



Roll with It!

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Dive into a full session using the foam roller. Learn to challenge all 4 S's with the use of the foam roller. Take away a full mat class that massages, stretches, and challenges the body in new ways. Explore fresh, creative ways to use the foam roller, in lieu of other apparatus, and leave energized, stretched, and armed with new ideas to challenge your students.

What will we cover:

- Common uses for the foam roller

- Review 4S's, Critical Connections, and Key Concepts

- All-Level Mat Workout with stretches woven into the session

- Q&A

Exercise Name	Foam Roller Position(s)	Notes
Entering the mat	Hands	
Centering	Head to Tail	
Roll the neck (gently)	Head	
Roll the shoulders	Upper back	
The Hundred	Upper back, Hands, or Heels	
Roll thoracic spine	Thoracic spine	
Roll Up	Hands	

Roll thighs and shins	Between arms/hands and quads/shins	
Roll mid-back	Lumbar spine	
Roll Over	Sacrum	
Roll sacrum	Sacrum	
One Leg Circle	Sacrum or Heels	
Roll sacrum	Sacrum	
Rolling Like a Ball	Hands or Feet and hands	
Roll sitz bones	Sit on FR	
Single Leg Stretch	Hands-FR above shins	
Double Leg Stretch	Hands, Feet, or Alternating	
Scissors	Hands	
Lower Lifts	Inferior shoulder tips	
Criss Cross	Inferior shoulder tips	
Roll sitz bones	Sit on FR	
Spine Stretch Forward	Sit on FR or hold in hands	
Roll shins	FR on top of shins	
Open Leg Rocker	Hold in hands behind thighs or between the ankles	
Roll hamstrings	Behind legs	
Corkscrew I/II	Pelvis	
Roll sitz bones to knees	Cross legs	
Saw	In hands at chest height	
Roll Abs	Ribs to pelvis	
Swan One Neck Roll	Pubic bone	
Swan Dive Prep	Pubic bone	
Rest	Hands	
Roll forearms	Forearms	
Roll thighs	Quads	
Single Leg Kick	Pelvis	
Roll quads	Quads	
Roll shins	Shins	
Double Leg Kick	Hands	
Rest		
Roll Achilles (gently)	Achilles	
Neck Pull	Between heels or Feet on top	
Roll feet	Heels to toes	
Shoulder Bridge	Arches	
Spine Twist	Horizontal at chest	
Roll ITB	Hip to knee	
Side Kick Series – Front Back	Hip	

Side Kick Series – Lift/Lowers	Hip	
Side Kick Series – Passe	Hip	
Side Kick Series – Circles	Hip	
Side Kick Series – Inner Thigh Lift and Circles	Hip	
Roll ITB closer to knee		
Side Kick Series – Hot Potato	Hip	
Side Kick Series – Scissors	Hip	
Side Kick Series – Bicycle	Underneath top hand	
Roll pelvis or ankles	Pelvis or ankles	
Beats	Hands	
Roll pelvis or ankles	Pelvis or ankles	
Teaser One	Hands or Heels	
Teaser Three	Hands	
Roll arms/hands	Behind back, hands on top	
Roll Triceps	Prone, triceps on top	
Swimming Prep	Hands	
Swimming	Forearms	
Roll shins	Shins	
Leg Pull Front	Toes	
Roll calves	Calves	
Leg Pull Back	Heels or sit on top	
Mermaid Stretch	Hands above head or under forearm	
Seal	Under knees-hold w/hands or Shins-hold w/hands	
Push Up Series	Hands	
Split/Lunge	Shins	
Standing Twist	Hands	
Final Balance	Hands	

Thank you for attending Roll with It! Please reach out with any questions.

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