVES



PLANK



HAMSTRINGS STRETCH



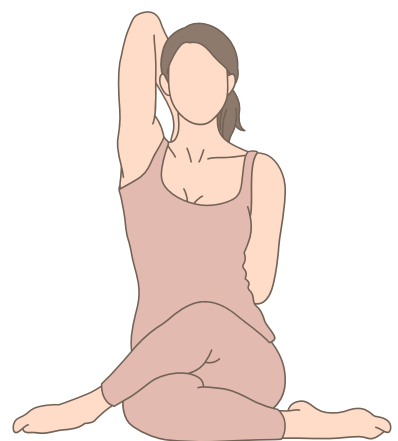
LUMBAR STRETCH



GLUTE STRETCH



PEC STRETCH



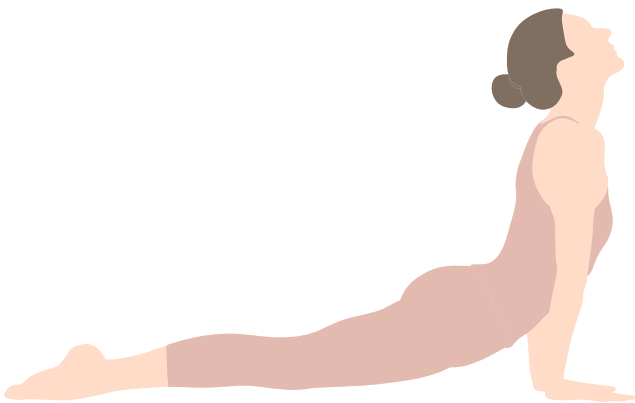
QUAD STRETCH



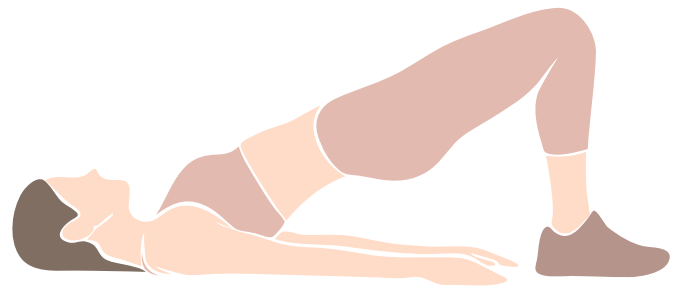
LUMBAR STRETCH



COBRA STRETCH



BRIDGE STRETCH



THANK YOU

I wanted to take a moment to express my sincere gratitude for purchasing our stretching guide. Your decision to invest in your flexibility and overall well-being is truly commendable, and I am thrilled to be a part of your journey towards improved mobility and relaxation.

Our stretching guide is designed to provide you with comprehensive instructions, tips, and routines to help you stretch safely and effectively. Whether you're looking to increase flexibility, reduce muscle tension, or simply unwind after a long day, our guide has something for everyone.

I am confident that you will find immense value in the stretching techniques and routines outlined in the guide. By incorporating these stretches into your daily routine, you'll not only experience physical benefits but also mental and emotional relaxation.

Thank you once again for choosing our stretching guide. Your commitment to your health and well-being is inspiring, and I am excited to see the positive impact that stretching will have on your life.

If you have any questions or need further assistance, please don't hesitate to reach out. I am here to support you every step of the way.

Here's to a happier, healthier, and more flexible you!



Lovestfit



Lovestfit



Lovestfit