

Foam Roller Front of Thighs (Quadriceps)



- Balance on your elbows and place the foam roller on the front of your thighs. Keeping your abdominals slightly engaged and your back straight, roll from the upper knee to the top of the thighs. Avoid going over the kneecaps.
- Target inner thighs by rolling feet out and outer thighs by rolling feet in.
- Roll 1 to 2 minutes over each area of your thighs. Concentrate the rolling and rocking on the areas where you find pain and restrictions.