

# Foam Rolling for Squats

Welcome to the Eleiko Foam Rolling for Squats 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 the Squat. 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 Squats 1	
Exercise	Tips
<a href="#">Bottom of Foot to Heel</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec, then shift side-side for 5 sec</li> </ul>
<a href="#">Upper Calf</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec</li> <li>If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec</li> <li>If <b>not</b> tender above a "5", then shift area for 10 sec</li> </ul>
<a href="#">Lateral Knee</a>	<ul style="list-style-type: none"> <li>Roll for 10-15 sec, then shift side-side for 5 sec</li> </ul>
<a href="#">Lateral Thigh</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec</li> <li>If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec</li> <li>If <b>not</b> tender above a "5", then shift area for 10 sec</li> </ul>
<a href="#">Gluteal</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec</li> <li>If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec</li> <li>If <b>not</b> tender above a "5", then shift area for 10 sec</li> </ul>
<a href="#">Pectoral</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec</li> <li>If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec</li> <li>If <b>not</b> tender above a "5", then shift area for 10 sec</li> </ul>

Foam Rolling for Squats 2	
Exercise	Tips
<a href="#">Top of Foot / Ankle</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec, then shift side-side for 5 sec</li> </ul>
<a href="#">Shin / Anterior Tibialis</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec</li> <li>If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec</li> <li>If <b>not</b> tender above a "5", then shift area for 10 sec</li> </ul>
<a href="#">Adductor</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec</li> <li>If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec</li> <li>If <b>not</b> tender above a "5", then shift area for 10 sec</li> </ul>
<a href="#">Anterior Hip Capsule</a>	<ul style="list-style-type: none"> <li>Roll for 10-15 sec, then shift side-side for 5 sec</li> </ul>
<a href="#">Anterior Hip / TFL</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec</li> <li>If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec</li> <li>If <b>not</b> tender above a "5", then shift area for 10 sec</li> </ul>
<a href="#">Mid-Back</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec</li> <li>If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec</li> <li>If <b>not</b> tender above a "5", then shift area for 10 sec</li> </ul>

Foam Rolling for Squats 3	
Exercise	Tips
<a href="#">Back of Heel</a>	<ul style="list-style-type: none"> <li>Roll for 10-15 sec, then shift side-side for 5 sec</li> </ul>
<a href="#">Lower Calf</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec</li> <li>If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec</li> <li>If <b>not</b> tender above a "5", then shift area for 10 sec</li> </ul>
<a href="#">Lower Lateral Hamstring</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec</li> <li>If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec</li> <li>If <b>not</b> tender above a "5", then shift area for 10 sec</li> </ul>
<a href="#">Top of Thigh</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec</li> <li>If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec</li> <li>If <b>not</b> tender above a "5", then shift area for 10 sec</li> </ul>
<a href="#">Tailbone</a>	<ul style="list-style-type: none"> <li>Roll for 10-15 sec, then shift side-side for 5 sec</li> </ul>
<a href="#">Sub-Sternum Line</a>	<ul style="list-style-type: none"> <li>Roll for 10-15 sec, then shift side-side for 5 sec</li> </ul>