

## Other Rollers

### Travel Roller

- 12" long, 3" diameter
- 2 Soft cell foam coverings
- 12" x 12" Laminated exercise chart
- Roll-over Carrot Storage
- Portable



**Classic Half Foam Roller**  
3" x 36" foam roll  
medium firm

**Classic Full Foam Roller**  
6" x 36" foam roll  
medium firm

**Pro Foam Roller**  
6" x 36" EVA foam roll  
very firm

**Max Half Foam Roll**  
3" x 36" moulded foam  
black, extra firm

**Max Full Foam Roll**  
6" x 36" moulded foam  
black, extra firm

**Rumble Roller**  
33" x 6" polymer foam  
200 flexible nubbles

**Thera Roller**  
7" x 18" ribbed foam  
Soft Blue and Firm Purple



### Travel Roller Acupressure Kit

- 2 variable density acupressure balls
- 3" x 12" Travel Roller
- 12" x 12" Laminated exercise chart
- "This is How We Roll" Instructional DVD

## Care and Cleaning

**Care of Foam Rollers:** Normal use will cause indentations or pressure points. Pressure points may slowly recover, however, continuous pressure lasting several hours should be avoided. Do not store objects on top of foam rollers. Best if stored flat and away from sunlight. Store within temperature ranges 75° - 125° (20° - 50°)

**Cleaning:** Use a mild soap and water mixture or Isopropyl Alcohol. DO NOT use bleach solutions, oils or other chemicals. They can cause softening, discoloration and distortion.



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DISCLAIMER: Do not use our equipment without a complete understanding of its intended uses and limitations. Do not use our equipment for any purpose not intended for its use and design, and assume any risk for themselves. Fitter First is not responsible for any injuries or damage caused by the use of our equipment. Only use our equipment for the intended purposes. What you see is what you get. Do not use our equipment for any purpose not intended for its use. Please read the instructions carefully before using any of our equipment.

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## Foam Roller Exercises



Keeping it FUNCTIONal for Your Active Life!



**ITB Roll**  
Lay on the roller so that the roll sits under the side of the leg just below the hip joint. Support the weight of your body on your hands, and opposite leg (which is crossed out in front of the leg on the roll). This exercise helps loosen up your Iliotibial Band (ITB) which runs down the outside of your leg from your hip to your knee. Roll back and forth from below the hip until just above the knee.



**TFL Roll**  
Lay on your side so that the roller is placed just above the hip joint (NOT on the hip joint). The tensor fasciae latae (TFL) is a muscle that runs from the hip to the top of the pelvis. You will have to roll much with this exercise, as it is a small muscle. If you set the roller just above the bony part of the hip and below the pelvis you should be in the location of the TFL.



**Calf Roll**  
Support your weight with your hands on the floor and one calf on the roller. Do not sit on the floor. Using your upper body roll from your heel to the top of your calf. Both knees bent and legs up so that your thighs are at 90 degrees to your body. Slowly lower one leg towards the floor. Without touching the floor, lift the leg back to the starting position and alternate legs. Maintain the neutral spine position throughout the entire exercise.



**Back Stretch**  
Sit on one end of the roller and lay back so that your head is supported on the roller, and your spine is in line with the roller. Bend knees to provide balance. Bring your arms straight up so that they are pointing towards the ceiling. Never drop your arms over your head and allow gravity to cause a stretch. This will stretch your latissimus dorsi muscles and help extend your thoracic spine.



**Thoracic Spine Mobility**  
Lay on the roller so that your spine is perpendicular with the roll. Bend knees and sit back off ground while maintaining a flat body position. Roll back and forth from the top of the shoulders (NOT on the neck) down to the bottom of the rib cage. This exercise will help improve the mobility of the thoracic spine by encouraging movement in each segment.



**Glute Roll**  
Sit on the roller with your legs slightly extended in front of you and your body leaning back. Placing your weight on either your left glute or your right glute, roll across the gluteal muscles. Take longer through the tighter areas.



**Quad Roll**  
Lay face down on your elbows with the roller under your quadriceps (the front of your upper leg). Roll from the bottom of your pelvis to above your knees. (NOT over your knees!)



**Chest Stretch**  
Sit on one end of the roller and then lay back. Your head should be resting on the roller and your knees should be bent with your feet flat on the floor shoulder width apart to provide balance. Bring both arms up in front of you and bend both elbows to 90 degrees. Forearms will be parallel to the ground. Keeping your elbows bent, open your arms out to the sides and relax. Let gravity stretch the muscles of your chest and shoulders.



