FOAM ROLLER **WARMUP x 5-8 reps each**

**Forward rolls** – long sitting, foam roller on thighs, hands on foam roller, on exhale roll foam roller down thighs and back up on inhale articulating from head to lumbar spine on way down and reverse on way up.

**Tr Abs connection on roller** – crook lying with foam roller down length of spine, head supported on roller, pelvic neutral, Tr Abs contraction on exhale

**Imprint** – crook lying with foam roller down length of spine, imprint ribs and pelvis on exhale

**Single leg lifts** – crook lying with foam roller down length of spine, lift one leg on exhale, lower on inhale, and repeat other leg.

**Hip release** – crook lying with arches of feet on roller, inhale to externally rotate/extend legs rolling foam roller away, exhale and internally rotate/flex legs to bring foam roller back up.

**Hip rolls** – crook lying with arches of feet on foam roller, articulate spine into bridged position on exhale, pressing through feet to activate gluts, inhale to articulate back down.

**Scapula isolations** – crook lying with foam roller down length of spine, arms reaching to ceiling, protract and retract shoulders around foam roller, keeping hands same distance apart at all times. Can do individual movements (protraction and back to neutral, retraction and back to neutral)

**Arm circles** – crook lying with foam roller down length of spine. Arms by side, circle arms overhead on inhale and out around to hips on exhale, being careful not to lower arms to point that extend thoracic spine.

**Wrap arms** – crook lying with foam roller down length of spine, knees flexed, arms reaching wide. Wrap arms across chest on exhale and out again on inhale, alternate arms when wrapping.

**Head nods** – crook lying with foam roller down length of spine, knees flexed. Head nod on inhale, exhale back to starting position.

**EXERCISES x 5-8 reps each side**

**Ab prep** – crook lying with foam roller down length of spine, knees flexed, inhale to head nod and set Tr Abs, exhale into ab prep position. Inhale to stay, exhale to lower back down onto roller.

**Breast stroke prep** – prone lying, arms reaching overhead, wrists on foam roller. Exhale and lift upper thoracic spine to a hover, rolling foam roller towards head with minimal elbow flexion. Inhale down again. Aim to extend upper thoracic spine only.

**Shell stretch** – as per shell stretch but hands on foam roller in front of you. As exhale, roll it towards you encouraging thoracic flexion.

**Hundred** – as per ab prep but sustain position for hundred counts (inhale x5, exhale x5, x10sets)

**One leg circle** – crook lying with foam roller down length of spine, lift one leg to table top and trace circle with knee, inhale half circle, exhale half circle.

**Spine twist** – sitting cross legged, foam roller between hands. Inhale to stay, exhale for three counts rotating one way as you go. Inhale back to centre and repeat opposite direction ensuring you maintain upright pelvis.

**Toe taps** – supine on roller, imprinted, legs table top, hands resting on mat, exhale to toe tap one foot to floor, inhale return and repeat other side x8 reps each side.

**Leg pull front prep** – on hands and knees, legs adducted, hands on roller, toes tucked under onto mat. Lift knees on exhale to hover few inches off mat maintaining pelvic neutral, inhale down.

**Shoulder bridge prep** – crook lying, feet on roller. Extend hips on exhale and lift hips to bridged position. Inhale to stay, and exhale to lower again. DO NOT ROLL UP, hinge from hips.

**Shoulder bridge single leg lifts** – as above, exhale to lift pelvis to bridged position, inhale to stay, exhale to lift one foot off roller, inhale it back to roller, exhale other foot off roller, inhale in back onto roller, exhale to lower pelvis and flex at hips (no pelvic tilting). Gluts should be firing+++, avoid hamstring cramp.

**Port de bra prep** – like half roll back, but foam roller behind you so it will be at mid thoracic area when roll back. Inhale to roll back and extend over roller, exhale to head nod and flex back up over knees.

**Single leg bicycle** – crook lying supported on elbows, one foot on foam roller, other extended hovering over roller. On exhale extend foam roller leg out as flex free leg, inhale to return to start position. Repeat x5 each leg.

**Knee stretches** – on hands and knees, legs adducted, knees slightly behind hips, roller under tibial tuberosity, pelvic neutral. Inhale to pull roller in under hips, exhale to roll it back out just further than starting position.