

# Weighted Massage Roller

Includes  
5 Exercises:



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After a challenging workout or even after a long day in the office, tight muscles throughout the body are often aching for massage and release. Incorporate Weighted Massage Rollers into your daily routine to relieve muscular tension and stimulate reflex zones. Its gentle spikes also assist with stimulating blood flow and promoting circulation.

## Upper Shoulder Relaxer



**Starting position:** sit on a mat in a comfortable position. Place Weighted Massage Roller against upper shoulder and neck



Apply pressure and roll the Roller against the muscles allowing the head to tip toward the opposite side

## Neck Nuzzler



**Starting position:** lie facing up on a mat, legs bent or straight for most comfort. Place Weighted Massage Roller under neck to relieve tension

Achieve a greater massage by gently lowering the chin toward the chest and nodding the head forward

## Scapula Targeter



**Starting position:** lie facing up on a mat, legs bent or straight for most comfort. Place Weighted Massage Roller under one shoulder joint  
Allow the weight of the shoulder to sink down onto the Roller

**Starting position:** sitting on a Stability Ball or a flat surface, place the Weighted Massage Roller under the heel

Slowly roll the Roller along the bottom of the foot all the way to the toes

Apply even pressure for a mild sensation. You should not feel pain

**Modification 1:** alter the massage by rolling the outside edge or the inside edge of the foot

**Modification 2:** challenge coordination by using one Weighted Massage Roller on each foot and alternate the direction of each foot passing them by each other, maintaining even pressure on the feet



Modification 1



Modification 2



## Achilles Tendon Massage

**Starting position:** sit on mat with one leg long in front and one leg bent. Use hands for support. Place Weighted Massage Roller under the ankle

Apply gentle pressure down and bend the knee rolling the Roller toward the heel. Slowly lengthen the leg rolling the Roller up the leg

To change the target of the massage, add slight inward or outward rotation of the leg



## WARRANTY, CARE AND USAGE FOR WEIGHTED MASSAGE ROLLER

### Warranty

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

### Care and Cleaning

- Wipe clean using a diluted mixture of water and mild soap
- Rinse well
- Ensure product is dry before using
- Never use corrosive cleaning products

### Safety and Usage

Improper use of exercise equipment may cause serious bodily injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Do not allow children to use or be around equipment without adult supervision.
- Maintain control of the Weighted Massage Roller at all times while exercising.
- Perform exercises in a slow and controlled manner, avoid excessive tension in neck and shoulders.
- Do not use equipment if it appears worn, broken or damaged, and do not attempt to repair equipment yourself.
- Use equipment only as recommended.