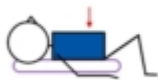
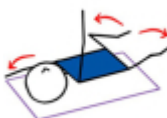
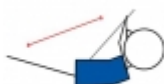
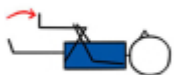
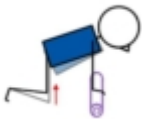
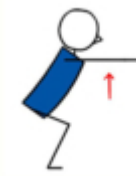
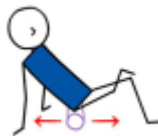
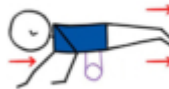
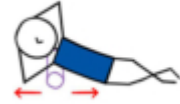


30 Minute Foam Roller: Strength & Flexibility Challenge

 Pelvic tilt	 Supine Snow Angel	 Arm Raises crunch	 Half rollback	 Single Leg Raise Foam Roller	 Dead Bug II
 Hugs Foam Roller	 End Of Sequence	 Leg Circles Foam Roller	 Scissors Modification	 Froggie legs	 Hip Rolls Foam Roller
Crunch  Alt leg extension bicycle	 Plough Foam Roller	 End Of Sequence	 Cat Stretch Foam Roller	 Pushups Foam Roller	 Knee Lifts Foam Roller

 Swan Leg Extension Foam Roller	 Swan Foam Roller	 End Of Sequence	Kneeling  Cactus arm squeeze	Squat  Foot on foam roller length ways	Lunge  Back shin on roller
Squat  Foot on foam roller length ways	Lunge  Back shin on roller	 End Of Sequence	 Gluteal Stretch Foam Roller	 ITB Stretch Foam Roller	 Lat Stretch Foam Roller

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.-