

Lie on your back with the legs long and the arms at the side. Take note of the way that you contact the floor. Notice those areas that are touching, and those that do not. This will be your pre-exercise "test".

Lie on the roller from head to tail with the roller aligned parallel to the spine. Imagine a cup of water is on your tummy and as you move, try not to spill the cup.

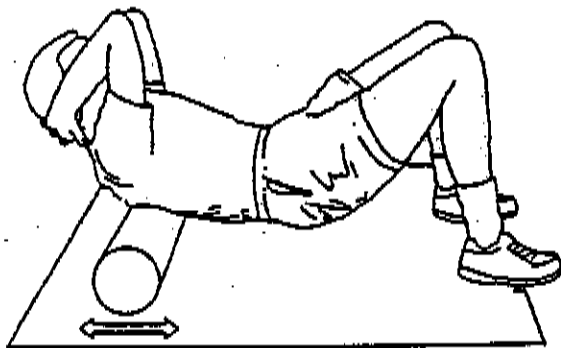
As your hips roll to the right, allow your head to roll to the left to balance you. The left ribs will "fold" as the right ribs "open". The left hand will slide toward the left foot. Repeat this motion, easily and effortlessly, in the both directions. Continue this for 30 seconds to 1 minute.

Now re-check your contact with the floor. You could notice that you now have more contact with the floor (ie: you are flatter!)

Options:

1. Place the feet closer together.
2. Place one foot closer to you.
3. Raise one foot in the air.
4. Cross the right leg over the left and left over right.

Perpendicular Upper Back Rolling



Lie on your back with the legs long and the arms at the side. Take note of the way that you contact the floor. Notice those areas that are touching, and those that do not. This will be your pre-exercise "test".

Lie with the roller perpendicular to your spine, with your knees bent. Start with the roller at your lower shoulder blade/nipple/bra line. Support your head by placing your hands behind your head, elbows together. Push down on your feet and raise your hips. Gently roll up and down/back and forth on your upper and middle back. Do NOT roll the lower back.

Then separate your elbows and continue to roll up and down, this time rolling on top of your shoulder blades.

Return to the initial "test" position and notice the changes!

Options:

1. Place the feet closer together.
2. Place one foot closer to you.
3. Raise one foot in the air.