

PHOTOS OF FOAM ROLL POSITIONS

CALF



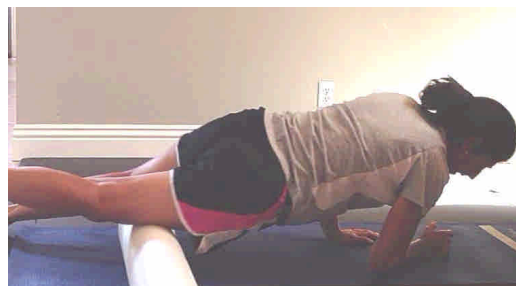
IT BAND



HAMSTRING



QUAD



GLUTE



LAT



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