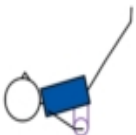






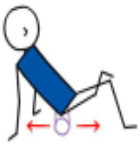





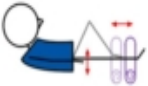




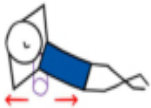


## Foam Roller: 60 Minute Improve Posture Challenge


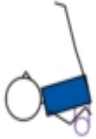

Time	Image	Pose	Description
		Ab Crunches Foam Roller	<p>Lie down with head on mat and roller below SI joint (lower back). Hands on outsides of roller. Pull lower abs in and raise knees on top of roller. Bring knees together and lower them towards shoulders. Open toes and knees in frog legs. Inhale, stretch legs forward and up. Hold. Pull lower abs in. Don't lower legs too far. Return knees towards shoulders with frog legs.</p> <p><b>Benefits:</b> Strengthens back and ab muscles. Tones leg and arm muscles.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/r137aPYbQnw">https://www.youtube.com/embed/r137aPYbQnw</a></p> <p><b>Precautions :</b> Back injury.</p>
		Arm Raises Foam Roller	<p>Sit on the foam roller with knees bent, feet shoulder-width apart. Lean back onto your lower back, engaging abs. Inhale and raise arms overhead with palms facing in. Exhale and lower arms back down. Repeat.</p> <p><b>Benefits:</b> Strengthens back and ab muscles. Tones leg and arm muscles.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/r137aPYbQnw">https://www.youtube.com/embed/r137aPYbQnw</a></p> <p><b>Modifications:</b> (I) Hands behind knees. (II) Extend one leg to increase core engagement. (III) Cross-legged position.</p> <p><b>Precautions :</b> Back injury.</p>
		Back Massage Foam Roller	<p>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.</p> <p><b>Benefits:</b> Massages muscles along spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/r137aPYbQnw">https://www.youtube.com/embed/r137aPYbQnw</a></p> <p><b>Precautions :</b> Back injury.</p>




Time	Image	Pose	Description
		Boat Foam Roller	<p>Sit on the foam roller with bent knees, feet shoulder-width apart, and hands behind knees. Lean back until hips are on the roller. Engage abs, hover arms by your sides, and bring feet and thighs together.</p> <p><b>Benefits:</b> Strengthens back and ab muscles. Tones leg and arm muscles.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/r137aPYbQnw">https://www.youtube.com/embed/r137aPYbQnw</a></p> <p><b>Precautions :</b> Back injury.</p>
		Cat Stretch Foam Roller	<p>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.</p> <p><b>Benefits:</b> Stretches, strengthens spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/FxZJGZyLFpU">https://www.youtube.com/embed/FxZJGZyLFpU</a></p>
		Child Foam Roller	<p>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.</p> <p><b>Benefits:</b> Normalizes blood circulation.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/FxZJGZyLFpU">https://www.youtube.com/embed/FxZJGZyLFpU</a></p> <p><b>Modifications:</b> Push the roller away for a deeper stretch.</p>
		Forward Folds Foam Roller	<p>Lie with lower back on roller (head fully resting on roller). Bend legs. Feet hip-width apart. Lift arms parallel to floor. Inhale, nod chin. Exhale, scoop belly and roll forward, reaching fingers out. Hold for a few breaths. Exhale, lower down. Repeat.</p> <p><b>Benefits:</b> Strengthens abdominals and neck.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/FxZJGZyLFpU">https://www.youtube.com/embed/FxZJGZyLFpU</a></p>




