

Foam Roller

Includes
15 Exercises:



- p.2 Ab Prep – One
- p.2 Ab Prep – Two
- p.2 Leg Circles
- p.3 Leg Lift
- p.3 Hip Rolls
- p.3 Push Up Prep
- p.4 Single Leg Stretch
- p.4 Obliques Roll Back
- p.4 Spine Twist
- p.5 Half Roll Back
- p.5 Pike
- p.5 Push Up
- p.6 Knee Stretch
- p.6 Mermaid
- p.6 Bend & Stretch

Exercises in this guide are suitable for our Foam Roller Deluxe, Half Foam Roller Deluxe & the Soft Foam Roller

The Foam Roller™ is an essential tool to increase challenge and range to a variety of Matwork exercises. The unstable nature and smaller base of support of the full cylinder will help focus on balance and coordination. Used in many different ways, the Foam Roller will target core stabilizers, ensure optimal alignment and challenge strength through the torso as well as the arms and legs. Add more intensity, complexity and fun to any workout at any level.

Ab Prep - One



Starting Position: lying on back on Foam Roller, neutral pelvis and spine, knees bent hip-distance apart, hands behind head

INHALE prepare and nod head

EXHALE flex upper torso off roller

INHALE stay

EXHALE return to starting position

Complete 5-10 repetitions

Ab Prep - Two



Starting Position: lying on back with upper torso resting on Foam Roller, spine is inclined in neutral, knees bent hip-distance apart, hands behind head

INHALE extend spine over roller

EXHALE flex upper torso

Complete 5-10 repetitions

Leg Circles



Starting Position: lying on back on Foam Roller, neutral pelvis and spine, feet on mat hip-distance apart arms long by sides

INHALE lift leg to tabletop and begin to circle inward

EXHALE complete circle outward

INHALE hold leg in tabletop

EXHALE lower leg to mat

Complete 5 repetitions in each direction on each side

Hip Rolls



Starting position: lying on back on mat, neutral pelvis and spine, knees bent hip-distance apart, feet on Foam Roller, arms long by sides

INHALE prepare

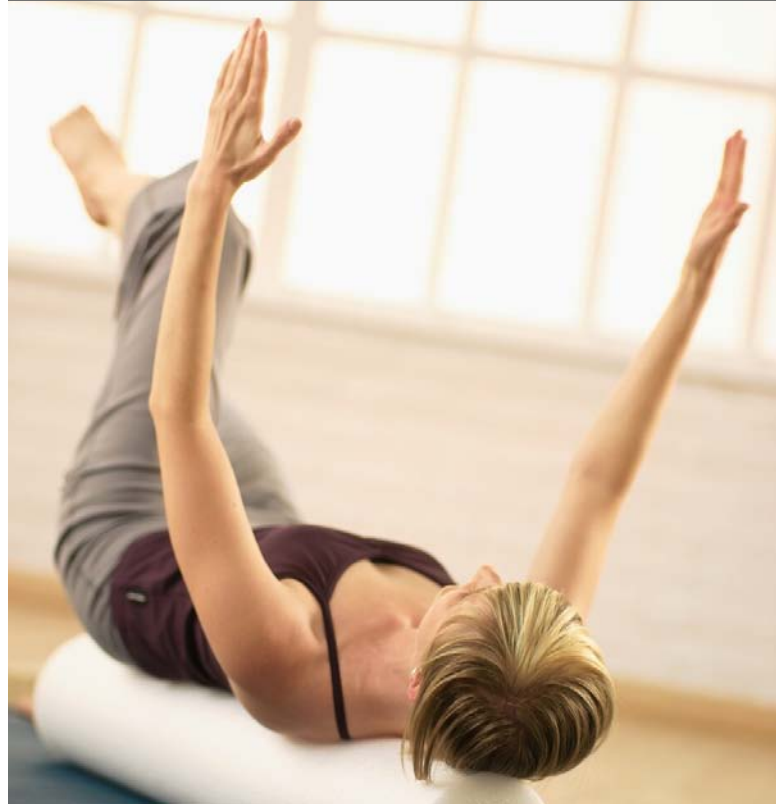
EXHALE roll spine off mat from tail to upper back

INHALE stay

EXHALE roll back onto mat from upper back to tail

Complete 3-5 repetitions

Leg Lift



Starting position: lying on back on Foam Roller, neutral pelvis and spine, knees bent hip-distance apart, arms long reaching up to ceiling

