



WELCOME TO THE RAD LIFE

YOUR INTRODUCTORY GUIDE TO SELF MYOFASCIAL RELEASE



WHAT IS SMR?

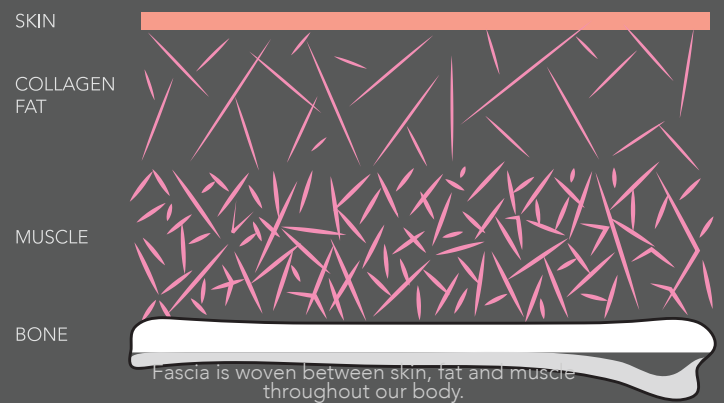
Self Myofascial Release (**SMR**), commonly referred to as foam rolling, is a soft tissue therapy for releasing tension in fascia that restricts movement in our bodies.

FASCIA

Fascia is a general term for the continuous stream of fibrous tissue throughout the body that gives muscles their shape, connects muscles to other muscles and bone, and generally holds everything in place on your skeleton.

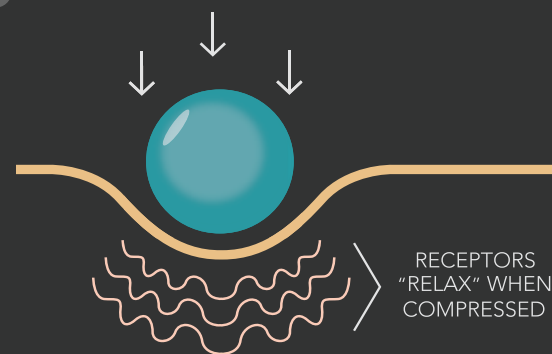
HOW SMR WORKS

Through techniques like compression and shearing we are able to stimulate small receptors in our body that help muscle and tissue relax and lengthen. Longer muscles and less tension lead to all kinds of good things like less compression of joints, wider range of motion and increased mobility.



TECHNIQUES

MIX AND MATCH FOR A MINIMUM OF 10 MINUTES PER DAY.



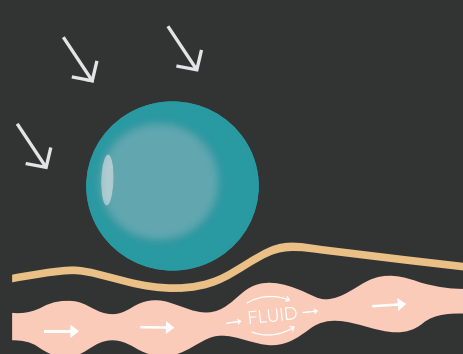
COMPRESSION/POINT RELEASE

WHAT Corrective

HOW Oscillate slowly on a spot

WHEN Morning, evening, post-workout, post-travel, during lunch break

TIME 10 breathe cycles (2 minutes)



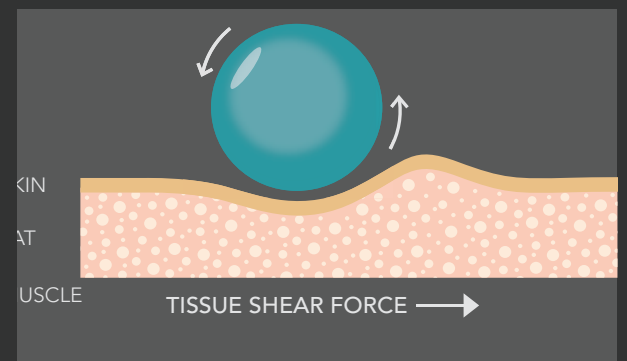
FLUSHING

WHAT Repair and recovery

HOW Lengthwise along a muscle

WHEN Pre and post workout or physical activity, when feeling stiff

TIME 20 movements



SHEARING

WHAT Corrective

HOW Press and pull or twist tissue

WHEN Supplement physical therapy, pre workout or physical activity

TIME 10 breathe cycles (2 minutes)

WHY ROLL/BENEFITS



STRETCH IT OUT

Stimulate and open muscles to make your stretching more effective.



REDUCE SORENESS

Rolling clears the after-effects of exercise by pumping nutrition into the muscle and moving waste products out.



KEEP JOINTS ALIGNED

An upright and aligned body is best suited to handle the stresses of gravity and is a great home to live in!



