

Foam Roller Workout

Exercises

1. **Four Point Lift**
2. **Dead Bug**
3. **Ab Pull-In**
4. **Bridge**
5. **Quadruped**

*Be sure to include a warm up and cool down. Focus on loosening up hips and shoulders.

*Complete each exercise for 1 minute with a 15 second break. Unless otherwise noted.

*Complete the full set of exercises 2-3 times.

*Ensure pelvic neutral is maintained throughout. If you can't stabilize it, take the foam roller away.

Equipment required: foam roller and mat (optional).

- Using a foam roller can change an everyday workout into a stability challenge. Your only limiting factor is your creativity.

Total time: ~30 minutes



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Four Point Lift

- Begin on all fours with hips and shoulders at 90 degrees. Place foam roller under shins.
- Find pelvic neutral.
- Lift both knees off of the ground, while maintaining pelvic neutral of course!
- Slowly lower knees to ground.
- 1 minute.





Dead Bug

- Rest back on foam roller. Neck will feel supported. It should not hang or feel like it is being pushed forward. The top of the foam roller will gently fit at the base of the skull.
- Place arms perpendicular to the ground.
- Find pelvic neutral.
- Slowly raise 1 leg at a time to the table top position (hip and knee at 90 degrees).
- Return to the starting position and repeat on the other side.
- 1 minute.



The core training comes from maintaining pelvic neutral throughout the entire movement. When lowering your leg, if you lose pelvic neutral this exercise is too difficult. Take away the foam roller.

Balance is key! The wider your feet are apart the greater your base of support and the more control you have. Narrow your stance to increase the difficulty of the exercise. If you need extra help, place your arms on the ground or position yourself against a wall.



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Ab Pull-In

- **Begin in the plank position with shoulders stacked over elbows, flat mid-back, pelvic neutral.**
- **Place foam roller just below knees.**
- **While maintaining pelvic neutral draw knees to chest. Slowly return to starting position.**
- **1 minute.**



This is quite a core challenge! If you feel pressure in your low back stop and readjust. You may need to decrease the foam roller movement to not extend out so far.



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Bridge

- Lay on your back with the foam roller under your feet. Relax neck and shoulders and flip hands, palms up, so you don't cheat with your arms.
- Bridge up and down while maintaining pelvic neutral.
- 1 minute.



If your hamstrings are working harder than your glutes, bring your feet closer to your bum. This will shift the effort ☺.



Quadruped

- Begin on all fours (hips and shoulders at 90 degrees). Place foam roller under knees.
- Find pelvic neutral. Raise opposite arm and leg, while maintaining pelvic neutral.
- Slowly lower to ground.
- Repeat on other side.
- 1 minute.

Many lose pelvic neutral when raising their legs. Instead of lifting, push out and pull in.

