

The Baller Program

10 Steps to complete freedom of movement

1

Back 2min



2

Upper Back 2min



3

Lats 1min x 2



4

Glute 1min x 2



5

Hamstring 1min x 2



IT Band 1min x 2

6



Quad 1min x 2

7



Groin 1min x 2

8



Calf 1min x 2

9



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.