

# The Baller Program

## 10 Steps to complete freedom of movement

1

**Back** 2min



6

**IT Band** 1min x 2



2

**Upper Back** 2min



7

**Quad** 1min x 2



3

**Lats** 1min x 2



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I used to suffer constant tightness & lower back pain. Now every morning I do the program & it keeps me right.

**Aron Shanagher**  
- Clare Senior Hurler

**Groin** 1min x 2

8



4

**Glute** 1min x 2



**Calf** 1min x 2

9



5

**Hamstring** 1min x 2



**Shin** 1min x 2

10



### Caution:

Over aggressive rolling of your Lower Back is not advised. Lower Back pain typically stems from tight glutes, hamstrings & quads.