



# BACK ROLLER EXERCISES

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Upper Back Rolling



Midback Rolling



Midback Extensions



Low Back Rolling



Abdominal Rolling



Chest / Pec Rolling



Lat / Shoulder Rolling



Triceps Rolling



Glute Rolling



Hip Rolling



Inner Thigh Rolling



Hamstring Rolling



If the Roller feels too intense, place a towel over it. After a couple weeks of regular rolling your back will get used to the roller and you can remove the towel.

## ACUMOBILITY.COM



Acumobility Ball



Resistance Bands



Foam Roller



Floss Bands



Boomstick