



12 "FITS" PROGRAM

Strengthen • Stretch • Support

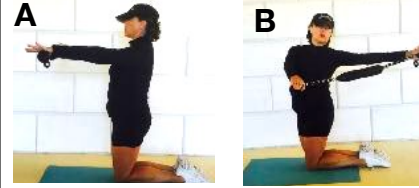
Video Lesson at www.rollersizer.com



WAIST TWISTS

RollerSizer In Front

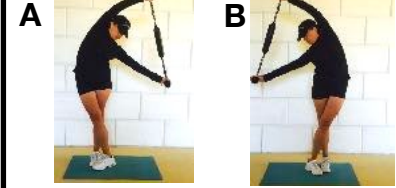
Stand, Sit or Kneel. Arms straight out in front of chest. Twist around as far as you can go.



RAINBOW BENDS

RollerSizer® Above Head

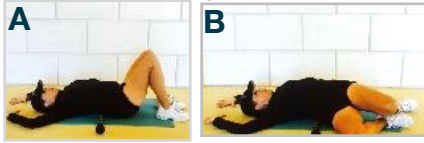
Stand, Kneel or Sit. Arms straight. Bend right and left. **Hold 10 Seconds.**



WAIST WHITTLES

RollerSizer Under Waist

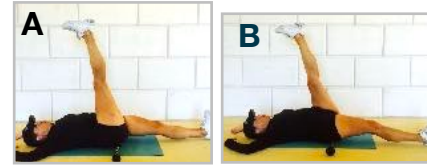
Start knees bent. Let back relax over RollerSizer® for one minute. After, let knees fall right & left. Try to keep shoulders on ground. **Do 10.**



THIGH THINNING

RollerSizer Under Buttocks

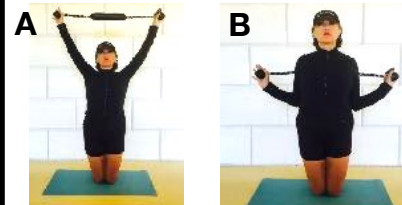
Start legs straight up. Abs pulled into space. Switch legs. Try to get toes over nose and heels to floor. **Do 10.**



BETTER POSTURE

RollerSizer Behind Back

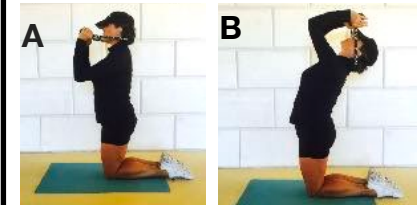
Stand, Kneel or Sit. Start RollerSizer above head. Bring down behind shoulders.



CHEST UPS

RollerSizer Behind Neck

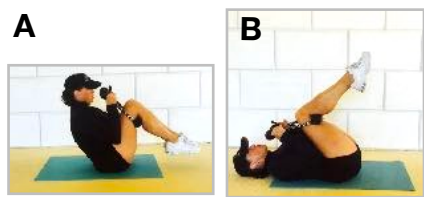
Grab balls. Rest neck on RollerSizer. Lift chest and elbows to sky. Chin Up.



ROCK & ROLL UPS

RollerSizer Under Knees

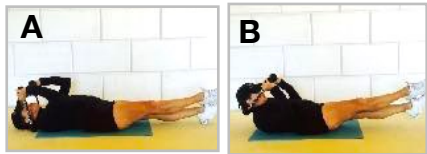
Grab balls. Engage biceps. Balance on Tush. Tuck Tummy. Rock Back & Forth. **Do 10.**



TEETER SCIZZORS

Put RollerSizer Under Neck

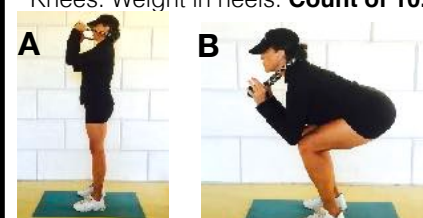
Start flat on back. Grab balls. Pull head and shoulders off ground. Engage Abs. Scissor feet back & forth. **Do 10**



PERFECT SQUAT

RollerSizer Behind Neck

Sit Back. Feet straight ahead. Elbows To Knees. Weight in heels. **Count of 10.**



UPPER BACK RELEASE

RollerSizer Under Chest

Knees bent! Arms out to side or behind head. Hurts at first, due to poor posture. Chest will lift. Breathe.

The pain goes away as the back releases.

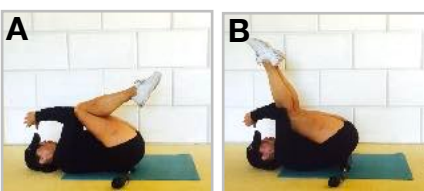
One Minute.



REVERSE CRUNCH

RollerSizer Under Buttocks

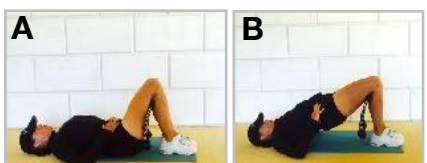
Engage Abs. Cross ankles. Rock butt off the RollerSizer one inch. **Do 10.**



BRIDGE BUTT UPS

RollerSizer Behind Knees

Grip RollerSizer with legs. Lift hips up off floor as high as possible. Squeeze butt. Abs pulled in. **Pulse Up 10.**



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Consult Your Physician before you do this or any exercise program.

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