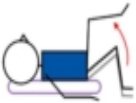
Time	Image	Pose	Description
		Gluteal Stretch Foam Roller	Sit on the roller with your right buttock, crossing your right leg over the left. Roll back and forth, focusing on the outer buttock, then shift weight to the centre. Repeat on the other side. <b>Benefits:</b> Loosens up gluteals and piriformis. <b>Video:</b> <a href="https://www.youtube.com/embed/17Tn7wWvr7U">https://www.youtube.com/embed/17Tn7wWvr7U</a>
		Hamstring Stretch Foam Roller	Lie on your back with arms by your sides. Bend knees and place heels on top of the roller. Exhale, straighten your legs. Inhale, return to start position. <b>Benefits:</b> Strengthens abs, glutes, hamstrings. <b>Video:</b> <a href="https://www.youtube.com/embed/FxZJGZyLFpU">https://www.youtube.com/embed/FxZJGZyLFpU</a> <b>Modifications:</b> Place hands under hips for added support.
		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. <b>Benefits:</b> Stretches hips. Strengthens abs, glutes, hamstrings. <b>Video:</b> <a href="https://www.youtube.com/embed/FxZJGZyLFpU">https://www.youtube.com/embed/FxZJGZyLFpU</a> <b>Modifications:</b> Keep knees closer together for added stability.
		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. <b>Benefits:</b> Strengthens hips, hamstrings, obliques. <b>Video:</b> <a href="https://www.youtube.com/embed/FxZJGZyLFpU">https://www.youtube.com/embed/FxZJGZyLFpU</a>

Time	Image	Pose	Description
		Hugs Foam Roller	<p>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.</p> <p><b>Benefits:</b> Massages muscles around spine. Release tension.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/r137aPYbQnw">https://www.youtube.com/embed/r137aPYbQnw</a></p> <p><b>Modifications:</b> (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.</p> <p><b>Precautions :</b> Back injury.</p>
		Hundreds I Foam Roller	<p>Lie on your back with arms at your sides and knees bent, feet on the roller's apex. Lift your torso towards your knees while raising your arms parallel to the floor. Pulse your arms 100 times.</p> <p><b>Benefits:</b> Strengthens abs, back and hips.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/FxZJGZyLFpU">https://www.youtube.com/embed/FxZJGZyLFpU</a></p>
		Hundreds II Foam Roller	<p>Lie on your back with arms at your sides and knees bent, feet on the roller's apex. Exhale, lift your torso toward your knees. Extend arms parallel to the floor, pulse 100 times while simultaneously straightening and bending both legs.</p> <p><b>Benefits:</b> Stretches &amp; strengthens spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/FxZJGZyLFpU">https://www.youtube.com/embed/FxZJGZyLFpU</a></p>
		Inner Thigh Squeeze Foam Roller	<p>Sit on the foam roller with bent knees, feet shoulder-width apart, and hands behind knees. Lean back until hips are on the roller. Engage abs, hover arms by your sides, and bring feet and thighs together. Squeeze inner thighs tightly, release, and repeat.</p> <p><b>Benefits:</b> Strengthens back, ab and inner thigh muscles. Tones leg and arm muscles.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/r137aPYbQnw">https://www.youtube.com/embed/r137aPYbQnw</a></p> <p><b>Modifications:</b> Hands behind knees.</p> <p><b>Precautions :</b> Back injury.</p>


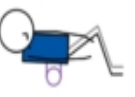
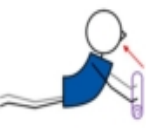
Time	Image	Pose	Description
		ITB Stretch Foam Roller	Lie on your right side with the roller under your outer thigh, near the knee. Support yourself on your right forearm and left hand. Roll up towards your hip, then back. Repeat. Switch sides. <b>Benefits:</b> Loosens up iliotibial band (ITB) <b>Video:</b> <a href="https://www.youtube.com/embed/fkzsPnropwQ">https://www.youtube.com/embed/fkzsPnropwQ</a>
		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. <b>Benefits:</b> Loosens up lats and upper back. <b>Video:</b> <a href="https://www.youtube.com/embed/1Ub-Tj7KfUg">https://www.youtube.com/embed/1Ub-Tj7KfUg</a> <b>Modifications:</b> Use a towel for extra cushioning.
		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. <b>Benefits:</b> Strengthens back and abs Tones leg and arms. <b>Video:</b> <a href="https://www.youtube.com/embed/r137aPYbQnw">https://www.youtube.com/embed/r137aPYbQnw</a> <b>Precautions :</b> Back injury.
		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. <b>Benefits:</b> Strengthens abs & shoulders. <b>Video:</b> <a href="https://www.youtube.com/embed/FxZJGZyLFpU">https://www.youtube.com/embed/FxZJGZyLFpU</a>

