

SPRI ACTIVE
THERAPY
SPORTS PERFORMANCE ROLLER
EXERCISE GUIDE

Exercise Instruction

- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Complete each exercise selected for 15-60 seconds.
- Perform every exercise through a full range of motion.
- Perform every exercise with a comfortable amount of muscle pressure.

- When applicable, perform an equal number of exercise repetitions with each arm/leg.
- Rotate the roller along the entire length of the targeted muscle group.
- OR—
- Slightly increase the pressure of the roller against tight, knotted muscle areas if desired.
- Roller exercises may be performed daily or as needed.

LOWER LEG ROLL



Start: Sit with back straight, hands on floor positioned slightly behind shoulders with arms extended and supporting upper body. Straighten one leg; bend opposite leg and position roller just above ankle under back of lower leg with heel on floor.



Finish: Press hands downward while raising buttock slightly off the floor. Straighten bent leg, raise heel off floor and pull toes backward while pressing and rolling lower leg across top of roller. Return slowly to start position and repeat.

HIP ROLL



Start: Lie on side with body straight, bottom arm bent with elbow on floor under shoulder supporting upper body. Bend top arm and leg and place foot flat on floor in front of bottom leg. Straighten bottom leg and position roller just below hip under side of upper leg with foot slightly off floor and toes pulled backward.



Finish: Press elbow downward while keeping body straight. Point toes slightly, shift body backward while pressing and rolling side of leg across top of roller. Return slowly to start position and repeat.

CHEST ROLL



Start: Kneel with knees behind hips, toes on floor, and back straight. Straighten one arm and position hand on floor under shoulder with opposite arm slightly bent, palm of hand on top of roller with fingers pointing outward.



Finish: Bend straight arm, shift weight to same side while turning head in same direction. Fully straighten arm, lower chest toward floor, while gently pressing and rolling forearm across top of roller with thumb pointing upward. Feel chest and shoulder stretch. Return slowly to start position and repeat.

UPPER LEG ROLL



Start: Sit with back straight, hands on floor positioned under shoulders with arms extended supporting upper body. Bend one leg; straighten opposite leg and position roller just above knee under back of upper leg with heel off floor and toes pointed forward.



Finish: Press hands downward while raising buttocks off the floor. Fully straighten leg, pull toes backward, shift body forward while pressing and rolling upper leg across top of roller. Return slowly to start position and repeat.

UPPER LEG ROLL (Anterior)



Start: Lie on stomach with body straight, toes on floor with arms bent and hands on floor under shoulders. Position roller just below hips under front of upper legs.



Finish: Press hands downward while straightening arms and raising chest above floor. Fully straighten arms, keep toes on floor, shift body forward while pressing and rolling upper legs across top of roller. Return slowly to start position and repeat.

SHOULDER ROLL



Start: Kneel with knees under hips, lower legs and feet on floor, and back straight. Straighten one arm and position hand on floor slightly in front of shoulder with opposite arm bent, side of hand on top of roller with thumb pointing upward.



Finish: Straighten bent arm, shift weight forward and lower chest toward floor while gently pressing and rolling forearm across top of roller with thumb pointing upward. Feel shoulder and back stretch. Return slowly to start position and repeat.