

ADVANCED FOAM ROLLING

A Unique Core Conditioning Foam Roller
Workout to Finish off Belly Fat



13 HIGHLY TARGETED
WORKOUTS
FOR ABS AND CORE

Roll your way to Toned Flat Abs
and a Stronger Core

TERMS & CONDITIONS

USE AT YOUR OWN RISK: Consult a physician before performing any exercises. It is your responsibility to evaluate your own medical and physical condition, and to determine whether to perform any of the information or content in this guide.

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ABOUT BODHIVANA

Established in London, we at Bodhivana promote both a healthy and comfortable lifestyle. We are strong advocates for making a naturally healthy lifestyle possible and attainable for all, of any age. Yoga and Pilates are two of the healthiest exercises which ensure a balanced lifestyle with minimal risk of injury and maximum amount of peace of mind and relaxation.

We provide a unique line of Yoga and Pilates products which will make your exercise routine simple and result-orientated.

Bodhivana has launched with the mission of everyone being able to obtain a luxuriously comfortable and naturally healthy lifestyle. In the manic world of today, it becomes essential that you take out some time for yourself. Our products are made to the highest quality and take advantage of eco-friendly and sustainable materials.

For each of our products we created a guide which provides a kick start into the world of fitness, or if you are more experienced, the guide might be a useful refresher for exercises, poses, or stretches you can take advantage of.

Enjoy the benefits of a healthy life with Bodhivana!

INTRODUCTION

Planks are a great exercise to train core strength as it imitates the function of your abs: to stabilise and decelerate the core from movement.

Doing planks on a foam roller is superior to the normal floor plank as you have to maintain balance on an uneven support. This means a harder workout, especially at the beginning, but it also means faster results!

We focus on a multitude of plank variations; they are one of the most effective core and ab workouts you will encounter. Do as many as you can, but never sacrifice your form and control. As soon as you feel yourself doing movements too quickly or dropping your leg instead of lowering it slowly, STOP. Take a break. Do not risk an injury. If a particular exercise doesn't feel right to you, do not continue with it and consult a fitness instructor.

These exercises are focused on working your core and abs and toning your torso intensively. Work these exercises into your workout routine regularly, 3 times a week as a minimum. The more often you do them, the faster you will see results, so let's get started!

PLANK

Bend your elbows and rest your weight on your forearms. Make sure your elbows and your shoulders form a straight line. Adjust the foam roller so that your shins are resting on top of the foam roller, and squeeze your core while keeping your body in a straight line.

Hold this position for as long as you can. Take a 30 to 60 second break and repeat. Repeat 2 to 4 times.

The Plank exercise is great for toning the entire core at once.



ADVANCED STATIC PLANK

Place your toes with your feet close together on the foam roller and assume a plank position. Make sure your elbows are directly below your shoulder. Lift your forearms off the floor slightly so that only your elbows are in contact with the floor.

Throughout the plank, pull your elbows down using your lats, such that the skin on your elbows is pulled forward towards your forearm. This movement engages your core to a very high extent. Remember to breath. NEVER arch your back as you will not be working your core that way and you could damage your spine.

If you feel stress on your shoulders, you are doing it wrong. Try doing the exercise next to a mirror to observe your form or ask a fitness trainer for advice.

Hold this position for as long as you can. Take a 30 to 60 second break and repeat. Repeat 2 to 4 times.



SIDE PLANKS

Place your feet on the foam roller and assume a side plank position. This movement targets your obliques, toning your sides. Make sure your elbow is directly below your shoulder with your arm at a 45 degree angle. Throughout this movement, pull your elbows down and back using your lats and push down on the foam roller with the lower leg. This will help engage your core. Remember to breathe.

Take care to contract only your abs in this movement, placing maximum stress on them, and release them in a slow, controlled manner. These concentric and eccentric movements help form and define your abs, as they induce muscle micro tears which lead to muscle growth when the muscles repair themselves.

Hold this position for as long as you can. Take a 30 to 60 second break and repeat. Repeat 2 to 4 times.



PLANK TUCKS

From a kneeling position with ankles on the roller, bring your hands to the floor in a plank position. Lift the knees off the floor and come to a knee tuck position with the top of your feet on the roller. Extend your legs back as you straighten your body into a plank.

Repeat and tuck the knees back in.

Complete 2 to 4 sets of 8 to 10 repetitions. If you cannot complete 8 repetitions, increase your rest time between the sets.



BRIDGE CRUNCH

This exercise works the anterior and posterior core.

