

FOAM ROLLER ARM OVERHEAD WITH POLE



Starting Position

- Lie on your back on the roller with knees bent and feet flat on the floor
- Hold onto pole/stick with both hands
- Have your hands shoulder width apart
- Relax your shoulders and keep elbows straight
- Engage your lower abdominal muscles to maintain your balance on the roller



Movement

- Lift pole up as far as you can (comfortably) with your elbows straight
- Breath throughout the exercise and keep your chest relaxed
- Keep your abdominal muscles working to keep balanced on the roller
- Lift the pole until you feel a stretch in your shoulders
- Hold the stretch for at least 5 seconds before slowly bringing the stick back down to your stomach
- Repeat 5 - 10 times

Notes:

- Keep your shoulders relaxed
- Make sure back stays in a neutral position when you take your arms back
- Do not force the stick down
- Ease into the stretch