



**airRoller™**

**CARE AND MAINTENANCE GUIDE**

**airRoller™** is an essential tool for doctors, trainers, coaches, yoga and pilates practitioners, and the home exerciser.

**airRoller™** is lightweight and exceptionally versatile for use in balance training, rehabilitation, sport specific exercises and stretching. Beginners, intermediate and advanced users will find **airRoller™** very practical for their workouts.

**airRoller™** is made of Duralon™, which is a form of PVC. It can be inflated to 20-22cm diameter. The firmer, the more challenging the exercises become.

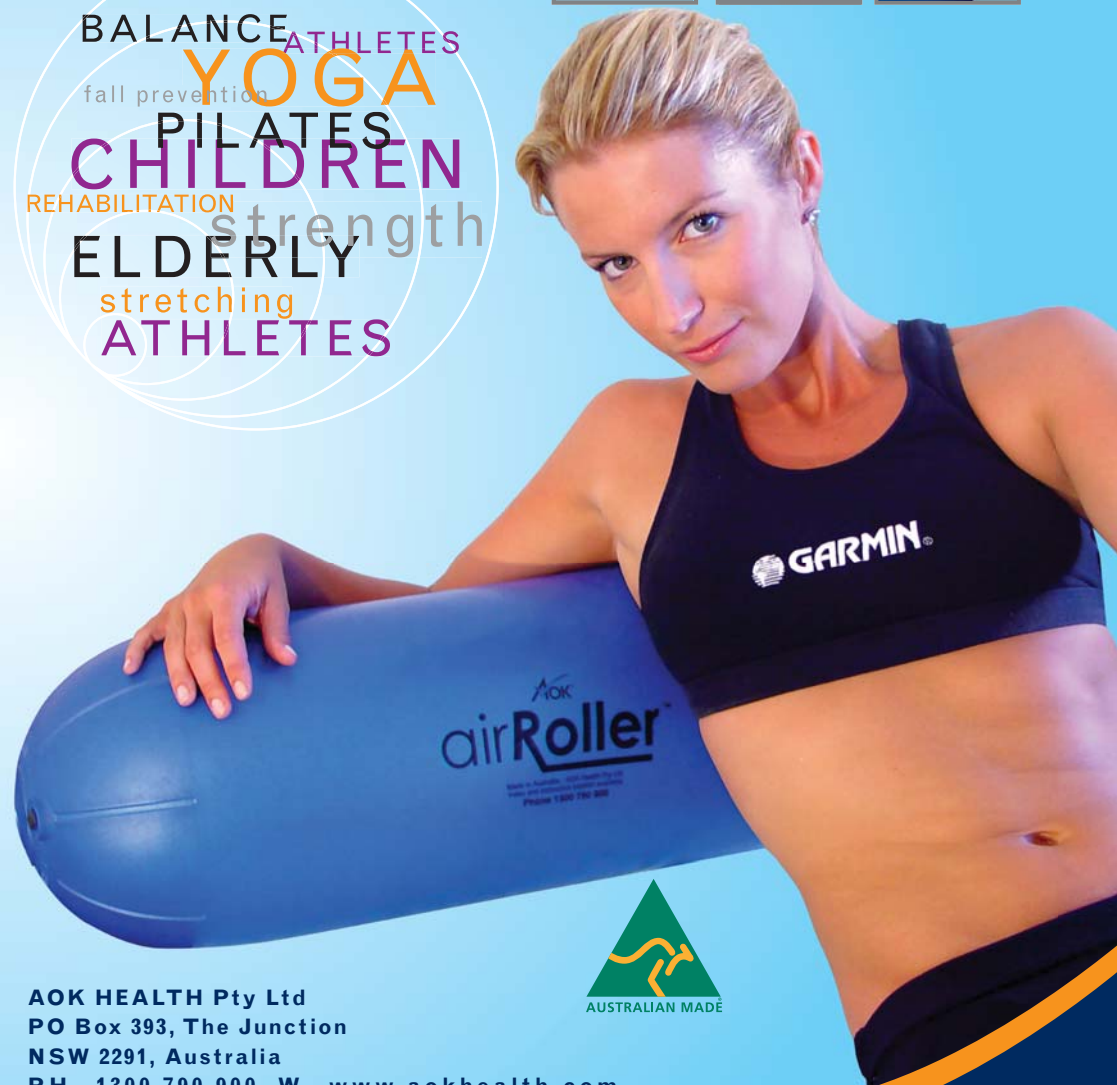
**airRoller™** can be used on its own or in combination with **mediBall®**, **Bodyblade®**, and resistance bands to provide a more challenging balance workout. The **airRoller™** comes in a variety of colours.

**airRoller™** offers the same features as the **Physio Roller** with these added benefits:

- easy to clean.
- promotes greater proprioceptive feedback.
- air-filled so it can be inflated or deflated to suit the users needs and abilities.
- stretching is effective without the myofascial release.
- do not over-inflate, keep cylindrical.

**DISCLAIMER:**

The **airRoller™** will challenge your balance skills. Check with your health professional to ensure that you can use it safely.



