

## Congratulations!

You now own one of the most effective self-massage tools ever created. With regular use, your RumbleRoller will help improve the quality and performance of muscle tissue throughout your body.

As you roll over the top of your RumbleRoller, its bumps work like the thumbs of a massage therapist, continuously kneading your muscles and stretching your fascia. This action erodes trigger points, helps restore flexibility, and brings relief to common types of muscular pain.

## Before You Begin

This guide provides a basic introduction to self-myofascial release and instructions for ten of the most common RumbleRoller exercises. For more advanced or individualized instruction, please consult an experienced therapist or trainer.

All of the exercises in this instruction guide can be done with either the full size RumbleRoller (as shown in the exercise illustrations) or the Compact RumbleRoller. Note, however, that when using the Compact RumbleRoller, you will need to perform some of the lower body exercises (e.g. Quadriceps, Hamstrings) one leg at a time.

Start slowly. It doesn't matter how much time you spend on an exercise, and it's not necessary to count repetitions. Your goal is simply to increase the suppleness of each muscle. Some exercises will be surprisingly painful the first time you try them, but that may simply be an indication that you have a lot to gain from that exercise. Within a few weeks, the quality of your muscle tissue will improve, and those same exercises will become much more enjoyable.

**Caution:** Discontinue any exercise that causes your pain to worsen.

## Adductors

Position yourself face-down, with legs partially spread. Support yourself on your elbows and forearms, and keep your abdominal and back muscles lightly flexed to stabilize your spine. Rest one knee on the floor and the groin area of the other leg against the top of the roller.

Roll the roller back and forth along the length of your adductors by slowly moving your hips to the left and right.



## Self-Myofascial Release

Injuries, repetitive motion, or even prolonged inactivity can degrade the function of your muscles and fascia (the network of connective tissue that surrounds and supports your muscles). This results in localized areas with compromised function, commonly referred to as *knots* or *trigger points*. Trigger points are usually hypertonic and tender to the touch, and restrict movement of the surrounding muscle.

The health of this dysfunctional tissue can often be restored through deep-tissue massage (sometimes called *myofascial release*). Applying firm pressure to a trigger point for several seconds helps release its tension and encourages recovery. A massage therapist is an expert at this type of therapy, but few people can afford to hire one as often as needed. The RumbleRoller, however, provides you with a very convenient and economical means of self-treatment.

## Rolling Tips

Although the techniques in this instruction guide are called *exercises*, you should focus on relaxing your muscles, not flexing them. The rolling is best done very slowly and deliberately, and is the way that you scan your body for trigger points. As you roll, note any areas that feel unusually dense or tender. Pause at those points for several seconds to allow your RumbleRoller's bumps to sink in deeply. Gradually the muscle will begin to loosen and the pain will begin to dissipate.

It's not necessary to do every exercise in this instruction guide. For best results, focus on the exercises that provide you with the most relief and do them consistently. If you're an office worker, that might mean rolling your back for a few minutes each night to help reverse the damage caused by slumping in a chair all day. If you're a runner, it might mean rolling your glutes, IT bands, and calves after each run to improve recovery.

There's no right or wrong time for rolling. Many athletes use the RumbleRoller to loosen up their bodies immediately before training or competing. Others keep it at home and roll at night while watching TV.

## Caring for Your RumbleRoller

A brand new RumbleRoller smells a bit like a new car. Most people find the scent pleasant, but if you're sensitive to it, store your RumbleRoller outside for the first day or two to allow the scent to dissipate.

Your RumbleRoller does not contain latex or natural rubber, so it's safe for use by latex-sensitive individuals. Clean the surface as needed with soap and water or any common household cleaner. It's water-proof and resistant to most chemicals.

Your RumbleRoller includes a molded-in antimicrobial compound that helps prevent the growth of bacteria and fungus. It's nontoxic to humans and animals, and isn't affected by use or cleaning.

Your RumbleRoller is extremely durable, but its surface can be cut by sharp objects. For this reason, it's a good idea to store it away from dogs and other animals that might view it as a chew toy.

# Instruction Guide

