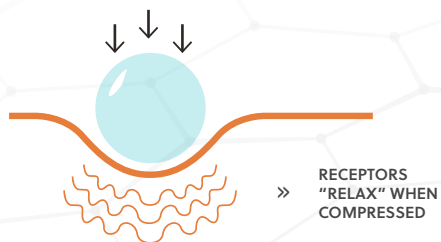


**TECHNIQUES** > Mix and match for a minimum of 10 minutes per day.

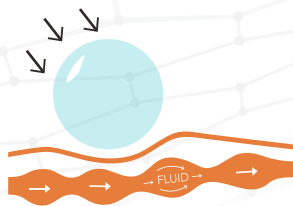
**COMPRESSION / POINT RELEASE**

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



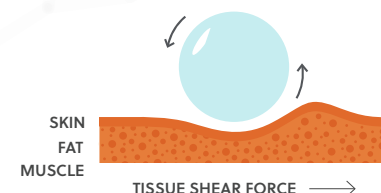
**FLUSHING**

- 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



**RADHELIX**  
**THE ONLY ROLLER** INSPIRED BY DNA

The RAD Helix has low back extension and three-dimensional muscular release down to a science. No joke, this baby puts traditional foam rollers to shame. The arched design replicates a double helix, the building blocks of the body. And for good reason too. This anatomical shape is almost human, relentlessly unlocking stiffness on two planes and flushing out toxins to promote healthy, open posture.

**WHAT IS SMR?**

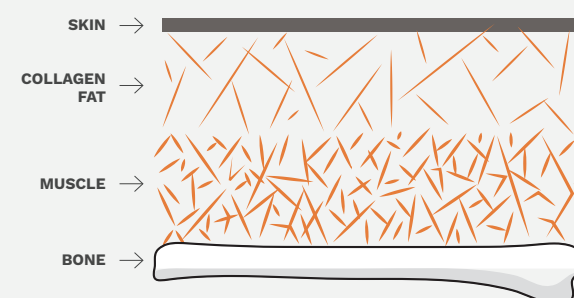
Self Myofascial Release (SMR), commonly referred to as foam rolling, is a soft tissue therapy for releasing tension in fascia that restricts movement in our bodies.

**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.

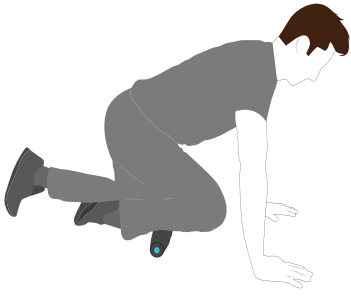
**HOW SMR WORKS**

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.

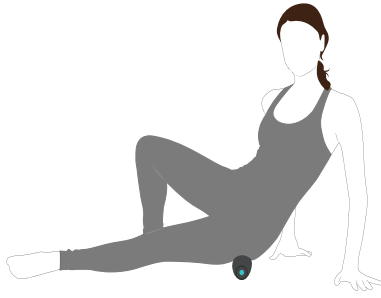


**FASCIA IS WOVEN BETWEEN SKIN, FAT AND MUSCLE THROUGHOUT OUR BODY.**

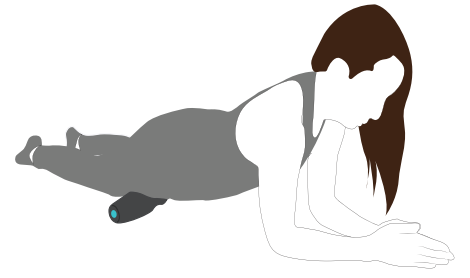
## LEGS + HIPS



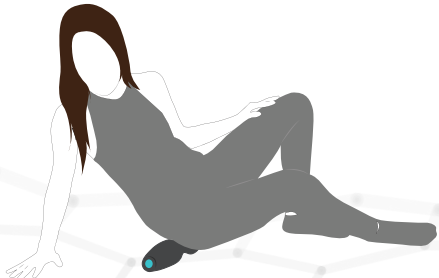
**MUSCLE:** TIBIALIS ANTERIOR  
**TECHNIQUE:** COMPRESSION



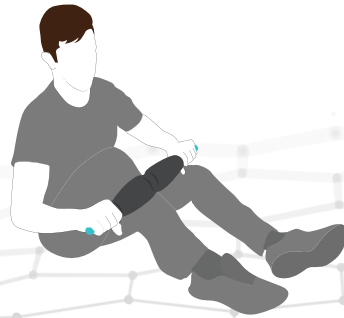
**MUSCLE:** IT BAND  
**TECHNIQUE:** COMPRESSION



