

MULTI-POINT MUSCLE ROLLER EXERCISE GUIDE

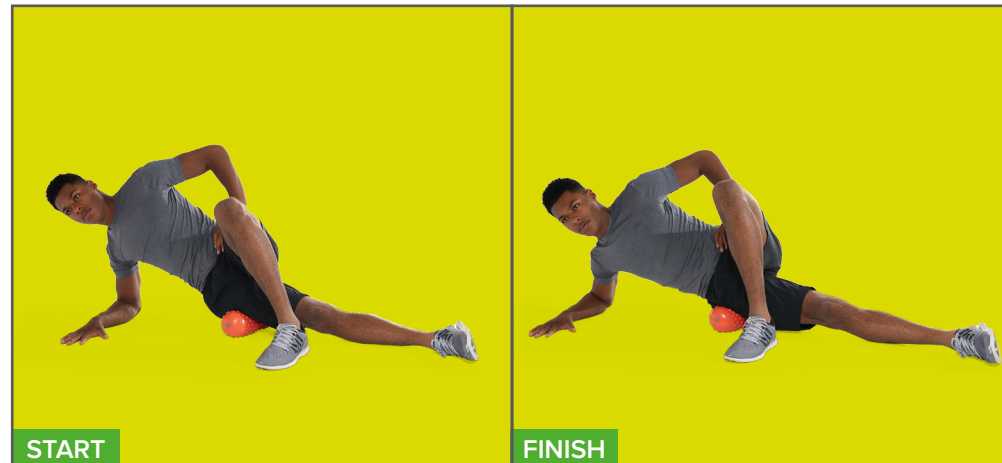
EXERCISE INSTRUCTION

- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 30-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each movement.
- Perform movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 30 seconds perform the movement more slowly, or take more rest between movements.

-OR-

- If unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.

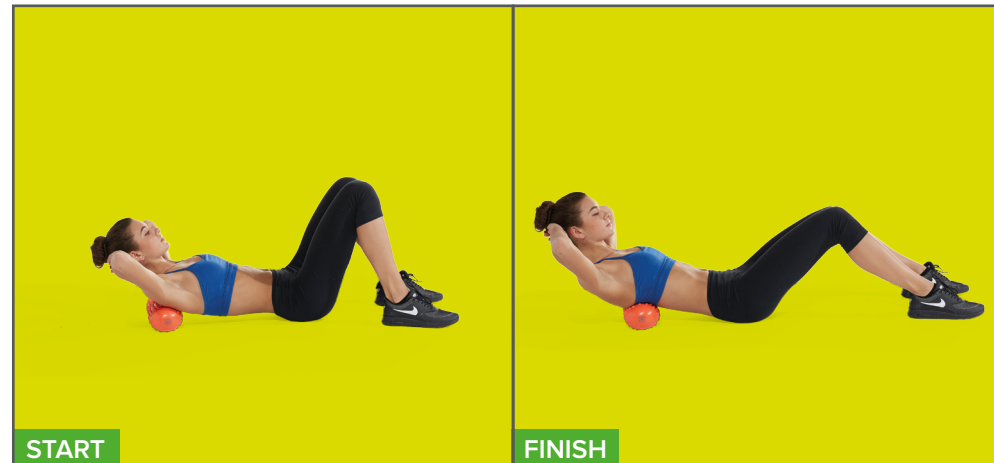
1. HIP ROLL



Lie on side with body straight, bottom arm bent with elbow on floor under shoulder supporting upper body. Bend top arm and leg and place foot flat on floor in front of bottom leg. Straighten bottom leg and position roller just below hip under side of upper leg with foot slightly off floor and toes pulled backward.

Press bottom elbow downward while keeping body straight. Point toes slightly, shift body backward while pressing and rolling side of leg across top of roller. Return slowly to start position and repeat.

