



# Regeneration

## Foam Rolling

Upper	Lower
Lower Back	Piriformis/Glute
Thoracic Spine	IT Band/QLO
Latissimus Dorsi	Hamstrings/Quads
Chest Region	Adductors/Hip Flexors

## Additional Regeneration Methods

<b>Epsom Salt Bath -</b> Tepid Water + 1 cup of Epsom Salt with every 10 gallons water. 20 minute soak	<b>Contrast Bath/Shower -</b> Begin with Hot Water. Switch to Cold. Repeat 3 - 4 times
<b>Ice Bath -</b> 10 lb bag with every 10 gallons of water. 20 minute soak	<b>Sauna -</b> 10 minute sitting. Hydrate properly