

## FOAM ROLLER SCISSOR ARMS



### Starting Position

- Lie on your back on the foam roller, feet flat on the floor, knees bent
- Back in neutral spine and your neck long and relaxed
- Arms reaching to ceiling, palms facing in



### Movement

- Exhale. Engage your lower abdominal muscles to balance on the roller
- Reach one arm directly overhead, while the other arm reaches by the hips
- Inhale. Return to the starting position



- Exhale. Reach the other arm overhead, while the opposite arm reaches toward the hips
- Inhale. Return to the starting position
- Repeat 4 – 5 times

### Notes:

- Keep your neck and shoulders relaxed
- Engage the muscles between your shoulder blades as you reach your arms
- Keep your lower abdominal muscles working throughout the exercise to balance on the roller