Position ball under low back, bend legs and straighten arms on floor along sides of body. Press feet and hands into floor, raise buttocks slightly and shift body side to side while rolling ball across low back.

Position ball under mid back between shoulder blades, bend arms, place hands behind head and bend legs. Press feet into floor, slightly raise buttocks and shift body forward and backward while rolling ball along side of upper back.

Position ball under lower leg, straighten leg and point toes. Press hands into floor, slightly raise buttocks and shift body forward and backward while rolling ball along back of lower leg.

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

Position ball under front of upper leg, straighten legs and arms. Press hands and toes into floor and shift body forward and backwards while rolling ball along front of upper leg.

Position ball under side of upper back, bend arms, straighten bottom leg and bend top leg. Press hands and foot into floor, slightly raise bottom hip and shift weight forward and backward while rolling the ball along side of upper back.

Position ball under back of shoulder, straighten bottom arm and bend legs and top arm. Press hand into floor and shift body side to side while rolling ball along back of shoulder.

Exercise Instruction
• Complete selected movements for 20-60 seconds.
• Perform 1-3 sets of each selected movement.
• Complete each movement for an equal amount of time on each side of body.
• Perform each movement in a slow and controlled manner.
• Apply a comfortable amount of pressure against ball without causing discomfort.
• Roll ball over muscle, and avoid rolling across prominent bony areas.
• Avoid holding breath and tensing muscles while performing movements.
• Perform each movement a minimum of 3 times per week. Movements may be performed daily if desired.

www.spri.com