**Abdominal Strengthening (Beginner)**  
Sit on one end of the roller and lay back so that your head is again supported on the roller. Reach your arms out to each side like a "T". Raise your knees shoulder width apart and bend approximately 90 degrees with your feet flat on the ground. Begin by tightening your stomach muscles trying to pull your belly button to the back of your spine without tucking your tailbone under. Maintaining the neutral position of the spine slowly lift one knee up till your thigh is perpendicular to the ground then lower the leg back to the starting position. Alternate legs until fatigued.



**Abdominal Strengthening (Advanced)**  
Lay in the same body position as in the beginner exercise, maintaining the neutral spine position. Begin with both knees bent and legs up so that your thighs are at 90 degrees to your body. Slowly lower one leg towards the floor. Without touching the floor, lift the leg back to the starting position and alternate legs. Maintain the neutral spine position throughout the entire exercise.

For both abdominal exercises:  
A) Increase difficulty by an intermediate level move your arms to your sides.  
B) For even more difficulty reach your arms directly over your head.



# Stott Pilates Foam Roller Exercise Guide

**Jesse Wilson**



## **Stott Pilates Foam Roller Exercise Guide:**

**p-i-l-a-t-e-s Instructor Manual Foam Roller - Levels 1 - 5** Catherine Wilks,2011-06-26 p i l a t e s Foam Roller Instructor Manual 39 Exercises over 5 Levels this manual offers a complete guide to performing exercises on the Foam Roller! A fantastic versatile piece of equipment necessary for any Pilates Studio or Fitness Professional This manual offers a step by step guide to progressing clients with this apparatus It is an excellent resource for Pilates Instructors and Personal Trainers **Complete Guide to Foam Rolling** Kyle Stull,2018 Foam Roller Workbook Karl Knopf,2019-01-15 Master the incredible versatility of the foam roller with this full color step by step guide to end pain regain range of motion and prevent injury With this helpful full color guide you can learn how to use your foam roller to remediate muscle strain caused by everything from sitting long hours at your desk to overdoing it at the gym In addition special programs will enhance your sporting life whether you hit the track the court or the slopes Designed to improve your posture balance and muscle tone each exercise is carefully explained and includes step by step color photos to guarantee you do it right and gain the maximum benefits including Increase Flexibility Release Tension Alleviate Chronic Pain Rehabilitate Injury Improve Core Strength Break Up Knots **Foam Roller Guide** Dr George Deborah,2021-06-26 Foam Roller Guide is your answer to moving better feeling better and improving your performance Foam rolling before during or after a workout can get blood flowing allowing muscles to work more efficiently and initiate the recovery process to reduce soreness Backed by scientific research Foam Roller Guide provides step by step instructions for 27 of the most effective foam rolling techniques for muscle preparation and recovery Reduce pain and restore function with therapeutic movements that help rehabilitate your body and reduce the risk of injury Learn to breathe relax and roll through tight spots as part of your warm up flexibility work and recovery Then adapt any of the ready to use protocols or create a customized program to address specific problem areas well as your overall muscle and nervous system needs You ll learn the difference between various types of rolling equipment and how to choose which is right for your individual needs Special tips throughout the text provide further advice to help you prevent injury to muscles and joints Invest in your training success by applying these proven self massage techniques Foam Roller Guide is your path to better overall performance Total Foam Rolling Techniques Steve Barrett,2014-10-23 The ultimate one stop guide to using foam rollers A relative newcomer to the fitness scene lots of us don t know how to use foam rollers effectively as part of an exercise or training routine Originally used only by physiotherapists and exercise therapists this new piece of kit has become a mainstay of workouts Foam rollers work by releasing muscle tension to relieve pain aid injury recovery and improve flexibility all through massaging and manipulating muscles Practical and easily accessible The Total Foam Rolling Workout is perfect for the fitness enthusiast or fitness professional who wants to lightly improve their knowledge and heavily improve the range of exercises they can use in their training Tried and tested exercises are accompanied by clear photos and illustrations This book is brimming with ideas for using foam rollers not just in the gym but

