

Home Treats

Muscle Foam Roller Ebook & User Guide



Table Of Contents

Introduction	2
How To Use	3
Notice	4
Calves, Quads	5
Hamstring, Adductor's	6
IT Bands, Glutes	7
Piri Form	8

Introduction

Foam roller helping to improve your health and fitness

Foam rolling is designed to relax muscles and ease pain. Muscle soreness can be for a variety of reasons, foam rolling should relieve those sore tired muscles.

A tissue known as “Fascia” that wraps most structures within the human body and muscles. Theory is that these tissues can be restricted with exercise thus often resulting in aches and pain and corresponding diminished blood flow. This is where the foam roller is beneficial if used correctly to the blood flow as rolling improves blood circulation and helps with range of movement as the roller foam helps break down knots. Thus helpful for pre and post work out as it preps muscles for stretching and gets the blood flowing nicely.

Foam rollers provide users with access to a piece of equipment that only pro athletes previously could access.

The foam roller can help to increase your sporting performance, get rid of knots, improve your flexibility and help prevent you suffering injuries.

A foam roller can also speed up recovery time and help with the healing process

Often the roller is been compared to the feeling of receiving a deep tissue or sports massage i.e the type that work deep on your body and can often make you feel slight pain as it works deep into your body on your muscles and tissue but when you leave the therapists room after the massage you feel lighter then air with body feeling relieved.

Please consult your doctor before starting any new exercise regime

How To Use

You can use your roller to target specific muscle knots, if you are experiencing an area of tightness, or you can target a variety of muscles. For specific areas, rest on the roller for up to 20 seconds. The pressure will help muscles heal.

Foam Roller Gains

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Exercise Guide

This ebook is designed to provide an overall muscle regime.

Do not do all exercises in this book in one session.

Consult a qualified fitness instructor who can help you to get the most out of using this foam roller.

Here are some general tips on how to use this foam roller:-

Do not hold your breathe while exercising

Warm up before you start exercise

Keep your core engaged while exercising

Drink Plenty of water before starting an exercise session

Carry out all exercises in a controlled manner

Use the roller on a flat dry surface

Please get medical attention if you have an injury before starting to use this foam roller

Notice

Please get proper instructions from your doctor before using the foam roller. Please get a trained professional to show you the correct ways to use this foam roller.

Please follow their advice if they recommend not to use this foam roller please do not use it

These exercises are intended for healthy adults as a supplement to your exercise regime. It is not designed to replace your existing training methods.

If the foam roller is broken please do not use it

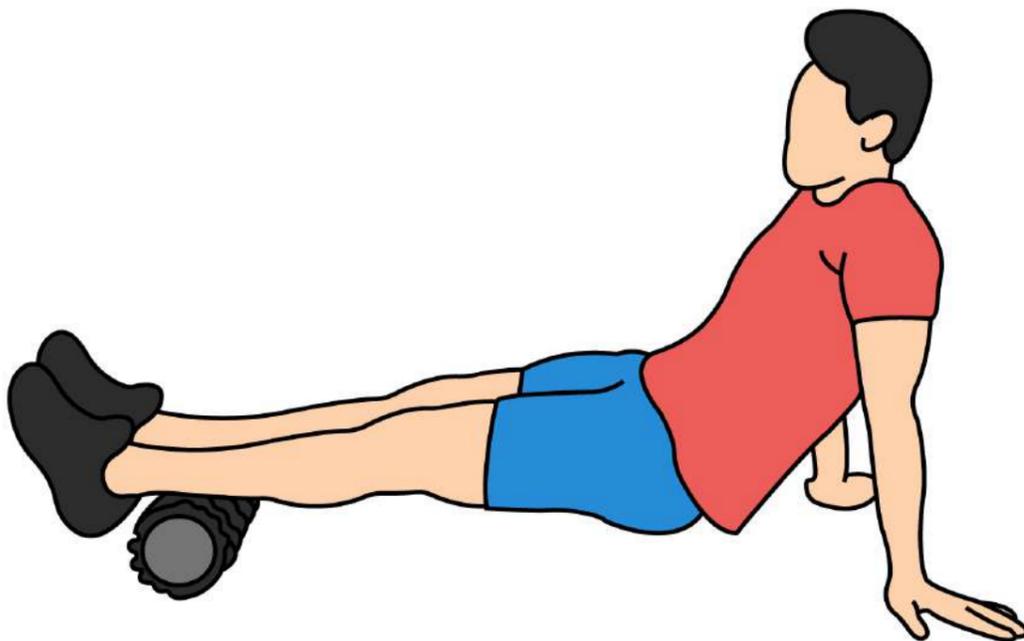
If you feel discomfort or pain during exercise, immediately stop and seek medical advice

