

# Foam Roller: Snow Angel



## Instructions

- Lay on the foam roller with your butt, thoracic spine (between your shoulder blades), and head all on the foam roller.
- Keeping the backs of your hands on the ground, slowly raise your hands over your head.
- Pause anytime tightness is felt, take several deep breaths, and continue.
- This exercise is a marathon, not a sprint.

Duration/Sets:

Repetitions:

Frequency: