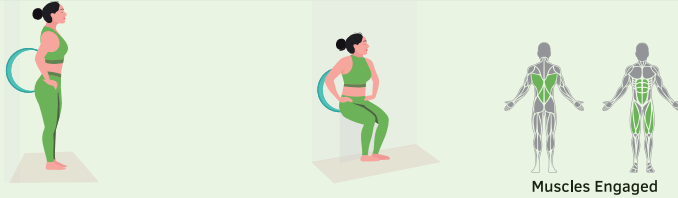


Back Roller Exercises

1. Back Release

Exercise 1



Muscles Engaged

Instructions:

1. Place the back roller between the wall and mid & lower back
2. Engage the core & shift your weight slightly back
3. Roll the roller from the mid & lower to the upper back by lowering your hips

Benefits:

Relieves back tension and improves spinal flexibility.

Exercise 2



Muscles Engaged

Instructions:

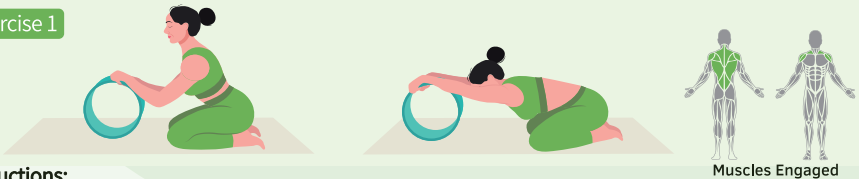
1. Sit and lean back with the spine aligned with and against the roller on the mat, knees bent. Hold the roller with your hands.
2. Once stable, place your hands on the mat and lift your hips. Relax your back on it and keep your cervical spine neutral.
3. Roll your back and forth by extending and bending your knees. Use your hands for more stability.

Benefits:

Relieves back tension and improves spinal flexibility.

2. Shoulder and Back Stretches

Exercise 1



Muscles Engaged

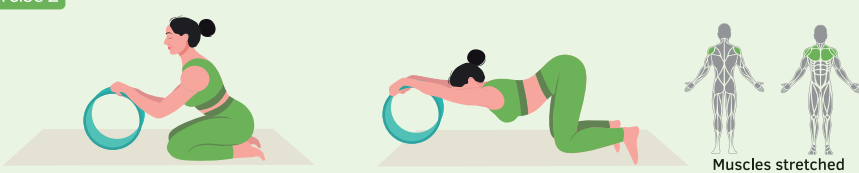
Instructions:

1. Sit on your heels at the back of the mat with your hands on the roller in front.
2. Exhale and roll the roller forward as you fold forward, extending your arms and hips away from each other. Ground your hips and chest. Neck relaxed.
3. Stay for 2-3 breaths.

Benefits:

Relieves shoulder and upper back tension and stress.

Exercise 2



Muscles stretched

Instructions:

1. Sit on your heels at the back of the mat with your hands on the roller in front.
2. Exhale and roll the roller forward as you fold forward. Lift your hips and heels and extend your arms and hips away from each other. Sink your shoulders slowly, neck relaxed.
3. Stay for 2-3 breaths.

Benefits:

Relieves shoulder and back tension and stress.

3. Chest Opener

Exercise 1



Muscles stretched

Instructions:

1. Sit on your heels in the middle of the mat and align the roller with your spine.
2. Exhale and lean back with your thoracic spine landing on it. Hold your neck with your fingers interlaced behind. Relax and ease into the pose.
3. Stay for 2-3 breaths.

Benefits:

Opens your chest and shoulders. Helps ease breathlessness and chest tightness by stretching the chest muscles.

4. Leg Release

Exercise 1



Muscles Engaged

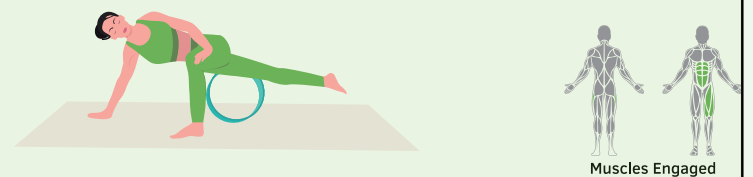
Instructions:

1. Start in plank with hands under shoulders and right lower thigh on the roller.
2. Lift the left foot up and lower the right knee on the floor as you inhale. Exhale and roll the roller on the right thigh forward. Roll it back and forward for 5-10 times.
3. Switch sides and repeat.

Benefits:

Releases quads and helps bring an anterior pelvis back to neutral.

Exercise 2



Muscles Engaged

Instructions:

1. Start with side plank on the right. Place the roller under your right upper leg. Take the left foot in front and lift the right foot up.
2. Roll the roller forward and back along the length of the mat, keeping your core tight and back straight.
3. Switch sides and repeat.

Benefits:

Releases the outer leg and hip to relieve outer leg and hip pain and improve mobility.

Note: Please tie your hair up if long to avoid it getting stuck under the back roller during use.