

## FOAM ROLLER BALANCE



### Starting Position

- Lie on the foam roller, your spine should be relaxed on the roll
- Start with one hand resting on your opposite knee which is bent up to 90 degrees
- Push hand against knee for 3 seconds



### Movement

- Exhale. Set your lower abdominal muscles
- Slowly stretch your arm and leg away from your body without your back arching off the roller
- Return to hand against knee
- Repeat 6-8 times each side



### Progression - Starting Position

- Place both hands on one knee
- Engage your abdominal muscles to maintain balance on the roller
- Hold this position for 5 – 10 seconds
- Repeat on the opposite leg



### Next Progression

- Start in the balance position above then slowly stretch your arms back and your leg forward
- Keep working your abdominal muscles to balance on the roller
- Hold this position momentarily and then return to the starting position of the balance exercise
- Do not extend your arms and legs too low so your lower back moves

### Notes:

- Your back should remain in a neutral position on the roller throughout the full movement
- Move slowly from one position to the next to keep your balance on the roll