

## AIR DISC ROLL DOWNS



### Starting Position

- Sit upright on the air disc with knees bent in front, feet flat on the floor
- You need to sit slightly forward of the midline on the air disc with the weight balanced on your sit bones
- Place your hands under your knees



### Movement

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



### Progression

- Roll down slowly as above
- Exhale and raise one arm toward the ceiling while maintaining the 'c' curve in your lower back
- Return your arm and lift your other arm up
- Bring your arm behind your knee then slowly roll back up to the starting position
- Repeat 3 – 5 times

### Notes:

- Imagine your knees are sliding away as you roll down