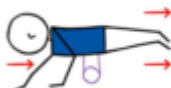
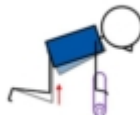
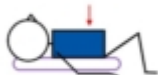
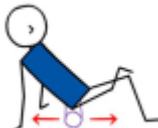
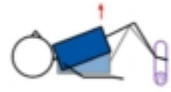


15 Minute Foam Roller Challenge

 ITB Stretch Foam Roller	 Thoracic Stretch Foam Roller	 Cat Stretch Foam Roller	 Knee Lifts Foam Roller	 Low Back Stretch Foam Roller	 Single Leg Raise Foam Roller
 Single Toe Taps Foam Roller	 Double Toe Taps Foam Roller	 Back Massage Foam Roller	 Child Foam Roller	 Gluteal Stretch Foam Roller	 Hip Releases Foam Roller
 Hip Rolls Foam Roller	 Swan Foam Roller	 Swan Leg Extension Foam Roller			

You can create lesson plans like this using the [Genie Lesson Planner](#)