Begin in a seated position with knees bent and the roller behind your back. Place the roller under your shoulder blades and bring your hands behind your head. Press your heels into the floor and lift the hips just off the floor, bringing the upper body into an abdominal crunch position.

From here, roll the upper back over the foam roller until the shoulders are lined up in the centre of the roller, at the same time lifting the hips up into a back bridge.

Roll the hips back down as you crunch into an abdominal curl, keeping the hips off the floor.

Complete 2 to 4 sets of 8 to 10 repetitions. If you cannot complete 8 repetitions, increase your rest time between the sets.



OBLIQUE CRUNCH

Sit on the floor, facing forward and place the roller behind you so that you can lean back slightly.

Using your right oblique, pull your right torso side towards your left knee. This should be a simultaneous, controlled twist and curl motion.

You should feel minimal stress on your upper abs.

Complete 2 to 4 sets of 8 to 10 repetitions. If you cannot complete 8 repetitions, increase your rest time between the sets.



REVERSE PLANK ROLL OUT

Going in the reverse direction of the plank tuck movement, begin this exercise seated on the floor with the ankles on the roller and your hands beside your hips.

Either point your fingers towards the roller or externally rotate the shoulders so that the fingers point out, whichever works best for your shoulder placement.

Keeping the arms straight, lift the hips up and pull them back as you contract your abs. Then press your legs out into a reverse plank position. From the core, pull the hips back and repeat the exercise.

Complete 2 to 4 sets of 8 to 10 repetitions. If you cannot complete 8 repetitions, increase your rest time between the sets.



CAMEL POSE

This stretches the anterior body from the thighs through your torso. Most people find this exercise impossible to do on the floor and therefore never reap its full benefit. By bringing your ankles over the foam roller your ankles will be elevated, making the exercise easier to accomplish.

Start with the ankles over the foam roller and your hips on your heels. Place your hands around your ankles. Lift your hips up as you extend your spine. Hold for 5 deep breaths and come out of the stretch.

Hold this position for 5 deep breaths. Take a 30 second break and repeat. Repeat 1 to 3 times.



LEG PULL IN

Sit on the foam roller horizontally so your weight is on your glutes. Shift some of your weight onto your hands as you place them on the floor behind you, pointing your fingers towards the foam roller. Lift your legs off the floor and extend them straight ahead. Using your abs, pull your legs towards your stomach as you bend at the knees to form a 45 degree angle.

Repeat for the desired number of reps; this movement especially tones your lower abdominal muscles.

Complete 2 to 4 sets of 8 to 10 repetitions. If you cannot complete 8 repetitions, increase your rest time between the sets.



LEG LIFTS

This movement strengthens your core, but as a bonus also works on your glutes and hamstrings.

Start on your back with arms by your sides, your knees bent, and your heels on the foam roller. Lift your hips off the floor and straighten one knee to raise your leg into the air.

Finally, curl the other leg towards your glutes before you return to the start position. Always control your movements and do not let gravity do the work by dropping your leg back down to the floor.

Complete 2 to 4 sets of 8 to 10 repetitions and then switch to the other side. If you cannot complete 8 repetitions, increase your rest time between the sets.



PRESS UP

Start at the top of a press up position, with one hand on the foam roller, then bend the other arm to lower your body, whilst your arm on the foam roller extends to the side. Then push back up. Clench your glutes and focus on your core contracting.

Complete 2 to 4 sets of 8 to 10 repetitions. If you cannot complete 8 repetitions, increase your rest time between the sets.



ROLL OUT

Kneel with your forearms on the foam roller. Maintain a rock-solid core as you slowly extend forwards so the foam roller comes towards you. Reverse to the start.

Complete 2 to 4 sets of 8 to 10 repetitions. If you cannot complete 8 repetitions, increase your rest time between the sets.

ADVANCED OPTION: Do the same movement but starting from a standing position.



YOGA CAT STRETCH

This is one of the best stretches to do at the end of a workout as it stretches out your back, helping you feel more flexible.

With the foam roller under your thighs, press down with your hands to pull your body forwards and gently arch your back. Breathe in as you arch to increase the stretch.

Keep your core controlled and your abs contracted though the forwards and upwards movement.

Take a deep breath, stretching up though your back, neck, and head. Slowly reverse to the beginning.

Complete 2 to 4 sets of 8 to 10 repetitions. If you cannot complete 8 repetitions, increase your rest time between the sets.



For further foam roller guides and a video of foam roller instructions, visit the Bodhivana site:

www.bodhivana.com/roller-guide

The Bodhivana site is constantly being updated with useful information and new guides to benefit from. We from Bodhivana wish you happy foam rolling, and should you like to contact us, please do so at:

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