

ROLL DOWNS



Starting Position

- Sit upright with knees bent in front, feet flat on the floor



Movement

- Exhale. Set your lower abdominal muscles and roll your spine slowly down
- 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

Notes:

- Imagine your knees are sliding away as you roll down