



## Join The Community RADRoller.com

### Lifetime Guarantee.

Lifetime guarantee against manufacturer defects, barring misuse, prolonged sun exposure, anticipated wear, and loss. Contact [Service@RADRoller.com](mailto:Service@RADRoller.com) for more information.

### Legal:

Use at your own risk. **RAD Helix** is not meant to treat, cure, or prevent any disease or condition. Talk to your doctor before using the **RAD Helix**. Please use responsibly.

*Patent Pending.*



[Service@RADRoller.com](mailto:Service@RADRoller.com)



Release. Relief. Repeat



**RAD HELIX**  
THE ONLY ROLLER  
INSPIRED BY DNA



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**Once you get your hands on a RAD Helix, you're going to want to get started right away.** Hey, we get it. These things are, well, rad. But before you dive into the following (and your own) **RAD** movements, there are a few key things you need to know.\*

- Only keep pressure on a given location for 7-10 seconds. Any longer and you can cut off the muscle's blood supply, which can result in soreness. No good.
- Roll both lengthwise and across the muscle. The power of the **RAD Helix** is in its ability to break through restrictions in three dimensions, so take advantage.
- Don't roll directly on bone. That's just plain irresponsible.

The bones of the low back bear the entire weight of the spine, so let's make sure they're aligned and happy. Humans are meant to have a natural curve in the low back that can slowly deteriorate from prolonged sitting or flexion (like cycling). The **RAD Helix** is meant to open up these curves to provide extension, while giving you the ability to flush out toxins and break up tough tissue in the entire spine. Used in conjunction with the **RAD Roller**, you'll never be without a healthy release for your back.





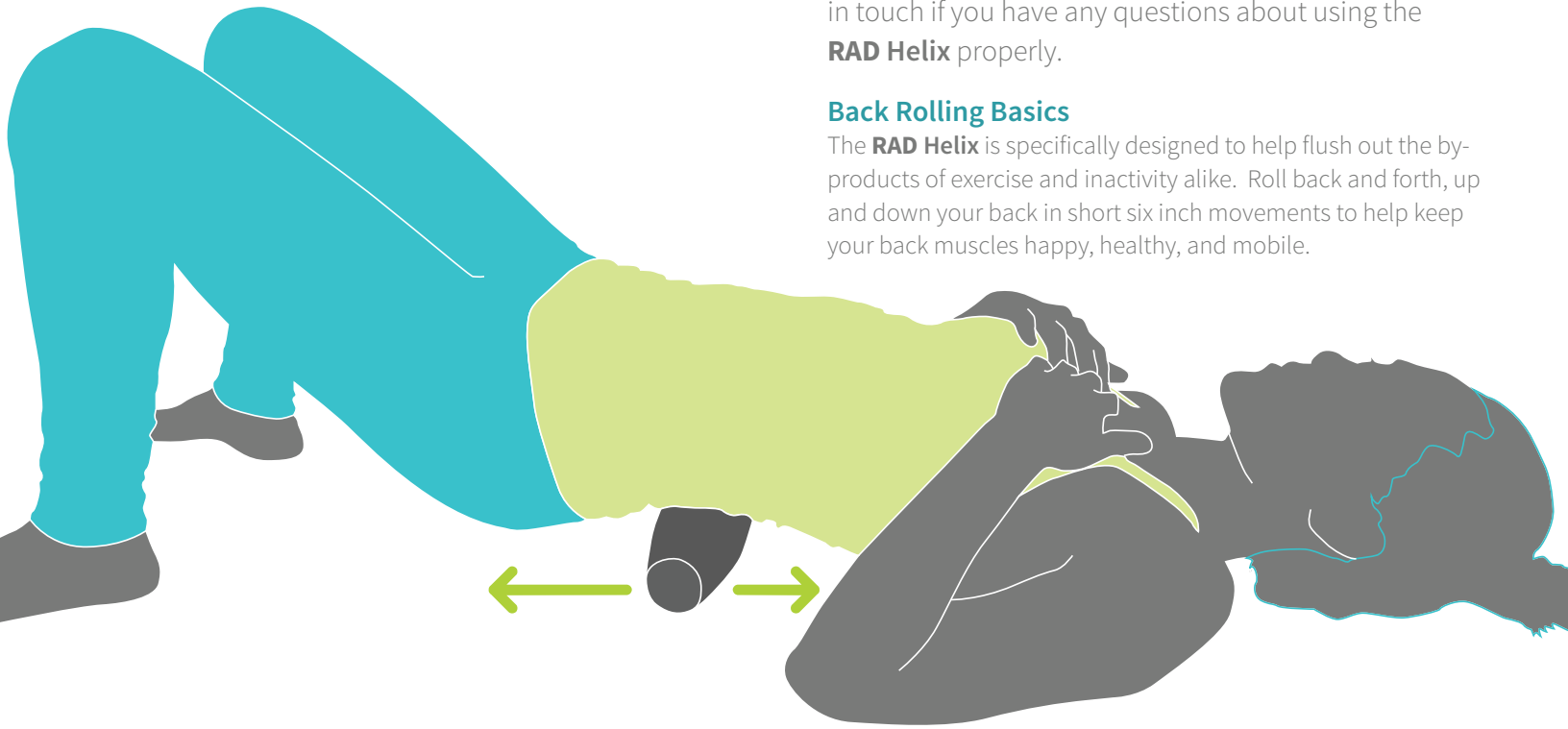
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## Meet Our Top Moves:

