

## FOAM ROLLER OBLIQUE PRESS



### Starting Position

- Lie on the roller with your back in a neutral position
- Relax your shoulders around the roller
- Place both hands on the mat
- Lift one leg up so your knee and hip are at right angles
- Set your lower abdominal muscles to maintain this position



### Movement

- Take your opposite arm to your knee and press your hand into your knee
- Engage your pelvic floor and abdominal muscles as you press
- Hold for 5 seconds
- Lower your leg back down and bring your hands back to the sides of the roller
- Repeat on the opposite arm and leg
- 4 times on each side

### Notes:

- Keep shoulders, neck and head relaxed onto the roller
- Try and focus on your abdominal muscles doing the work rather than your arms or legs