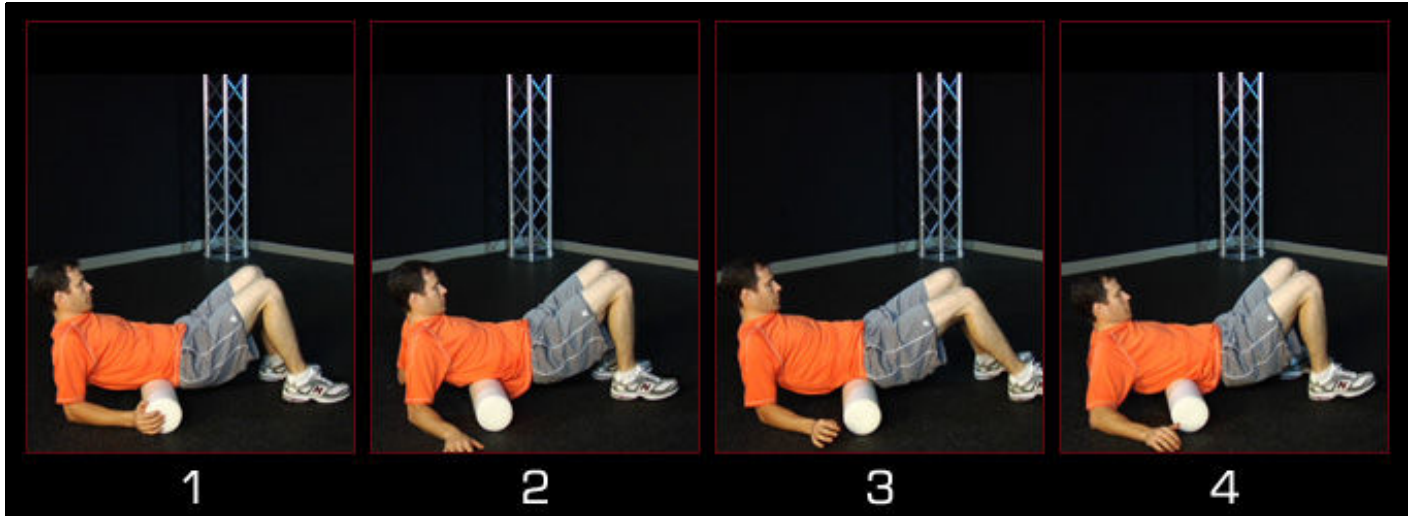


Foam Roller - Low Back



Begin exercise in supine position with low back placed directly on the foam roller with both elbows supporting body weight. Next, roll the low back across the foam roller from high to low. Never perform exercise to the point of pain, but make sure that your muscle is feeling just short of the pain threshold as this will help to establish the best mobility in the muscle tissue.

For exercises, articles and more, visit www.titleistperformanceinstitute.com