

# FOAM ROLLER

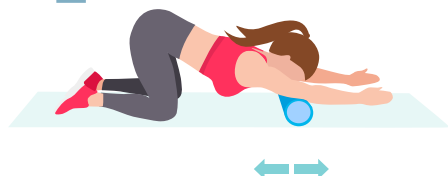
## Workout Guide



1

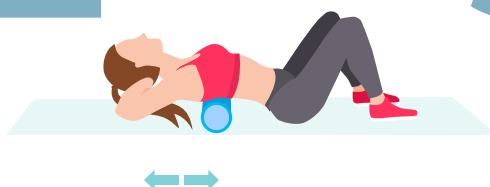
### Child Pose Slides

It's important to take care when using a foam roller on the back, however. It's easy to strain muscles.



2

### Shoulder Blades



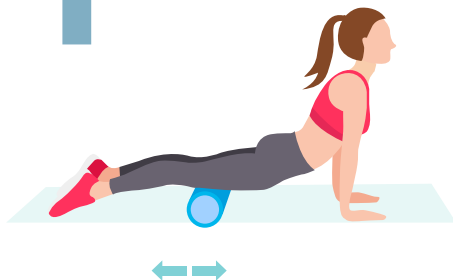
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### Back Extensions



4

### Grasshopper



5

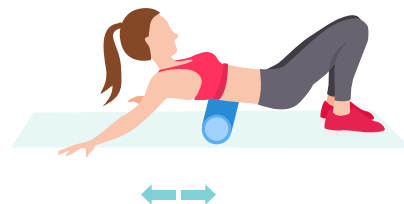
### Roller Dips

For best results try to stretch out and foam roll after each workout.



6

### Standing Forward Bend



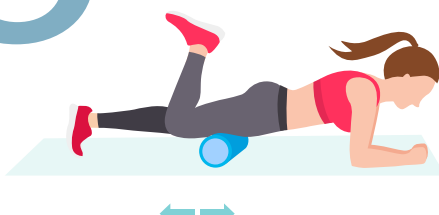
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### Abdominal Rolls



8

### Quads & Hip Flexors



9

### Glute Bridge





# FOAM ROLLER

## Quick Start Guide



## Benefits of Foam Rolling

- ✓ **Alleviates soreness & eases muscle pain**  
Foam rolling can be beneficial for easing sore muscles and reducing inflammation.
- ✓ **Increases range of motion**  
Helps increase your flexibility, elasticity and performance.
- ✓ **Increases Blood Flow**  
increases blood flow of muscle tissue, joints, and fascia.
- ✓ **Aids in muscle repair recovery**  
Decrease pain intensity, fatigue and stiffness in your body.
- ✓ **Helps injury prevention**  
Maintain muscle length and remedying tension and tightness.
- ✓ **Promotes relaxation**  
Breaking up tightness in your muscles helps you feel less tense and calmer as a result.

## Tips to get started

- 1 Start with light pressure and build up as you get used to foam rolling. You may find it painful to foam roll at first if your muscles are tight.
- 2 To adjust pressure, reduce the amount of body weight you're putting onto the roller. You can use other parts of your body to help support your body and take some of your body weight off the roller.
- 3 Slowly roll tender areas for 10 seconds to start, then work up to 30 to 60 seconds at a time.

*It's important to take care when using a foam roller on the back especially your lower back. It's easy to strain or injure your back further.*

## Storage and Care

- 1  Using a damp cloth, hand wash your Foam Roller with mild soap and water.
- 2  Do not use any strong or abrasive cleaning products as these can deteriorate the muscle Foam Roller.
- 2  Let your Foam Roller air dry and keep it away from direct sunlight.

## Warranty



We offer a 100% satisfaction guarantee for 1 year on all products. If you have any issues with a defective product, we will replace it free of charge!