Stop exercising if you feel light headed, dizzy or short of breath

Foam Roller Exercises

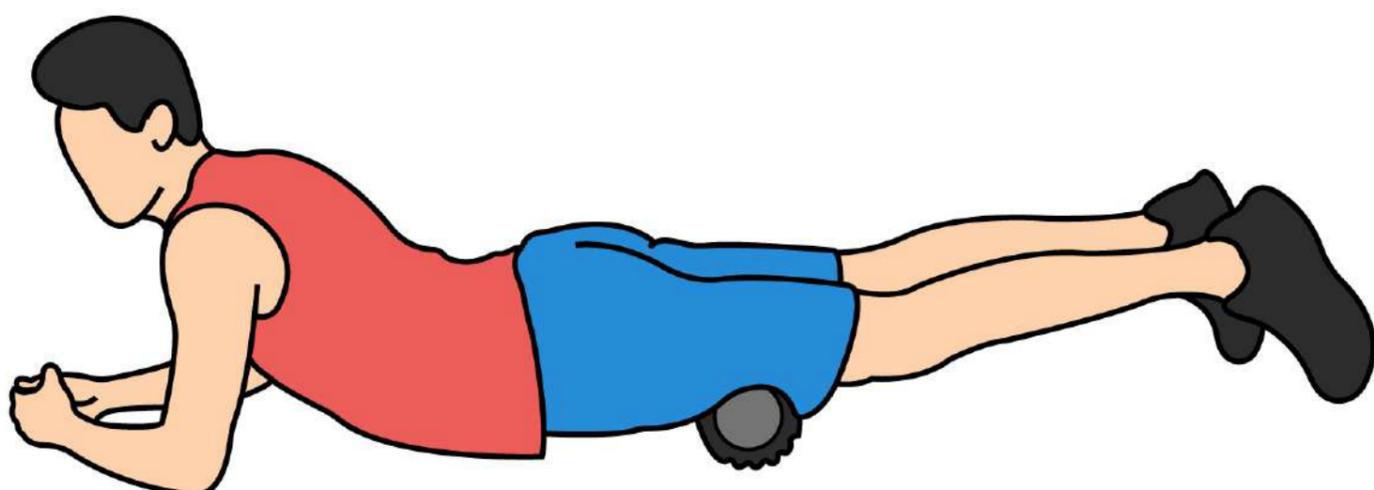
Calves

- Place your calves on the roller. Aim to roll from below your knee all the way to your ankle
- Roll as slowly as you can. Take at least 3 seconds to complete the exercise
- Locate any tight and tender spots. These are called trigger Points.
- Pause on each trigger point for 20 seconds and allow the muscle to stretch and relax over the roller.
- Breath deeply and try to relax, this will oxygenate blood to relieve tension and soreness
- For added benefit you can stack a leg on the other to add pressure.



