



Exercise With A Foam Roller

From reducing tissue tension and muscle tightness, to increasing blood flow, foam rollers can be used for a wide variety of exercise needs. But did you know that in addition to after-exercise care and injury-prevention, foam rollers can also be incorporated into your strengthening routine as a tool to help build muscle?

Grab your foam roller and try these exercises below.
(3X each) (1 set = 25 seconds of work, 12 seconds of rest)

Exercise 1: Rolling Plank



Increases core, arm and shoulder strength and stability

The move: Place forearms on roller and come to plank position. Rolling the foam roller up and down your forearms, slowly rock your body back and forth. Be sure to draw your belly button to your spine and keep your back straight.

Exercise 2: Hamstring Roll



Increases hamstring and glute strength and stability.

The move: Lie on your back and place your ankles hip-width apart on the foam roller. Place hands on the floor, palms down. Lift hips while bringing roller toward your buttocks. (Glute-bridge position with feet flat on the roller.) Then, slowly roll back down to the starting position. For increased difficulty, straighten one leg and lift it at a 45° while completing the exercise.



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Fitbit® answer

Fitbit® Challenge Question

True or False

Foam rolling can help release tension after sitting all day.

ANSWER HERE!



This information is meant to complement the advice & guidance of your physician and/or safety professional, not replace it.
We welcome your comments, suggestions and input at well-connected@edwardsrisk.com

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