

DIY massage From previous page



» shoulders

Lie on your side and put your arm up above your head. Your bicep should be resting on your ear. With the other hand reach around to the back of your

shoulder and with your fingers massage the smaller muscles at the back of the shoulder blade (rotator cuff).



» gluteals

Lie on your back and bend one knee. Cross your other leg over into a figure-4 position. On this leg, using a tennis ball (beginners) or cricket ball (advanced) place the ball next to your gluteal muscle group. Then

roll your hips and pelvis over the ball and make some small oscillating movements. Keep changing the position of the ball to work different fibres of this muscle group.



» ITB

Lying sideways on a foam roller, use your hands to roll up and down from the hip to the knee. The iliotibial band (ITB) is a broad band of connective tissue

that runs from the pelvis (ilium) down the outer side of the thigh and connects to the knee (tibia bone). The ITB commonly gets tight in runners and cyclists.



» shins

Sit on the ground with your legs in front on you, bend your knee and let it fall to the side. With both thumbs together find the edge of the shinbone (tibia) and with long firm strokes massage between your shinbone and calf muscle.



» hamstrings

Sit forward on a chair so that only your buttocks are on the front edge of the chair. Bend your knee to 90 degrees and wrap both your hands over your thigh so that the ends of your fingers are touching your hamstrings. Pressing firmly, run your fingers up and down your hamstrings. Tight areas can be worked further by keeping your fingers on the tight/painful area and rolling from side to side.



» quads

Sitting on a chair with your knees bent, use your thumb or knuckles to massage through the front of your thigh. This can also be done on the ground with your legs straight (if you feel your hamstrings are flexible enough).



» calves

Sitting on a chair, cross one leg into a figure-4 position. With your thumb, massage your calf muscle with long firm strokes.

more > www.premax.com.au



TRIATHLON

SERIES 09/10

VICTORIA'S PREMIER TRIATHLON SERIES
INCORPORATING THE BROOKS FUN TRI



RACE 1 ST KILDA

Sunday 22 November

Brooks
150m/7km/1.5km

Gatorade
500m/20km/5km










FOR EVENT DETAILS AND ONLINE ENTRY VISIT

WWW.SUPERSPRINT.COM.AU





PR9963_30208

C M Y K
 DHS 9-NOV-2009 PAGE 32 FIRST
 F B 1 2 3