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The Core Challenge Roller®

Perhaps the most dynamic tool available for core exercises, OPTP's inflatable Core Challenge Roller combines the essential properties of exercise balls and foam rollers. The size and shape optimize exercises that strengthen and tone the abs, obliques and core muscle groups while improving stability, balance and flexibility. The cushioned surface is also easier on the body making this an ideal tool for chronic pain sufferers and geriatric populations. Use this roller to:

- Define and condition
- Deep core muscles
- Hips, gluteals and legs
- Enhance balance, stability and proprioception
- Superficial abs and obliques
- Spinal muscles
- Improve overall flexibility

Sized for portability and optimal exercise effectiveness, the roller is constructed of durable, burst-resistant vinyl that supports up to 440 lbs. and can be cleaned with soap and water. Includes illustrated poster and usage guide.

The Core Challenge Roller® (#LE9512)

CAUTION: Do not stand on this device with both feet. Refer to instructions.



The Next Core Challenge DVD

Developed by Michelle Schwahn, PT, for all fitness enthusiasts, this program provides a unique and comprehensive core training routine using the inflatable roller. Michelle's extensive experience as a physical therapist, IDEA presenter and fitness consultant translates into a wealth of invaluable knowledge for the viewer as she demonstrates progressive exercises for building greater strength, stability, balance and flexibility. Targeted areas include:

- Superficial abs and obliques
- Deep core muscles
- Spinal muscles
- Hips, gluteals and legs

DVD runtime approximately 45 minutes. (Core Challenge Roller sold separately or in a package.)



The Next Core Challenge DVD (#948DVD)

DVD and Core Challenge Roller® package (#9481PKG)

Core Strength Training: Using Inflatable and Foam Rollers

Caroline Corning Creager, PT, has applied her foam roller expertise to the inflatable roller, as well. Over 100 exercises are presented in an easy-to-follow format that covers core strengthening (including transverse abdominis training) and stretching. Each exercise specifies which roller to use, has clear photos and includes extra information such as target area, frequency, benefits and helpful hints. Exercises range from beginner to advanced levels. Includes a quick reference poster containing 14 of the most popular inflatable and foam roller exercises. Illustrated. Softcover, 213 pages.

Core Strength Training: Using Inflatable and Foam Rollers (#8482)



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