

MYOFASCIAL BALL

Stability
Agility
Mobility

® exercise manual



Release Hard to Reach Tight Muscles



Exercises

Release Hard to Reach Tight Muscles!

The Fitterfirst Myofascial Release Ball is a foam roller in a ball. It is made from high quality anti-bacterial, closed-cell EVA foam. This product is fantastic for rolling those hard to reach spots as its reduced surface area helps to apply pressure and release tricky areas. The Myo Ball is 6" in diameter, lightweight and great for when you are traveling.

- Improve muscular flexibility & increase circulation
- Release tension spots with complete control
- Lightweight & durable, perfect for traveling

Pecs

Standing facing the wall with the ball over the pec. Gently lean into the ball keeping the body in one line. Slowly lift your arm (ball side), making a slow jumping jack motion with your arm stopping when you feel an increase in tension. Repeat moving the arm in the opposite direction. This will release the tension in the chest (pectoral) muscles. Repeat the motion 3-4 times then repeat on the other side.



Traps

Stand facing a door frame, bend forward and place the ball between your shoulder and the wall and gently transfer your weight forward, applying pressure to the muscles. Be careful in this area as there are a number of nerves and blood vessels. Move the ball around to find any areas of tightness, hold for approximately 30 seconds. Repeat on the other side.



TFL

Standing with your side close to the wall, place the ball hip level. Gently lean into the ball, to apply pressure on the muscle belly and gradually roll the ball around the outside of the hip. You can lift the same arm up over your head to increase the stretch up into the obliques of the same side. Repeat on the other side.



Glutes

Sitting on the floor place the Myo under the glute muscles and slowly lean into the ball so that the ball applies pressure on the muscles, work the ball along the muscle fibers toward the midline being careful to avoid the tailbone, if an area is particularly tight try to stay on the area for 30 seconds or so being sure to breath before moving on to other areas of the muscle. Repeat on the other side.



Adductors

Lying on your stomach with your hip and knee bent and out to the side. Place the ball under your adductor and gently roll the ball along the muscle. If there are any areas that feel tight, hold still over that area for a few seconds and let the muscle relax before moving onto the next area. Roll the whole of the inner thigh and repeat on the other side. You may wish to ease your weight off of the adductor as you get closer to the groin, there is a lot of vascular and neurological tissue in this area, please be gentle.



Hamstrings

Sitting on the floor, place the ball under the hamstring and lift your torso up with your hands, roll the ball over the length of your hamstring. Pause and hold for 20-30 seconds over any area that feels tight. Be sure to repeat on the other side.



Quads

Lying on your stomach, place the ball under your quad, with your weight over your forearms. Roll the ball along the length of the thigh, being sure to pause on any areas that are sore or tight for 20-30 seconds. Continue to roll the entire length of the muscle focusing on the middle, central and outer parts of the muscle before switching sides.



Calves

Sitting on the floor with legs extended out in front of you. Place the Myo ball under the calf muscle. Gradually roll the ball over the length of the muscle by rotating the hip inward, neutral and outward to get all aspects of the muscle belly. Pause for up to 30 seconds if there is a point of tightness before continuing on. Repeat on both sides.



**Please speak to your medical doctor or other medical professionals before starting or changing your exercise program. The intent of this document is to be a resource for different exercises that can be performed using equipment that is available for purchase from Fitter International Inc.*





Other Great Products

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Professional Balance Boards



Bongo Board



Pro Active Sit Disc



Extreme Balance Board Pro



Soft Boards



DuraBall Classic Ball



Travel Roller Line



FitFoot

Disclaimer/Warning: The products presented in this booklet are designed to challenge and improve your balance skills. When using this equipment, you must accept full responsibility for the risk of injury to yourself and to others. Please read and fully understand all instructions before using these products. remember, the best protection from injury is a little common sense.

