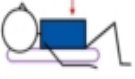
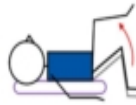
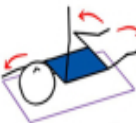
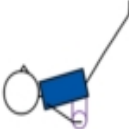


30 Minute Foam Roller: Strength & Flexibility Challenge

Time	Image	Pose	Description
		Pelvic tilt	Lie with lower back on bottom of roller, head fully rested on roller. Spread legs hip distance apart. Inhale with pelvis in neutral. Exhale, squeeze abdominals and open lower back into the roller. Inhale, bring pelvis back to neutral keeping ribcage still. Repeat. Benefits: Releases tension in lower back. Stretches shoulders, chest. Video: https://www.youtube.com/embed/FxZJGZyLFpU
		Supine Snow Angel	Lie on your back with knees bent. Ensure the space that's in the small of your back stays the same throughout the exercise. To ensure this, you could place a small rolled towel (size of your hand) in there. This will help keep the spine in its best alignment. If when you lie on your back you find your head is wanting to look back, take however many towels you need and fold them under your head until you have your best posture. Don't use more towels than you need, as this will put your head back to where you're trying to release it from. Arms out to the side. Palms face up. Press your arms down as though you're creating an indentation in the snow. Continue to slide up, keeping the chin tucked, and be aware of not increasing the space in the small of your back. Arms stay in contact with the floor as you slide them all the way up and all the way back down. Repeat. Benefits: Increases mobility through the mid-back. Video: https://www.youtube.com/embed/sl2TU1EPoWY Modifications: A) Supine snow angel on a foam roller. B) Prone snow angel on a foam roller. C) Wall snow angels

Time	Image	Pose	Description
		Arm Raises crunch	Sit on foam roller with bent knees. Feet shoulder width apart. Lean back (roller will move forwards a bit) onto lower back. Engage abs. Inhale, raise arms up (palms facing in). Exhale, lower arms. Repeat. Benefits: Strengthens back and ab muscles. Tones leg and arm muscles. Video: https://www.youtube.com/embed/r137aPYbQnw Modifications: Hands behind knees. Precautions : Back injury.
		Half rollback	Lie with lower back on bottom of roller, head fully rested on roller. Bend and spread legs wider than hip distance apart. Lift arms parallel to floor, beside hips. Inhale, nod chin. Exhale, scoop belly, roll forward reaching fingers across room. Stay for a few breaths. Exhale, lower down. Repeat. Benefits: Strengthens abdominals and neck. Video: https://www.youtube.com/embed/FxZJGZyLFpU
		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
		Dead Bug II	Lie on back. Engage core. Bend hip and knees at 90 degrees. Feet hip-width apart in the air. Point arms up with palms facing forward. Lower left arm behind you and extend right leg, bringing as close to floor as possible without arching back. Draw left knee to chest. Hold without arching back. Relax head, neck and shoulders. Return to start. Switch sides. Benefits: Works lower back, pelvis, core and shoulders. Video: https://www.youtube.com/embed/4XLEnwUr1d8

Time	Image	Pose	Description
		Hugs Foam Roller	Lie on your back with your head on the mat and the roller beneath your lower back (SI joint). Bring your knees to your chest, interlock your fingers, engage your core, and gently pull your knees in towards your chest. Benefits: Massages muscles around spine. Release tension. Video: https://www.youtube.com/embed/r137aPYbQnw Modifications: (I) Keep feet on the floor. (II) Extend one leg out while pulling the other in. (III) Hold a crunch while pulling knees to chest. Precautions : Back injury.
00:10		End Of Sequence	
		Leg Circles Foam Roller	Lie down with your head on the mat and the roller under your lower back. Hands on the roller, pull abs in, and lift knees. Open into frog legs. Inhale, stretch legs forward and up. Circle legs both ways. Exit by hugging knees. Benefits: Strengthens back and abs Tones leg and arms. Video: https://www.youtube.com/embed/r137aPYbQnw Precautions : Back injury.

