



Yamuna Body Rolling

Leg Routines

Routine #1	Routine #2	Routine #3	Routine #4	Routine #5
Hamstrings	Hamstrings	Feet	Feet	Hams
Ea. side of spine	Ea. side of spine	Hams	Hams	Quads
Quads	Quads	Ea. side of spine	Quads	Adds
Chest/Shoulder	Adductors (inner)		Adds	Ea. side of spine
Torso sideline	Chest/Shoulder		Lat. Leg (outer)	

Posterior (back) Body Routines

Routine #1	Routine #2	Routine #3	Routine #4
Hamstrings	Hamstrings	Hamstrings	Feet
Calves	Ea. side of spine	Ea. side of spine	Hams
Ea. side of spine	Ab strengthening	Center of spine	Ea. side of spine
	Center of spine		

Anterior (front) Body Routines

Routine #1	Routine #2	Routine #3	Routine #4
Quads	Quads	Quads	Ea. side of spine
Pelvis/Abs	Shins	Adds	Ab strengthening
Chest/Shoulder	Pelvis/Abs	Pelvis/Abs	Quads
Hams	Chest/Shoulder	Chest/Shoulder	Pelvis/Abs
Ea. side of spine	Ea. side of spine	Ea. side of spine	Center of spine

General Routines

Routine #1	Routine #2	Routine #3	Routine #4	Routine #5
Hamstrings	Hamstrings	Hams	Feet	Hams
Ea. side of spine	Ea. side of spine	Ea. side of spine	Hams	Ea. side of spine
Chest/Shoulder	Quads	Pelvis/Abs	Ea. side of spine	Ab strengthening
Torso sideline	Chest/Shoulder	Chest/Shoulder	Torso sideline	Torso sideline
	Torso sideline	Torso sideline	Lat. Leg (outer)	Center of spine
		Center of spine	Center of spine	