

Exercise Chart

PEANUT MASSAGE ROLLER



Active

MASSAGE MADE EASY

The Peanut Massager Roller is a great addition to your mobility toolkit. Targeting a broad area, it works on both superficial and deep tissue release that will keep you mobile and moving with ease.

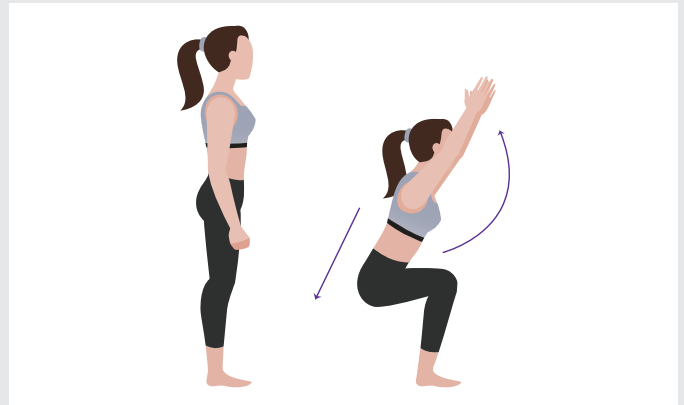
Perform the warm up exercises if you are working with the Peanut Massager Roller as a separate mobility session. If you are using the Peanut Massager Roller at the end of a training session, you will not need to undertake the warm up exercises.

“Take every opportunity you can to **MOVE!** It's what your body is designed to do.”

Mish

WARM UP

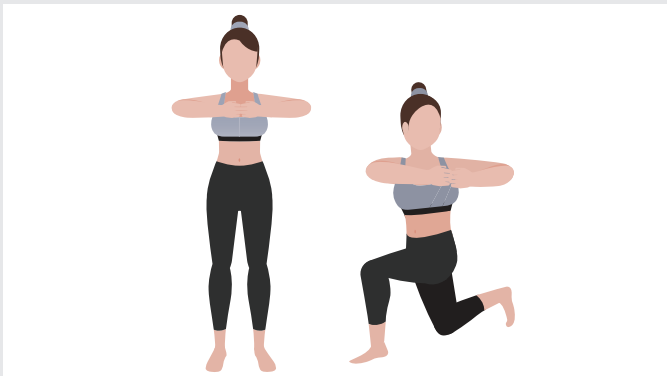
1. Squat with Overhead Reach



Stand with your feet shoulder width apart. Sit into a squat, pushing your weight through the heels whilst reaching your arms over your head. Keep your chest up, back straight and core braced. Return to the start position and repeat.

WARM UP

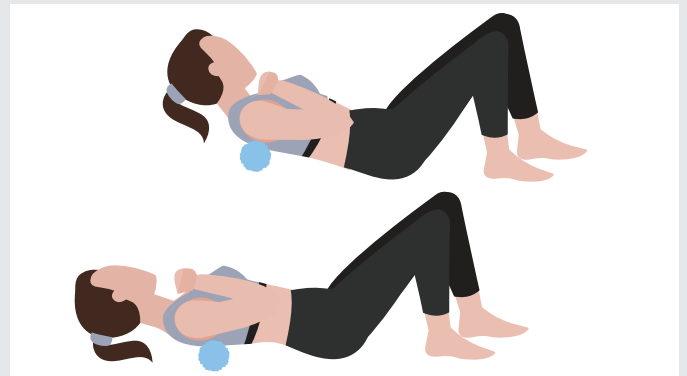
2. Lunge with Rotation



Stand with your feet shoulder width apart. Bring your knuckles together at chest height, keeping the elbows lifted. Step one foot forward, dropping the back knee to create a 90° angle. Simultaneously, turn the torso across the front knee before pushing back through the front foot, returning to the start. Repeat on the other side.

EXERCISES

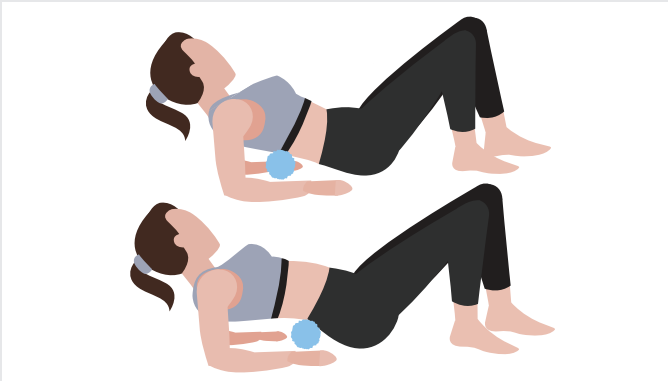
1. Upper Back



Lay on your back with your knees bent. Place the Roller between your shoulder blades towards the base of the neck, with the central groove inline with the spine. Lift your pelvis off the floor, push through your heels and rock slowly to move the Roller up and down the upper back.