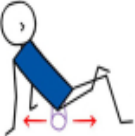
Time	Image	Pose	Description
		Scissors Modification	Lie flat on your back. Curl the head and shoulders off the mat. Bring both knees to the chest. Extend both legs straight to the ceiling, place both hands onto the right ankle, and lower the left leg to 45 degrees. Pulse the right leg towards the chest two times and scissor-switch the legs, placing both hands on the left ankle and lowering the right leg to 45 degrees. Repeat. Benefits: Abdominal, shoulder, and hip flexibility. Video: https://www.youtube.com/embed/CO9_19vCf4 Modifications: A) The lower leg lowered all the way to the mat. B) The lower leg lowered halfway to the mat. Precautions : Ensure that the lower back does not arch and remains pressing towards the mat.
		Froggie legs	Lie on back with legs extended. Bend left knee. Pull gently on left leg, bringing knee towards chest. Don't arch neck. Switch legs. Benefits: Stretches hamstrings. Strengthen core and lower back. Video: https://www.youtube.com/embed/uX6I2z50Fcc Modifications: Use a strap. Use foam roller under knees.
		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
		Alt leg extension bicycle	Lie on back, arms beside body. Bend knees, place heels on apex of roller. Exhale, straighten legs. Inhale, return to start. Benefits: Strengthens abs, glutes, hamstrings. Video: https://www.youtube.com/embed/FxZJGZyLFpU Cues: Crunch

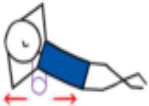
Time	Image	Pose	Description
		Plough Foam Roller	Lie down with head on mat and roller below SI joint (lower back). Arms to sides. Palms down. Bend and raise both legs. Slowly lower legs behind head until legs are parallel to floor (or go lower and feet touch mat). Repeat lowering and raising of legs. Benefits: Strengthens core. Stretches legs, torso & neck. Video: https://www.youtube.com/embed/r137aPYbQnw Modifications: (I) Bend legs and lower to a comfortable height. (II) Straighten legs and lower to just above the floor. (III) Hold legs parallel, pulse up and down. Precautions : Neck or back injury.
00:10		End Of Sequence	
		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
		Pushups Foam Roller	Sit on your knees with hands on the roller, aligned with shoulders. Tuck toes, keep knees together, and lift toes off the mat. Inhale, bend elbows to lower your torso towards the roller. Exhale, push back up without moving your legs. Repeat. Benefits: Strengthens abs, legs & shoulders. Video: https://www.youtube.com/embed/FxZJGZyLFpU

Time	Image	Pose	Description
		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
		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.
		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.
00:10		End Of Sequence	

Time	Image	Pose	Description
		Cactus arm squeeze	Sit on your heels. Create a sandwich from the navel to the lumbar spine (try to keep that neutral). Raise off your heels. Squeeze your glutes and abs. Cross arms over your chest. Engage core. Lean back from your knees and return to the start. Repeat. Benefits: Release hips. Strengthen quads and core. Video: https://www.youtube.com/embed/j96P6hMuVTQ Cues: Kneeling Modifications: A) Blanket under knees. B) Hip hinge kneeling lunge. C) Kneeling lean backs with a twist. D) Touch your heels when leaning back. E) Hip bridge (lying in supine position). Precautions : Knee injury.
		Foot on foam roller length ways	Stand tall with arms out in front. Feet a little wider than shoulder-width apart. Look straight ahead. Bend at knees and hips into a squat (thighs parallel to floor). Return to start. Benefits: Hip opener. Strengthens thighs, buttocks, and hamstrings. Video: https://www.youtube.com/embed/08Hkvj5CB48 Cues: Squat Modifications: A) Sit on the front edge of a chair. B) Folded blanket under heels. C) Lift all ten toes up. D) Bring arms to tops of legs and reach outward. E) Sit back against a wall like you are in a chair. F) Add a twist. G) Sit on a block. H) Roll a blanket and place it in the crease of both knees. Precautions : Knee injury.

