



**optp**  
exclusive

**The Core Challenge Roller®**

Strengthen and tone abs, obliques and core muscle groups while improving stability, balance and flexibility with OPTP's inflatable Core Challenge Roller. Perhaps the most dynamic tool available for core exercises, this inflatable roller combines the essential properties of exercise balls and foam rollers. Ideal for chronic pain sufferers and geriatric populations, this roller has a cushioned surface, making it easier on the body. 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 400 lbs. and can be cleaned with soap and water. Includes illustrated poster and usage guide.

The Core Challenge Roller® (#LE9512) ..... **\$33.35** \$29.15 (6+)

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

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**The Next Core Challenge DVD**

This progressive DVD demonstrates exercises for building greater strength, stability, balance and flexibility.

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 Targeted areas include:

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

DVD runtime approximately 45 minutes.

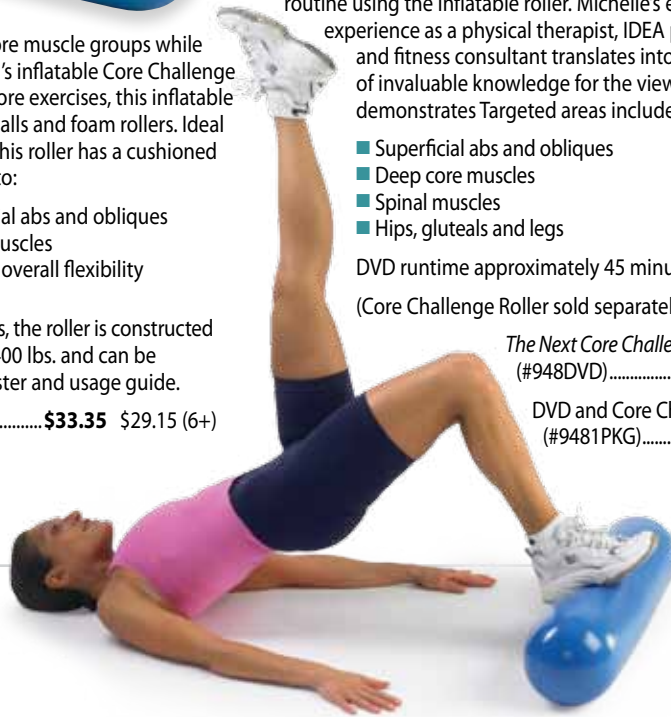
(Core Challenge Roller sold separately or in a package.)



The Next Core Challenge DVD

(#948DVD) ..... **\$19.95**

DVD and Core Challenge Roller® package  
(#9481PKG) ..... **\$39.00**



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**Therapeutic Exercises Using Foam Rollers**

This workbook has proven to be a useful aid for treating orthopedic, neurologic, geriatric, chronic pain and postpartum patients using the foam roller. Over 150 exercise options are presented with clear imagery and space for note taking so instructions may be photocopied for patients to take home. Additional information includes breathing, computer ergonomics and case studies. Written by Caroline Corning Creager, PT. Illustrated. Softcover, 244 pages. Non-returnable.

Therapeutic Exercises Using Foam Rollers (#840) ..... **\$39.95**



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**Core Strength Training: Using Inflatable and Foam Rollers**

In this book, Caroline Corning Creager, PT, has applied her foam roller expertise to the inflatable roller. With over 100 exercises, presented in an easy-to-follow format, Caroline 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) ..... **\$34.95**

**also see:** Caroline Corning Creager Books  
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