

# GROOVED FOAM ROLLER

## EXERCISE GUIDE

### UPPER LEG (SIDE)



Position roller under outside of upper leg, straighten leg and point toes. Press hands into floor, and shift body forward and backward while rolling roller along side of upper leg.

### UPPER LEG (BACK)



Position roller under back of upper leg, straighten leg with heel off floor. Press hands into floor, slightly raise buttocks and shift body forward and backward while rolling roller along back of upper leg.

### UPPER LEG (FRONT)



Position roller under front of upper leg, straighten leg with toes on floor. Press hands into floor, and shift body forward and backward while rolling roller along front of upper leg.

### CHEST ROLL



Position roller under arm. Bend straight arm, shift weight to same side while turning head in same direction. Fully straighten arm, lower chest toward floor, while gently pressing and rolling forearm across top of roller with thumb pointing upward. Feel chest and shoulder stretch.

### UPPER BACK



Position roller under upper back, bend legs and straighten arms. Press feet and hands into floor, raise buttocks and shift body forward and backward while rolling roller along center of upper back.

### LOWER BACK



Position roller under lower back, bend legs and arms. Press feet and elbows into floor, raise buttocks and shift body forward and backward while rolling roller along center of low back.