Quads

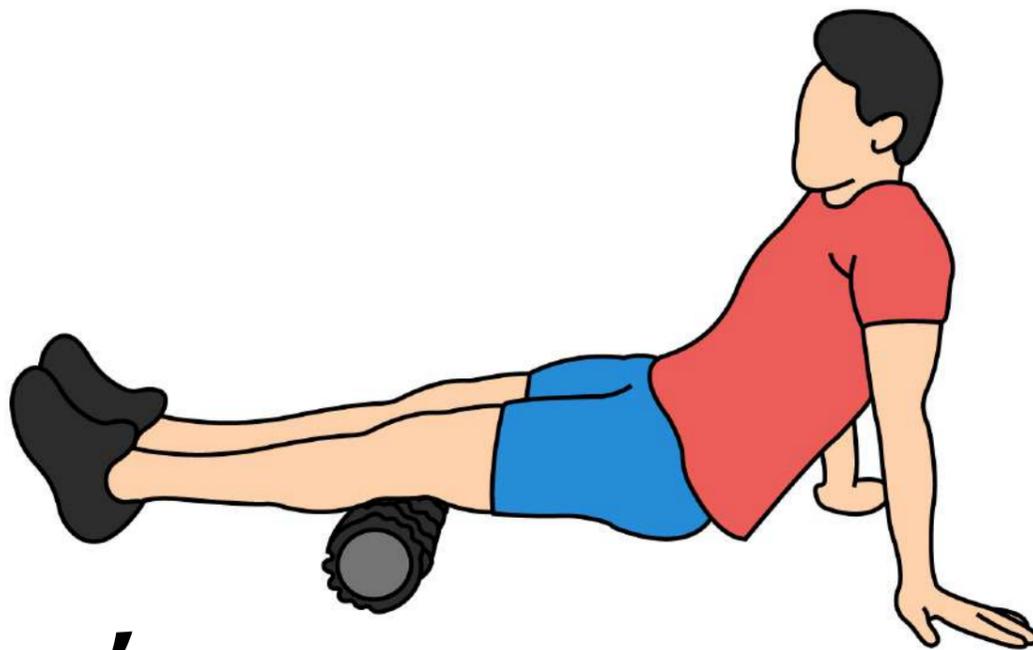
- Place your quads on the roller. Aim to roll from just above the knee to just below your groin
- Roll as slowly as you can. Take at least 3 seconds to complete the exercise
- Locate any tight and tender spots. These are called trigger Points.
- Pause on each trigger point for 20 seconds and allow the muscle to stretch and relax over the roller.
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Foam Roller Exercises

