

FOAM ROLLER DOUBLE LEG TAPS



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
- Engage your lower abdominal muscles to keep your spine in a neutral position



Movement

- Exhale. Press your knees together then 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 legs back up to the starting position



- Repeat 3 – 6 times

Notes:

- Your legs should remain relaxed throughout the exercise and the focus is on using your lower abdominal muscles to keep your spine in a neutral position
- Do not bear down or bulge your abdominal muscles out