

Foam Roller

Includes
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Exercises in this guide are suitable for our Foam Roller Deluxe, Half Foam Roller Deluxe and 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 helps you focus on balance and coordination. Used in many different ways, the Foam Roller targets core stabilizers, ensures optimal alignment and challenges 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 1



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 2



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 tabletop

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 three 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 (press curve of back into mat), 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 Foam Roller slightly behind hip, other leg stretched out in line with torso, pelvis and spine neutral

INHALE prepare

EXHALE keep free leg straight, flex knee and hip pulling Roller in

INHALE press Roller out

Complete 3-5 repetitions on each side

Mermaid



Starting position: seated on mat, Foam 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...

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

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, CARE AND USAGE FOR FOAM ROLLER™

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

- Wipe clean using a diluted mixture of water and mild soap
- Ensure product is dry before using
- Never use corrosive cleaning products

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 as recommended.