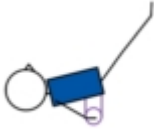

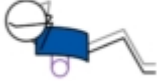




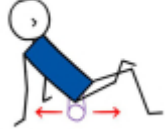







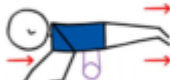
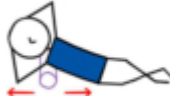
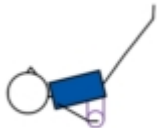
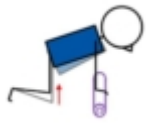


Foam Roller: 60 Minute Improve Posture Challenge

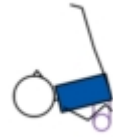
 <p>Ab Crunches Foam Roller</p>	 <p>Arm Raises Foam Roller</p>	 <p>Back Massage Foam Roller</p>	 <p>Boat Foam Roller</p>	 <p>Cat Stretch Foam Roller</p>	 <p>Child Foam Roller</p>
 <p>Forward Folds Foam Roller</p>	 <p>Gluteal Stretch Foam Roller</p>	 <p>Hamstring Stretch Foam Roller</p>	 <p>Hip Releases Foam Roller</p>	 <p>Hip Rolls Foam Roller</p>	 <p>Hugs Foam Roller</p>
 <p>Hundreds I Foam Roller</p>	 <p>Hundreds II Foam Roller</p>	 <p>Inner Thigh Squeeze Foam Roller</p>	 <p>ITB Stretch Foam Roller</p>	 <p>Lat Stretch Foam Roller</p>	 <p>Leg Circles Foam Roller</p>



Knee Lifts Foam Roller



Leg Raises Foam Roller



Legs Up Foam Roller



Low Back Stretch Foam Roller



Mermaid Twist Foam Roller



Oblique Crunches Foam Roller



Plough Foam Roller



Pushups Foam Roller



Rounded Back Stretch II Foam Roller



Rounded Back Stretch I Foam Roller



Single Leg Raise Foam Roller



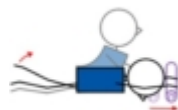
Table Top Leg Raise Foam Roller



Supine Twist Foam Roller



Swan Foam Roller



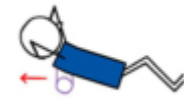
Swan Leg Extension Foam Roller



Table Top Foam Roller



Table Top One Arm Foam Roller



Thoracic Stretch Foam Roller



**Double Toe Taps Foam
Roller**



**Single Toe Taps 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.-

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