

## REFORMER ROLL DOWNS



### Starting Position

- Sit upright, face the back of the reformer, knees bent and feet flat
- Hold onto the straps, elbows bent with your palms up



### Movement

- Exhale. Set your lower abdominal muscles and roll your spine slowly down
- Maintain your back in a 'c'-shape curve and keep your arms still



- Only go down as far as you can go without losing the 'c' curve in your spine
- Inhale in this position then exhale keeping the 'c' curve as you roll back up to the starting position
- Repeat 3 – 5 times, gradually increasing repetitions as strength and endurance allow

### Notes:

- Maintain tension on the straps throughout the exercise
- Keep your shoulders and neck relaxed