

## Roll Ups

**Starting position:** lying on your back with your arms extended behind your head.

**Action:** bring your arms up to 90°. Breathe in as you roll your upper body off the floor into an upright sitting position. Continue rolling through until your hands are above your toes. Slowly roll back to the starting position, keeping your hands pointing towards your toes until your upper body is on the floor.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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