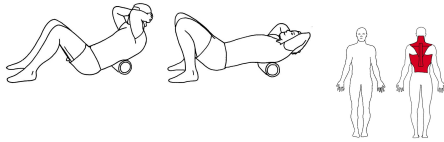
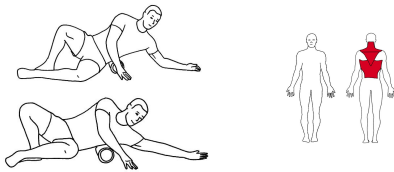


This program aims to increase mobility and blood circulation in the body. Can be used with advantage both as a warm-up before working out or as a cool-down after or just separately. Foam roll each muscle group for about one minute. The dynamic exercises do 6-8 reps each side/leg.



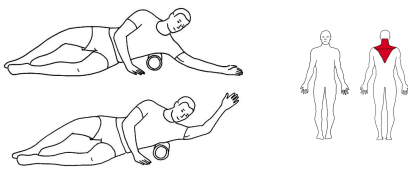
### 1. Foam roller: upper back

Lie on your back with the foam roller placed under the middle part of your back. Your knees should be bent at a 90 degree angle. Use your legs to move your body so your back muscles roll up and down across the roller. You can also try to stretch the upper part of your back a little in order to increase mobility. You can work a bit extra on sore spots by rolling over them locally.



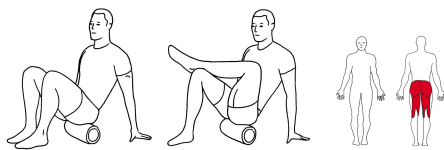
### 2. Foam roller: lats

Lie on your side on the foam roller with your legs bent and your lower arm stretched using it as support against the floor. Start from the lower part of your ribs and roll all the way up to your armpit. You can work extra on sore spots, especially at the armpit.



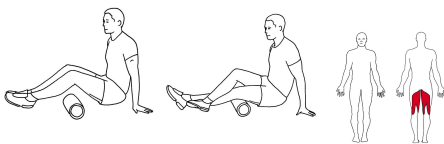
### 3. Foam roller: lats with arm movement

Lie on your side on the foam roller with your legs bent and your lower arm stretched using it as support against the floor. Start from the lower part of your ribs and roll all the way up to your armpit. You can work extra on sore spots, especially at the armpit. Here, you can also lift your arm up and down in order to get a larger stretch in the muscles.



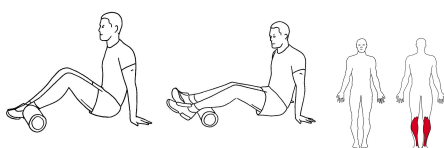
### 4. Foam roller: glutes

Sit on the roller on the side you wish to work and put your foot on the opposite knee in order to get a larger stretch in the buttock. Use your arms to support your body. Roll forwards and backwards and from side to side to work all the muscle groupings.



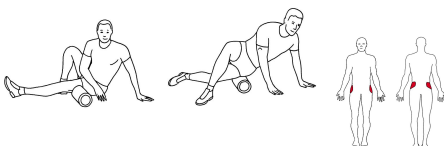
### 5. Foam roller: hamstrings

Sit on your buttocks with one thigh resting on the roller while you move the other leg across to add extra weight. Use your arms to move your body up and down so that you can roll up and down following the movement of your thigh. Start at the back of your knee and work all the way up to where your hamstrings are joined.



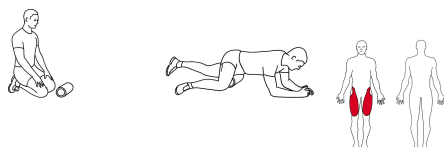
### 6. Foam roller: Calf

Start at the achilles tendon and roll up towards the back of your knee. Roll at a steady pace. When you find a sore spot keep the pressure and make circular movements with your foot or bend and stretch your ankle. Try to work both the inner and outer sides of your calf muscle.



### 7. Foam roller: outer side thigh

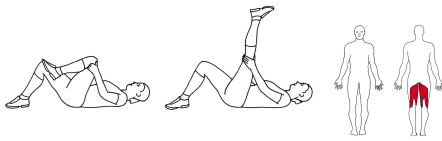
Lie on your side so the foam roller is touching the outer side of your thigh, right by the hip. Place your upper foot in front of the lower and use it to stabilize your body while supporting yourself via stretched arms or on your elbows. Roll up and down the entire thigh.



### 8. Foam roller: quads

Lie on your stomach with one leg to the side and the other placed on the foam roller. Your upper body should rest on your elbows and forearms. Put pressure on the foam roller by lowering your hips towards the floor. Roll up and down the entire length of the thigh.





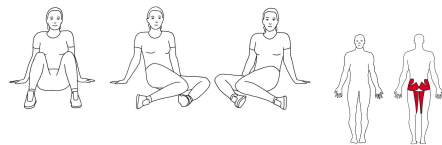
## 9. Dynamic: hamstring stretch

Lie in a supine position with legs bent. Grasp the underside of the thigh with both hands and pull the knee towards your chest. Alternately stretch and bend the knee joint to dynamically stretch the hamstring muscle. The tightness will be greatest when the knee is extended.



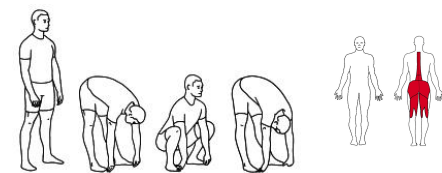
## 10. Dynamic: pigeon

Start in a lunge position with your feet. Place one hand on the inside and the other hand on the outside of the front foot. Control the knee of the front foot while the knee is lowered down towards the ground. The other foot is kept straight. Try to push the body back to lunge position with the least possible use of your arms.



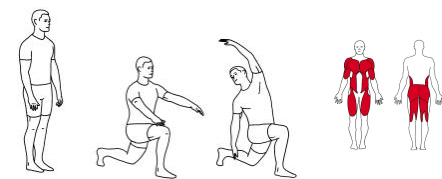
## 11. Dynamic: hip rotation

Sit on mat with your legs bend and your feet on the ground. Place your hands on the ground beside your back for support. Move both knees down to the same side as far as your mobility allow, then return and move both knees to the other side.



## 12. Dynamic: squat to stand

Stand with your feet shoulder width apart. Bend your torso forward and bring your hands to the ground. Grab your toes and pull the body into a squatting position with arms on the inside of your knees. Hold on around your toes and push your hips up toward the ceiling. Lower seat down in a controlled motion to a squatting position and repeat the procedure in a dynamic movement. Try to keep your back as neutral as possible in the bottom position.



## 13. Dynamic: lunge w/diagonal stretch

Take a big step back with one foot. When the foot is touching the ground and the body is in balance, stretch out the same arm as foot, while bending the body backwards in a curve. The other arm is stretched back towards the back heel. Move your arms back to the neutral position and turn back to the starting-position.



## 14. Dynamic: inch worm

Stand tall with your feet about shoulder width apart. Reach your hands toward the floor in front of your feet and place them on the floor. Walk your hands forward, one at a time, allowing your heels to lift off the floor as your body begins to straighten. When your hands are directly under your shoulders lower your hips towards the floor to arch your back and look up. Keep your legs relatively straight and begin walking your feet forward toward your hands. Return to standing by slowly rolling your back up from the hips and reach your hands over your head and back.