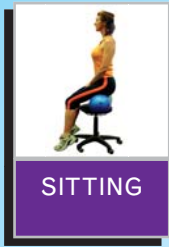
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# airRoller™ EXERCISES

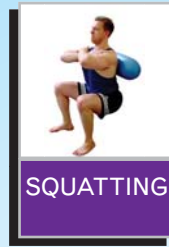
We have divided these exercises into 4 categories based on stabilisation of the core musculature.

## CORE & BACK STRENGTHENING (Segmental)

These work on the muscles around the lumbar spine.



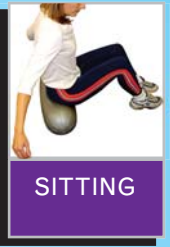
Sit on the airRoller™ maintaining upright posture. Slowly tilt your pelvis forward and back as far as possible, keeping shoulders fixed.



Place the airRoller™ across your back. Feet hip-width apart & try to stand up straight & not lean on the airRoller™. Squat down & up slowly.



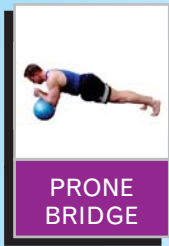
Kneel on the Roller. Keep your weight evenly distributed. Try to be upright and in good posture. Keeping your feet off the floor increases difficulty.



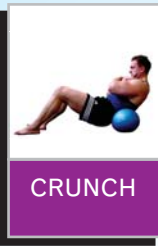
Sit with the airRoller™ on the floor. Try to maintain a natural curve in your spine while holding your balance.

## ABS (Anterior)

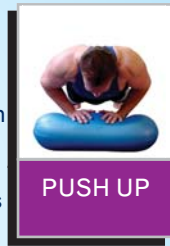
These work the muscles in the front of your trunk.



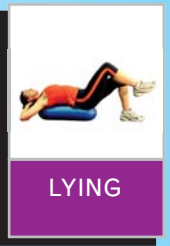
Place your forearms on the airRoller™. Maintain a natural curve in your spine. Lift up onto your toes. Hold for 30 - 60 sec. To make this easier lower onto your knees.



Place the airRoller™ under your lower back. Lay back so that you feel a stretch in your abdomen. Crunch your chin to your chest & your ribs to your hips. Repeat.



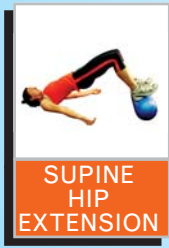
Place your hands on the airRoller™ and lift up onto your toes. Maintain a natural curve in your spine & bend your arms until your chest touches the airRoller™.



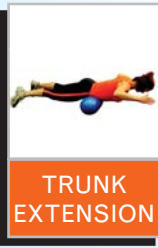
Lie on the airRoller™. Keep your chin in so your neck is neutral. Hands off the floor, lift one foot off the floor & try to maintain your balance. Alternate legs.

## LOW BACK STRENGTH (Posterior)

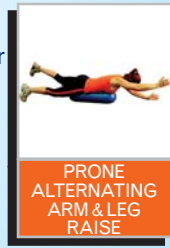
These work the muscles in the back of your trunk.



Keep weight evenly distributed. Use your buttocks to lift your pelvis up so that your knees, hips and shoulders form a straight line.



Drape yourself over the airRoller. Lift your trunk off the floor. To make the exercise more difficult, lift both legs and trunk off the floor at the same time.

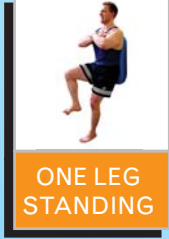


Lie along the airRoller™. Maintain a natural curve in your spine. Alternate lifting opposite arm & leg off the floor. To make more difficult, keep your other arm and leg off the floor.

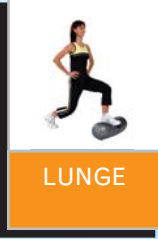
*THESE EXERCISES CAN BE MADE MORE OR LESS CHALLENGING DEPENDING ON YOUR LEVEL OF BALANCE AND STRENGTH, eg. TURN THE AIR ROLLER 90° TO HOW IT IS SHOWN OR CLOSE YOUR EYES TO FORCE MORE NERVOUS CONTROL.*

## SPORT & ACTIVITY (Lateral)

These work on the muscles across the front of the core.



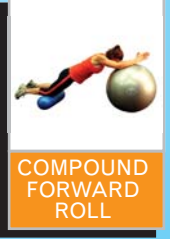
Stand up straight and tall with the airRoller™ behind your back. Lift one leg off the floor. Change.



Keep feet in line with your hips. With weight even on both feet, slowly lower hips down and up, while maintaining a natural curve in your spine.



Maintain a natural curve in your spine. With weight on one elbow, lift up through your hips so your body forms a straight line.



This is an advanced exercise. You can move the ball only, the roller only, or both together.

**IMPORTANT: IF YOU LOSE FORM, STOP THE EXERCISE. PRACTICE QUALITY NOT QUANTITY**

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