at home too Packed with clear and easy to use exercises this how to reference book also provides adaptations of basic and advanced workouts making it ideal for anyone who wants to get the most out of their fitness gear Each exercise idea is organised by fitness level and includes follow up and extension ideas Written in a jargon free and concise style this book is light on the science and background heavy on practicality *Pilates and Conditioning for Athletes* Amy Lademann,Rick Lademann,2019-01-02 Gain the competitive edge with the innovative training methods in Pilates and Conditioning for Athletes This science based multidimensional approach to athletic conditioning helps you build a strong and flexible foundation by infusing Pilates into training resulting in complete training programs that tap into the seven pillars of training needed for success Agility Flexibility Mobility Power Speed Stability Strength Begin with proven assessment protocols that have helped elite and professional athletes reach the pinnacle of their careers and remain there Evaluate your movement patterns range of motion strength base flexibility and core strength to determine your baseline and guide your selection of exercises and sequences to turn weaknesses into strengths Then follow detailed instructions for 124 Pilates mat and traditional conditioning exercises to strengthen your core improve your posture increase flexibility and correct muscle imbalances You will learn the following Breathing exercises to increase lung capacity and reduce stress Stretching routines to open your hips hamstrings and back Joint articulation to improve range of motion and balance Resistance training for strength and power Medicine ball training for working in diagonal and transverse planes A dynamic warm up series to begin each training session You can take the confusion out of your training plan by adding one or more of the 19 foundational intermediate and sport specific workouts to help you achieve your performance goals Successful athletes never leave their training to chance Every workout is planned every exercise is done for a specific reason and each movement and program builds upon the previous one Whether you are a weekend warrior a college or professional athlete or a 70 year old triathlete Pilates and Conditioning for Athletes will help you incorporate Pilates training to become a stronger faster healthier and better equipped athlete Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam *Pro-Roller Pilates Essentials* Angela Kneale,2007 Gain additional body awareness and develop better posture while challenging core strength Pro Roller Pilates Essentials will help you achieve these benefits by teaching you over 30 Pilates exercises to increase strength and flexibility utilizing the Pro Roller Contains clear and colorful instructions imagery Illustrated Booklet 37 pages

**Foam Roller Exercises** Sam Woodworth,2017-01-03 Foam rollers have become a staple of the home gym and are a trusted tool to avoid injury and aid recovery Foam Roller Exercises shows you how to make the most of this simple tool with restorative exercises to build core strength relieve pain and stretch your muscles Discover over 60 foam roller stretches to strengthen condition and heal your body with minimal equipment Address problems such as spending too much time sitting stress relief and pain management with 20 unique programs to suit your lifestyle including pre and post workout exercises to

help your body recover With handy step by step photography for every exercise discover foam roller moves and massages for all areas of the body including chest back calves and shoulders Add foam rolling to your routine and let your body reap the benefits

**Foam Roller Workbook, 2nd Edition** Karl Knopf, 2019-01-15 A full color step by step guide to end pain regain range of motion and prevent injury using the foam roller With this helpful full color guide you can learn how to use your foam roller to remediate muscle strain caused by everything from sitting long hours at your desk to overdoing it at the gym In addition special programs will enhance your sporting life whether you hit the track the court or the slopes Designed to improve your posture balance and muscle tone each exercise is carefully explained and includes step by step color photos to guarantee you do it right and gain the maximum benefits including Increase Flexibility Release Tension Alleviate Chronic Pain Rehabilitate Injury Improve Core Strength Break Up Knots

**Foam Rolling For Dummies** Mike D. Ryan, 2020-12-09 A full color step by step guide to get fit prevent injury and end pain using your foam roller Foam rolling is not just a fad if you re active in sport or work out regularly you know how crucial it is to keep your muscles limber and pain free to stay active and mobile As a form of Myofascial Release Therapy foam rolling is an effective technique for unlocking your tight muscles and restrictive myofascial connective tissue Foam rolling helps increase your overall body mobility and joint range of motion decreases pain and shortens recovery times and it generally supercharges your body to reap the benefits of your active lifestyle Written in an easy to follow no jargon style by NFL physical therapist and trainer for 26 years Mike Ryan **Foam Rolling For Dummies** shares proven roller tips usually reserved for professional athletes to help you quickly restore healthy harmony between your muscles and joints Once you know the science behind foam rolling you ll understand how to use specific body rolling techniques to address specific problems and goals whether they re eliminating painful muscle trigger points loosening tight fascia improving body flexibility or just relaxing muscles faster after a workout Enhance athletic performance Improve injury prevention Learn rapid roller techniques Manage fibromyalgia Reduce soft tissue injuries Understand your myofascial system Reduce painful muscles Whether you want to maximize your fitness program manage your muscle pain or pursue other health goals this guide puts on a roll for an enhanced body and an enhanced life

