



## **ExL VIBRATING ROLLER**

Instruction Manual & Exercise Guide



## Disclaimer, Terms and Conditions

### IMPORTANT

Please read this entire manual before using the ProsourceFit ExL Vibrating Roller. Failure to follow these instructions can lead to significant injury and/or property damage.

ProsourceFit recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using ProsourceFit ExL Vibrating Roller discontinue use & consult your physician.

Please use caution & carefully follow all exercise instructions and use proper technique when using our ExL Vibrating Roller. Always modify exercises as needed for your fitness level.

### Safety Instructions

1. Stop exercising immediately if you experience discomfort, nausea, dizziness, or pain. See a physician immediately if you experience chest or stomach pain, palpitations, or difficulty breathing.
2. **DO NOT** use if injured. Do not use prior to doctor consultation if you have any of the following conditions: pregnancy, pace-maker, recent surgery, herniated discs or other back conditions, diabetes, heart disease, neuropathy, retinal damage, migraines or epilepsy, recent joint replacement, IUD's.
3. ExL Vibrating Roller is not a toy or plaything. **KEEP OUT OF REACH OF CHILDREN**, pets, or any individual who may require supervision.
4. Keep away from water, liquids, heat sources, and direct sunlight.
5. **DO NOT** attempt to disassemble
6. **DO NOT** use in vibration mode for more than one hour
7. Unplug the roller after charging and prior to use
8. Keep the switch in the **OFF** position when not in use

## Charging Port Side



Removeable Cap



Charging Port



## Power Switch/Level Side

### Level 1 - Low

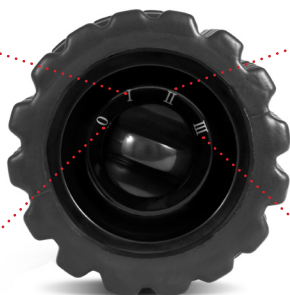
Good for warm-ups  
and lengthy rolling  
sessions

### Level 2 - Medium

Good for post-workout  
recovery

### Level 0

Power Off



### Level 3 - High

Good for deep massages  
and focused pressure for  
short periods

## AC Wall Charger



### SPECIFICATIONS:

AC/DC adapter input:

100-240V-0.5A

Output: 9V—1A

## **Use Instructions**

### **CHARGING:**

- 1.** Charge for 12 hours prior to first use. Subsequent full charges take 2 hours.
- 2.** To charge, connect the adapter to the charging port and plug into a power outlet.
- 3.** Charge lasts for 1.5 - 2 hours. You may recharge at any time, regardless of battery level.
- 4.** Foam roller operates on a lithium ion battery. Expected battery life is 2-3 years. Battery cannot be replaced.

### **HOW TO USE:**

One end of the roller contains the charging port, which can be covered when not in use with the convenient carrying handle cap. The other end has a switch with 4 level options:

- 1.** Level 0 – Off
- 2.** Level I – Low: Good for warm-ups and lengthy rolling sessions
- 3.** Level II – Medium: Good for post-workout recovery
- 4.** Level III – High: Good for deep massages and focused pressure for short periods

When not in use, keep the switch on the “0” (power off) position and place the roller on the end with the power switch or horizontally on the floor. It is recommended to start with level 1 then progress to the other levels as needed according to your comfort level.

## **Care Instructions**

Use a soft towel or cloth to wipe clean. Keep away from liquids and heat. Store in a cool, dry place.

# EXERCISE GUIDE

## CHEST



- 1.** Lie face-down with the foam roller under your armpit, near the front of the shoulder.
- 2.** Press your chest into the foam roller and roll back in forth on your chest muscles.

## HAMSTRINGS

(Back of Thigh)



- 1.** Sit on the foam roller so it is positioned just below your buttocks, with legs straight out in front of you, hands behind you on the ground for support.
- 2.** Roll slowly toward your knees. Try turning legs slightly in or out to find any additional knots before stopping.
- 3.** You may roll both legs at the same time, or one at a time by stacking one leg on top of the other.

## QUADRICEPS

(Front of Thigh)



- 1.** Lie with the foam roller under your hips, at the top of thighs, forearms resting on the ground to support your body.
- 2.** Keep feet off the floor, and slowly roll toward your knees (don't roll over your knee). Keep your hips up and don't let your stomach or hips sink toward the ground.
- 3.** You may roll both legs at the same time, or one at a time by stacking one leg on top of the other.

## LATISSIMUS DORSI

(Back)



- 1.** Lie on your side with foam roller underneath armpit, arm extended straight out with thumb toward the ceiling.
- 2.** Roll down toward your ribs, leaning forward or back slightly as needed to find tender spots.

## RHOMBOIDS

(Back)



- 1.** Lie down on the foam roller on your upper back, feet on the floor & knees bent.
- 2.** Cross arms in front of you so shoulders are slightly rounded forward.
- 3.** Lift hips off the floor, then shift weight to one side of your spine and roll along your upper back near your shoulder blades. Repeat on the other side.

## CALVES

(Back of Lower Leg)



1. Follow the same procedure for hamstrings, but roll between the knees and ankles.
2. You may roll both legs at the same time, or one at a time by stacking one leg on top of the other.
3. Try turning legs slightly in or out to hit the entire muscle group.

## OUTER THIGH



1. Lie sideways on the roller so it sits just lower than your hip.
2. Rest on forearm and lift bottom leg off the floor while crossing your top leg over and placing foot on the floor. To increase pressure, stack legs.
3. Keep body in one straight line as you roll from hip to knee.
4. Rotate leg slightly forward and backward as needed to find knots.



## ADDUCTORS

(Inner Thigh)



1. Lie on your stomach and place foam roller parallel to your body on one side.
2. Bend one leg to 90 to degrees and place the inner thigh on the roller, just above the knee.
3. Rest forearms on the floor and roll sideways so the roller moves towards your hips.

## GLUTES/PIRIFORMIS



1. Sit on the foam roller with knees bent and feet on the ground.
2. Cross one leg over the other knee, then slightly tilt body to the side of the leg that's lifted.
3. Roll slowly between your sit bone and hip. You may need to rotate slightly to the right or left as needed to find tight spots.

## FEET



- 1.** Stand with one foot on the roller, one on the ground.
- 2.** Turn on the roller and apply pressure to your foot as you slowly roll from heel to toe.

## **WARNING:**

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

## **1 YEAR LIMITED WARRANTY**

Covers manufacturing defects including any defects in materials and workmanship. ProsourceFit has sole discretion to determine manufacturing defects. This warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Warranty applies to all types of defects or failure during standard use.

## **QUESTIONS, CONCERNS OR COMMENTS**

Contact Customer Support by email: **support@prosourcefit.com** or by phone at **1 (855) 552-2637** and we will be happy to help you.



**www.prosourcefit.com**

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