Exercise Instruction

- Warm up before each session, perform each intended exercise 3-5 times without the High Density Foam Roller.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscle imbalances.
- If unable to complete 8 (8) exercise repetitions through a full range of motion, increase rest time between exercise sets.
- If unable to achieve moderate to maximal muscular fatigue following the completion of 12 (12) exercise repetitions through a full range of motion, decrease rest time between exercise sets.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each High Density Foam Roller exercise session

FORWARD ARCH
Start: Kneel, position roller across front of shins with knees under hips and feet off floor. Straighten arms and position hands on floor under shoulders with back flat and head aligned with shoulders.
Finish: Slowly straighten legs behind body, lower hips toward the floor, and slightly arch low back while keeping arms straight, shoulders above hands, and head aligned with shoulders. Return slowly to start position and repeat.

BACKWARD ARCH
Start: Lie on back, position roller across shoulder blades with buttock on floor. Bend arms, place hands behind head and flare elbows outward. Bend legs and position feet flat on floor.
Finish: Slowly lower head and elbows toward floor while arching upper back and pushing chest upward. Keep buttock on floor and low back flat with head resting comfortably in hands. Return slowly to start position and repeat.

HIP LIFT
Start: Lie on back, position roller along spine with head and low back supported. Bend legs and place feet, buttock, and bent arms on floor.
Finish: Slowly lift hips and buttock upward off floor, while avoiding pressing feet down into floor. Keep head, arms and feet stationary with stomach and low back muscles tight. Return slowly to start position.

CRUNCH
Start: Lie on back, position roller along spine with head, low back, hips and buttock supported. Bend arms, place hands behind head and flare elbows outward. Bend legs and position feet flat on floor.
Finish: Slowly lift head, shoulders and upper back upward off roller while tightening stomach muscles and pressing low back into top of roller. Keep hips, buttock and feet stationary. Return slowly to start position.

SIT BACK
Start: Kneel with knees slightly behind hips, lower legs and feet on floor, and back straight. Straighten arms and position palms of hands on top of roller directly below shoulders.
Finish: Bend knees, sit back and shift weight toward heels. Lower head and chest toward floor while gently pressing and rolling forearms across top of roller with palms of hands facing floor. Return slowly to start position and repeat.

KNEES TO CHEST
Start: Lie on back, position roller across low back with buttock off floor. Lift legs; bend knees and position above hips. Straighten arms and place hands behind knees with head, shoulders, and upper back on floor.
Finish: Slowly bend arms and pull knees toward chest while gently pressing and rolling low back across top of roller. Keep head, shoulders, and upper back on floor. Return slowly to start position and repeat.