

# PILATES FOAM ROLLER WORKOUT II

## *CHALLENGES NEUROMUSCULAR CONTROL* *Includes Myofacial Release Exercises*

***Use the same breathing and principals as Mat Class. Modify as needed.***  
***Core must be used in every exercise!***

Warm-Up and Glute Stretch: Sit on foam roller (horizontally). Legs in front, hip distance apart. Arms reach forward. Inhale, prepare. Exhale, half rock back flexing spine, then return, sitting tall – reaching arms up. Repeat.

\*Lift one foot when rocking back

\*Lift to toes

\*Lift both feet and balance.

Roll and Catch – Posture Muscles: Sit on Floor. Lift foam roller (horizontally) in front and place behind on shoulders. Reach arms behind and tip fingers up. Let roller roll and catch in hands. Repeat.

Myofacial Release – Leg Adductors: Foam roller underneath body – vertical. On forearms. Right knee and foot on foam roller. Other hip up – knee on floor. Roll side to side. Hold where most intense. Rolling out the knots/balls of tension. Try *internal* rotation. Try *external* rotation. Other side. \*Extend leg on roller

Myofacial Release – Hamstrings: Sit on foam roller – horizontally – Hands behind – fists/hands/blocks. Legs long in front. Upper body strength to roll back and forth. Long strokes, short strokes. To sits bones to underneath the knees. Try *External* Rotation. Try *Internal* Rotation.

Myofacial Release – Quadriceps: Horizontal foam roller. Prone. On forearms. Foam roller under thighs between knees and hips. Roll towards core and then towards knees. Try *Internal* Rotation. Try *External* Rotation.

Myofacial Release – Back: Foam roller vertical. Lie on foam roller (face up). Feet on floor, knees bent. Arms on floor - wide. Roll side to side. Keep hips from dropping. Big strokes and small strokes.

Myofacial Release – Back: Foam roller horizontal. Place foam roller under your lowest rib/back. Roll up and down. Do not go to neck. Hands can support your neck by holding the head behind.

[Myofascial Release – Anterior Tibialis \(quadriceps and glutes also work\):](#)

Stand. Place foam roller behind you – horizontal. Reach one leg behind with top of foot/toes on roller. Lunge back – lowering back knee toward the floor. The roller will roll on the shin. Lift back up. Arms can reach and lift. Try external and internal rotation. Other side.

[Core/Balance – Seated:](#) Sit on foam roller – vertical. Easy lotus position. Toes touch floor. Lift pillows off the couch. Lift one toe – balance and put down. Lift other toe balance and put down. Lift both toes and balance. Try **tossing a ball** doing all of the above.

[Core/Teaser Position:](#) Bring feet down from previous exercise to floor, hip distance. Place ball between legs and hold. Hands can hold side of knees. Sit tall and lean back (neutral spine) – teaser/boat pose position. Reach one arm, reach the other arm, lift one leg (foot against roller) and put back down, lift the other leg and put back down. Fingers to floor – lift both legs and balance.

[Mermaid Stretch- Carpal Massage:](#) Seated on floor, easy lotus position. Foam roller to side, vertical. One hand on foam roller. Other arm reaches up, hip anchored and flex to side as the roller is rolled out massaging the forearm. Try thumb up, thumb back and thumb forward.

- Place the roller in front at a diagonal and complete the above.

Move foam roller to the other side and repeat.

- Place the roller in front at the other diagonal and repeat.

[Spine Stretch Forward:](#) – legs just wider than hips – foam roller on top of legs – hands on roller. Sit tall and peel forward, rolling foam roller on legs and peel back up. 3 x's

[Myofascial Release – Glutes and Iliotibial Band – Upper Body Strength:](#)

Side Lying. Roller underneath - horizontal – start close to the glute. On forearm – stabilize shoulder. Top leg is bent so the foot is on the floor. Roll as best you can. Try external rotation. Try external rotation.

- For intensity straighten both legs, keep them lifted and roll.
- Try one arm reaching up – don't sag.
- Try scissoring legs.

Transition to other side by sitting up first – other side.

Back Extension: Face down, foam roller horizontal, elbows on roller and forehead touching roller. Legs wide. Curve up and pull elbows in and lengthen down. Try thumbs up. Try thumbs out.

- Place foam roller front and diagonal. As you curve up look over the back shoulder and lengthen back down.
- Other side.

Child's Pose/Shell Stretch: On knees. Hands on roller, peel forward and back into child's pose.

Swan Dive – Rock and Catch: Same position as above back extension. Just like mat pilates class - Inhale press up, exhale rock forward, inhale rock up, exhale rock forward, inhale rock up and catch.

Knee Stretch Variation: On hands, knees on floor, top of ankles on foam roller (horizontal). Reach one leg back, rolling over the roller (other leg stays) and pull the leg back in. Add lifting the moving leg off the roller when reaching behind and pull back in. Other side.

- Try reaching the non-moving leg onto the floor behind – toes tucked under to a plank position. Reach/roll the other leg back, lift using the glutes and draw the leg back in. Other side.

Meditation Pose: Foam roller horizontal, knees on floor, roller under feet behind. Can lean back – fingers touch can touch roller on each side. Breath.

Cat/Cow Stretch: Horizontal Foam Roller

- Knees on foam roller – round/flex – feel lower back most
- Hands on foam roller – round/flex – feel upper back and shoulders
- Hands and knees on floor - roller behind – top of feet on roller – mid

Plank/Cat Cow Combo/Knee Stretches - From above position – reach out to plank position, pull back in flexing spine – knees can go to floor.

- Same as above – don't bring knees to floor
- Unilaterally
- Lift one leg off roller/up when reaching back.