**Taller, Slimmer, Younger** Lauren Roxburgh, 2016-02-02 From the A list bodyworker trainer and alignment expert dubbed the body whisperer by Goop comes **Taller Slimmer Younger** a powerfully simple daily foam roller routine to help you sculpt longer leaner muscles stand an inch taller look ten pounds slimmer and renew your body and mind Are you ready to roll **ALIGN YOUR BODY ALIGN YOUR LIFE** There s a new buzzword in the fitness world fascia It s the connective tissue that wraps around your muscles and organs and helps keep everything in place But in our increasingly busy and often stressful lives tension and toxins are often stored within our fascia resulting in serious long term consequences including poor posture excess weight acute anxiety and chronic pain Fitness and alignment expert Lauren Roxburgh who has worked with such stars as Gwyneth Paltrow Gabby Reece Melissa Rauch and Baron Davis has the solution to keep your fascia supple flexible and

strong Using only a foam roller you can reshape and elongate your muscles for a leaner younger look while also releasing tension breaking up scar tissue and ridding yourself of toxins In just fifteen minutes a day Roxburgh s 21 day program will guide you through a simple series of unique rolling techniques that target ten primary areas of the body including the shoulders chest arms legs hips butt back and stomach The result is a healthy balanced aligned body that not only looks but feels fantastic Advance praise for Taller Slimmer Younger As an athlete with a lifelong passion for fitness and wellness I am always looking to get an edge in my body and Lauren Roxburgh has helped me do just that Lauren s philosophy will rejuvenate your body and spirit helping you look and feel lighter and brighter reducing stress and tension while dramatically improving your stance in your body and also in your life Gabby Reece U S beach volleyball champion This book is sure to become the body bible for anyone who wants to live a healthy fit and balanced life Melissa Rauch actress The Big Bang Theory and True Blood Lauren s method has rejuvenated my spirit giving me more energy and strength which has allowed me to perform better on and off the court Baron Davis two time NBA all star Lauren s method sculpts the body s soft tissues slimming and streamlining whatever part you work She s a body whisperer Goop If you ve never tried foam rolling I highly recommend it Lauren Roxburgh s program is designed to improve posture release tension and stress activate and strengthen the core and heal from the inside out When I was a model I used a foam roller to lengthen my muscles I m so excited to get back into it once I give birth Oh and Goop dubbed her The Body Whisperer Enough said MollySims.com [Mat and Roller](#) Nora St. John,2013 The foam roller is a wonderful tool for improving core strength stability and balance Although Joe Pilates did not use the foam roller in his work many contemporary Pilates teachers have added it into their practice because it offers additional balance and stability exercises Whether you are a Pilates student a Pilates teacher a personal trainer or just someone interested in exercises that feel great the foam roller will provide you with a fun workout that leaves you feeling challenged refreshed and inspired page 1 *Pilates* Christine Romani-Ruby,2009-03 Pilates Using Small Props for Big Results provides a new Pilates props style The Pilates exercises described are appropriate for all practice settings or clientele The props provide variety while appropriate challenges and modifications are also presented The easy to follow instructions and photographs make this book an excellent reference The exercises use small props to enhance and encourage proper movement connecting the mind and the body Explores the use of the ring the spine corrector the baby arc and the foam roller as teaching tools in the study of movement [Foam Rolling](#) Kristian Staff,2016-07-01 Foam Rolling For Beginners Your Ultimate Guide To Mobility Pain Free Living Foam rolling used to be an exclusive practice among athletes and therapists Now the inner circle has expanded Foam rolling has become a widespread practice It is now very well known as a reliable technique for easing muscle pain and preventing injury This book contains proven steps and strategies on how to use foam rollers effectively to maximize the muscle and mobility benefits they offer Regardless of your gender age or experience you re going to learn everything you need to know to get started foam rolling Here Is A Preview Of What You re About To

