

# Foam Roller

Massage Point and  
Two-in-One Massage Point

Includes  
8 Exercises:



- p.2 Thigh Massage
- p.2 Lower Leg Massage
- p.3 Glute Massage
- p.3 Abductor Massage
- p.3 Abductor Massage
- p.4 Lat Massage
- p.4 Upper Back Massage
- p.5 Calf Massage

The raised bumps on the Foam Roller Massage Point and the Two-in-One Massage Point provide targeted massage to the body. When used for myofascial release work, the textured foam outer layer allows you to zero in on muscle tightness and trigger points. The solid inner cylinder stands up to repeated use without breaking down and provides uncompromising support. Each training tool can also be used within exercise programming to provide tactile feedback and proprioceptive challenge. Note that this type of roller can be fairly aggressive so care should be taken when using for fascial release.

## Thigh Massage



**Targets:** Quadriceps

**Starting position:** Lying on the mat, weight on forearms, spine supported, one thigh resting on Massage Foam Roller, other leg resting on mat, legs long.

Reach same arm as leg back and hold onto toes, lengthening the front of the thighs. Hold position for several breaths keeping torso stabilized.

**Modification:** Rotate torso toward back arm, creating more length through the front of the thigh.

*Repeat on other leg.*

## Lower Leg Massage



**Targets:** Shin muscles

**Starting position:** On hands and knees, torso neutral, one leg long, resting on Massage Foam Roller, just below the knee, shoulders stabilized.

Bend knee of gesture leg, pulling knee up toward hand. Lengthen leg, pushing Roller away. Continue motion with a smooth breath, applying pressure down on the Roller to assist with massage.

*Repeat on other leg.*

## Glute Massage

**Targets:** Gluteus maximus and hamstrings

**Starting Position:** Seated on Massage Foam Roller, directly on the top of the Roller, one leg bent with foot on the mat, other leg slightly bent with foot on the mat, slightly forward of other foot, hands resting on the mat.

Straighten the forward leg, rolling back on the Roller and flex forward ankle, lengthening the muscles along the back of the leg.

Bend the forward leg, returning to the starting position.

*Repeat several times applying slight pressure on Roller, then, repeat on other leg.*



## Abductor Massage



**Targets:** Outer thigh

**Starting Position:** Side-lying with outer thigh resting on Massage Foam Roller, resting on forearm.

Pull elbow in toward waist and roll Roller along outer thigh.

Press elbow away to return.

*Repeat several times applying slight pressure on Roller, then repeat on other leg.*

**Modification:** Keep the Roller in one place for several seconds before moving to another location.

## Abductor Massage - Two-in-One



**Targets:** Outer thigh

**Starting position:** Side-lying with one hip on the Massage Point Foam Roller, resting on the forearm, bottom leg long, top leg bent with foot on the mat in front of the bottom leg, top hand resting on top hip.

Straighten top leg and roll Roller down along the outer thigh.

Bend top leg and roll Roller back to the starting position.

*Repeat several times, applying slight pressure on the Roller, then repeat on the other side.*

**Note:** Keep weight in the top foot if pressure is too intense.

## Lat Massage - Two-in-One

**Targets:** Latissimus dorsi  
(lower shoulder muscle)

**Starting position:** Side-lying with legs long and staggered on the mat, side of rib cage resting on Massage Point Foam Roller, bottom arm long resting on mat, top arm reaching overhead.

Hold position for several breaths, allowing muscles to release.

*Repeat on other side.*



## Upper Back Massage - Two-in-One



**Targets:** Upper back, lengthens abdominals

**Starting position:** Lying on back on the mat, upper back resting on Massage Point Foam Roller, hands behind head, knees bent with feet on the mat.

Release upper back over Roller lengthening abdominals, tighten abdominals and return to starting position.

*Repeat 8-10 times.*

**Modification:** Hold stretch position for several breaths.



## Calf Massage - Two-in-One



**Targets:** Calf muscles

**Starting position:** Supported on hands on the mat, legs long, with lower legs resting on Massage Point Foam Roller, keep seat lifted off the mat and shoulders stable.

Curl tailbone under and push Roller away and along back of calves. Allow elbows to bend slightly if necessary.

Bring torso back in line with arms and move Roller down toward ankles.

*Repeat several times applying slight pressure into Roller.*

## WARRANTY, CARE AND USAGE FOR FOAM ROLLER MASSAGE POINT

### 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
- 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.
- Use equipment for therapeutic massage only on the advice of a physician.
- Gentle pressure should be used to avoid damaging the muscle and surrounding tissue.
- Periods of extended use may result in muscle soreness.
- Mild discomfort should be felt when rolling over trigger points – never pain.
- Do not try to stand on the Foam Roller Massage Point.
- Do not allow children to use or be around equipment without adult supervision.
- Maintain control of the Foam Roller Massage Point at all times while exercising.
- Perform exercises in a slow and controlled manner.
- Do not use this product if it appears worn, broken or damaged, and do not attempt to repair equipment yourself.
- Use equipment only as recommended.