

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 Ilio-Tibial 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 not 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. Now 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 lift hips 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 knee. (NOT over your knee!)

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'. Have your knees shoulder width apart and bent 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 to an intermediate level move your arms to your sides
- B) For even more difficulty reach your arms directly over your head



Other Rollers

Travel Roller

- 13" long, 3" diameter
- 2 Soft cell foam coverings
- 11" x 17" Laminated exercise chart
- Hollow Center Storage
- Portable



Travel Roller Acupressure Kit



- 3 variable density acupressure balls
- 3" x 13" Travel Roller
- 11" x 17" Laminated exercise chart
- "This is How We Roll" Instructional DVD

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

31" x 6" polymer foam 200 flexible rumbles



Thera Roller

7" x 18" ribbed foam Soft Blue and Firm Purple



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 75F - 125F (20C - 50C)

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



visit iamfitter.com to share your story.



DISCLAIMER: Do not use our equipment without a complete understanding of its intended purpose and function. By using our equipment the user accepts full responsibility for all risks and injury and waives any right to themselves, their heirs, their executors or any part to hold the manufacturer of its representatives responsible for any direct or indirect damages whatsoever caused by use of this equipment. Only use fitterfirst products in a safe clear area on a flat dry surface. Children must not play on this equipment unattended. Consult a physician before starting this or any exercise program.

www.fitter1.com

1 800 fitter1

printed in Canada



Stability
Agility
Mobility



Foam Roller Exercises



Keeping it **FUNCTIONAL** for Your Active Life!

