

TRAVEL ROLLER EXERCISE CHART



Active

MAINTAIN YOUR ROLLING ROUTINE WHILE ON THE GO!

The **Travel Roller** is an absolute essential, designed to help you combat the common limitations and ailments of travel.

Economical, compact and weighing in at a super light 150g – the **Travel Roller** fits comfortably in your travel bag without adding unnecessary bulk. Whether you intend to exercise while on the go or not, the **Travel Roller** offers great benefits for common travel side effects such as muscular cramps from long haul flights or muscle aches from days spent exploring on your feet.

USE THIS CHART AS A GUIDE

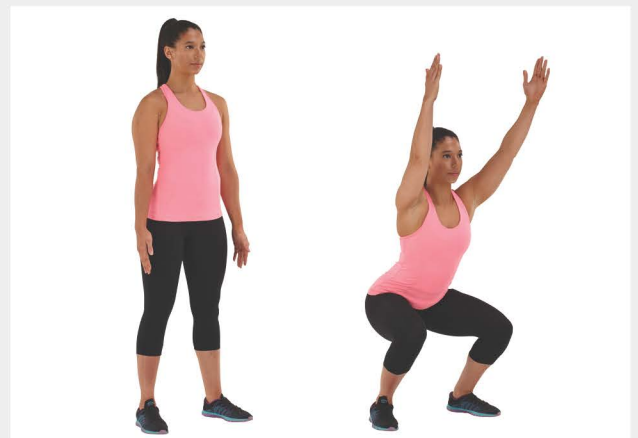
These exercises have been engineered for use in small spaces like hotel rooms and offer a comprehensive remedial guide for use before and after both exercise and leisure. It's important to listen to your body as you undertake the suggested rolling movements.

The routine can be followed in sequence from 1-8, beginning with small rolling movements and progressing to full muscle rolls over 30 seconds. Alternatively, you can choose a body part, which requires specific tension relief and improved blood flow and roll on that part for up to two minutes.

**“CHANGE comes
when you SAY
to YOURSELF” yes!**

WARM UP

1. Squat with Reach



Stand with your feet shoulder width apart. Sit into a squat, pushing your weight through the heels whilst reaching your arms over your head. Keep your chest up, back straight and core braced. Return to the start position and repeat.

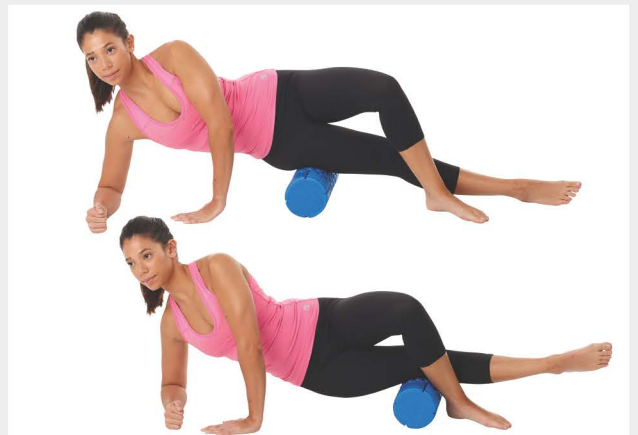
ROLLING

2. Lower Back



Lay on your back with your knees bent. Place the Roller under your lower back towards the bottom of the ribcage. Place the hands on the floor for support and push through the legs to roll the Roller down the back towards the hips. Pull through the legs to return to the start. Repeat.

3. Outer Thigh (ITB)



Lay on your side and extend the bottom leg. Bend the top knee keeping the foot firmly pressed to the floor. Place the Roller under the bottom leg below the hip. Support the upper body on the elbow, using the other arm for stability. Push through the bent leg and pull through the arm to move the Roller towards the knee. Push through the arms to return to the start. Repeat on the other side.

4. Gluteals



Sit on the Roller taking your arms behind for support. Bend one knee keeping the foot pressed firmly to the floor. Cross the opposite foot over the bent knee so that the ankle connects with the knee. Roll the Roller forwards and backwards. Focus on the side where the foot is lifted, tilting the hips if necessary to target all angles of the muscle. Repeat on the other side.

5. Quads



Lay on your front, both legs extended. Place the Roller under one leg below the hip. Supporting the upper body on the elbows, pull through the arms to move the Roller towards the knee. Push through the arms to return to the start. Repeat on the other side.

6. Hamstrings



Sit on the floor with one leg extended and the other knee bent. Place the Roller under the upper thigh of the extended leg, just below the hip. With the arms behind the body for support, pull through the arms and push through the bent leg to move the Roller towards the back of the knee. Push through the arms to return to the start. Repeat on the other side.

7. Calves



Sit on the floor with one leg extended and the other knee bent. Place the Roller under the lower part of the extended leg (just below the knee). With the arms behind the body for support, pull through the arms and push through the bent leg to move the Roller towards the back of the knee. Push through the arms to return to the start. Repeat on the other side.

8. Triceps



On all fours, extend one arm in front of the body, placing the Roller under the elbow. Keep the palm of the hand facing up. Using the other arm as support, push the arm to move the Roller towards the shoulder. Pull through the arm to return to the start. Repeat on the other side.

Every time you use this item, you are saying **YES** to your goals and **YES** to the person you want to be.

For more tools, tips and exercises or if you want to know more about "YESOLOGY", go to www.michellebridges.com.au