Okay, now that you know the basics, it's time to get creative and savor the feeling of sweet, sweet relief. Check out these simple, do-anywhere moves and get in touch if you have any questions about using the **RAD Helix** properly.

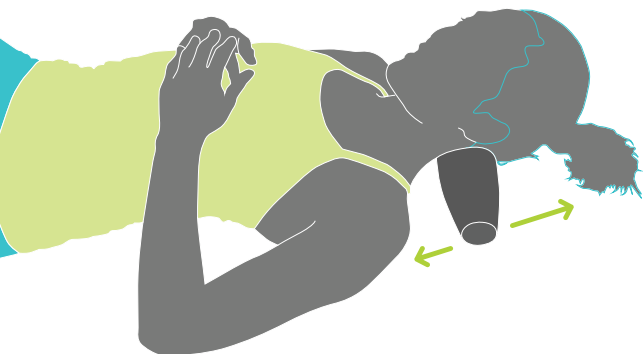
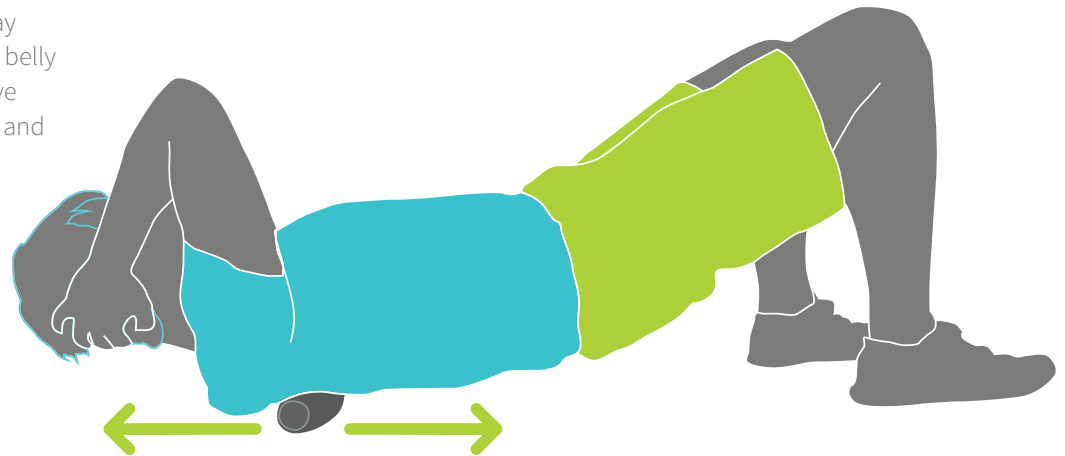
### Back Rolling Basics

The **RAD Helix** is specifically designed to help flush out the by-products of exercise and inactivity alike. Roll back and forth, up and down your back in short six inch movements to help keep your back muscles happy, healthy, and mobile.



### Low Back

To help open up the lower back, simply lay back with the roller directly beneath your belly button. Relax and breathe naturally. Move up the back towards your head, stopping and relaxing at any tight spots.



### Neck and Upper Back

The **RAD Helix** can provide a gentle release for your neck, and a primer for using the **RAD Roller** or **RAD Rounds**. Simply lay back with the roller perpendicular to your neck. Raise your knees up, and gently push back and forth with your feet to provide a gentle massage to the superficial muscles of the neck and upper back. The **RAD Helix** is also a perfect primer or warm up for digging deeper with the **RAD Roller**.

Dig Deeper at [RADRoller.com](http://RADRoller.com)

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