

Inflatable Body Roller

Includes
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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

If necessary, clean the Inflatable Body 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 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 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.