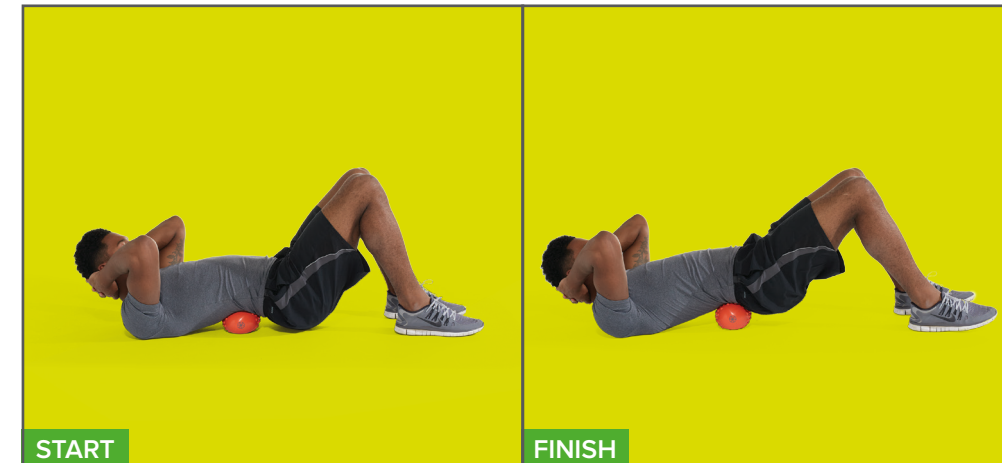
2. BACK ROLL



Lie on back with legs bent, feet and buttocks on floor, back straight and arms bent with hands behind head. Position roller across widest part of shoulders.

Press heels into floor and raise toes and buttocks off floor while straightening legs and rolling upper back across top of roller. Return slowly to start position and repeat.

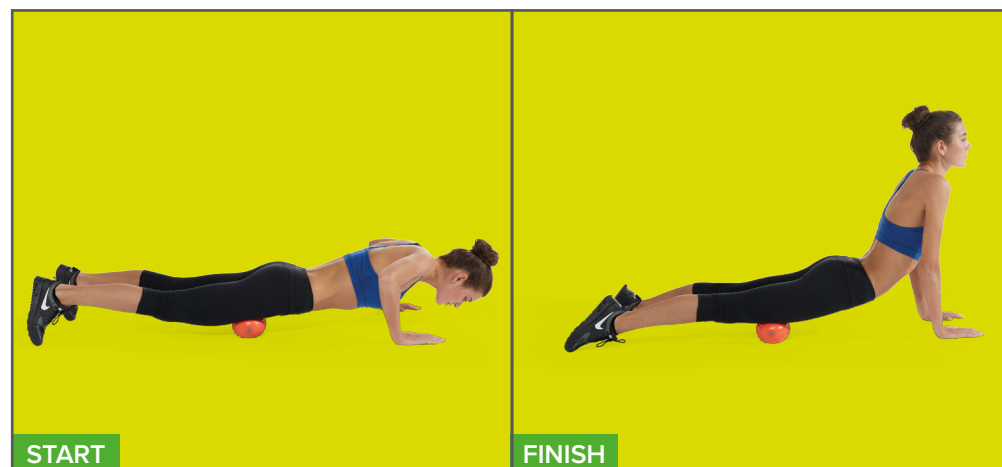
3. LOWER BACK ROLL



Sit on floor with legs slightly bent, feet flat on floor, arms slightly bent with hands behind head. Position roller across low back with buttocks off floor.

Bend knees and arms while dropping buttocks toward floor and rolling lower back across top of roller. Return slowly to start position and repeat.

