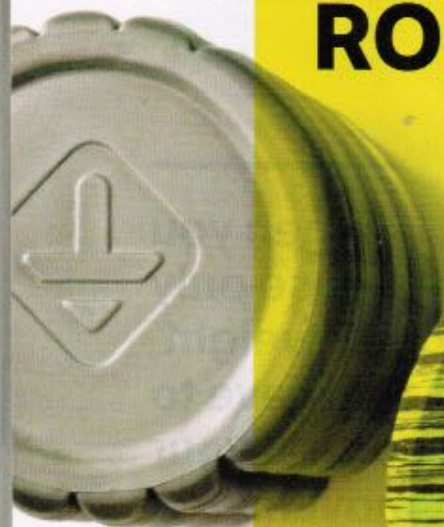
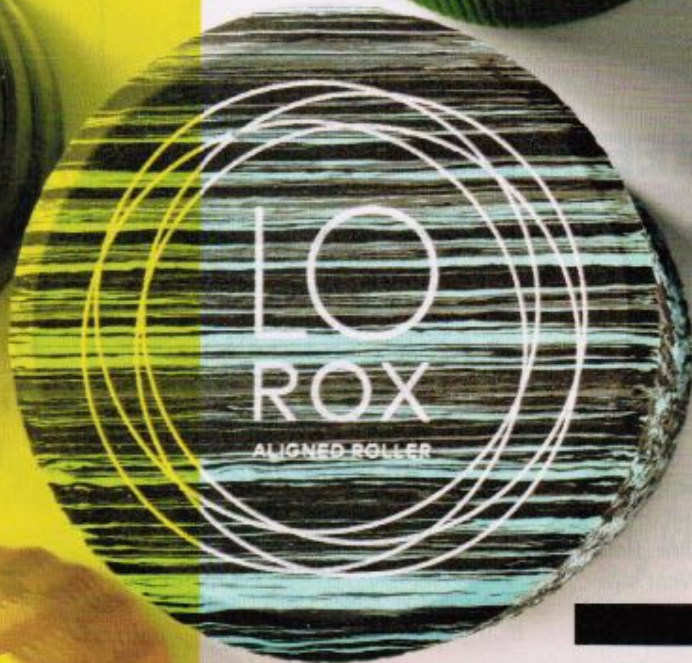


QUICK MOVES

**THIS  
IS  
HOW  
YOU  
ROLL**



Most fitness crazes come and go. But here's one we can get behind: foam rollers. Here are three things you should know about them—and four of the best moves to try.

# 3 TIPS FOR ROLLING

## 1 Reap the benefits.

Foam rollers target your fascia, tissues that wrap around your muscles. When those tissues bind together from inactivity or repetitive motion they can create painful knots, which limit movement and decrease flexibility. Get rolling to “break down adhesions between muscle fibers and increase blood flow,” says Los Angeles fitness expert Ashley Borden.

## 2 Know when to roll.

While foam rollers are great for warming up or cooling down after a light workout, they can be used any time of day. That might be while watching TV, after sitting at your desk for a while, or even after a long car ride. As you do it regularly, the discomfort of tenderizing those muscles will diminish.

## 3 Find the right fit.

Rollers come in a variety of densities—soft to firm. As your muscles unwind, you can try a firmer model. Using foam rollers may cause discomfort and even a little pain, so start soft. A roller is too hard if you’re losing your breath while using it.

## ROLL ON: 4 MOVES TO TRY

Place the roller perpendicular to your body for these moves. Stay on soft tissue while rolling, avoiding bones or joints. If you reach an area that feels a little painful, hold for a few seconds to allow it to soften.

### Quadriceps

Lie facedown on forearms with roller under thighs and legs extended behind you. Keeping head in line with spine, eyes down, and belly pulled in, crawl forward on forearms until roller is just above kneecaps. Reverse. Do 3 sets of 10—one with toes pointed down, pointed in, and pointed out.

### Glutes

Sit on roller with knees bent, feet flat on floor, hands behind you. Cross left ankle over right knee. Tilt left knee down toward floor, and slowly roll back and forth 10 times. Switch sides; repeat.

### Calves

Lie on back with roller under left calf and arms under head. Cross right ankle over left shin. Roll left leg side to side on top of roller 10 times. Slide roller up calf and repeat. Move up calf in small increments until full length of calf is rolled. Switch sides; repeat.

### Upper Back

Lie on back with roller under shoulder blades and feet flat on floor. Interlock fingers behind head. Engage core and lift hips slightly off floor. Pushing into feet, slowly roll up and down from bottom of shoulder blades to top of shoulders. Repeat 10 times.

## GEAR UP: ROLLERS FOR ANY LEVEL



MELT Performance Roller, 16", \$40; [meltmethod.com](http://meltmethod.com)



TriggerPoint CORE Roller, 18", \$30; [tpttherapy.com](http://tpttherapy.com)



OPTP LoRox Aligned Roller, 36", \$50; [optp.com](http://optp.com)



Merrithew Foam Roller Deluxe, 24", \$39; [merrithew.com](http://merrithew.com)



ProSource 2-in-1 HEXA Massage Roller, 24", \$50; [prosourcefit.com](http://prosourcefit.com)



TriggerPoint GRID STK Foam Roller, \$35; [tpttherapy.com](http://tpttherapy.com)

These rollers are listed from low to high density. Start at the top if you're new to foam rolling.