

FOAM ROLLER TOE TAP



Starting Position

- Lie flat on your back on the roller, hips and knees bent 90 degrees
- Rest your arms lightly on the floor
- Relax your back onto the roll
- Set your lower abdominal muscles to keep your spine in a neutral position



Movement

- Exhale. Slowly lower your toes down towards the mat or until you feel your back wanting to arch
- Keep working your abdominal muscles throughout the exercise to keep your back still
- Inhale. Lift your leg back up to the starting position



- Repeat with the other leg
- Do 5 – 10 repetitions

Notes:

- Avoid bearing down on your abdomen or holding your breathe throughout the exercise
- Keep your leg that's moving light in the air
- Only drop your leg down as far as you can maintain your back in a neutral position