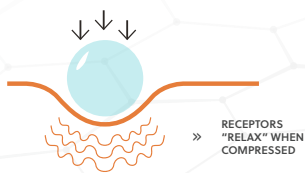




TECHNIQUES > Mix and match for a minimum of 10 minutes per day.

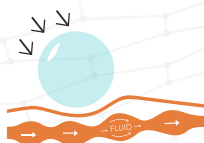
COMPRESSION / POINT RELEASE

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



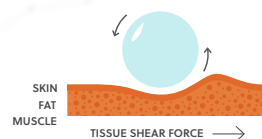
FLUSHING

- 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 breath cycles (2 minutes)



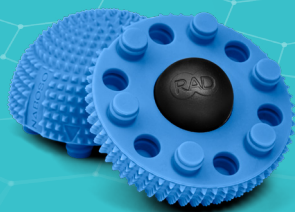
MOTIONREVOLUTION



- + **STAY LOOSE**
Improve adaptability to keep up with lifestyle demands.
- + **REDUCE CHANCES OF INJURY**
Your tires wear unevenly if your car's alignment is off.
- + **REDUCE SORENESS**
Rolling clears after-effects of exercise. Pumping nutrition into the muscle.

- + **STRETCH IT OUT**
Simulate and open muscles to make your stretching and open 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.

WHY ROLL BENEFITS



NEUROBALL FEEL IT IN YOUR SOLE

One small step for your feet. One giant leap for your muscles. The new Neuro Ball features innovative sensory activation technology to stimulate the thousands of nerves in your feet (or hands) and give support muscles throughout your body a major wakeup call to get to work. And with its one-of-a-kind design and exceptional versatility, you'll find your ideal way to prime your muscles and get active.

WHAT IS SMR?

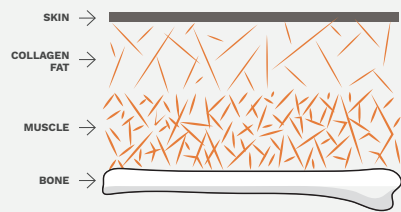
Self Myofascial Release (SMR), commonly referred to as foam rolling, is a soft tissue therapy for releasing tension in fascia that can restrict movement in our bodies.

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.



AREA: PALMS
TECHNIQUE: COMPRESSION



AREA: ARCHES
TECHNIQUE: COMPRESSION



AREA: BALL OF FOOT
TECHNIQUE: COMPRESSION



AREA: HEEL
TECHNIQUE: COMPRESSION



AREA: DUAL FOOT ACTIVATION
TECHNIQUE: COMPRESSION



AREA: OUTER FOOT
TECHNIQUE: COMPRESSION

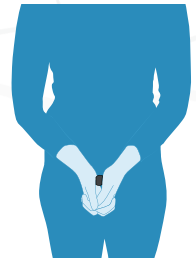


AREA: FULL FOOT ROLL
TECHNIQUE: FLUSHING

MICRO ROUND



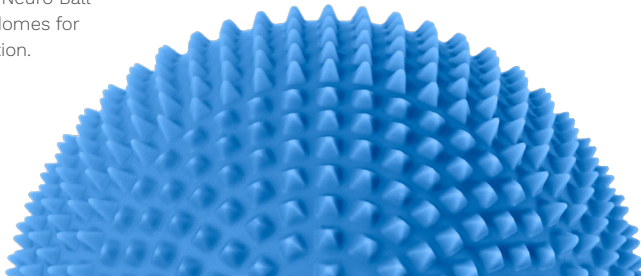
AREA: CHEEKS
TECHNIQUE: FLUSHING



AREA: THUMBS
TECHNIQUE: COMPRESSION

NABOSO® TECHNOLOGY WITH THE NEURO BALL

Naboso's patent-pending technology covers the surface of the Neuro Ball with hundreds of raised domes for ultimate sensory stimulation.



AREA: HEELS
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

