

Full video instructions for this exercise can be found at: <http://ptpete.co.nz/?p=698>

Roller Buttock Release

Exercise Purpose:

To self-massage or release the muscles on your buttock (right buttock in the picture)



Key Points:

- Sit on the roller with your right buttock on the roller, with your right knee bent and your right foot on top of your left knee
- Support your body weight with your arms behind you and with your left foot on the ground
- Keep your right buttock against the roller the whole time
- Slowly rock your body back and forward on the roller so it releases/massages your right buttock
- If you find a tight/sore spot you may benefit from holding on this spot
- To gain more force you could try lifting your left foot off the ground throughout the movement
- Remember to breathe throughout