



Join The Community:
RADRoller.com



Service@RADRoller.com

Lifetime Gurantee

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

Warranty:

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

Patent Pending.



Once you get your hands on a RAD Roller, 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 Roller 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.



Release.
Relief.
Repeat.

The **Everywhere**
Massage Tool



The difference between the RAD Roller and other massage tools is simple. It's all about precision.

Truth is, you can oftentimes achieve far greater results by focusing on a single insertion point (that's where your muscle connects to bone or joint) than you can by stretching an entire muscle.

The RAD roller is small and compact so you can hit the pinpoint spots that other bulky tools like foam rollers and rolling sticks can't. We're talking hip joints, under the shoulder, feet and deep tissue in the neck and back.

This guide will show you the basics, but feel free to squiggle outside the lines and use it exactly where you need it.





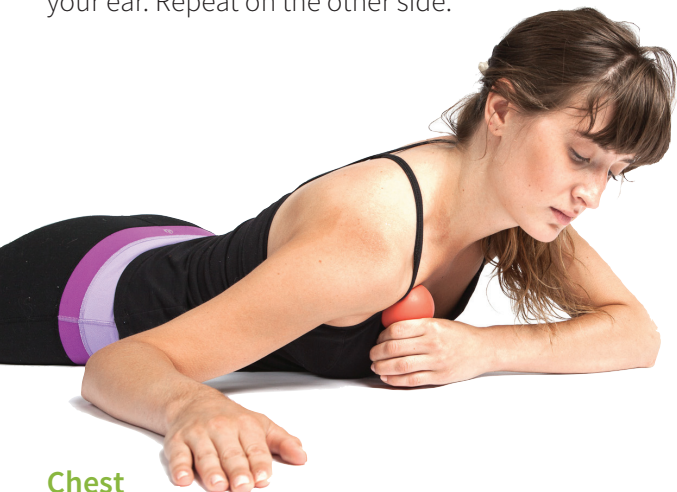
ROLLER



Neck

Rest the base of the skull on the roller. Either relax in this position, or make small one-inch circles with the roller to help release tight musculature.

Work around the head and stop once you get just behind your ear. Repeat on the other side.



Chest

Face a wall or pillar and hold the roller like you're holding a bottle of water. Start making small circles right below the outer edge of the collarbone and work down in the direction of the opposite hip.



Calf

Sit on the ground and lay your calf on the roller.

Search for the tender point right between the knee and ankle and work small circles around it, moving down toward the heel and stopping just before the Achilles tendon.

** Block Sold Separately*

Feeling Greedy?

Dig Deeper at

RADRoller.com

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 Roller properly.

Back

Lay back onto the roller and let your body completely relax. Breathe in and out, then lift your ribcage up off the roller, move to the next segment of your spine and repeat.

Work your way up from low back to the base of the skull.



Elbow

Lie belly-down and place the roller just below the elbow.

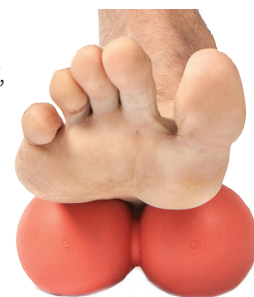
Roll back and forth, stopping on any knots and using slow, circular motions to release them.



** Block Sold Separately*

Foot

Place your foot on top of the roller, and gently begin to roll back and forth, putting pressure on the inner portion of the arch and focusing on creating length along the bottom of the foot.



Hip/IT band

Lay on you side and let the roller sink deep into the hip.

Slowly start to make small circles, opening up the tissue from your hip bones to the base of your spine.



Release. Relief. Repeat