

# Inflatable Body Roller

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Serving double-duty as an exercise prop and also as a tool for myofascial relief, the Inflatable Body Roller stands out with its ability to adjust to your desired level of firmness. Use the Inflatable Body Roller to stretch tight areas, isolate specific body parts, and strengthen your core. Made of planet-friendly, non-toxic PVC, this perfectly portable roller deflates easily for storage and travel.

## Ab Prep with Extension



**Starting position:** lying on a mat with Inflatable Body Roller under upper thoracic spine, knees bent with feet hip-distance apart, hands behind head

**INHALE** to extend upper body back over Roller

**EXHALE** nod head and flex upper body forward

*Complete 10-12 repetitions*

**Modification:** repeat exercise with one leg lifted to tabletop

## Swimming Prep



**Starting position:** lie on stomach on Inflatable Body Roller lengthwise on mat, support upper body on elbows and tuck toes under

**INHALE** to prepare

**EXHALE** stay stable and reach one arm out to the side and the opposite leg off the mat

**INHALE** return to starting position

*Complete 5-8 repetitions on each side, alternating*

**Modification:** to simplify the exercise, lift one leg only



## Knee Stretches



**Starting position:** on hands and knees, knees on mat, feet resting on middle of Inflatable Body Roller, spine in a neutral position

EXHALE prepare by lifting knees just off the mat

INHALE stretch legs out to full plank position, pushing Roller away

EXHALE pull knees in toward shoulders

*Complete 8-10 repetitions*

**Modification:** to increase challenge, reach one leg out straight in starting position. Pull that leg in toward chest as the supporting leg stretches out to plank position

## Hip Flexor Stretch



**Starting position:** on hands and knees, one knee under body, other leg resting on Inflatable Body Roller

INHALE stretch out back leg, sitting down on front heel, lifting chest up toward ceiling

EXHALE lower upper body toward front leg

*Complete 5 repetitions on each side*

**Modification:** to increase the stretch, bend the knee of the back leg during the upward movement

## Oblique Knee Raise

**Starting position:** lying on back on Inflatable Body Roller, lengthwise on mat, one hand resting on mat, other hand behind head, upper body lifted, opposite foot as hand resting on mat, other leg bent in the air

**INHALE** reach free leg out on a long diagonal

**EXHALE** bend free leg in and rotate upper torso toward knee

*Complete 5-8 repetitions on each side*

**Modification:** to increase the challenge, keep free leg straight as it lifts toward the body



## WARRANTY, CARE AND USAGE FOR INFLATABLE BODY 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
- Rinse well
- Ensure product is dry before using
- Never use corrosive cleaning products

### Safety and Usage

Improper use of exercise equipment may cause serious bodily 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.
- 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.