

Foam Rolling for Bench Pressing

Welcome to the Eleiko Foam Rolling for Bench Pressing programming. Foam rolling is an evidence-based application scientifically validated for pre-, post-, and during session benefits. While there are numerous areas of the body that can be foam rolled and will vary from person to person, these programs provide a few suggestions for pressing movements. For the purpose of these programs, you should roll with a slow to moderate pace focusing on breathing and keeping your body relaxed. Done correctly, these programs should take less than 10 minutes.

Foam Rolling for Bench Pressing 1	
Exercise	Tips
Top of Thigh	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a "5", then shift area for 10 sec
Anterior Hip Capsule	<ul style="list-style-type: none"> Roll for 15-30 sec, then shift side-side for 5 sec
Sub-Sternum Line	<ul style="list-style-type: none"> Roll for 10-15 sec, then shift side-side for 5 sec
Sternum	<ul style="list-style-type: none"> Roll for 10-15 sec, then shift side-side for 5 sec
Collarbone	<ul style="list-style-type: none"> Roll for 10-15 sec, then shift side-side for 5 sec

Foam Rolling for Bench Pressing 2	
Exercise	Tips
Anterior Hip / TFL	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a "5", then shift area for 10 sec
Pectorals	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a "5", then shift area for 10 sec
Mid-Back (vertical roller)	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a "5", then shift area for 10 sec
Traps	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a "5", then shift area for 10 sec

Foam Rolling for Bench Pressing 3

Exercise	Tips
Lateral Glutes trochanter-iliac crest	<ul style="list-style-type: none"> • Roll for 15-30 sec • If tenderness is above a “5” on a scale of 1-10, hold on that spot for 10-30 sec • If not tender above a “5”, then shift area for 10 sec
Lateral Ribs	<ul style="list-style-type: none"> • Roll for 15-30 sec • If tenderness is above a “5” on a scale of 1-10, hold on that spot for 10-30 sec • If not tender above a “5”, then shift area for 10 sec
Shoulder Blades	<ul style="list-style-type: none"> • Roll for 15-30 sec • If tenderness is above a “5” on a scale of 1-10, hold on that spot for 10-30 sec • If not tender above a “5”, then shift area for 10 sec
Back of Head – Neck	<ul style="list-style-type: none"> • Roll for 15-30 sec, then shift side-side for 10 sec