

TOWER BAR ROLL DOWN



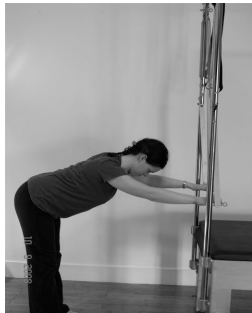
Starting Position

- Stand facing the tower bar with your arms shoulder width apart



Movement

- Keep your arms straight and press the bar down
- Exhale and roll down, articulating through your spine from your neck to the base of your spine
- Keep your weight forward



- Extend the trunk forward into a neutral spine position, parallel to the floor
- Inhale and hold in this position – try to lengthen through your spine, reaching the top of your head away from the base of your spine.
- Exhale. And slowly flex your spine, articulating the spine as you return to an upright position
- Then stretch your arms up to the starting position
- Repeat 3 – 5 times

Notes:

- Maintain abdominal support throughout the exercise
- Do not let your shoulders lift up to your ears as you stretch your arms forward