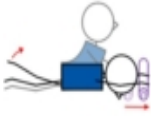


Time	Image	Pose	Description
		Leg Raises Foam Roller	<p>Lie on your back with your lower back and head on the roller, legs wider than hip distance. Lift your left arm parallel to the floor. Inhale, nod your chin; exhale, scoop your belly and roll forward, reaching your fingers while lifting your right leg to tabletop. Inhale to return.</p> <p><b>Benefits:</b> Strengthens abs &amp; legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/FxZJGZyLFpU">https://www.youtube.com/embed/FxZJGZyLFpU</a></p> <p><b>Modifications:</b> Lift both legs together for added challenge.</p>
		Legs Up Foam Roller	<p>Lie down with your head on the mat and the roller beneath your SI joint (lower back). Bring your knees to your chest, then raise your legs, engaging your abs to pull them toward your chest, keeping your feet directly over your head.</p> <p><b>Benefits:</b> Strengthens core muscles. Relieves tired legs. Stretches legs, torso, neck.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/r137aPYbQnw">https://www.youtube.com/embed/r137aPYbQnw</a></p> <p><b>Modifications:</b> (I) Keep feet on the floor. (II) Extend legs to a 45-degree angle. (III) Lower legs towards the floor, then lift.</p> <p><b>Precautions :</b> Back injury.</p>
		Low Back Stretch Foam Roller	<p>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.</p> <p><b>Benefits:</b> Releases tension in lower back. Stretches shoulders, chest.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/FxZJGZyLFpU">https://www.youtube.com/embed/FxZJGZyLFpU</a></p> <p><b>Modifications:</b> Add a gentle arm stretch overhead.</p>




Time	Image	Pose	Description
		Mermaid Twist Foam Roller	<p>Sit beside the roller on your right. Bend your left leg, placing the foot behind you. Press the right foot against the left inner thigh. Inhale, lift the left arm up; exhale, side bend to the right. Roll the foam roller in and out, then switch sides.</p> <p><b>Benefits:</b> Strengthens and lengthens lateral obliques.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/FxZJGZyLFpU">https://www.youtube.com/embed/FxZJGZyLFpU</a></p> <p><b>Modifications:</b> Perform without side bending.</p>
		Oblique Crunches Foam Roller	<p>Sit on the roller with bent knees, feet shoulder-width apart, and hands behind knees. Lean back until hips are on the roller. Engage abs, place right hand behind head, left arm straight. Twist to the left, hold, then return to centre. Repeat on other side.</p> <p><b>Benefits:</b> Strengthens back &amp; abs. Tones leg &amp; arms.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/r137aPYbQnw">https://www.youtube.com/embed/r137aPYbQnw</a></p> <p><b>Modifications:</b> Keep both hands behind head for added support.</p> <p><b>Precautions :</b> Back injury.</p>
		Plough Foam Roller	<p>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.</p> <p><b>Benefits:</b> Strengthens core. Stretches legs, torso &amp; neck.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/r137aPYbQnw">https://www.youtube.com/embed/r137aPYbQnw</a></p> <p><b>Modifications:</b> (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.</p> <p><b>Precautions :</b> Neck or back injury.</p>

Time	Image	Pose	Description
		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. <b>Benefits:</b> Strengthens abs, legs & shoulders. <b>Video:</b> <a href="https://www.youtube.com/embed/FxZJGZyLFpU">https://www.youtube.com/embed/FxZJGZyLFpU</a>
		Rounded Back Stretch II Foam Roller	Sit on the roller with legs extended. Let your chest dip towards your thighs, placing your arms on the mat with palms down. Keep your toes pointed upwards. <b>Benefits:</b> Good for posture. <b>Video:</b> <a href="https://www.youtube.com/embed/r137aPYbQnw">https://www.youtube.com/embed/r137aPYbQnw</a> <b>Modifications:</b> Use a strap around ankles.
		Rounded Back Stretch I Foam Roller	Sit on the roller with legs extended. Let your chest dip towards your thighs, pointing your toes upwards. Place your arms on your thighs and wrap your hands around your ankles for leverage. <b>Benefits:</b> Good for posture. <b>Video:</b> <a href="https://www.youtube.com/embed/r137aPYbQnw">https://www.youtube.com/embed/r137aPYbQnw</a> <b>Modifications:</b> Use a strap around ankles. <b>Precautions :</b> Back injury.
		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. <b>Benefits:</b> Strengthens abs & legs. Stretches shoulder & chest. <b>Video:</b> <a href="https://www.youtube.com/embed/FxZJGZyLFpU">https://www.youtube.com/embed/FxZJGZyLFpU</a>