Meditation Pose: Foam roller horizontal, knees on floor, roller under feet behind. Can lean back – fingers touch can touch roller on each side. Breath.

## On All Fours (Quadriped):

Spinal Alignment: Lie on top of roller – knees bent – hands on ASIS – Pelvic rock – from neutral to imprint 3 'xs. Move arms to the floor. Imprint. Lift one leg, then the other, replace one leg and replace the other to the floor. Repeat - Alternate first leg lifted. 2 or 3'xs.

Hip Release: Lie on back on floor. Knees bent, arches of foot on the foam roller. Neutral spine. Open both hips out and press roller out, bring legs parallel and pull roller back. 6 x's.

Hip Rolls: Feet (arches) on roller. Keep roller still. Peel up (to bridge position) and peel down. 5 'xs.

Rib Cage Placement: Seated (ankles crossed, knees bent). Hold roller in hands, each end. Keep the rib/hip connection and lift and lower the roller. 6 'xs.

Scapula Isolation: Lie on back on roller. Neutral. Reach arms to ceiling. Pull shoulder blades together (*retract*) return to neutral 4 x's. Then lift shoulder blades (*protract*) return to neutral 4 'xs. *Circle* the arms (not to ground) both ways 4 'xs.

Ab Prep: Lie on roller – lengthwise. Neutral spine. Singles –like mat class. Then, hold head, curl up and pulse 6 'xs. Lower down. Curl up and pulse 5' xs, lower down – continue to 1 pulse.

Breast Stroke: Lie prone (on stomach). Legs comfortably together/slightly apart. **#1:** Reach arms onto foam roller, wrists on the roller. Hover, then extend spine and pull roller in (elbows may be down) and then return to hover, arms reach. 4 'xs. **#2.** Then, just hover, don't extend spine and pull arms in 6 to 8 'xs. Elbows wide to the side.

The "100": Upper Back resting on roller (horizontal roller). Feet down – try neutral spine. Pump arms from shoulders just like the regular 100. On the exhale, lift hips off the mat, then lower on the inhale. Roll forward to come up.

Half Roll Back: Seated, Feet (arches) on the roller. Arms reaching, palms down, crown of head to fingers. As you roll back, extend the legs slightly, draw the legs in slightly as you curve forward. 6 to 8 x's.

Leg Circles: Lie on roller – arms on floor – bottom leg bent – reach top leg up (bent or straight). Press big toes and 2<sup>nd</sup> toes into the floor to assist with stability. Circle the leg 6'xs each way. Repeat other leg.

Spine Twist: Seated, ankles crossed, knees bent. Hold foam roller, hands on ends, slightly lower than shoulders. Lift back of ribs. Rotate, 3 pulses one way, center and rotate 3 pulses the other way. Bend back elbow as you rotate. 6 to 8 x's.

Legs in the Air:

Toe Taps: Lie supine on roller, lift one leg then the other (neutral or imprinted). Lower and tap one toe, lift and the other toe lift. 6x's

Turn hips out, extend both legs to ceiling and bend (can be a slight diagonal). 6 xs.

Leg Circles: Small, pointed toes, both directions. 6 xs

Scissors: Stay within range of motion to be stable. 6 xs

Windmill: Start both legs up - Split and circle around, reverse each time. 6 xs. To finish, one leg down, the other down.

Swan Dive: Legs wide, turned out, wrists on roller. Inhale, exhale and press pelvis into mat and curve up, push through the heel of the hand, inhale and exhale lower down. 6 xs.

Child's Pose/Shell Stretch – Using Roller

Footwork: Seated - lean back on hands or elbows - back of sit bones

#1. Press away and roll back. Feet/arches on roller, legs slightly turned out. 6 xs.

#2. Wrap Feet on roller – Press away and allow feet to flex up ;and then wrap again as the roller is pulled back in. 6 xs.

#3. High Half Toe – keep ankles lifted – press away and pull back 6 xs.

#4. Single Leg - Bicycle Legs – one foot on roller, the other leg off starting straight. 6 xs and switch legs.

Leg Pull Front: On Knees, Hands on roller – Neutral Spine. Squeeze legs together.

#1. Lift knees up 2 inches and lower 4 xs.

#2. Lift both knees up 2 inches, then on exhale, lift one foot off the mat and lower, other leg and lower 6 xs.

Knee Stretches: Roller under Shins, Hands on Floor, Neutral Spine

#1. Flex at hips and pull knees in. 8 xs.

#2. One Leg – One leg off the roller, pull roller in as other leg reaches behind. (Bicycle Legs). 5 xs each side.

Mermaid Position: Curve over – push roller away, Rotate – arms widen. Push just arms away 3 xs. Keep arms long and peel up to an extension Press back down, rotate back and come up. 3 xs.

Other side.

Push Up Combo: Hands on roller, push up position. Inner thighs connected. Bend elbows to lower, lift and push up to a downward dog position. 6 to 10 xs.

Round Back With Twist: Seated – Roller in hands. Legs in front, slightly bent. Reach arms up, roll back, lower arms, lift arms and rotate left, center, right, center, flex forward and peel up to beginning position. 4 xs.

Leg Pull: Hands behind on Roller: Lift hips and lower hips 6 to 8 xs  
Advanced: Keep hips up and lift and lower each leg 3 xs.

Shoulder Bridge: Feet on roller. Peel up, Stay neutral and lower hips (don't peel down). Then peel up and again and place down. 6 x's.

Port de Bras: Seated. Roller behind. Hands behind head. Roll back so roller is approximatley across upper/mid-back, then extend spine. Flex forward and unwind to sit tall.

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