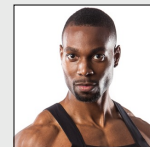




# My Respire Fitness Workout

## Foam Roller - Upper



#MikeFitCoach

### Intensity

Roll back & forth over an area for as long as needed to relieve stiffness



- 1 - Lie on a roller across your upper back with hands on the floor by your sides, your feet flat and knees bent.
  - 2 - Push away, rolling down from your upper back to your mid-back, straightening your legs.
- Then pull back, rolling up from your mid to upper back.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



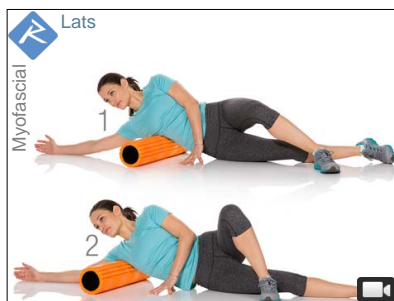
- 1 - Lie on a roller in your mid-back with hands on the floor behind, your feet flat and knees bent.
  - 2 - Push away, rolling down from your mid-back to your buttocks, straightening your legs.
- Then pull back rolling up from your buttocks to your mid-back.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Lie face down with a roller under your upper chest and your arms stretched overhead.
  - 2 - Pull your body toward your forearms, rolling down from your upper chest to your mid-abdomen supporting your weight on your toes and forearms.
- Push away rolling back from your mid-abdomen to your upper chest.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



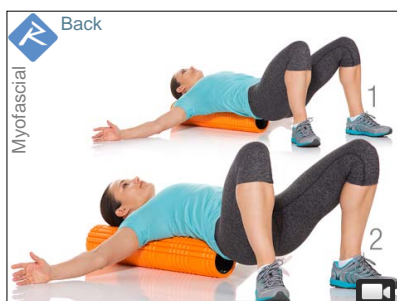
- 1 - Sit, leaning to one side with a roller under the side of your rib cage resting on your forearm with your elbow bent.
  - 2 - Roll upward toward your armpit, straightening your arm.
- Roll back down from your armpit to your rib cage, bending your elbow.
  - Complete all reps on one side before switching to the other side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Lie on your side with a roller in your armpit with your arm straight out and your other hand on the mat in front.
  - 2 - Raise your upper body rolling down the back of your upper arm from your armpit to your elbow.
- Lower your body back down, rolling back up your arm to your armpit.
  - Complete all reps on one

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Lie on your back with a roller lengthwise along your spine, feet flat, knees bent and arms by your sides.
- 2 - Roll from side to side across your back, keeping your feet flat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

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