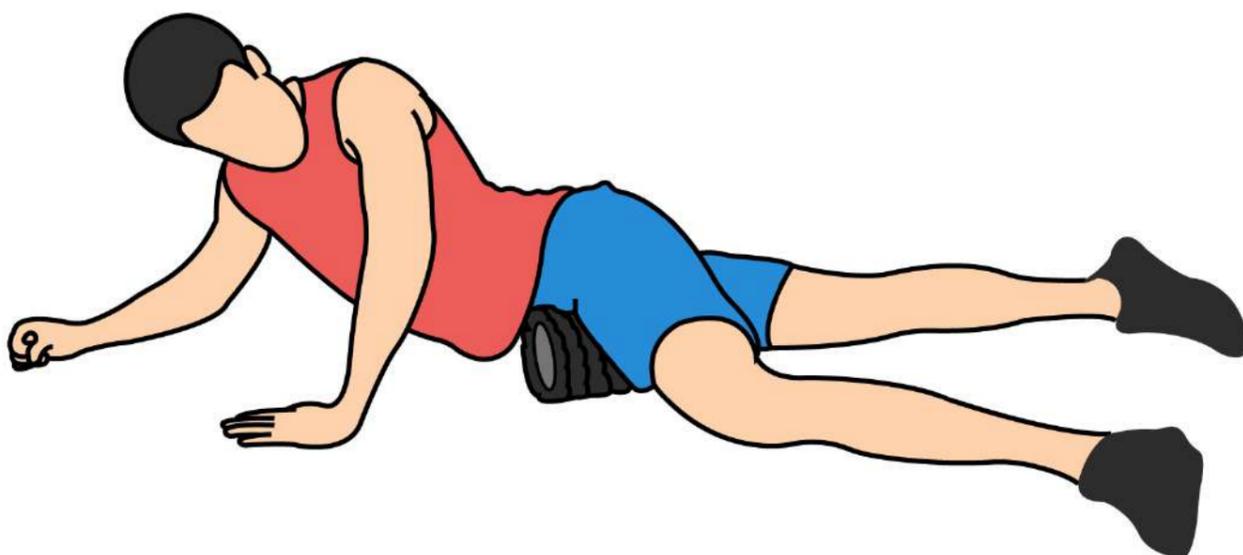
Hamstring

- Place your hamstrings on the roller. Aim to roll from just above your knees to just below your glutes
- Roll as slowly as you can. Take at least 3 seconds to complete the exercise
- Locate any tight and tender spots. These are called trigger points.
- Pause on each trigger point for 20 seconds and allow the muscle to stretch and relax over the roller.
- Breathe deeply and try to relax, this will oxygenate blood to relieve tension and soreness
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Adductor's

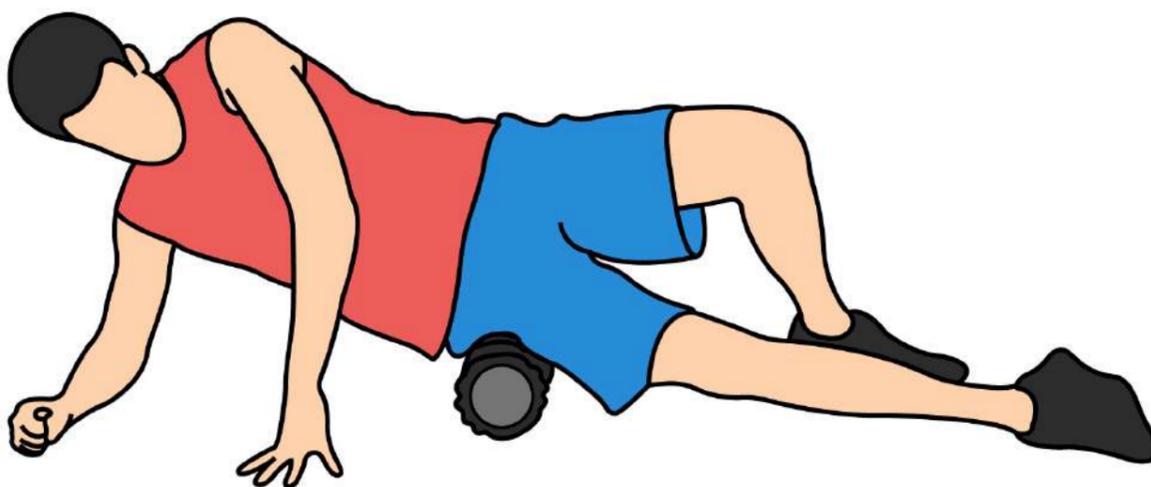
- Place your inner thigh on the roller. Aim to roll from just below your groin to just above your knee
- Roll as slowly as you can. Take at least 3 seconds to complete the exercise
- Locate any tight and tender spots. These are called trigger Points.
- Pause on each trigger point for 20 seconds and allow the muscle to stretch and relax over the roller.
- Breathe deeply and try to relax, this will oxygenate blood to relieve tension and soreness
- For added benefit you can stack a leg on the other to add pressure.



