



**STUDIO CIRCUIT**  
**ROLLER PROGRAM**  
**INTERNATIONAL PILATES HERITAGE CONGRESS 2017**

**Cross Leg Stretch**

Sit on roller with hands on floor behind back, knees bent and feet flat on floor  
Cross one leg over the other leg. Roll slowly. Repeat other side

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**Upper Back Stretch**

Sit in front of roller with roller sideways to back. Place hands behind head.  
Place roller on your upper back and roll slowly to stretch upper back.

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### **Upper Back Lift**

Sit in front of roller with roller sideways to back. Place hands behind head. Place roller under your upper back and contract to lift up.

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### **Swan**

Lie prone with roller in front of body. Place elbows on roller. Pull roller toward body lifting upper body. Release to floor rolling roller away from body.

Lie prone with roller in front of body. Place elbows on roller. Pull roller toward body lifting upper body. Lift one arm and twist upper torso to side. Lower arm and repeat with other arm. Release to floor rolling roller away from body.

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### **Arm Lifts and Circles**

Lie on roller. Bend knees and place feet flat on floor.

Lift one arm to ceiling. Lower to floor.

Repeat other arm.

Lift arm and open out to side of body. Circle toward hip.

Repeat other arm.

Repeat with both arms.

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### **Single Leg Stretch**

Lie on roller and stretch arms out on floor at sides of body. Bend knees place feet flat on floor.

Lift one leg extend leg out. Pull knee to chest. Change legs

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### **Double Leg Stretch**

Lie on roller and stretch arms out on floor at sides of body. Bring both knees to



chest. Extend legs out

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### **Single Straight Leg Stretch**

Lie on roller and stretch arms out on floor at sides of body. Lift one leg to ceiling. Lower leg.

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### **Hug A Tree**

Place band at back end of roller. Lie on roller with band under shoulders. Hold band in hands and stretch arms out on floor at sides of body. Bend knees and place feet flat on floor. Lift arms over chest. Open to sides.

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## **Arm Circles**

Place band at back end of roller. Lie on roller with band under shoulders. Hold band in hands and stretch arms out on floor at sides of body. Bend knees and place feet flat on floor. Lift arms over chest. Open to sides. Circle arms around at sides of body. Lift overhead. Reverse arm circles.

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## **The Bridge**

Lie on floor on your back and place your feet on the roller. Press your spine up from your tailbone. Press down to roller.

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## **OVER THE ROLLER SERIES:**

Lie on the floor with the roller under your low back. Hold the roller with your hands.

## **Scissors**



Lift your legs to ceiling. Cross legs at ankles. Open to the sides of your body.

### **Helicopter**

Circle legs around at the sides of your body. Reverse the circles.

### **Short Spine**

Bring legs to the diamond position. Lower the diamond toward the floor.

Straighten legs toward the floor. Lift straight legs to ceiling.

### **Can Can**

Bend knees toward chest. Bring knees to one side of body. Bring knees to other side of body. Return knees to 1<sup>st</sup> side of body. Extend legs. Open one leg to side of body. Bring other leg over. Bend knees.

### **Leg Lifts**

Bring straight legs to ceiling. Lower and lift legs

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### **Double Leg Stretch**

Sit in front of roller with roller sideways to back. Place your upper back onto the roller. Bend your knees and place your feet flat on the floor. Pull knees toward chest. Extend to straighten.



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**The Hundred**

Sit in front of roller with roller sideways to back. Place your upper back onto the roller. Bend your knees and place your feet flat on the floor. Place the band under your feet and hold the band in your hands. Pump your arms with 5 inhales and 5 exhales. Extend your legs and pump your arms with 5 inhales and 5 exhales. Perform 100 pumps..

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