



SFT Foam Roller Stability

1 - THORACIC ROTATION WITH FOAM ROLLER

In kneeling position, perform thread the needle stretch...rolling the reaching arm along the foam roller. Perform 8 Reps on each side.

2 - BEAR PLANK WITH FOAM ROLLER BALANCE

Perform 1-3 Reps. Hold for 30 seconds each time, with foam roller balanced along your spine.

3 - 3 WAY LUNGES WITH THORACIC MOBILITY

For each leg, perform 8 reps in each lunge direction.

4 - SINGLE LEG AIRPLANE WITH PELVIC ROTATION

Place hands on top of foam roller for balance. Perform 8 Reps on each leg.

5 - SINGLE LEG DEADLIFT WITH FOAM ROLLER

Resist into foam roller with lifting foot and same side hand. Perform 8 Reps on each side.

6 - PLANK WITH FOREARM ROLLING

Perform 2 Sets of 8 Reps, with knees down in modified plank or knees up in full plank.

7 - CORE ROLLS WITH FOAM ROLLER

Resist into foam roller with foot of extended leg and opposite hand. Perform 5 Reps rolling to the right, and 5 Reps rolling to the left. Then repeat with the other leg extended.

8 - ECCENTRIC SPLITS WITH FOAM ROLLER

Perform 5 Reps on each side, with hands pressing into a bench for stability.