

SPRING BAR ROLL DOWN



Starting Position

- Sit upright with knees bent in front, feet resting on the bar
- Hold onto the spring bar with arms shoulder width apart



Movement

- Exhale. Engage your lower abdominal muscles and roll your spine slowly down
- Maintain your back in a c-shape curve, rolling down through each vertebra



- Inhale. Lie on your back, then lift your head and shoulders up into a flexed position
- Exhale. Slowly roll up, maintaining the c-shape curve in your trunk
- Repeat 4 – 6 times, gradually increasing repetitions as strength and endurance allow

Notes:

- Try and keep your leg muscles and shoulders relaxed throughout the exercise