

# RUMBLE ROLLER® GATOR

For best results:

- Roll very slowly and deliberately.
- Breathe deeply, and focus on relaxing your body.
- Pause for several seconds on any area that is particularly tight or tender.
- Wait for the pain to dissipate, then continue rolling.
- Abandon any movement that causes your pain to worsen.

## Mid & Upper Back

Position yourself face-up with the middle of your back on the roller, both knees bent, and feet flat on the floor. Look straight ahead and keep your head and neck in a neutral position.

Roll slowly from the lower edge of your trapezius muscles (lower-thoracic area) to the top of the rhomboids (upper thoracic area), but do NOT roll onto your neck. Rock to the right and left as you roll to hit all muscles of the back.



## Glute / Piriformis

Sit on top of the roller, with one foot crossed to the opposite knee. Place one or both hands on the floor behind you to support your upper body.

Slowly rock and roll the glute of your bent leg. Then switch leg positions to roll the opposite glute.



## Quadriceps

Position yourself face-down with both thighs resting on top of the roller. Support yourself on your elbows and forearms, and keep your abdominal and back muscles lightly flexed to stabilize your spine.

Roll slowly back and forth on the roller, from just above your knees to the crease of your hips. Your quadriceps muscles should stay relaxed throughout the movement, and your toes should drag the floor.

Tilt your body 45 degrees to the left or right to more effectively hit the quadratus lateralis. Repeat your back and forth movement until all tenderness dissipates.



## + Cross Friction

Cross frictional massage employs sideways forces to help loosen overly tight muscles. It's a simple but powerful technique that can be added to most foam roller exercises, including the ones shown in this guide.

Start with your body pressed firmly against the Gator. But instead of rolling, make an effort to shift your body an inch or so toward one end of the roller. During this time, the Gator's bumps should remain engaged with your skin, and you'll feel a tugging force on the underlying muscle. Repeat, and reposition the Gator as needed.

For some movements, you may need to stabilize the Gator with one hand to prevent it from rolling. Experiment with a prolonged application of force to stretch soft tissue, and quick forceful thrusts to help release it.

Some parts of your body will respond better to this technique than others. Please see our online instruction for specific tips and recommendations.

## Latissimus Dorsi (Lat)

Lie on your side on the floor, with your arm outstretched and over the top of the roller. Position the roller in the axillary area (armpit) so that it presses against your latissimus dorsi muscle.

Rock and roll slowly in all directions. The range of the rolling motion for this exercise is limited, but rocking from side to side will allow deep penetration of the muscle.



## Hamstrings

Sit with back of your thighs on top of the roller and both hands on the floor behind you. Keep your leg muscles relaxed, and let your heels lightly drag the floor.

Roll your hamstrings from just above your knees to just below your pelvis. To increase intensity, shift your weight to one leg by crossing your legs at the ankle.



## Calves

Sit with back of your calves on top of the roller and both hands on the floor behind you. Keep your calves and ankles as relaxed as possible.

Roll from just above your ankles to just below your knees. To increase the intensity, stack one leg on top of the other. Rock your legs left and right to hit all portions of the muscle.

