



# Day 1 Fitness Massage Roller



# Let's get started!

Foam rolling should be an essential part of your daily routine. It is great for lengthening and elongating muscles and particularly beneficial for anyone that suffers from tight and fatigued muscles, such as athletes or those that sit at a desk all day. The roller is also an effective way to loosen up muscles, such as the IT Band and shin muscles, that are hard to access through conventional stretching techniques.

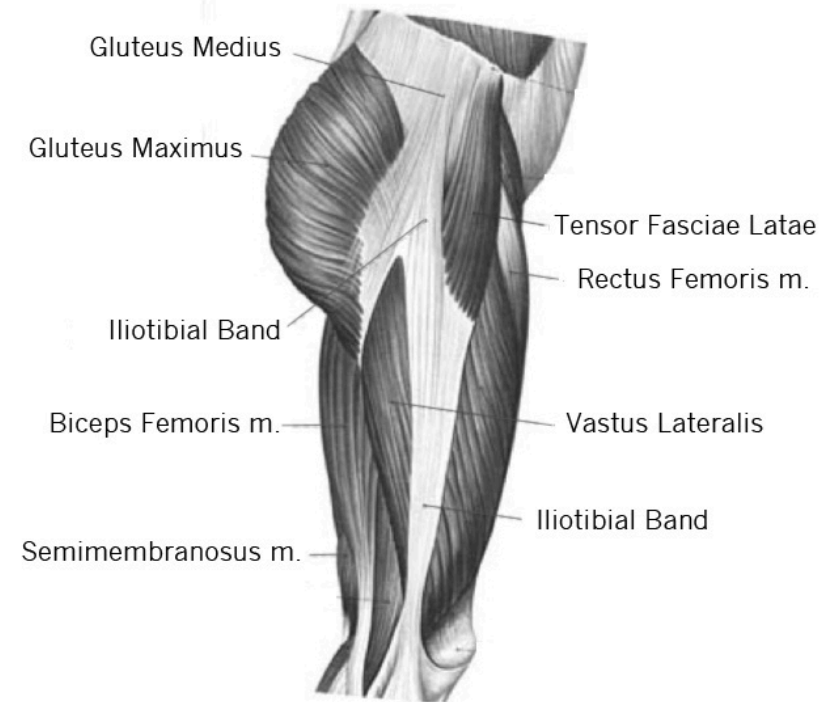
Self myo-fascial release allows normal blood flow to return and help restore healthy tissue. When used frequently and often the foam roller can greatly assist with correcting muscle imbalances, improve range of motion, help prevent injuries and recovery. Foam rollers can be used before a workout, to warm up the muscles before stretching, after exercising or every morning for a great start to the day!

## **Motion:**

Slowly roll the targeted area until the most tender spot is found. Hold on that spot while relaxing the targeted area and discomfort is reduced, between 30 seconds and 90 seconds.

## **Disclaimer:**

Foam rolling is not appropriate for all clients, including those with congestive heart failure, kidney failure, or any organ failure, bleeding disorders, or contagious skin conditions. If clients have medical issues, have them seek the advice of their medical professional before you begin.





## Calves (Gastrocnemius/Soleus)

- Place the roller under one of your calves and rest your other foot on the floor as shown.
- Roll from the ankle to below the knee.
- Rotate the leg in, then out.
- You can also stack your ankles to add more pressure.



## Iliotibial (IT) Band

- Place the roller under your hip.
- To roll your left leg, cross your right leg over the left placing your foot on the floor as shown.
- Place both hands on the floor for support.
- Using your left arm to assist the motion, roll your thigh back and forth over the roller from just below your hip to above your knee.
- Switch sides



## Piriformis (Glutes)

- Place the foam roller under your glutes as shown. With arms extended behind you, with palms firmly on the floor, cross your right leg over your left.
- Left foot placed firmly in front, knee bent. Move your glutes back and forth across the roller.
- You can slightly tilt to one side to concentrate more pressure.



## Thoracic Spine (Upper back)

- Position the roller underneath your shoulder blades. Bend your knees so your feet are flat on the floor.
- Raise your torso and glutes off the ground and either cross your arms over your chest or place hands behind your neck for support.
- Slowly roll back and forth so the roller moves up and down the middle of your back and the top of your shoulder blades.
- Keep your head and neck aligned with your back, looking straight up at the sky, as to not put extra stress on your spine.



# Quadriceps

- Position the roller under your thighs. Place your elbows and forearms on the floor in front of you as shown to support your weight.
- Feet should be stretched out behind you with toes on the floor and heels towards the sky.
- Use your arms to gently roll back and forth from your pelvic bone to just above your knees.



# Hamstrings

- Position the roller under your legs. With arms planted behind you, palms firmly on the floor to support your body.
- Legs either straight out in front, or stacked for more pressure. Feet off the floor.
- Using your arms to gently roll back and forth from your glutes to just above your knees.



# Ball Rolling

- A muscle knot relief ball will help to penetrate through layers of skin and connective tissues to get deeply and precisely into the muscle knots to rub out adhesions and tension.
- The density of the ball allows you to maneuver around bones without pinching or irritation nerves like a harder golf ball or lacrosse ball.
- It is best to always lie on an exercise mat, yoga mat, or soft carpet to help absorb pressure.
- Avoid placing the ball directly on your bones.
- If you are prone to blood clots, varicose veins osteoporosis, or any other conditions that might be affected by self massage, please consult your Physician before using any of the massage products in this kit.





# Massage Stick

- Grasp handles of massager and place thumbs on handles facing towards the roller.
- While applying pressure be sure to use thumb to guide the roller instead of palm of your hand.
- Maneuvering with your thumbs will allow you more sensitivity and control over the pressure that you apply.
- This technique will also allow you to feel the restrictive tissue and assess the area of concern.
- When muscle soreness is located, relax your position.
- Apply pressure with the car at origin of muscle and roll massage roller through the entire area of pain and stiffness with moderate pressure.
- Do not force the tissue to release.
- Use moderate pressure making about 10 or so runs from top to bottom.
- If you locate a trigger point (knotted muscle) gently kneed it for about 10 seconds.
- You may also rotate the massage roller moving first towards 12 o'clock, the 3, 6 and 9 o'clock areas.
- If medical conditions apply, please speak with your doctor before use.

