

Foam Rolling

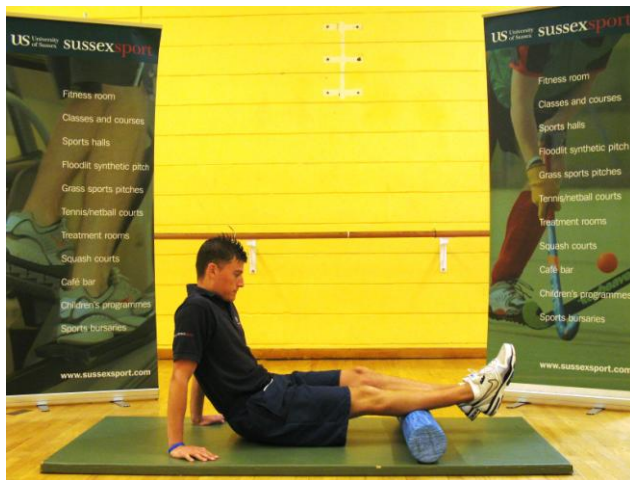
Hamstrings



Quadriceps



Calfs



Glutes

