

Full video instructions for this exercise can be found at: <http://ptpete.co.nz/?p=729>

Roller Hamstring Release

Exercise Purpose:

To self-massage or release your hamstring muscles (right hamstrings in the picture)



Key Points:

- Lower your body so that your right hamstrings rest on top of the roller
- Support your body weight with your arms behind you and with your left foot and hands on the ground
- Keep your right hamstrings against the roller the whole time
- Slowly rock your body back and forward on the roller so it releases/massages your right hamstrings
- If you find a tight/sore spot you may benefit from holding on this spot
- To gain more force you could try lifting your left foot off the ground and placing it on top of your right leg throughout the movement
- Remember to breathe throughout

*You have 3 hamstring muscles. If you feel tighter on one side of your hamstrings compared to the other then you may benefit from spending more time on this side