Time	Image	Pose	Description
		Back shin on roller	Stand tall. Bend right knee. Step back onto ball of foot. Go as far as you are comfortable. Don't let right knee bend past toes. Keep hips even. Think of hip bones as headlights that have to point forward. Chest open. Gaze straight ahead. Rest hands above right knee for stability. Straighten back leg. Don't lock knee. Let lift come from hamstring (back of leg). Hold. Repeat on other side. Benefits: Stretches legs, groin & hip flexors. Strengthens thighs & buttocks. Video: https://www.youtube.com/embed/OrC0gFdw9r8 Cues: Lunge Modifications: A) Move between forward leg being bent and straight. B) Lower back knee to the mat.-C) Face a wall (press big toe of front foot against a wall and bring fingertips to the wall). D) Low lunge twist (bend back knee and reach for foot or ankle with opposite hand). E) Side lunge. Precautions : Knee injury.
		Foot on foam roller length ways	Stand tall with arms out in front. Feet a little wider than shoulder-width apart. Look straight ahead. Bend at knees and hips into a squat (thighs parallel to floor). Return to start. Benefits: Hip opener. Strengthens thighs, buttocks, and hamstrings. Video: https://www.youtube.com/embed/08Hkvj5CB48 Cues: Squat Modifications: A) Sit on the front edge of a chair. B) Folded blanket under heels. C) Lift all ten toes up. D) Bring arms to tops of legs and reach outward. E) Sit back against a wall like you are in a chair. F) Add a twist. G) Sit on a block. H) Roll a blanket and place it in the crease of both knees. Precautions : Knee injury.

Time	Image	Pose	Description
		Back shin on roller	Stand tall. Bend right knee. Step back onto ball of foot. Go as far as you are comfortable. Don't let right knee bend past toes. Keep hips even. Think of hip bones as headlights that have to point forward. Chest open. Gaze straight ahead. Rest hands above right knee for stability. Straighten back leg. Don't lock knee. Let lift come from hamstring (back of leg). Hold. Repeat on other side. Benefits: Stretches legs, groin & hip flexors. Strengthens thighs & buttocks. Video: https://www.youtube.com/embed/OrC0gFdw9r8 Cues: Lunge Modifications: A) Move between forward leg being bent and straight. B) Lower back knee to the mat.-C) Face a wall (press big toe of front foot against a wall and bring fingertips to the wall). D) Low lunge twist (bend back knee and reach for foot or ankle with opposite hand). E) Side lunge. Precautions : Knee injury.
00:10		End Of Sequence	
		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

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
		Lat Stretch Foam Roller	Lie on your right side with the roller under your armpit and hands behind your head. Use your back muscles to roll from the armpit to the base of the shoulder blade, then roll back. Repeat and switch sides. Benefits: Loosens up lats and upper back. Video: https://www.youtube.com/embed/1Ub-Tj7KfUg Modifications: Use a towel for extra cushioning.

Lesson Plan Description:

A foam roller is a wondrous bit of Pilates kit to help you get an increased range of movement. This can be in assisting mobility exercises or using direct pressure and getting feedback where the tight bits are. To move efficiently, and remain injury and pain-free, you need to have good stability through your trunk. One of the main benefits of the foam roller is to give an unstable surface to challenge your stability, which improves core control. Lying on the foam roller means you have to work harder through your core to keep your body stable in a neutral position. Another great benefit of foam roller exercises is that it is one of the best ways to improve your posture. When you sit for a long time you will become stiff through your thoracic spine and tight through the front of your shoulders. Use the foam roller to help reduce the effects of "sitting". This improved posture also instantly makes you feel better - happy endorphins are released into your bloodstream when your posture opens.-