



# FoamRoller

*Roll Away Stress & Muscle Pain*

*Training Manual*



**WARNING**



**IMPORTANT:** Read and follow all warnings and information before using this product to reduce the risk of injury.

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# WARNING

The risk of injury from participating in this or any fitness regimen and/or from the performance of these exercises or similar exercises is significant, and includes the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen, exercise program, or diet including any exercises or techniques set forth in these materials (whether in video/DVD, book or pullout card form—collectively referred to in every media form as “Materials”).

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The models depicted in this program are well trained athletes, the illustrations depicted in this program portray well trained athletes and only you and your doctor can assess whether you are suited for the exercises and/or diets depicted in the program (e.g., you may have pre-existing injuries or other conditions that make the exercises or diets depicted inappropriate for you).

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## WARNING

- Foam Roller exercises may require balance. Use caution at all times. Avoid accidents: Make sure you have adequate clearance in the exercise area. It should be a clean, level surface.
- Exercises should be done in a slow and controlled manner.
- This product is not recommended for use during pregnancy unless expressly prescribed by your physician.
- Use only as directed/shown/illustrated, for massage, stretching and exercising as intended.
- Be sure to wear appropriate exercise clothing.
- This product is not a toy; keep out of reach of children. If allowing young children to use it for exercise purposes they must have constant adult supervision.
- Do not use the Foam Roller as a flotation device.
- Never allow pets near the Foam Roller.

### MAINTENANCE AND CARE

- Clean your Foam Roller using a soft cloth with mild soap and warm water. Remove all residue and water before use.
- DO NOT use abrasive or chemical cleaners.
- Keep the Foam Roller out of direct sunlight. Product should not be placed anywhere where it would be exposed to extreme high or low temperatures or heat sources.

## Introduction & Guidelines

This manual is a visual reference guide for using the GoFit Foam Roller. Always start at a level that will allow you to complete the recommended reps and sets.

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### RECOMMENDED WORKOUT GUIDELINES

#### Self Massage:

**Beginner:** Use *light* pressure for 15 to 20 seconds on tight or stiff area until muscle tissue relaxes.  
Repeat 1 to 2 times per session.

**Advanced:** Use *greater* pressure for 30 to 45 seconds on tight or stiff area or until muscle tissue relaxes.  
Repeat 3 to 4 times per session.

*If bruising or discoloring occurs this is a sign of too much pressure and should be discontinued immediately.*

## Upper Back



**Starting position** - Position the Foam Roller beneath your shoulder blades. Support your head with your hands (ensuring not to pull the head and neck) or cross your arms on your chest. Keep your knees bent and feet flat on the floor. Remember to keep your lower back and glutes slightly elevated off the floor throughout the exercise.

**Movement** - Using your legs to control the movement, slowly begin to roll towards your head, pausing at any sore spots. Controlling the motion, roll back up to the shoulder blades and repeat the movement.

## Latissimus Dorsi, Triceps, Teres Major

**Starting position** - Lay on your side, with your arm outstretched and the Foam Roller positioned underneath your armpit. Position the leg closest to ground straight out and bend the knee of the opposite leg.



**Movement** - Roll upward, toward the armpit, pausing at any “hot spots.” Roll back down and repeat the movement. This movement may take some practice and experimentation to find exactly the right muscles. The “off” hand can also be used to control the motion of the foam roller.

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## Hip Flexor

**Starting position** - Place the edge of the Foam Roller right on the hip flexor. Balance on your forearms with the top of one thigh on the edge of the Foam Roller.



**Movement** - Roll from your upper thigh into your lower abdominal area.

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## Shins

**Starting position** - Resting on your elbows, place your shins on the Foam Roller. Try and maintain a straight back throughout the movement.



**Movement** - Roll from your knee to the top of your ankle. Lean to one side or the other for emphasis on the shins and to avoid direct pressure to the shin bone. Your legs can be stacked to increase the amount of pressure.

## Glute Massage - Piriformis

**Starting position** - Sit on the side of your glute area and cross the same side ankle over the opposite quad, just above the knee. Using the opposite hand, grasp your opposite knee.



**Movement** - Pull your knee towards the opposite shoulder and use your planted foot to balance.

## Glutes



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## Glutes

**Starting position** - While leaning or placing your weight to one side, place the Foam Roller under the “fleshy” portion of your lateral glutes (just above the outside part of your hip). Support your upper body by placing the same side hand (same side as the one in contact with the Foam Roller) on the floor, with the same side leg on the floor.

**Movement** - Roll to the outside portion of your glutes from top to bottom, using your flexed knee to assist in the motion. Again, you may target any tight spots by redistributing your weight and angle.

## Glute Stretch

**Starting position** - Place the Foam Roller along the hip joint with the leg straight and the elbow bent to support your upper body weight. The top leg is flexed with the foot on the floor to assist supporting your weight and drive the movement.

**Movement** - This is a small movement with the roller only moving 2” – 3” between the hip joint and belt. Slowly roll the Foam Roller along your hip targeting any trigger points you may find.

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## Hamstrings



**Starting position** - Begin by sitting on the Foam Roller with the soft, fleshy part of your thigh/lower buttock directly on top of the Foam Roller. Hands should be positioned to support the weight of your upper body, keeping the back/spine in an upright position.

**Movement** - Slowly begin to roll forward, bringing the foam roller from just below your glutes to just beneath your knee. You may lean to one side or the other to target any tight spots you may find within the muscles. Pointing your toes in, out and straight will help work the entire muscle group. To increase pressure/load, place one leg on top of the other and perform the motion.



## Quads



**Starting position** - Releasing your quadriceps (quads) is one of the easiest Foam Roller exercises. Balance on your elbows, face down with your quads on the Foam Roller.

**Movement** - Work your way up or down the Foam Roller, going from the top of your thigh to the knee joint. Point your toes out to isolate the inner muscles. Shift bodyweight to one side or the other to target and pressure points. You may place one leg on top of the other to increase pressure.

## IT Band



**Starting position** - Lie on the Foam Roller on your side, with the Foam Roller positioned just below your hip. Your top leg can be in line with your bottom leg if you want more pressure. Or, bend it in front of you to unload some of your body weight and provide better balance.

**Movement** - Use your hands for support and roll from your hip down to your knee, pausing on any tight or sore spots. Using the Foam Roller on the IT band can be painful, but many people find it's one of the most useful stretches you will do with the Foam Roller.

## Calves



**Starting position** - Position the Foam Roller under your calves while using your hands to support your upper body. Remember to keep your bottom from resting on the floor.

**Movement** - Slowly roll from your knee down to the ankle pausing on any tight or sore spots. Point your toes up (dorsiflexion) and down (plantar flexion), or stack one leg on top of the other to increase amount of pressure. Lean towards your outer and inner calf to target any trigger points.

## Adductors (Inner Thigh)



**Starting position** - Balance on your forearms into a low crawl position with the top of one of your inner thighs resting on the Foam Roller. The weight of your upper body will be supported by shoulders and the “on” knee bent, while the “off” leg remains straight.

**Movement** - Roll from your inner thigh (inseam) to the inside part of your knee. Shift weight towards the Foam Roller for more pressure.

## Lat Stretch and Reach



**Starting position** - Kneeling in front of the Foam Roller, insuring that your hips stay over your heels, place your forearms on the Foam Roller.

**Movement** - Roll the Foam Roller away from your body attempting to rotate your palms upward at the end of the motion.

**Notes**

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