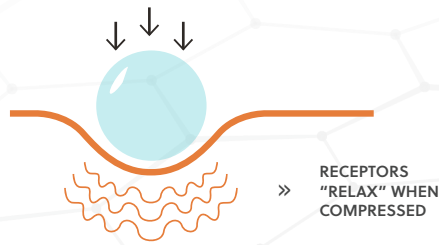


TECHNIQUES › Mix and match for a minimum of 10 minutes per day.

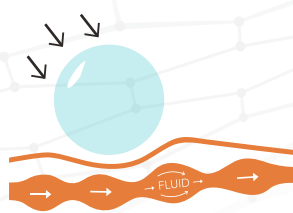
COMPRESSION / POINT RELEASE

- WHAT** Corrective
- HOW** Oscillate slowly on a spot
- WHEN** Morning, evening, post-workout, post-travel, during lunch break
- TIME** 10 breathe cycles (2 minutes)



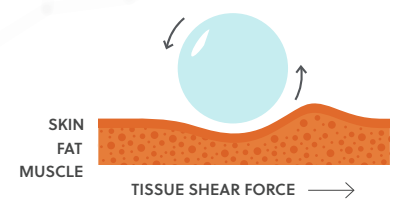
FLUSHING

- WHAT** Repair and recovery
- HOW** Lengthwise along a muscle
- WHEN** Pre and post workout or physical activity, when feeling stiff
- TIME** 20 movements



SHEARING

- WHAT** Corrective
- HOW** Press and pull or twist tissue
- WHEN** Supplement physical therapy, pre workout or physical activity
- TIME** 10 breathe cycles (2 minutes)



WHY ROLL BENEFITS

- + STRETCH IT OUT**
Simulate and open muscles to make your stretching more effective.
- + KEEP JOINTS ALIGNED**
An aligned body is best suited to handle the stresses of gravity.
- + DETOX YOUR BODY**
Tight muscles aren't effective pumps; keeping fascia relaxed facilitates body cleansing.
- + REDUCE SORENESS**
Rolling clears after-effects of exercise by pumping nutrition into the muscle.
- + REDUCE CHANCES OF INJURY**
Your tires wear unevenly if your car's alignment is off.
- + STAY LOOSE**
Improve adaptability to keep up with lifestyle demands.



MOTIONREVOLUTION



RADBLOCK
ELEVATED LEVERAGE AND STORAGE IN

The RAD Block isn't your typical massage or mobility tool. Not by a long shot. This multi-purpose prop kicks things up a notch (make that two) with features that secure and store the RAD Roller and RAD Rounds. Just pop them into the slots for hands-free, isolated pressure in hard-to-reach spots like the shoulders, pecs and adductors. Then slide them into the side storage holes for easy, full-kit travel.

WHAT IS SMR?

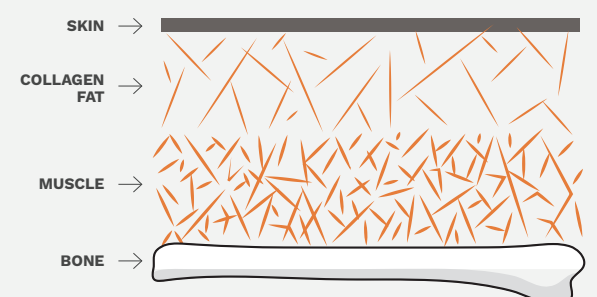
Self Myofascial Release (SMR), commonly referred to as foam rolling, is a soft tissue therapy for releasing tension in fascia that restricts movement in our bodies.

FASCIA

Fascia is a general term for the continuous stream of fibrous tissue throughout the body that gives muscles their shape, connects muscles to other muscles and bone, and holds everything in place on your skeleton.

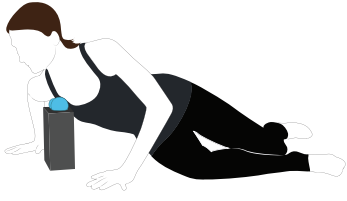
HOW SMR WORKS

Through techniques like compression and shearing, we are able to stimulate small receptors in our body that help muscle and tissue relax and lengthen. Longer muscles and less tension lead to all kinds of good things like less compression of joints, wide range of motion and increased mobility.



FASCIA IS WOVEN BETWEEN SKIN, FAT AND MUSCLE THROUGHOUT OUR BODY.

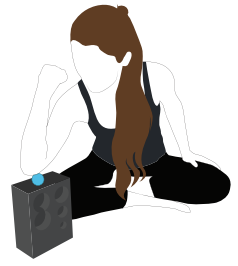
UPPER BODY



MUSCLE: PECS
TECHNIQUE: COMPRESSION

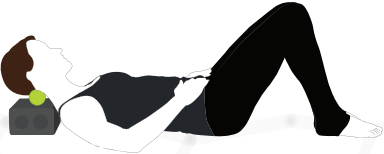


MUSCLE: ROTATOR CUFF
TECHNIQUE: COMPRESSION



MUSCLE: TRICEPS
TECHNIQUE: COMPRESSION

SHOULDERS



MUSCLE: UPPER NECK
TECHNIQUE: COMPRESSION

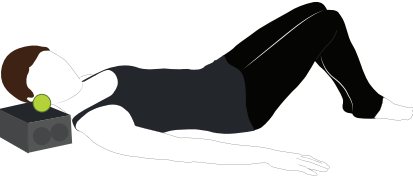


MUSCLE: SERRATUS ANTERIOR
TECHNIQUE: COMPRESSION



MUSCLE: TRICEPS
TECHNIQUE: COMPRESSION

LOWER BODY



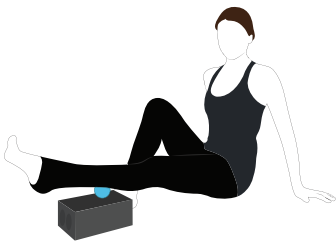
MUSCLE: TEMPLE
TECHNIQUE: COMPRESSION



MUSCLE: PERONEALS
TECHNIQUE: COMPRESSION



MUSCLE: CALVES
TECHNIQUE: COMPRESSION



MUSCLE: CALVES
TECHNIQUE: COMPRESSION



MUSCLE: ADDUCTORS
TECHNIQUE: COMPRESSION



MUSCLE: HIPS
TECHNIQUE: COMPRESSION



FREERAD
APPLICATION



Check out our RAD Roller YouTube channel for how-to videos.



Roll out for at least 5 minutes per day for optimal relief.



Enjoy an increased sense of well-being, mobility and faster recovery.



Download the app for usage tips, curated playlists and more.

QUESTIONS?

REACH OUT TO

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radroller.com
866.247.3241