Learn The Basics Of Foam Rolling Foam Rolling Do s And Don ts Foam Roller Shapes Size And Styles Explained And How To Choose The Best Roller For You Removing Shoulder Tension How To Use A Foam Roller To Annihilate Shoulder Tension Upper Body Foam Rolling Form And Techniques Explained Alternate Techniques For Relieving Upper Body Stress How To Foam Roll Your Lower Body The Right Way Additional Tips to Maximize Foam Rolling Benefits And Much Much More Ready To Start Rolling Relieve Sore Tight Muscles Order Your Copy Right Now **The Ultimate Foam Rolling Guide** Miguel Tyler,2023-07-05 Using a foam roller to apply pressure on tight muscles and fascia is a common self myofascial release technique It s a popular self massage technique for reducing exercise related soreness and speeding recuperation time The foam roller is a cylinder shaped tool that is one to three feet in length and features a diameter of around six inches Applying pressure with one s body weight and rolling movements can help relieve tension and trigger points in certain muscle groups and the fascia the connective tissue that surrounds muscles Foam rolling relieves muscle tension by repeatedly applying pressure to knots The compressive force applied to the muscle as you roll over the foam roller aids in the release of adhesions the promotion of blood flow and the activation of the stretch reflex Muscle healing flexibility and pain can all benefit from this method Athletes fitness fanatics and regular people alike can reap the benefits of foam rolling for relieving muscle tension and pain In addition to being utilized in conjunction with workouts it can be done on its alone Caution and working within your own limits of comfort are essential while foam rolling Pain is not to be expected unless it is directed at a tender spot such as a muscle knot If you feel a sudden acute pain you should stop what you re doing and see a doctor right away Before beginning foam rolling or if you have any specific health issues or illnesses it is recommended that you speak with a healthcare practitioner or a trained fitness trainer to ensure proper form and technique [Pilates – A Teachers’ Manual](#) Verena Geweniger,Alexander Bohlander,2014-07-08 The Pilates book for professionals Background information and extensive practical knowledge on using the Pilates approach in prevention and therapy The foundations include among others the Pilates Principles Breathing Centering Flow Precision Concentration Control and Coordination The extensive praxis part presents all techniques and exercises mat and equipment training with detailed photos of movement sequences and with precise instructions and explanations of each exercise Class plans provide concrete suggestions for the design of course units with prevention orientation and patient examples illustrate treatment procedures and therapeutic effects of the Pilates approach for different symptoms A must have for all Pilates professionals teachers trainers physiotherapists **Trigger Point Therapy with the Foam Roller** Karl Knopf,Chris Knopf,2014-10-07 UNLOCK THE HEALING POWERS OF THE TRIGGER POINT FOAM ROLLER WITH STEP BY STEP EXERCISES ANYONE CAN DO AT HOME Deceptively simple and incredibly versatile the trigger point foam roller is a highly effective self therapy tool By following the step by step movements in this book you can maximize its healing potential to Alleviate Pain Speed Recovery Release Tension Break Up Knots Rehabilitate Injuries Increase Flexibility A complete guide to using this amazing piece of equipment for self treatment

Trigger Point Therapy with the Foam Roller shows how to soothe relieve and heal the tight muscles caused by everything from hours sitting at a desk to overdoing it at the gym It also details the best methods to release painful trigger points and break up soft tissue adhesions that contribute to chronic pain *Foam Rolling* Sam Woodworth,2016-11-08 In just one week I ve noticed an improvement in my posture and the way I carry myself Jeanette G Target key trigger points achieve self myofascial release and reduce muscle pain all in the comfort of your own home Foam Rolling is a full color step by step guidebook featuring beautiful photography and clear instructions You ll find more than 60 targeted foam roller exercises and 20 lifestyle specific programs to relieve pain speed recovery and improve mobility A sought after method of treatment for athletes and those with injury or mobility issues the exercises use a traditional six inch foam roller and other tools such as tennis balls and massage sticks to target key trigger points for muscle pain From upper body exercises to breathing and core exercises to foot health Foam Rolling offers head to toe relief The exercises even include modifications for those with limited movement ability Whether you are a fitness enthusiast seeking an effective way to reduce muscle tension before and after workouts or someone seeking to alleviate chronic pain Foam Rolling can help you recover and find relief **Foam Rolling Guide** Kayla Itsines,2015-08-15 Kayla Itsines Foam Rolling Guide is essential for anybody who has purchased a foam roller and is unsure of how to use it Foam rolling helps to relieve muscle tension and pain by improving circulation It could also helps to minimise the appearance of cellulite In this guide you will find The importance of foam rolling Recommended upper body foam rolling routine Recommended lower body foam rolling routine Stretching exercises to aid in rehabilitation Do s Don t s Step by step information [Foam Rolling Handbook](#) Jesse Wilson,2023-10-26 Utilizing a foam roller to apply pressure to tense muscles and fascia is a common technique for self myofascial release Popular self massage technique for reducing post exercise soreness and accelerating recovery The foam roller is a cylindrical implement measuring between one and three feet in length and six inches in diameter The application of body weight pressure and rolling movements can help relieve tension and trigger points in specific muscle groups and fascia muscle connective tissue Foam rolling reduces muscle tension by applying repeated pressure to knots As you roll over the foam roller the compressive force applied to the muscle aides in the release of adhesions the promotion of blood flow and the activation of the stretch reflex This procedure is advantageous for muscle recovery flexibility and pain Athletes fitness enthusiasts and regular people equally can relieve muscle tension and pain with foam rolling In addition to being used alongside exercises it can also be performed on its own When foam rolling it is essential to exercise caution and operate within your own comfort zone Unless directed at a tender location such as a muscle knot pain is not likely If you experience sudden severe pain you should immediately seek medical attention Before beginning foam rolling or if you have specific health issues or illnesses it is recommended that you consult a medical professional or a certified fitness trainer to ensure appropriate form and technique



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