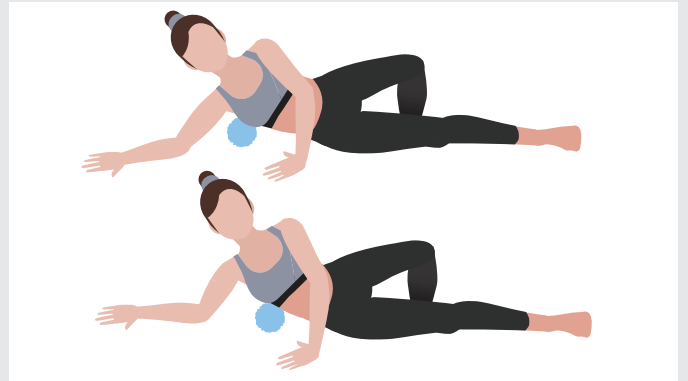
EXERCISES

2. Lower Back



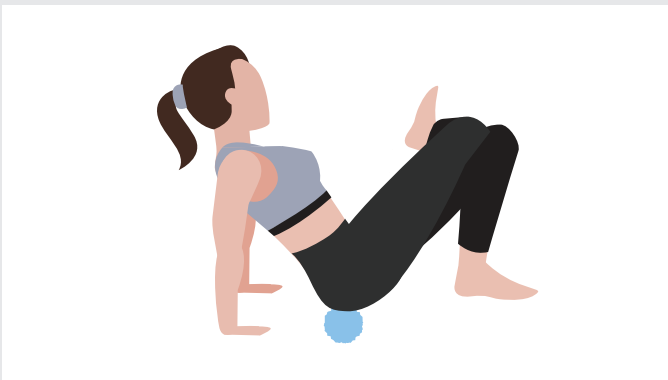
Lay on your back with your knees bent. Place the Roller under your lower back towards the bottom of the ribcage. Place your forearms on the floor for support and push the heels to move the Roller down the back towards the hips. Reverse direction. Repeat.

3. Lats



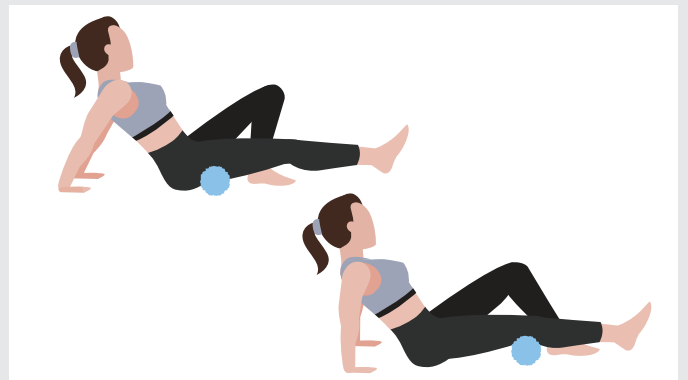
Lay on your side and extend the bottom leg. Bend the top knee, keeping the foot firmly pressed to the floor. Press top hand firmly to the floor. Place the Roller under the armpit and extend the bottom arm. Push through the bent leg and top hand to move the Roller towards the ribcage. Reverse direction. Repeat on the other side.

4. Gluteals



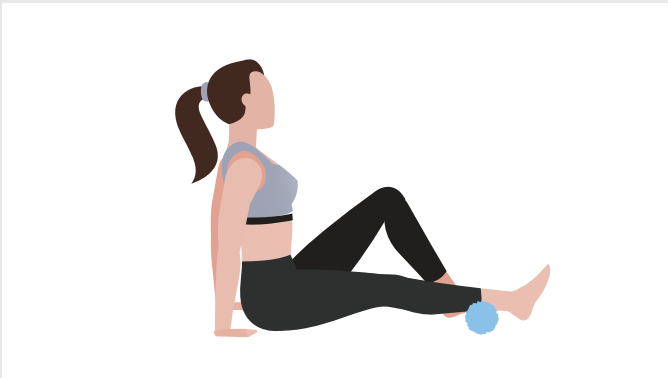
Sit on the Roller taking your arms behind for support. Bend one knee keeping the foot pressed firmly to the floor. Cross the opposite foot over the bent knee so that the ankle connects with the knee. Roll the Roller forwards and backwards. Focus on the side where the foot is lifted, tilting the hips if necessary to target all angles of the muscle. Repeat on the other side.

5. Hamstrings



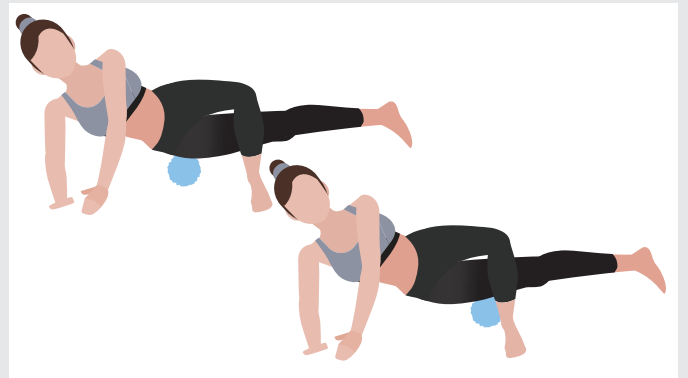
Sit on the floor with one leg extended and the other knee bent. Place the Roller under the upper thigh of the extended leg, just below the hip. With the arms behind the body for support, pull through the arms and push through the bent leg to move the Roller towards the back of the knee. Reverse direction. Repeat on the other side.

