



◆ **Wellbeats**

Wellness

Required Equipment



Foam Roller

Foam Rolling Recovery Program

This two week program explores how to use a foam roller to aid in your recovery, injury prevention, and help you feel more balanced in your every day life.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Rolling to Recovery (Recovery) 19 min	Rest	Stretch & Roll (Recovery) 10 min	Rest	Roll & Restore (Recovery) 11 min	Rest	Quick Reset (Recovery) 10 min
WEEK 2	Rest	Roll Relief (Recovery) 14 min	Rest	Foam Roll (Recovery) 12 min	Rest	Rolling Your Posterior (Recovery) 19 min	