



**FOAM ROLLER AND  
BALL HIGHER LEVEL  
PROGRAM 2023**



# Foam Roller Stabilization Double Leg Lift

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 5



## SETUP

Begin lying on your back on a foam roll with your knees bent and arms resting at your sides for light support.

## MOVEMENT

Engage abdominal/ core muscles to support back and keep it flat on the foam roll. Slowly lift both legs off the floor to a 90 degree angle bending at the knees. Hold this position. You should be using your abdominal muscles and not your back, and maintaining your balance.

## TIP

Make sure to keep your core engaged and movements controlled. Do not arch your low back or hold your breath during the exercise. Place 1 foot down if you need to regain your balance.

# Foam Roll 90/90 March

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 5



## SETUP

Begin lying on your back on a foam roll with your knees bent and arms resting at your sides. Engage your stomach muscles and lift one leg up at a time to a 90-degree angle

## MOVEMENT

Slowly lower one leg toward the floor, then return to the 90-degree angle position and repeat with the opposite leg.

## TIP

Make sure to keep your core engaged and movements controlled. Do not arch your low back or hold your breath during the exercise. This is a progression from the static hold.



## Dead Bug on Foam Roll

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 5



### SETUP

Begin lying with a foam roll vertically along the middle of your back, knees bent, and feet resting on the ground.

### MOVEMENT

Tighten your abdominals, lift one leg off the ground, keeping your knee bent, and at the same time lift one arm overhead. Repeat with your other arm and leg.

### TIP

Make sure your head is resting on the foam roll and do not arch or use your low back during the exercise. Do not hold your breath and keep your movement speed controlled.

## Bridge on Foam Roll - Arms on Floor

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 5



### SETUP

Begin lying on your back with your knees bent, feet resting on a foam roll, and arms on the floor by your sides.

### MOVEMENT

Use your gluts and not your back or your hamstrings to slowly lift your hips off the ground into a bridge position, keeping your back straight. Hold briefly, then lower yourself back down to the ground and repeat.

### TIP

Use your arms for balance but don't try to lift with them. Stop at straight and don't overextend at your hips, less is more.



# Quadruped Leg Extensions on Foam Roll

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 5



## SETUP

Begin on all fours, with your arms positioned under your shoulders and your knees resting on a foam roller with your feet off the ground.

## MOVEMENT

Extend your leg backward so it is parallel with the ground and your toes are pointing down towards the floor. Hold, then return to the starting position.

## TIP

Keep your neck in neutral eyes looking at the ground throughout the exercise and do not let your trunk rotate. Watch that you are using your gluts and not your back to lift your leg.

# Bird Dog on Foam Roll with Taps

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 5



## SETUP

Begin on all fours with your arms positioned directly under your shoulders, and your knees resting on a foam roller.

## MOVEMENT

Extend your leg directly backward while simultaneously extending your opposite arm. As you return to the starting position, engage your core, avoid rotating your trunk.

## TIP

Keep your neck in neutral and eyes looking down toward the ground. Keep your speed a nice and easy cadence avoiding going too fast.

# Supine Hamstring Curl on Swiss Ball

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 5



## SETUP

Begin lying on your back with your knees bent and feet resting flat on a wall.

## MOVEMENT

Lift your hips off the floor using your gluts into a bridge position. Roll the ball toward you with your heels while maintaining the bridge position, then straighten your legs and repeat. Control your knee position to avoid hyperextension, and use your gluts, not your back muscles to lift and your hamstrings to roll the ball.

## TIP

Watch that you control the ball, start with small movements. You can adjust to having the ball under your lower legs if you need to decrease the strain on your knees. If you need to progress try to do 1 leg at a time.

# Shoulder T on Exercise Ball

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 5



## SETUP

Begin lying with your chest resting on a swiss ball.

## MOVEMENT

Raise both arms straight out to your sides with your elbows straight and thumbs pointing up, then lower them back down and repeat. Use your shoulder blades for movement, but avoid extending through your spine.

## TIP

Don't extend past parallel with the ground.



# Prone Lower Trapezius with Legs Bent on Swiss Ball

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 5



## SETUP

Begin lying on your front with your chest resting on an exercise ball and your legs bent at the knees.

## MOVEMENT

Raise both arms in front of you in a Y shape with your elbows straight and thumbs pointing up, then lower them back down and repeat. Only raise to straight, don't try to reach behind yourself.

## TIP

- Make sure to keep your shoulders in the same place, don't shrug or depress them.
- Don't use your back to lift, stop at the top of your shoulder movement.
- Don't use your neck

# Praying Mantis

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 5



## SETUP

Begin kneeling with your hands clasped together, resting on a exercise ball.

## MOVEMENT

Tighten your abdominals and slowly roll your arms forward on the ball, then bring yourself back to the starting position and repeat.

## TIP

- Make sure to keep your back straight during the exercise, and keep your knees in the same place as you roll forward.
- Use your abdominal muscles and not your back or hip flexors to control the position.
- Start with small movements and increase in size as you are able to.

# Isometric Dead Bug with Exercise Ball

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 5



## SETUP

Begin lying on your back, holding a swiss ball against your knees.

## MOVEMENT

Raise your feet off the floor with your legs at a 90 degree angle. Slowly reach one arm overhead as you straighten your opposite leg. Return to the starting position and repeat with your opposite arm and leg.

## TIP

- Make sure to engage your abdominals and keep your low back flat against the floor.
- Don't engage your neck or lift your head off the floor.

# Core Walkout on Ball

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 5



## SETUP

Begin lying with your trunk resting on a swiss ball and your hands on the floor.

## MOVEMENT

Slowly walk your hands forward, straightening your legs and moving into a plank position until the ball reaches you knees. Hold this position, keeping your abdominals tight.

## TIP

- Make sure to keep your back straight during the exercise. Don't use your back muscles, and watch your trunk rotation.
- Small steps and controlled movements.