

NIEDRA GABRIEL

FOAM ROLLER CHEST OPENING ROUTINES.

All these exercises are done on the back with head and chest fully supported.

- 1) Rotate the head left and right, slowly, while extending the opposite arm down towards the feet.
- 2) Lift arms towards ceiling – reach up and drop down shoulders X10
- 3) Reach arms over head and then down to feet X10
- 4) Reach arms to ceiling – then open wide to the side, to the floor, return X10
- 5) Extend arms to side and flex wrist so fingers point down, then up X10
- 6) Place hands on floor facing up, reaching towards feet. Reach to side, then up, then back down (like angel arms) X10
- 7) Extend arms to ceiling, make fists, open to side and rotate wrists up and down x10
- 8) Plug elbows into the floor and rotate the hands up and down (like wind shield wipers) X10
- 9) Extend arms in a Y shape over head, on the floor, then bend elbows and drag the arms downwards, then extend up to the Y shape again.