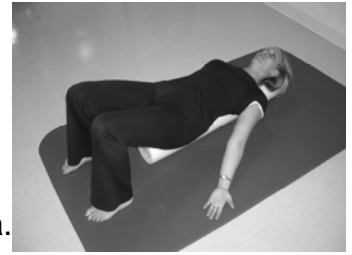


Snow Angel

1a. Start with your back lying lengthwise on the foam roller on the floor. 1b. With arms out long at your side and palms up, bring your arms toward the top of your head from the side of your hips, keeping the back of your hand on the floor the entire time. Stop before your back comes off the roller. Return arms towards your side.



Chest Opener

2a. Start with your back lying lengthwise on the foam roller on the floor. Bring your arms up with fingers pointing at the ceiling. With palms facing each other and elbows straight, bend at the wrist pulling your fingertips apart. Maintain wrist and finger position throughout the exercise.

2b. Slowly reach your arms out long and bring your hands towards the floor, maintaining the wrist/finger position.

V to W

3a. Start with your back lying lengthwise on the foam roller on the floor. With your palms up and arms straight and parallel, form arms in a "V" position above your head.

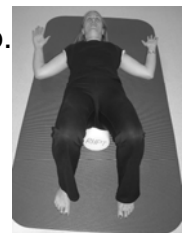
3b. Bend your arms, bringing elbows toward the hips, creating a "W" shape with your arms. Keep your elbows lifted up towards the ceiling, not to allow them to drop to a level below the wrists. Make sure your ribs don't rise from the movement and stay within pain free range of motion.



3a.



3b.



4a.



4b.



Thoracic Extension

4a. Position yourself so that the roller is resting just below your shoulder blades and knees slightly bent. Interlace your fingers behind your neck and point your elbows straight in front of you.

4b. Slowly arch backwards over the roller, leading with your elbows, keeping your neck supported. Move ONLY the part of your back that is touching the roller. Do NOT arch your lower back. Then slowly come back up to the starting position.

Repeat this 3-5 times in this location. Then lift your hips up off the floor and use your legs to move the roller higher on your back. Only move a couple of inches. Repeat the same arching in this new location. Continue this process, working your way up your back until you reach the top of your shoulder blades.

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