

Exercise Chart

ROLLER MASSAGER



MASSAGE MADE EASY

The Roller Massager is a compact and invaluable addition to your mobility toolkit. Targeting specific myofascial release, the Roller Massager will help keep you mobile and injury free, no matter how intense your training schedule is.

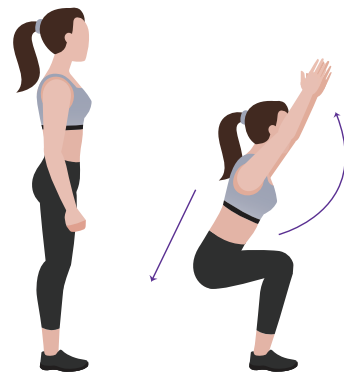
Perform the warm up exercise if you are working with the Roller Massager as a separate mobility session. If you are using the Roller Massager at the end of a training session, you will not need to undertake the warm up exercise.

“We are **designed** to move - that is the function of our muscles, and therefore the action of a **healthy body**”

Mish

WARM UP

1. Squat With Reach



Stand with your feet hip width apart. Squat down, reaching your arms up, then return to the start position. Perform the warm up exercise if you are working with the Roller Massager as a separate mobility session. If you are using the Roller Massager at the end of a training session, you will not need to undertake the warm up exercise.

EXERCISES

2. Foot Release



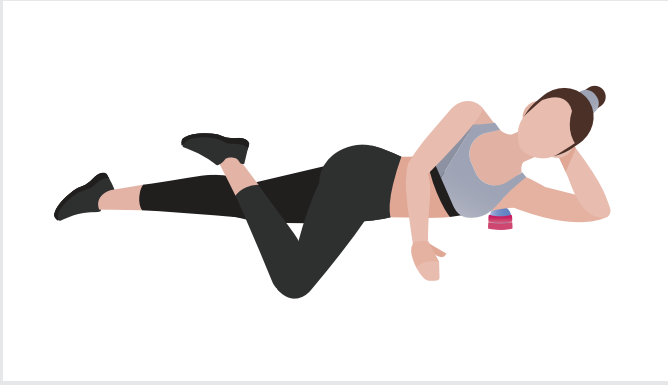
Place your foot on the Roller Massager, with the massager close to your inner arch side, and press firmly. Slowly roll your foot over the roller massager from the top of your arch to the bottom. Repeat in reverse. Move the ball slightly more to the centre of your foot and repeat. Continue until the massager is as close to the outer edge of your foot as possible.

3. Calf Release



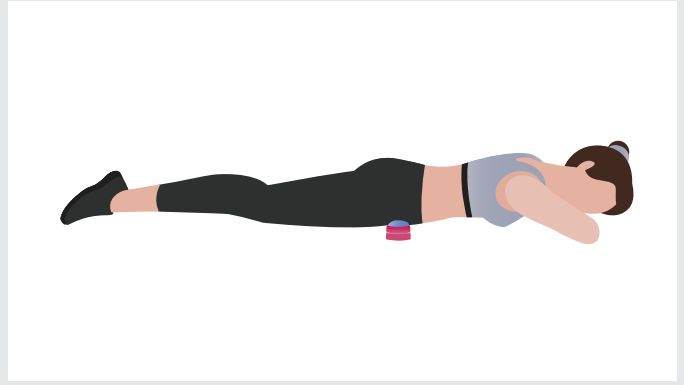
Place your calf on the Roller Massager and press firmly. Slowly roll your calf over the massager, from the top of the calf to the bottom. Repeat in reverse. Perform these actions for the full width of your calf.

4. Lat Release



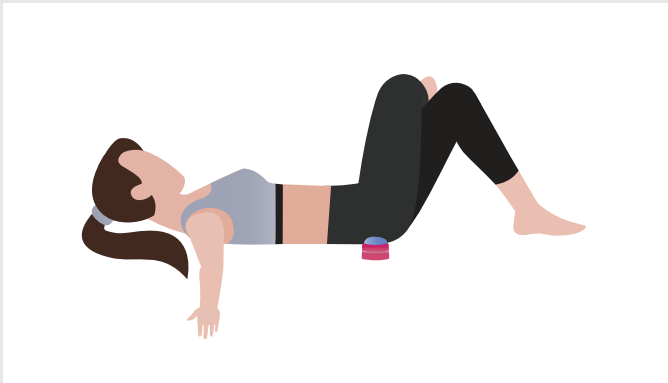
Place the Roller Massager under your armpit and let your body weight rest heavy. Slowly roll your torso up and down, so the massager moves closer and further away from your armpit. Repeat with your torso turned closer towards the floor, as well as more revolved to the ceiling, so the broadest range of your lat is massaged.

5. Hip Flexor Release



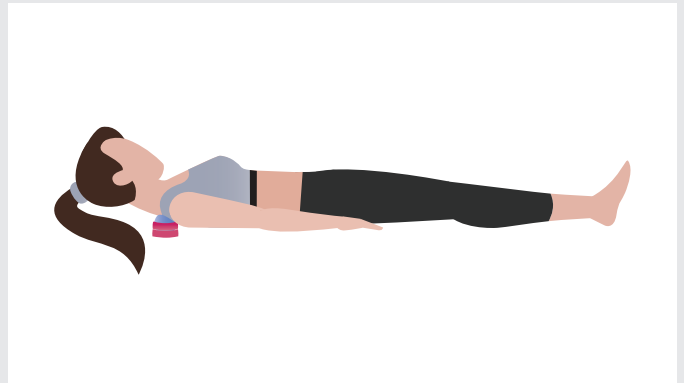
Lie on your front with the Roller Massager under your hip crease. Slowly roll up and down over the massager to release your hip flexors.

6. Glute Release



Lie on your back with 1 leg crossed over the other in a figure 4 shape. Place the Roller Massager under your glute and slowly roll in a circular motion to release through your glutes.

7. Upper Traps release



Lie on your back with the Roller Massager under the meaty part of your shoulder. Slowly move in a circular motion to release through your upper traps.

MOBILITY

Post Workout Mobility:

Skip the squats, and starting from the Foot Release exercise work your way through each exercise (on each side of your body), spending between 30 secs - 2 mins on each exercise.

Remember a post workout mobility session is to help reduce stiffness and soreness post workout, and a warm shower is the perfect finale. You've earned it!

Stand Alone Mobility Session:

Warm up with 3 rounds of 5x10 squats, starting slowly and increasing in pace as you get warmer. Then starting from the Foot Release exercise work your way through each exercise (on each side of your body), spending between 30 secs - 2 mins on each exercise. To finish, walk around swinging your arms and rolling your shoulders for 30 secs - 1 min, to flush your soft tissues. Be sure to drink plenty of water post session to keep your soft tissues flexible and free.

MISH TIPS!

- 1 Aim to include some mobility aid exercises at the end of every training session.
- 2 Once a week, do a mobility specific session, using your Roller Massager and any other MB Active mobility aid you have, such as a foam roller.
- 3 Stand alone mobility sessions should be between 20 - 60 mins.