

Introduction to Foam Rolling

This foam roller set is a great tool for deep tissue massage therapy, helping relieve muscle tightness, soreness, and inflammation, and increasing your joint range of motion.

Use these items **pre-workout for around 30 seconds per body part**, to ease tension and boost performance. Then use them to assist with the recovery process **post-workout, spending 1-2 minutes per body part**. If you find any knots, otherwise known as “trigger points”, then pause, take a few deep breathes, and allow the muscle to gradually relax.

Where shown, we suggest starting with the level 1 version of the exercises and only moving to level 2 when you feel comfortable and more pressure is needed. The **deep tissue foam roller is better for larger muscles** and the **soft inner roller for more sensitive areas**; as indicated in the images on the following two pages. However your body is for unique so use what works for you!

Dos

Do expect a little bit of discomfort- this is normal when rolling on tender spots. But it should never be unbearable, sharp pain.

Do stay within the limits of your personal fitness- better to start off with more basic exercises than push yourself too early and cause injury.

Do roll slowly- no more than one inch per second. Never roll in a fast back-and-forth motion.

Do wait 24-48 hours between foam-rolling sessions - your body needs time to recover.

Do drink plenty of water after rolling- just like a massage, rolling releases toxins which need to be flushed out.

Don't's

Don't continue if bruising occurs- this is a sign of applying too much pressure. Focus on other body parts and allow the bruised area to recover.

Don't roll directly on an injury- this could create more inflammation and tension in the area.

Don't roll directly on a joint or bone- there is nothing to be gained by rolling them except pain and bruising!

Don't roll your lower back- the lower part of your spine has little in the way of protection.

Don't roll to the point of excessive soreness- placing too much sustained pressure on one body part can result in damage.

Safety Warning

The foam roller set must be used responsibly and appropriately.

Always consult your physician before starting an exercise program.

Not intended for young children, use by under 18's not recommended.

When first attempting any exercise shown, use caution while determining your physical limitations.

Be sure to wear appropriate exercise clothing when using this foam roller set.

Maintenance & Care

Clean the foam roller set with mild soap and warm water, Do not use abrasive or chemical cleaners.

Do not submerge the foam roller in water.

Keep the foam roller out of direct sunlight and away from extreme high or low temperatures, heat sources or open flames.



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ALL 3 CAN BE USED FOR BELOW EXERCISES.



Recommended part

Lower Body Hamstrings

Roll from just above the knees, to just below the glutes, rotating your legs to target all areas of the hamstrings.



Upper Body

Calves

Roll from just above the ankles to just below the knees, rotating your legs to target all areas of the calves.



Triceps

Roll from just below the elbow to just above the armpit, rotating the arm to target all areas of the triceps.



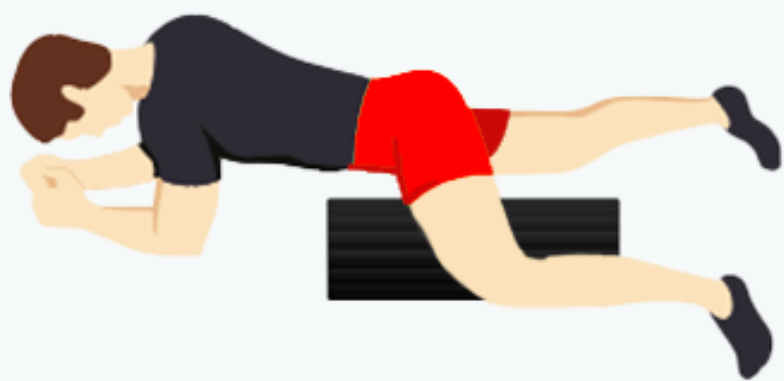
Neck

Place your hands on your abdomen and take 5 seconds to rotate your head from one side to the other.



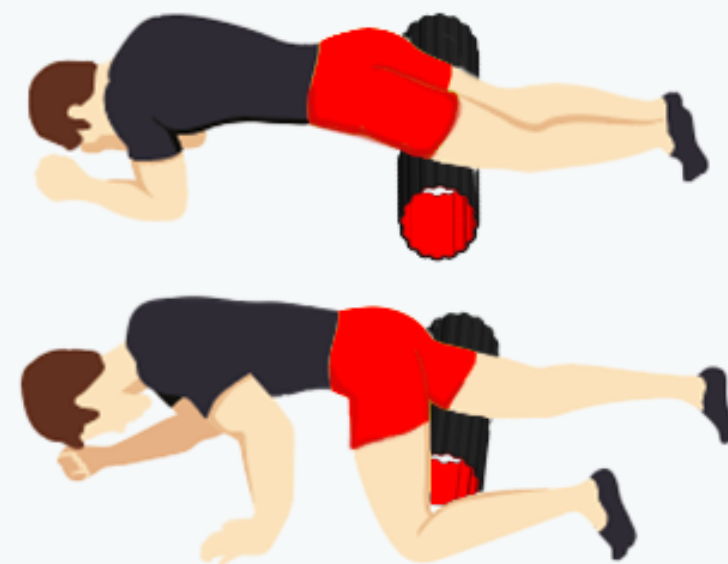
Adductors

Roll from just below the groin to just above the knee, balancing with your forearms.



Quadriceps

Roll from just above the knees to just below the hips rotating your legs to target all areas of the quads.



Deltoids

Start at the top of your arm and roll a few inches down your arm, rotating to target part of your upper back if needed.

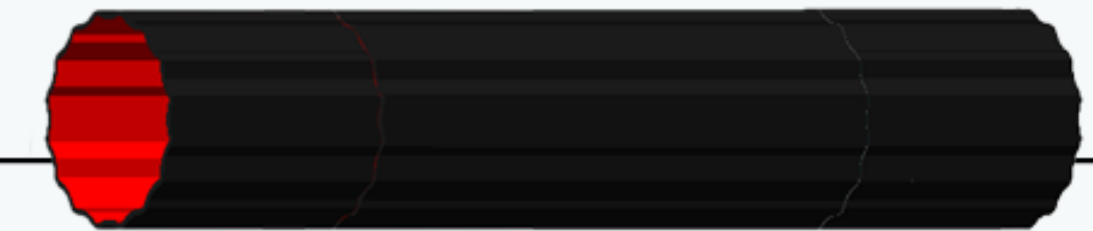


Biceps

Roll from just below the elbow to just above the armpit, rotating your arm to target all areas of the biceps.



Recommended part



Glutes

Roll from just below the spine to just above the hamstring, leaning to one side for added pressure if needed.



Tibialis Anterior

Roll from just below the knees to just above the ankles, keeping your core tight at all times.



Latissimus Dorsi

Start just below the armpit and roll a few inches down your body with the help of your opposite arm and leg.



Upper Back

Fold your arms to stretch your back, and roll from just below your shoulder blades to the middle of them.

