

LOW BACK EXERCISES

SIT BACK (LENGTHEN)

Start: Kneel, position shins on flat side of long half-round roller with hips directly above knees, back straight and parallel to floor. Position hands on long round roller directly under shoulders. Straighten arms with palms facing downward.

Finish: Slowly sit backward, roll arms forward while lowering chest toward knees and arching back. Keep feet on floor, buttocks above heels, arms straight and head down. Hold and slowly return to start position.



ARM/LEG LIFT (STRENGTHEN)

Start: Kneel, position shins on flat side of short (or long) half-round roller with hips directly above knees, back straight and parallel to floor. Position hands on flat side of long half-round roller directly under shoulders. Straighten arms with palms facing downward.

Finish: Slowly lift one arm straight up and forward while simultaneously lifting opposite leg up and backward. Keep feet off floor, hips directly above knees, back straight, head down, and abdominal muscles tight. Hold and slowly return to start position.

NOTE: Lift only the arm or only the leg to decrease difficulty.



LOW BACK EXERCISES (CONTINUED)

KNEES TO CHEST (LENGTHEN)

Start: Lie on back, position short (or long) round roller across low back. Bend legs, position hands behind knees, and bring knees toward chest. Position knees hip width apart with head and shoulders on the floor.

Finish: Gently press low back into roller while pulling knees toward shoulders. Keep head and shoulders on floor, toes pointed upward, and abdominal muscles tight. Hold and slowly return to start position.

Caution: Once exercise is completed, slowly lower feet to the floor one at a time.



PLANK (STRENGTHEN)

Start: Lie on back, position long round roller across shoulders with buttocks on the floor. Place additional short (or long) roller across back of legs just above heels, straighten legs and position feet hip width apart. Clasp hands behind head with elbows facing outward.

Finish: Slowly tighten low back muscles, lifting hips and buttocks upward off floor. Keep head supported, body straight, chest lifted, and abdominal muscles tight. Hold and slowly return to start position.



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FOAM ROLLER

INSTRUCTION SHEET

IMPORTANT!

PLEASE READ THE INSTRUCTIONS BELOW PRIOR TO USING THE FOAM ROLLER

General Care

- Keep Foam Rollers away from small children or pets.
- Keep Foam Roller dry. Avoid using in and around water.
- Foam Roller is not to be used as a water safety flotation device.

General Use

- Always perform general warm-up activities prior to performing Foam Roller exercises.
- Perform only the exercises as shown in this chart, or other SPRI[®] informational resources.
- Perform exercises in a slow and controlled manner.
- Maintain safe posture & optimal spinal alignment while performing all foam roller exercises.
- Avoid straining or holding breath while performing exercises.
- Discontinue any exercise that is uncomfortable or causes pain.
- Consult your physician before beginning any type of exercise program.



Developed by Greg Niederlander, M.S.

EXERCISE INSTRUCTION

- Perform 5-10 minutes of rhythmic movement warm-up and flexibility activities before each exercise session.
- Complete 1 set of 3-5 repetitions of each lengthening exercise selected. Hold the end-point of each lengthening exercise for 10-30 seconds.
- Complete 1-3 sets of 8-12 repetitions of each strengthening exercise selected. Hold the end-point of each strengthening exercise for 1-2 seconds.
- Rest approximately 30-60 seconds between each exercise set.
- Perform an equal number of exercise repetitions with each side of the body to avoid the development of joint range of motion and muscle imbalances.
- Perform each exercise with good control through a full range of motion.
- If over-challenged and unable to perform a lengthening exercise for a minimum of (10) seconds, or a strengthening exercise for (8) repetitions with good control, choose a foam roller providing a "lesser" degree of difficulty. Other options include resting for a longer period of time between exercise sets or eliminating the use of the foam roller(s) for a period of time.
- If under-challenged following the completion of a set of a lengthening exercise for 30 seconds or a strengthening exercise for 12 repetitions, choose a foam roller providing a "greater" degree of difficulty. Other options include resting for a shorter period of time between exercise sets or increasing the number of exercise repetitions.
- Perform each exercise a maximum of 2-3 times per week.
- Allow 24-48 hours of complete rest between each foam roller exercise session.



ABDOMINAL EXERCISES

BACKWARD ARCH (LENGTHEN)

Start: Lie on back, position long round roller across shoulder blades with buttocks on the floor. Bend legs, position feet hip width apart flat on the floor. Clasp hands behind head with elbows facing outward.

Finish: Gently lean head and elbows back and downward toward floor while arching back slightly. Keep head supported, buttocks on the floor, chest lifted, and abdominal muscles tight. Hold and slowly return to start position.



CRUNCH (STRENGTHEN)

Start: Lie on back, position long round roller along spine from head to buttocks. Bend legs, position feet flat on floor hip width apart. Clasp hands behind head with elbows facing outward.

Finish: Slowly lift head and shoulders upward while curling trunk down and forward. Keep head supported, back on the roller, abdominal muscles tight, and feet flat on floor. Hold and slowly return to start position.



FORWARD ARCH (LENGTHEN)

Start: Kneel, position long round roller across front of shins with upper body bent forward at the waist and buttocks above heels. Position hands shoulder width apart on flat side of long half-round roller in front of knees with palms facing downward.

Finish: Slowly roll backward while straightening legs and dropping hips toward floor. Keep arms straight, shoulders over hands, and abdominal muscles tight. Hold and slowly return to start position.



HIP LIFT (STRENGTHEN)

Start: Lie on back, position long round roller along spine from head to low back. Bend legs, position feet flat on floor, hip width apart directly under knees. Position lower arms on floor with palms facing downward and drop buttocks downward toward the floor.

Finish: Slowly raise buttocks upward off floor to hip height. Keep head and back on the roller, feet stationary and abdominal muscles tight. Hold and slowly return to start position.



FOAM ROLLER

DEGREES OF DIFFICULTY

LESS CHALLENGING

Half-Round Roller, flat side down



MORE CHALLENGING

Half-Round Roller, flat side up



MOST CHALLENGING

Round Roller

