



the fix program®

Leg Roll Out and In

Starting Position

- Lie on your back on a mat
- Get into the basic relaxed position and check the alignment of your pelvis is neutral, placing your hands on your front hip bones.
- The hip bones are facing directly up to the ceiling
- Your tailbone is firmly down on the mat
- Keep your hands on your hip bones during the exercise to feel for any pelvic movement

The Movement

- Breathe in to prepare, breathing deeply, widening through the mid back and lower ribs
- Breathe out softly, as you allow the right leg to roll slowly to the side feeling the sternum sink, drawing the Pelvic Floor on and taking the navel gently towards the spine
- Breathe in and hold the leg position
- Breathe out, draw navel towards the spine and lift the pelvic floor again as you slowly roll the leg back to centre
- Do 5 rolls on each leg

Hot Tips

Try not to roll the pelvis, or arch your spine as you roll the leg.

Keep your tailbone firmly on the mat

Check that you are not bulging out the lower abdominal wall.

Keep the tummy flattened

Keep the other leg still as you roll your leg out
If rolling your right leg out think of a pin keeping your left hip down on the mat

Progressing: breathe in and roll your leg out, do not pause, breathe out and bring the leg back to centre

