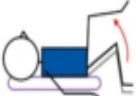
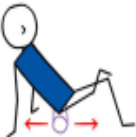
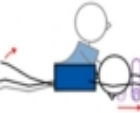


15 Minute Foam Roller Challenge

Time	Image	Pose	Description
		ITB Stretch Foam Roller	Lie on your right side with the roller under your outer thigh, near the knee. Support yourself on your right forearm and left hand. Roll up towards your hip, then back. Repeat. Switch sides. Benefits: Loosens up iliotibial band (ITB) Video: https://www.youtube.com/embed/fkzsPnropwQ
		Thoracic Stretch Foam Roller	Sit with heels on the floor, roller under mid-back. Lie back until it's below shoulder blades. Clasp hands, cradle head, and tuck chin. Slide up and down the roller, moving from neck to lower ribs. Benefits: Prevent neck and back pain. Video: https://www.youtube.com/embed/SxQkVD0UQNq Modifications: (I) Hands at Side. (II) Straighten Legs While Rolling (III) Alternating Arm Lifts Precautions : Don't go too low into lumbar spine.
		Cat Stretch Foam Roller	Kneel with an inhale and nod your chin. Exhale, placing hands on the foam roller and pushing it out. Inhale to extend from tail to head, opening your chest. Exhale as you roll back until your fingertips touch the roller. Benefits: Stretches, strengthens spine. Video: https://www.youtube.com/embed/FxZJGZyLFpU
		Knee Lifts Foam Roller	Sit on your knees with hands on the foam roller, aligned with shoulders. Tuck toes under and bring knees together. Inhale, lift knees off the floor while squeezing. Hold briefly, then exhale as you lower knees back to the mat. Repeat. Benefits: Strengthens abs & shoulders. Video: https://www.youtube.com/embed/FxZJGZyLFpU

Time	Image	Pose	Description
		Low Back Stretch Foam Roller	Lie with lower back on roller (head fully resting on roller). Knees bent. Legs hip-width apart. Inhale with pelvis neutral. Exhale, engage abdominals and arch lower back into the roller. Inhale, return pelvis to neutral. Repeat. Benefits: Releases tension in lower back. Stretches shoulders, chest. Video: https://www.youtube.com/embed/FxZJGZyLFpU Modifications: Add a gentle arm stretch overhead.
		Single Leg Raise Foam Roller	Lie on your back with the roller supporting your lower back and head. Spread legs hip-width apart. Exhale, engaging abs. Inhale, lift right leg to tabletop, then left leg. Hold briefly. Exhale, lower both legs back down. Benefits: Strengthens abs & legs. Stretches shoulder & chest. Video: https://www.youtube.com/embed/FxZJGZyLFpU
		Single Toe Taps Foam Roller	Lie with lower back and head on the roller. Bend legs sit-bones apart. Exhale, engage abs. Inhale, lift right leg to tabletop, then exhale as left leg follows. Inhale, lower right toe to mat, then exhale to return to tabletop. Repeat, alternating legs. Benefits: Strengthens abs, legs. Stretches shoulder, chest. Video: https://www.youtube.com/embed/FxZJGZyLFpU
		Double Toe Taps Foam Roller	Lie with lower back on bottom of roller. Head fully rested on roller. Spread legs hip width apart. Exhale, squeeze abs. Inhale, lift right leg to table top. Exhale, bring left leg to table top. Inhale, lower both feet until toes touch mat. Exhale, lift legs back to table top. Benefits: Strengthens abs & legs. Video: https://www.youtube.com/embed/FxZJGZyLFpU

Time	Image	Pose	Description
		Back Massage Foam Roller	Sit on the foam roller with bent knees, feet shoulder-width apart. Transition to lying horizontally on the roller and support your head with your hands. Roll back and forth to massage your buttocks, back, shoulders, and neck. Benefits: Massages muscles along spine. Video: https://www.youtube.com/embed/r137aPYbQnw Precautions : Back injury.
		Child Foam Roller	Kneel on the floor, toes together, knees hip-width distance apart. Lean forward. Drape body over the thighs. Place hands on the foam roller. Extend arms. Benefits: Normalizes blood circulation. Video: https://www.youtube.com/embed/FxZJGZyLFpU Modifications: Push the roller away for a deeper stretch.
		Gluteal Stretch Foam Roller	Sit on the roller with your right buttock, crossing your right leg over the left. Roll back and forth, focusing on the outer buttock, then shift weight to the centre. Repeat on the other side. Benefits: Loosens up gluteals and piriformis. Video: https://www.youtube.com/embed/17Tn7wWvr7U
		Hip Releases Foam Roller	Lie on your back with arms at your sides, knees bent, and toes on top of roller. Inhale, open knees and push the roller out. Exhale, pull back to start. Repeat, then reverse direction. Benefits: Stretches hips. Strengthens abs, glutes, hamstrings. Video: https://www.youtube.com/embed/FxZJGZyLFpU Modifications: Keep knees closer together for added stability.

Time	Image	Pose	Description
		Hip Rolls Foam Roller	Lie on your back with knees bent, feet on the roller, and arms at your sides. Exhale, curl your pelvis under, rolling your hips up while squeezing glutes and hamstrings. Inhale at the top, then exhale as you roll back down. Repeat. Benefits: Strengthens hips, hamstrings, obliques. Video: https://www.youtube.com/embed/FxZJGZyLFpU
		Swan Foam Roller	Lie on your stomach with hands on the roller and legs wide apart. Inhale, glide shoulders down. Exhale, press up into your hands, lifting your torso and straightening your arms while bringing the roller slightly in. Inhale, hold. Exhale, lower. Repeat. Benefits: Expands chest. Stretches abs, hip flexors & quads. Video: https://www.youtube.com/embed/FxZJGZyLFpU Modifications: (I) Keep thighs on the mat for support. (II) Use a smaller roller for increased difficulty. (III) Add a spinal twist while lifting torso.
		Swan Leg Extension Foam Roller	Lie on your stomach with hands on the roller and legs apart. Inhale, lift your torso. Exhale, lower down while raising your right leg. Inhale, lift your torso again, lower the right leg, and raise the left leg. Repeat. Benefits: Expands chest. Stretches abs, hip flexors & quads. Video: https://www.youtube.com/embed/FxZJGZyLFpU Modifications: Lift both legs simultaneously while raising torso.

You can create lesson plans like this using the [Genie Lesson Planner](#)