

ReBOOT YOUR BACK: FOAM ROLLER 5 Exercises in 5 Minutes@ copyright Get ReFormed Pilates (02/2021)

Props: Pilates Mat; Long Foam Roller (36"); Weighted Bar (1-2lbs.); Dumbbells (Lt. 2lbs.& Heavy 5-8lbs.)

Placement: Lay on Foam Roller Lengthwise: Head on Roller; Knees bent w/ feet on Mat

Purpose: Stretch Open Upper Back (Thoracic Spine) Release Shoulder Tension (Trapezius)

- 1) Beauty Queen Skim** **5xs** **30 seconds**
Arms reach Overhead, Palms face out; "Skim" body with arms -opening shoulders
- 2) Bar Shoulder Stretch** **5xs** **1.5 minutes**
Hold Weighted Bar Overhead and Pulse 3xs; Bring Bar down to Thighs-Keep Ribs Connected not releasing Back; Last time -Bend & straighten Arms parallel to floor
- 3) Baby Arm Circles** **10 xs each way** **30 seconds**
Hold Lt. Wts Above Shoulders w/o tension and make 10 small Circles each direction
- 4) Big Arm Circles** **5xs each way** **1.5 minutes**
Make Big Circles- Keeping the Shoulders down
- 5) Big "W"** **15 xs** **1 minute**
Open and close Arms w/ Heavy Wts. Making a "w" shape: Inhale to Open/Exhale to Close

*******BONUS*******

NECK TENSION ReLase: Cervical Spine

Placement: Lay on Foam Roller Lengthwise: Knees bent w/ feet on Mat; Arms out to side-Palms Up
START with edge of Foam Roller right under "Occipital" ridge -Base of Skull at "C-1"

ROLL Head Side-to-Side: Let the Head feel "Heavy" and Neck press into Foam Roller EDGE

SCOOT UP the Foam Roller Move Down to the Next "C-2" vertebrae & REPEAT ROLLING HEAD SIDE-TO-SIDE

SCOOT UP the Foam Roller and Move Down to the Next "C-3" vertebrae & REPEAT

CONTINUE MOVING DOWN THE NECK to ReLase the Tension -Head will be hanging off Foam Roller