

# FIX YOUR

*The barbell rollout is a dynamic trunk extension movement that activates your core muscles, including superficial and deep muscles in your mid-section, your hips and your back, as they work to actively stabilise your upper body to stop your back from arching.*

## **Benefits of a strong core:**

- # Improved balance
- # Better trunk flexion, extension and rotation
- # Reduced injury risk
- # May potentially help to reduce back pain
- # Enhanced movement efficiency and athletic performance

*The barbell rollout is also an effective exercise to improve coordination between your upper and lower body and improve strength and mobility in your shoulders and upper back.*



# FORM BARBELL ROLLOUTS

Also known as an anti-extension exercise, this type of core training helps you maintain a neutral spine position by properly bracing your core during movements, which is important to limit the risk of spinal injuries due to over- or hyperextension.

## HOW TO DO IT:

1

### SHOULDERS:

Roll out until your shoulders are fully extended through a full range of motion.

2

### CORE:

Brace your core during the extension and contract your core to roll back up.

3

### ARMS:

Stretch out your arms as far as you can without arching your back. Keep your elbows straight or nearly straight throughout the exercise.

4

### HIPS:

Extend your hips as you roll the bar forward. Do not allow your hips and glutes to drop down during the extension.

5

### BACK:

Maintain a neutral spine during the extension and roll up.

### To start:

Load a weight plate on each end of a barbell with rotating collars. Kneel on the floor and grip the barbell in front of you with a shoulder-width grip. Position your shoulders directly over the barbell. Engage your abdominals and brace your core. Roll the barbell forward by extending your hips and arms.



**WARNING:** Pregnant women or anyone who suffers from chronic back pain, knee pain or other injuries should avoid this exercise. Consult with a doctor or physical therapist before trying this exercise.