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

**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*

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
Hip Rolls

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

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: 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
Single Leg Stretch

**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

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Spine Twist

**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

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Obliques Roll Back

**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:** hands on Roller, legs straight
  - 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

**Pike**

- **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

**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
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**
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 as recommended.

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