FOAM ROLL MARCHING

DIFFICULTY: DIFFICULT
TYPE: STRETCH/CONDITIONING/BALANCE
GOAL: BUILD CORE STRENGTH/ENHANCE RANGE OF MOTION

PROCEDURE
1. Lie on a foam roll so your head and buttocks make contact.
2. Flatter your lower back and press it against the roll.
3. Raise one leg up and hold for 1 second.
4. Return leg to the original position.
5. Perform the same exercise as above with the other leg.
6. Repeat 10 times.
7. Complete 1 set once a day.