

### Thigh Massage



**Targets:** quadriceps

**Starting Position:** lying on the mat, weight on forearms, spine supported, one thigh resting on Massage Foam Roller, other leg resting on mat, legs long.

Reach same arm as leg back and hold onto toes, lengthening the front of the thighs. Hold position for several breaths keeping torso stabilized.

**Modification:** Rotate torso toward back arm, creating more length through the front of the thigh.

*Repeat on other leg.*

### Lower Leg Massage



**Targets:** shin muscles

**Starting Position:** on hands and knees, torso neutral, one leg long, resting on Massage Foam Roller, just below the knee, shoulders stabilized.

Bend knee of gesture leg, pulling knee up toward hand. Lengthen leg, pushing Roller away. Continue motion with a smooth breath, applying pressure down on the Roller to assist with massage.

*Repeat on other leg.*

## Glute Massage

**Targets:** gluteus maximus and hamstrings

**Starting Position:** seated on Massage Foam Roller, directly on the top of the Roller, one leg bent with foot on the mat, other leg slightly bent with foot on the mat, slightly forward of other foot, hands resting on the mat.

Straighten the forward leg, rolling back on the Roller and flex forward ankle, lengthening the muscles along the back of the leg.

Bend the forward leg, returning to the starting position.

*Repeat several times applying slight pressure on Roller, then, repeat on other leg.*



## Abductor Massage



**Targets:** outer thigh

**Starting Position:** side-lying with outer thigh resting on Massage Foam Roller, resting on forearm.

Pull elbow in toward waist and roll Roller along outer thigh.

Press elbow away to return.

*Repeat several times applying slight pressure on Roller, then repeat on other leg.*

**Modification:** keep the Roller in one place for several seconds before moving to another location.

## Abductor Massage - Two-in-One



**Targets:** outer thigh

**Starting position:** side-lying with one hip on the Massage Point Foam Roller, resting on the forearm, bottom leg long, top leg bent with foot on the mat in front of the bottom leg, top hand resting on top hip.

Straighten top leg and roll Roller down along the outer thigh.

Bend top leg and roll Roller back to the starting position.

*Repeat several times, applying slight pressure on the Roller, then repeat on the other side.*

**Note:** keep weight in the top foot if pressure is too intense.