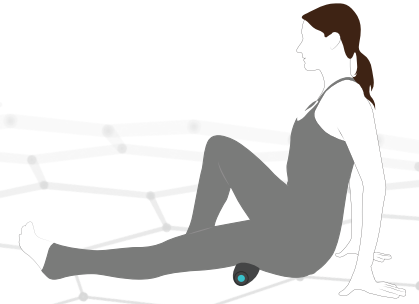
**MUSCLE:** QUADS  
**TECHNIQUE:** COMPRESSION



**MUSCLE:** GLUTES  
**TECHNIQUE:** COMPRESSION

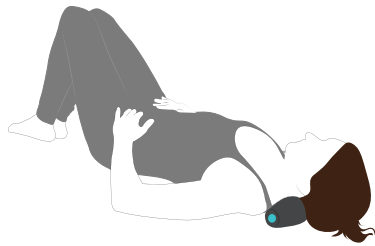


**MUSCLE:** TIBIALIS ANTERIOR  
**TECHNIQUE:** COMPRESSION

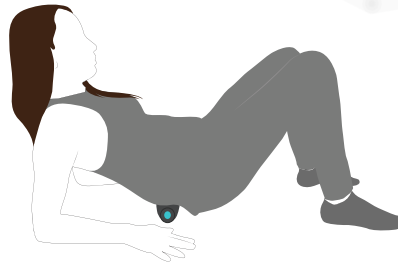


**MUSCLE:** HAMSTRINGS  
**TECHNIQUE:** COMPRESSION

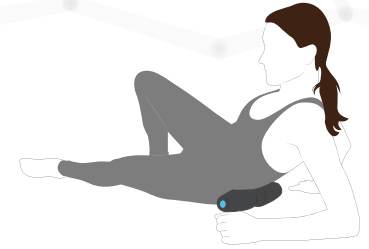
## SPINE + TORSO



**MUSCLE:** NECK  
**TECHNIQUE:** COMPRESSION



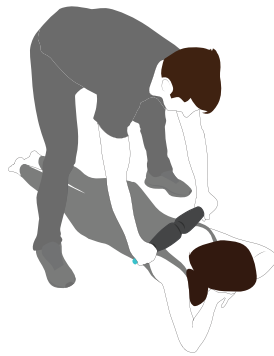
**MUSCLE:** LUMBAR SPINE  
**TECHNIQUE:** COMPRESSION



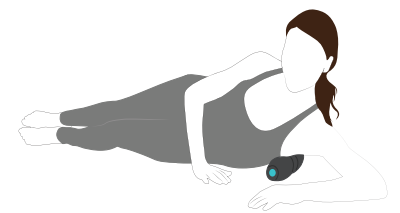
**MUSCLE:** QUADRATUS LUMBORUM  
**TECHNIQUE:** COMPRESSION

## SHEARING WITH THE RAD ROD

“The Rolling Pin.” Try this awesome two-tool move and experience the ultimate in thoughtful RAD product synergy. Simply slide your RAD Rod through your RAD Helix and invite a friend to roll you down and flush out your entire back. (P.S. This is also a great way to keep your two tools together when you travel.)



**MUSCLE:** SPINE  
**TECHNIQUE:** COMPRESSION/FLUSHING



**MUSCLE:** LATS/SERRATUS/ROTATOR CUFF  
**TECHNIQUE:** COMPRESSION



FREE **RAD**  
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

service@radroller.com  
radroller.com  
866.247.3241