Foam Roller Exercises

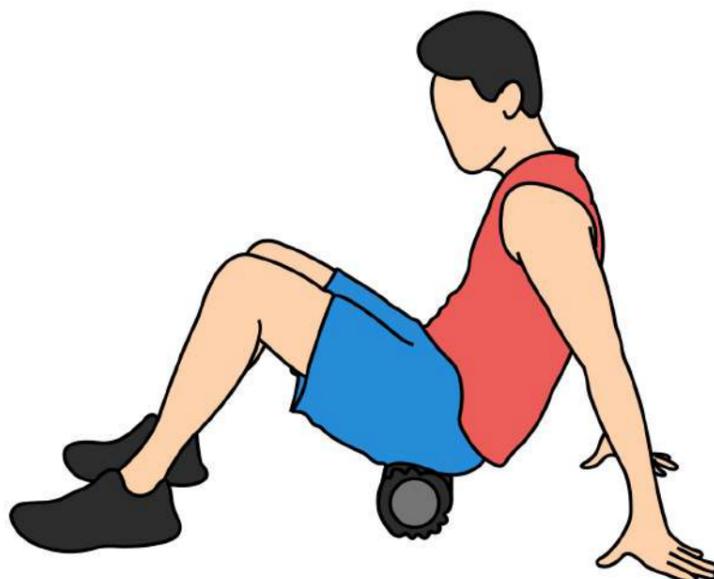
IT Bands

- Place your outer thigh on the roller. Aim to roll from just below your hip to just above your knee
- Roll as slowly as you can. Take at least 3 seconds to complete the exercise
- Locate any tight and tender spots. These are called trigger Points.
- Pause on each trigger point for 20 seconds and allow the muscle to stretch and relax over the roller.
- Breath deeply and try to relax, this will oxygenate blood to relieve tension and soreness
- For added benefit you can stack a leg on the other to add pressure.



Glutes

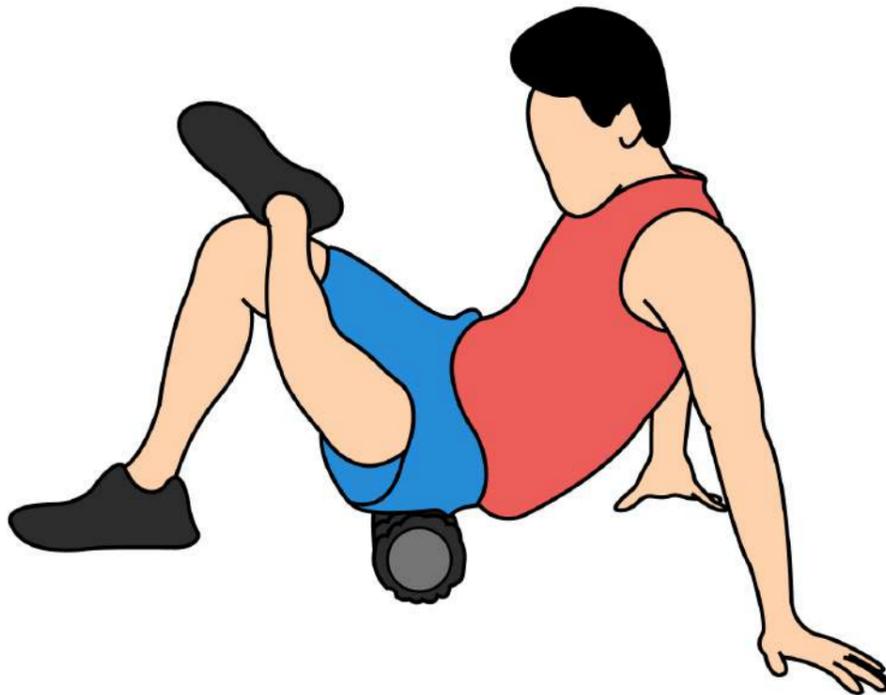
- Place your Glutes on the roller. Aim to roll from just below your spine to just above your hamstrings
- Roll as slowly as you can. Take at least 3 seconds to complete the exercise
- Locate any tight and tender spots. These are called trigger points.
- Pause on each trigger point for 20 seconds and allow the muscle to stretch and relax over the roller.
- Breath deeply and try to relax, this will oxygenate blood to relieve tension and soreness
- For added benefit you can stack a leg on the other to add pressure.



Foam Roller Exercises

Piri Form

- Place one bum cheek on the roller and the same leg on crossed over the opposite knee.
- Aim to roll from just above your hamstrings to just above your hip
- Roll as slowly as you can. Take at least 3 seconds to complete the exercise
- Locate any tight and tender spots. These are called trigger Points.
- Pause on each trigger point for 20 seconds and allow the muscle to stretch and relax over the roller.
- Breath deeply and try to relax, this will oxygenate blood to relieve tension and soreness
- For added benefit you can stack a leg on the other to add pressure.



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