

## SPINAL ROLL UPS

LL06

Pilates origin

### DIRECTIONS:

Sit up tall with legs straightforward. Drop backwards in a slow curling and resisting motion until your head softly touches the ground. Gently roll up your spine one vertebra at a time as you move towards touching your toes. Pause and exhale. Return to start position. Repeat 10+ times or perform for 1 minute.

### IMAGERY:

Work with the bands as if they were a part of your body. In this exercise consider them an extension of your abdominal and back muscles. As you roll up, visualize holding the reins of a horse and being slowly raised up off the mat. Resist your way back down one vertebra at a time. The slower the better.

### BENEFITS:

ROLL UPS activate the abdominal muscles both as movers and stabilizers. The abdominals are activated to move the body into spinal flexion.

In ROLL UPS there is also a prominent interplay between the spinal flexors and extensors, which aids spinal mobility and stability. The Forward Fold ending position is a great low back lengthener providing relief for the lumbar.

ROLL UPS therefore enhance core strength as they work BOTH the front side abdominals as well as the back side spinal muscles.