INHALE prepare

EXHALE lift one leg to table top

INHALE lower foot to mat

Complete 5-8 repetitions on each leg, alternating

Push Up Prep



Starting position: plank position with knees down on mat, one hand on Foam Roller, other hand on mat, pelvis and spine neutral

INHALE flex elbow for 3 counts

EXHALE extend elbows to push up

Complete 5-8 repetitions on each side

Single Leg Stretch



Starting position: lying on back on mat, imprinted position, upper torso flexed with hands behind head, one leg tabletop, other leg flexed with foot on Foam Roller

INHALE prepare

EXHALE extend leg to press the roller out

INHALE begin to switch legs

EXHALE extend free leg out on diagonal and bend opposite leg, pulling roller in

Complete 5-8 repetitions on each side

Obliques Roll Back



Starting position: seated on mat, spine and pelvis neutral, knees flexed with feet on Foam Roller, arms reaching forward

INHALE prepare

EXHALE curve lower back toward mat and rotate torso to one side, reaching that arm back and press roller out slightly

INHALE return to front reaching arm forward and pull roller in

Complete 3-5 repetitions on each side, alternating

Spine Twist



Starting position: seated on mat with legs crossed, pelvis and spine neutral, arms reaching forward holding Foam Roller

INHALE prepare

EXHALE rotate spine to one side for three counts, release slightly between each count

INHALE return to center

Complete 3-5 repetitions on each side, alternating

Half Roll Back



Starting position: seated on mat, torso rounded over legs, knees bent with balls of feet on roller

INHALE prepare

EXHALE curve lower back toward mat, pressing roller away

INHALE roll torso forward over legs, pulling roller in

Complete 5-8 repetitions

Pike



Starting position: hands on roller, legs straight hip-distance apart with balls of feet on mat, hips flexed to inverted V position

INHALE prepare

EXHALE roll spine from tail to head, flattening spine

INHALE initiate from head and flex spine and hips to inverted V position

Complete 3 repetitions

Push Up



Starting position: plank position, pelvis and spine neutral, hands on mat, legs straight and together, lower legs on Foam Roller

INHALE flex elbows for three counts

EXHALE extend elbows to push up

Complete 5-10 repetitions

Knee Stretch



Starting position: hands on mat, one knee on roller slightly behind hip, other leg stretched out inline with torso, pelvis and spine neutral

INHALE prepare

EXHALE keep free leg straight and flex knee and hip pulling roller in

INHALE press roller out

Complete 3-5 repetitions on each side

Mermaid



Starting position: seated on mat, roller to one side, legs in mermaid position, (legs to one side, front foot against back knee) pelvis and spine neutral, one hand on roller, other hand by side

INHALE reach arm overhead

EXHALE side bend torso toward

roller pressing out

INHALE return to vertical pulling roller in

EXHALE lower arm

Complete 3-5 repetitions on each side

Bend & Stretch



Starting position: lying on Foam Roller, imprinted position, hands on mat, legs tabletop, laterally rotated, heels together, toes apart

INHALE prepare

EXHALE extend legs out on a diagonal

INHALE return

Complete 5-8 repetitions

Discover more Foam Roller™ exercises...

Visit merrithew.com
to explore these and
other accessories



Add variety and achieve lasting
results with comprehensive
DVD collection and full line of
innovative equipment.

WARRANTY, CARE AND USAGE FOR FOAM ROLLER™

The Foam Roller™ is ergonomically designed to facilitate a large number of Matwork exercises. Use in conjunction with the complete line of Foam Roller videos and the Comprehensive Matwork Manual to engage deep core muscles and target and tone abs, back muscles, arms, legs and buttocks.

Warranty

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

Care and Cleaning

If necessary, clean the Foam Roller with a combination of tea tree oil* and water. A mixture of mild soap and water can be used to remove more persistent dirt. Ensure cleaner used does not make surfaces slippery.

*Tea tree oil is a natural disinfectant available at most pharmacies or health food stores; mix according to directions on package.

Safety and Usage

Improper use of exercise equipment may cause serious injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Do not allow children to use or be around equipment without adult supervision.
- Maintain control of the Foam Roller at all times while exercising.
- Perform exercises in a slow and controlled manner, avoid excessive tension in neck and shoulders.
- Do not use equipment if it appears worn, broken or damaged, and do not attempt to repair equipment yourself.
- Use equipment only for intended exercises.