



# How to get the best results from your Foam Roller



Exercise guide for  
Core Balance Foam Massage Roller

## Please read these instructions prior to use

- ◆ Foam Rollers are an exercise aid and must always be used with correct technique.
- ◆ Always consult your doctor prior to commencing any new exercise programme.
- ◆ Please do not use this item or these exercises as a substitute for any exercise, treatment, dietary regime, or rehabilitation which has been prescribed by a doctor.
- ◆ If you experience discomfort or unusual pain while using any Core Balance items or following any Core Balance exercise guides, stop the activity immediately.
- ◆ The information contained within this document are not medical guidelines but for educational purposes only. Core Balance cannot be held liable for user safety when using a Foam Roller.







## Product Specific Safety

Before use, ensure that the Foam Roller is in a safe operating condition. Inspect the roller for any signs of wear and tear or damages, if these are apparent do not use the item. Do not attempt to repair the damages.

## Do's and Don'ts of Foam Rolling

- X** Do not use the Foam Roller on your lower back. Doing so could cause the muscles to contract in order to protect the spine.
- ✓ Do roll slowly and hold the roller on tender spots like a knot for 10 seconds (but no longer than 20 seconds). Then start at the center of the sore spot and lightly roll the tension outwards. Holding on a spot longer than 20 seconds can cause tissue damage.
- X** Don't roll directly on an injury, constantly rolling on an area of pain could create more inflammation and tension.
- ✓ Do drink plenty of water because rolling releases toxins.
- ✓ Do expect a little bit of pain. Foam rolling hurts a little but that is normal when you're applying pressure directly to a tight or sore muscle. When you are done with your foam rolling session, the pain should feel much better.

## Using the Massage Roller

Foam rolling requires you to place an area of your body over the roller and gently roll it back and forth. Roll your hamstrings, glutes, upper back and other areas of your body to work out muscle knots, improve your range of motion and reduce the risk of injury.



## Textured 'Grid' System

The roller is firmer than most with a hollow plastic core and textured exterior for deeper penetrating myofascial release. Designed to replicate the palms and fingers of a masseuse, its bumps and ridges help to increase the flow of blood and oxygen to boost recovery time after a workout. Rolling before a workout is also an effective way to safeguard you from injury.



## Exercises

The following are just a few of the exercises you can do to with your foam roller. Each requires you to use your arms to initiate the motion of rolling over the roller.

### Calves

Tight calves are a leading cause of ankle sprains and can place added stress on the Achilles tendon. This exercise will help to relieve tightness and safeguard you from injuries.

1. Sit on the floor with your legs extended.
2. Position the foam roller underneath your left ankle and place your right foot flat on the floor next to your left knee.
3. Place your hands either side of you with your palms flat on the floor.
4. Gently lift your buttocks off the floor and roll your right calf muscle over the roller.
5. When rolling your calves, roll from just above the ankle to just below the knee.
6. Rotate your leg inward to roll the inside of your calf.
7. Rotate your leg outward to roll the outside of your calf.
8. Switch legs so that your left foot is flat in the floor and your right calf is on the roller, then repeat the exercise.



## Quadriceps

Tight quadriceps can cause a number of problems, including lower back and knee pain. This exercise is perfect for alleviating tension and increasing flexibility.

1. Lie face down with your legs extended and your legs crossed left over right.
2. Place the roller beneath your right thigh and your forearms flat on the floor to support your weight.
3. Engage your core and use your arms to gently roll back and forth over the roller.
4. For best results, look to roll from the pelvic bone to just above your knee.
5. Switch legs so that your right legs are crossed right over left, then repeat the exercise.
6. If you find crossing your legs uncomfortable, roll with your free leg on the floor.

## Lats

Tight lats are a common problem for anyone who sits at a computer all day. Rolling your lats helps to relieve tension and stress around your neck, shoulders and back.

1. Lie on your side with a foam roller positioned horizontally under your armpit.
2. Ensure that your legs are fully extended. Bend your upper leg and place the foot flat on the floor if you find it more comfortable. This will help you balance as you roll.
3. Extend your lower arm and place your other hand flat on the floor for support.
4. Whilst applying gentle pressure, slowly roll your body upward over the roller so it travels downward against your lat.
5. When the roller reaches the bottom of your ribcage, pause and reverse the direction until the roller reaches its starting position.
6. Once you've rolled your lat a few times, switch sides and roll your other lat.



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