Time	Image	Pose	Description
		Table Top Leg Raise Foam Roller	<p>Sit on the roller with bent knees, feet shoulder-width apart, and hands behind knees. Lean back until hips are on the roller. Engage abs, hover arms by your sides, and lift one leg. Hold briefly, lower, then raise the other leg. Repeat.</p> <p><b>Benefits:</b> Strengthens back and abs. Tones leg and arms.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/r137aPYbQnw">https://www.youtube.com/embed/r137aPYbQnw</a></p> <p><b>Modifications:</b> Keep hands behind knees for added stability.</p> <p><b>Precautions :</b> Back injury.</p>
		Supine Twist Foam Roller	<p>Sit on the roller with knees bent, feet shoulder-width apart. Lean back until hips rest on the roller, engage abs, and hover arms at your sides. Cross right arm over, twist left, and curl up. Repeat with left arm crossing over to the right.</p> <p><b>Benefits:</b> Strengthens back and abs. Tones leg and arms.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/r137aPYbQnw">https://www.youtube.com/embed/r137aPYbQnw</a></p> <p><b>Modifications:</b> Extend arms forward instead of hovering.</p> <p><b>Precautions :</b> Back injury.</p>
		Swan Foam Roller	<p>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.</p> <p><b>Benefits:</b> Expands chest. Stretches abs, hip flexors &amp; quads.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/FxZJGZyLFpU">https://www.youtube.com/embed/FxZJGZyLFpU</a></p> <p><b>Modifications:</b> (I) Keep thighs on the mat for support. (II) Use a smaller roller for increased difficulty. (III) Add a spinal twist while lifting torso.</p>

Time	Image	Pose	Description
		<p>Swan Leg Extension Foam Roller</p>	<p>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.</p> <p><b>Benefits:</b> Expands chest. Stretches abs, hip flexors &amp; quads.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/FxZJGZyLFpU">https://www.youtube.com/embed/FxZJGZyLFpU</a></p> <p><b>Modifications:</b> Lift both legs simultaneously while raising torso.</p>
		<p>Table Top Foam Roller</p>	<p>Sit on the roller with knees bent, feet shoulder-width apart, and hands behind knees. Lean back until hip joints are on the roller. Engage your abs, place hands on the mat, and raise each knee towards your chest while squeezing your inner thighs. Hold and breathe into your chest.</p> <p><b>Benefits:</b> Strengthens back, abs, legs and arms.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/r137aPYbQnw">https://www.youtube.com/embed/r137aPYbQnw</a></p> <p><b>Modifications:</b> Extend one leg at a time.</p> <p><b>Precautions :</b> Back injury.</p>
		<p>Table Top One Arm Foam Roller</p>	<p>Sit on the roller with bent knees, feet shoulder-width apart, and hands behind knees. Lean back until hips are on the roller. Engage abs, place hands on the mat. Lift right knee, then left knee. Squeeze thighs, raise left arm parallel to the floor. Hold, switch arms, hold, release.</p> <p><b>Benefits:</b> Strengthens back &amp; abs. Tones legs &amp; arms.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/r137aPYbQnw">https://www.youtube.com/embed/r137aPYbQnw</a></p> <p><b>Precautions :</b> Back injury.</p>

Time	Image	Pose	Description
		Thoracic Stretch Foam Roller	<p>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.</p> <p><b>Benefits:</b> Prevent neck and back pain.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/SxQkVD0UQNg">https://www.youtube.com/embed/SxQkVD0UQNg</a></p> <p><b>Modifications:</b> (I) Hands at Side. (II) Straighten Legs While Rolling (III) Alternating Arm Lifts</p> <p><b>Precautions :</b> Don't go too low into lumbar spine.</p>
		Double Toe Taps Foam Roller	<p>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.</p> <p><b>Benefits:</b> Strengthens abs &amp; legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/FxZJGZyLFpU">https://www.youtube.com/embed/FxZJGZyLFpU</a></p>
		Single Toe Taps Foam Roller	<p>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.</p> <p><b>Benefits:</b> Strengthens abs, legs. Stretches shoulder, chest.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/FxZJGZyLFpU">https://www.youtube.com/embed/FxZJGZyLFpU</a></p>

**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.-