

FOAM ROLLER LEG DROP



Starting Position

- Lie on the roller with your knees bent and feet flat on the floor
- Relax your arms across your chest
- Let your back relax into a neutral spine position on the roller
- Use your lower abdominal muscles to help you balance on the roller – do not grip with your leg muscles for balance



Movement

- Let your knee drop slowly out to one side trying to relax your leg muscles
- Exhale, draw in your abdominal muscles and bring your knee back to the resting position.
- Repeat on your opposite leg
- Repeat 5 times on each leg

Notes:

- Your back should stay in neutral spine throughout the movement, do not let it move when your leg drops out to the side
- Your pelvis should remain level