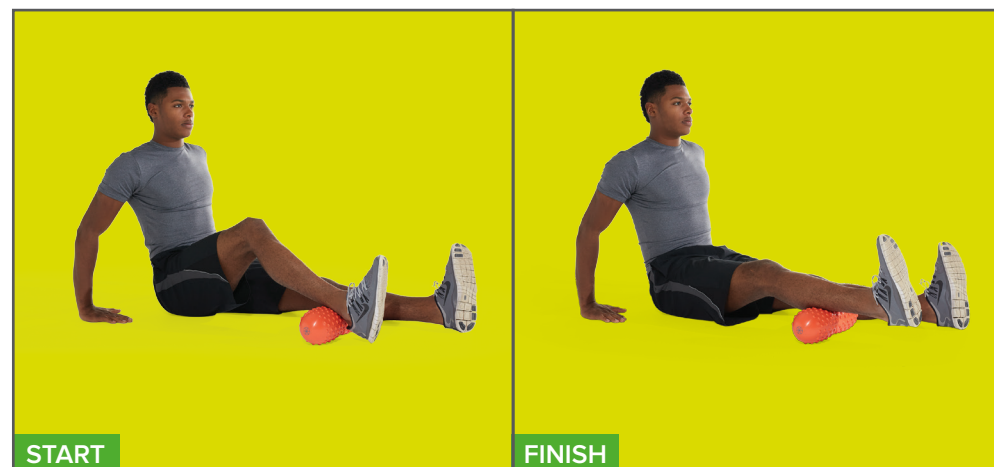
4. UPPER LEG ROLL (ANTERIOR)



Lie on stomach with body straight, toes on floor with arms bent and hands on floor under shoulders. Position roller just below hips under front of upper legs.

Press hands downward while straightening arms and raising chest above floor. Fully straighten arms, keep toes on floor, shift body forward while pressing and rolling upper legs across top of roller. Return slowly to start position and repeat.

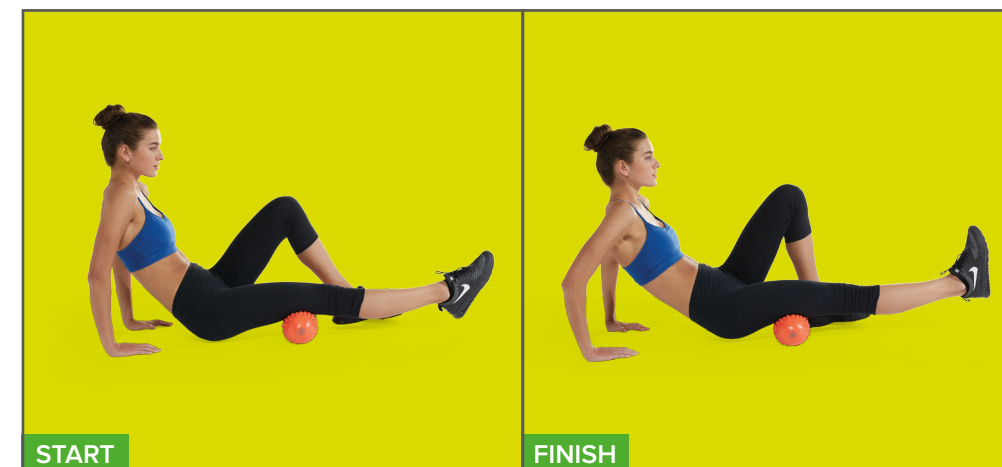
5. LOWER LEG ROLL (POSTERIOR)



Sit with back straight, hands on floor positioned slightly behind shoulders with arms extended and supporting upper body. Straighten one leg; bend opposite leg and position roller just above ankle under back of lower leg with heel on floor.

Press hands downward while raising buttocks slightly off the floor. Straighten bent leg, raise heel off floor and pull toes backward while pressing and rolling lower leg across top of roller. Return slowly to start position and repeat.

6. UPPER LEG ROLL (POSTERIOR)



Sit with back straight, hands on floor positioned under shoulders with arms extended supporting upper body. Bend one leg; straighten opposite leg and position roller just above knee under back of upper leg with heel off floor.

Press hands downward while raising buttocks off the floor. Fully straighten leg, pull toes backward, shift body forward while pressing and rolling upper leg across top of roller. Return slowly to start position and repeat.