

HOW TO USE YOUR AB WHEEL ROLLER

- 1** HOLDING YOUR AB WHEEL ROLLER IN BOTH HANDS, KNEEL ON THE FLOOR.



- 2** SLOWLY ROLL YOURSELF FORWARD, STRETCHING YOUR BODY INTO A STRAIGHT POSITION. CONTRACT YOUR ABS AS YOU ROLL FORWARD SO YOUR CORE IS DOING ALL THE WORK.



- 3** CONTINUE ROLLING FORWARD UNTIL YOU ARE JUST ABOVE THE GROUND, OR AS FAR AS YOU CAN COMFORTABLY GO. HOLD FOR 2-3 SECONDS AND ROLL BACK INTO YOUR STARTING POSITION. REMEMBER TO START SLOWLY AND ONLY GO AS FAR AND DO AS MANY REPS AS IS COMFORTABLE. A GOOD PLACE TO START IS 10-15 REPS AND 2 OR 3 SETS A DAY.

