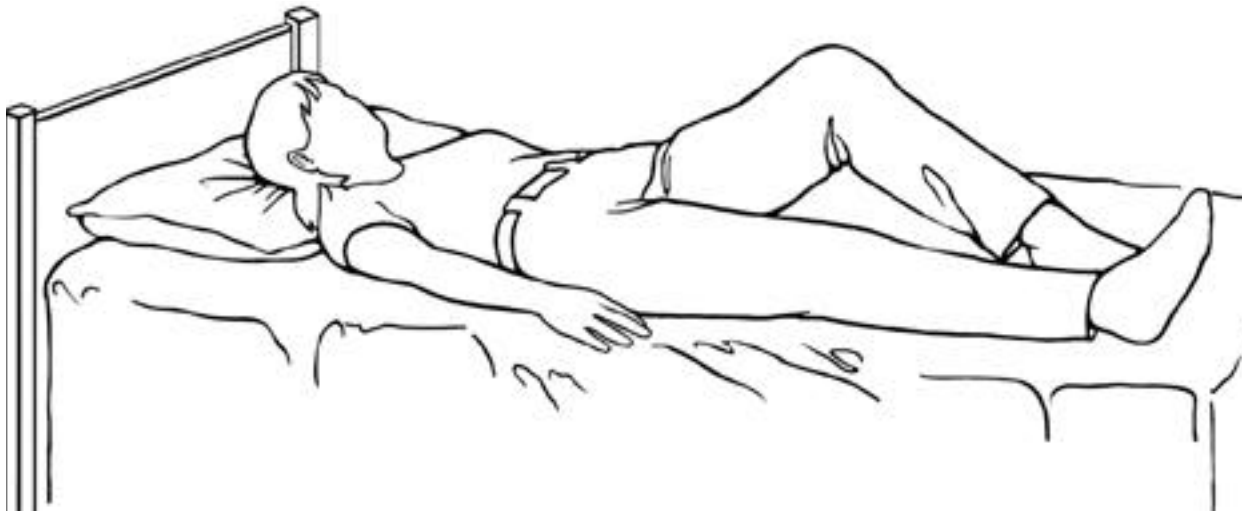


Mobility

How to Log Roll



- Tighten your stomach muscles to help support your spine.
- Roll to one side, keeping your ears, shoulders and hips in a straight line.
- You may use your opposite leg to push off.
- Be careful not to bend or twist at the waist.