



# WORKOUT OF THE DAY **MWR**

## Foam rolling self-myofascial release (SMR) stretching.

**What You'll Need:** Foam roller, mat

**Recommendations:** Remember to take sips of water every time you need it, repetitions/time can be modified according to your fitness level.

**Foam roller Exercises:** Foam rolling helps release tension in the muscles, relieve muscle soreness, and improve flexibility and range of motion. Place the foam roller under each muscle group and roll using long strokes for 60 seconds. In the case of a tender area is found then maintain pressure on the knot or trigger point for 30 to 60 seconds by moving back and forth over that surface area.

