

Foam Roller Exercises

By

Jimmy Santiago Moreno

- Start on floor with back flat and knees bent – take 2 deep breaths
- Position yourself on foam roller with hips on one end and head on other.
- Once you are balanced, place arms in “T” position – hold 10 seconds
- Hold arms in “Y” position – 10 seconds.
- Hold hand at belly, lift above body to behind head, circle body keeping hands off the floor to simulate a “snow angel”. Return to belly and repeat 10 times.
- From “T” position simulate bench press 10 times
- From “T” position clap hands 10 times above chest with straight arms.
- From “T” position wrap arms around chest 10 times – alternate arms.
- From “Y” position take right thumb to left pocket and back – switch arms. 5 times each arm.
- One hand at side and one behind head, simulate “back stroke” count to 10
- Hold hands at side of hips with palms up, push shoulders towards ground, at the same time reach hands to heels of foot – hold 10 seconds x 3.
- Remain on roller 30 seconds.
- Slowly roll off to same position as before and notice lower back alignment – remain on floor 30 seconds.



Fitness of Body and Mind