

## ROLLING RELIEF KIT 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.

### MUSCLE THERAPY FOAM ROLLER

#### UPPER LEG (SIDE)



Position roller under outside of upper leg, straighten leg and point toes. Press hands into floor, and shift body forward and backward while rolling roller along side of upper leg.

#### UPPER LEG (BACK)



Position roller under back of upper leg, straighten leg with heel off floor. Press hands into floor, slightly raise buttocks and shift body forward and backward while rolling roller along back of upper leg.

#### UPPER LEG (FRONT)



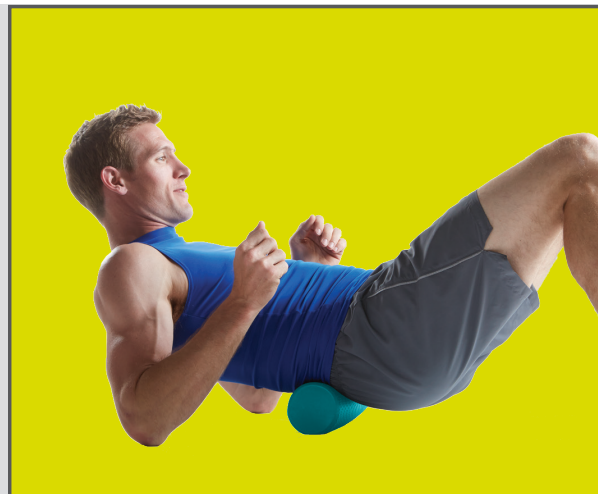
Position roller under front of upper leg, straighten leg with toes on floor. Press hands into floor, and shift body forward and backward while rolling roller along front of upper leg.

#### UPPER BACK



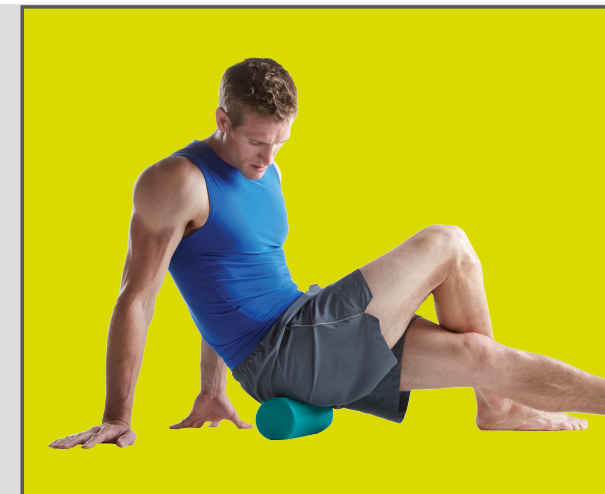
Position roller under upper back, bend legs and straighten arms. Press feet and hands into floor, raise buttocks and shift body forward and backward while rolling roller along center of upper back.

#### LOWER BACK



Position roller under lower back, bend legs and arms. Press feet and elbows into floor, raise buttocks and shift body forward and backward while rolling roller along center of low back.

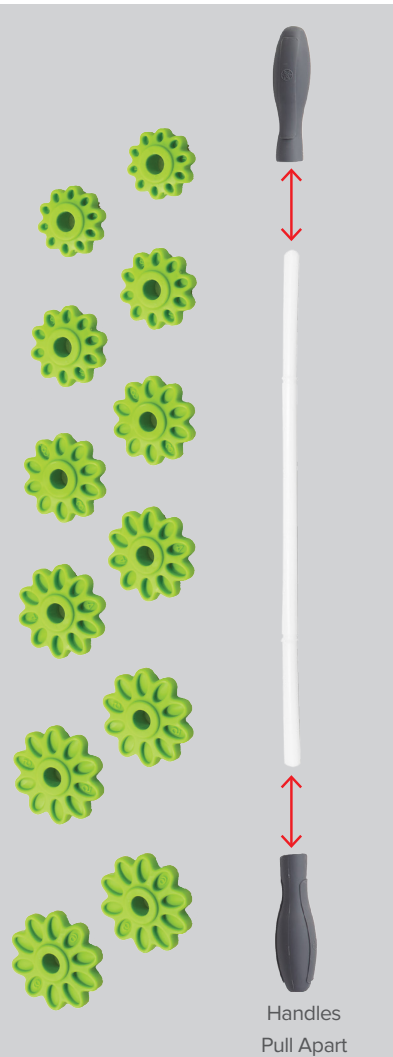
#### BUTTOCKS



Position roller under buttocks, bend and cross leg placing foot flat on floor. Press hands and foot into floor and shift body forward and backward while rolling roller across center of buttocks.

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### DEEP TISSUE FOAM ROLLER



#### HUNDREDS OF OPTIONS IN ONE!

Customize your relief. Featuring an easy attach-and-remove handle that allows you to take off and arrange the massage rings in any order, the Adjustable Massage Roller can be configured hundreds of ways for a personalized pain solution.

<p><b>LOWER BACK</b></p>	<p><b>LOWER LEG</b></p>	<p><b>UPPER LEG/QUAD</b></p>
<p><b>NECK</b></p>	<p><b>UPPER BACK/SHOULDER</b></p>	<p><b>UPPER LEG/HAMSTRING</b></p>

### MASSAGE BALL

#### EXERCISE INSTRUCTION

- Complete 1-3 sets per exercise, 15-60 seconds per set.
- Perform each exercise with a comfortable amount of muscle pressure.
- When applicable, perform selected exercise for an equal amount of time on each side of body.
- Roll the ball along the entire area of the tight and (or) sore muscles.
- If desired, stop and apply pressure with the ball directly over the knotted muscle area(s) for 3-5 seconds.
- Ball exercises may be performed daily, or as needed.
- **IMPORTANT!** Remember to always roll the ball over the muscles and soft tissue areas, while avoiding prominent bony areas.

#### SHOULDER



Lie on side and position ball under back of shoulder. Roll ball in a small circular motion along back of shoulder. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

#### BUTTOCKS



Lie on back and position ball under buttock. Roll ball in a small circular motion. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

#### LOWER LEG



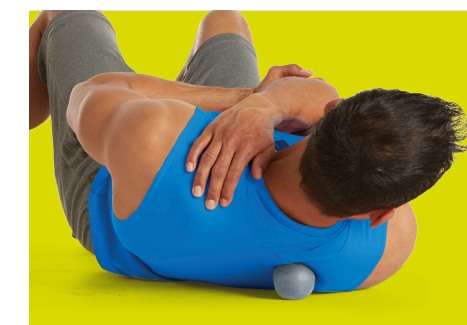
Sit and position ball under back of lower leg. Roll ball forward and backward along underside of lower leg. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

#### FOOT



Sit or stand and position ball under arch of foot. Roll ball forward and backward along underside of foot. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

#### UPPER BACK



Lie on back and position ball along the side of the spine just above the shoulder blade. Roll ball up and down the upper back along length of spine. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

#### LOWER BACK



Lie on back and position ball along the side of the spine just above the hips. Roll ball side to side from spine to side of waist. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

#### HIP



Lie on side and position ball along side of upper thigh just below hip. Roll ball up and down the side of the leg. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

#### MID BACK



Lie on back and position ball along the side of the spine between the shoulder blades. Roll ball up and down the mid back along length of spine. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.