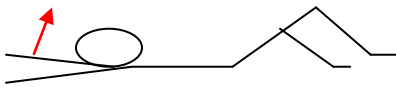


Pictures for the Roll-up

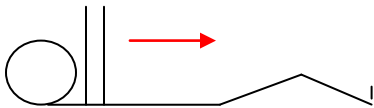
Imagine yourself being peeled off the ground, one vertebra at a time while you do this exercise

POSITION: Lie flat on your back with your arm stretched above your head, palms facing up, your knees bent with your feet firmly placed on the ground.

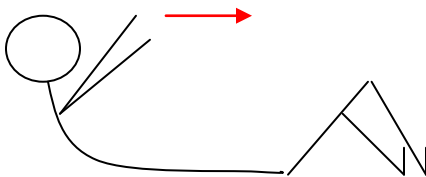


MOVEMENT:

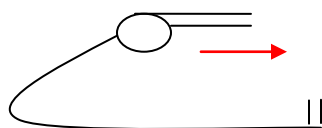
1. Inhale slowly bringing your arms forwards.
2. As your arms reach 90° start lifting your head slowly peeling your spine off the ground keeping your arms next to your ears



3. Exhale as you start 'rolling' your body slowly upward. Make sure your core remains tight and your gluteal muscles contracted through out the movement.



4. Once you are in the sitting position straighten your legs and stretch your body forwards towards your toes aiming to touch your forehead to your legs.





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5. Begin to inhale slowly bending your knees and roll back down exhaling half way through the movement.

CHALLENGE: As you get stronger start with your legs straightened in front of you and your toes pointing forward. Make sure your lower back remains glued to the floor until you peel it off one vertebra at a time!