

## ■ Foam Rolling Guide for Ultra Recovery

Target tight spots after long runs or races. Roll gently, 30–60 seconds per area:

■■ IT Band: Roll side of thigh (not directly on bone)

■■ Quads: Roll from hips to knees, front thigh

■■ Hamstrings: Back of thigh, slowly with pressure

■■ Calves: Both sides of lower leg

■■ Glutes: Sit and roll on ball or roller

■■ Upper Back: Thoracic spine rolls, avoid lower back