REDUCE CHANCES OF INJURY

Your tires wear unevenly if your car's alignment is off, same for your ankles, knees, hips, back and shoulders!



DETOX YOUR BODY

2/3 of your body is water and muscles act as pumps, moving fluid through the body. Tight muscles aren't effective pumps; keeping fascia loose increases flushing and 'cleaning' in the body.



STAY LOOSE

Improve adaptability so your body is capable of responding to the demands of your lifestyle. Willow trees bend with the wind, but the stiffest trees are the most easily cracked.

RAD VS. FOAM ROLLERS

What's the difference between foam rollers and RAD products? Impeccable design. Our tools were crafted around the curves and structures of your anatomy to achieve the most effective SMR experience possible. You're only as good as your tools, and we've set your body up for success.

RAD CENTRE

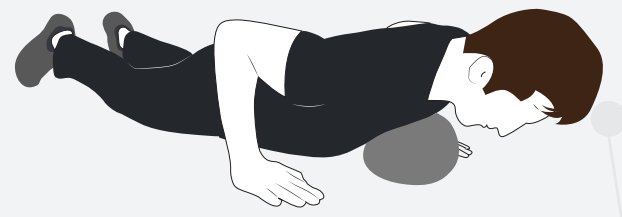
MOBILIZATION FROM WITHIN

The RAD Centre is geared up to give you the gut check you've been begging for. The only ball designed for visceral release (aka breaking up tension in your insides), this inflatable tool gently mobilizes your organs through the abdominal wall—and it doesn't stop there. Thanks to its soft touch, it can painlessly scan over your entire body to detect tender tight spots and flush out sore muscles without a single wince. So righteously rad.

UPPER BODY



MUSCLE: BELLY
TECHNIQUE: FLUSHING



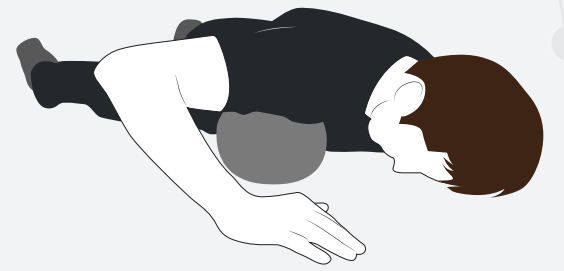
MUSCLE: MIDDLE CHEST
TECHNIQUE: FLUSHING



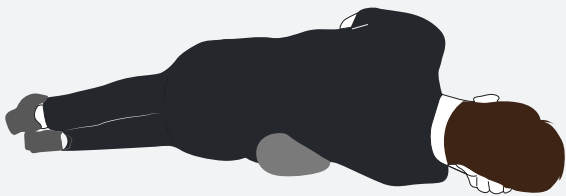
MUSCLE: SERRATUS ANTERIOR
TECHNIQUE: FLUSHING



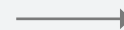
MUSCLE: DELTOID
TECHNIQUE: FLUSHING



MUSCLE: PEC MINOR
TECHNIQUE: STRETCHING

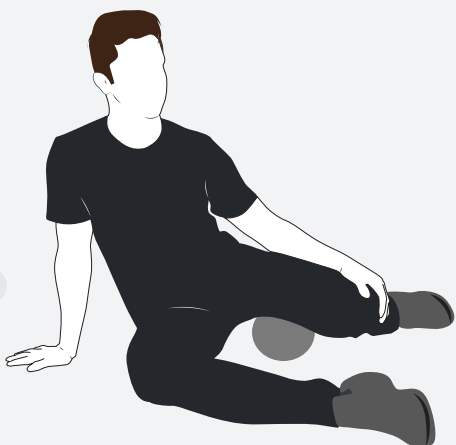


MUSCLE: QUADRATUS LUMBORUM
TECHNIQUE: COMPRESSION

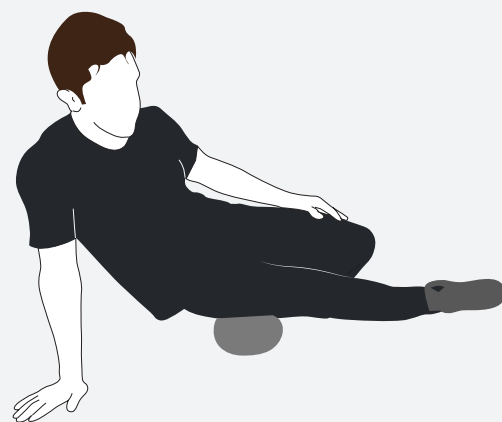


MUSCLE: THORACIC SPINE
TECHNIQUE: STRETCHING

LOWER BODY



MUSCLE: ADDUCTORS
TECHNIQUE: FLUSHING



MUSCLE: IT BAND
TECHNIQUE: FLUSHING