6. Calves



Sit on the floor with one leg extended and the other knee bent. Place the Roller under the lower part of the extended leg just above the ankle. Push through the arms and bent leg, and rock with your pelvis to move the Roller up and down the length of your calf. Repeat on the other side.

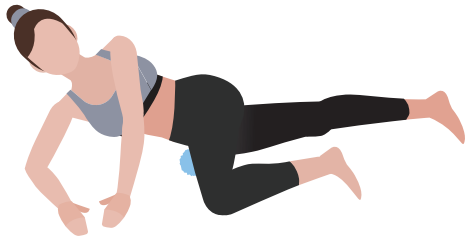
7. Outer Thigh



Lay on your side and extend the bottom leg. Bend the top knee keeping the foot firmly pressed to the floor. Place the Roller under the bottom leg below the hip. Support the upper body on the elbow, using the other arm for stability. Push through the bent leg and pull through the arm to move the Roller towards the knee. Reverse direction. Repeat on the other side.

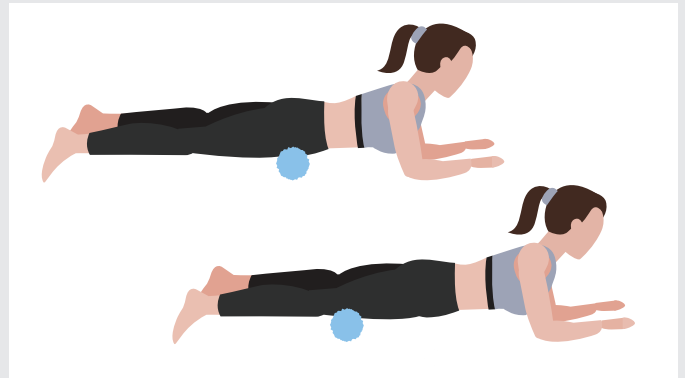
EXERCISES

8. Hip Flexors



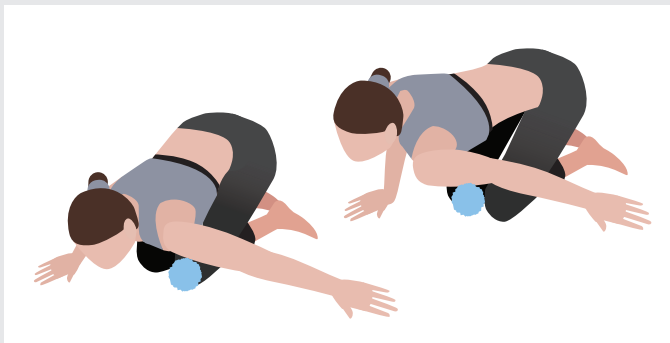
Lay on your side, bottom leg extended and top knee bent (ball of foot firmly pressed to the floor). Place the Roller under the hip. Support the upper body on the elbow, using the other arm for stability. Push through the bent leg and pull through the arm to move the Roller across the hip area, tilting the hips if necessary to hit all angles of the muscles. Keep rolling with small movements. Repeat on the other side.

9. Quads



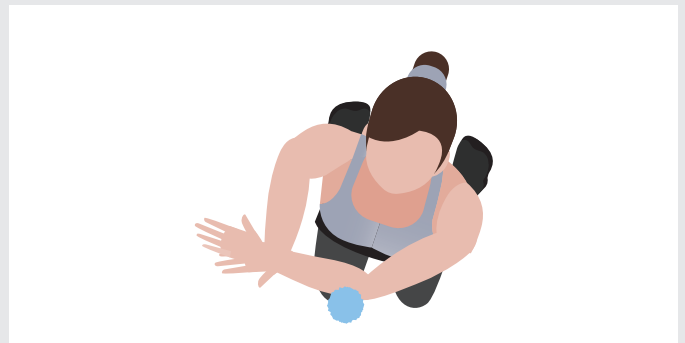
Lay on your front, both legs extended. Place the Roller under one leg below the hip. Supporting the upper body on the elbows, pull through the arms to move the Roller towards the knee. Reverse direction. Repeat on the other side.

10. Biceps



On all fours, extend one arm to the side and place the Roller under the elbow. Keep the palm of the hand facing down. Using the other arm as support, push the arm to move the Roller towards the shoulder. Reverse direction. Repeat on the other side.

11. Triceps



On all fours, extend one arm in front of the body, placing the Roller under the elbow. Keep the palm of the hand facing up. Using the other arm as support, push the arm to move the Roller towards the shoulder. Reverse direction. Repeat on the other side.

MISH TIPS!

Don't be afraid to get creative and see what other muscles and areas of your body you can roll out with your Peanut Massage Roller!

As you get more familiar with how your body feels when you work through the suggestions in this chart, you'll find intuitively you have the confidence to start testing out other ways to use it.