



The Power Behind Performance®

Massage Peanut

DISCLAIMER

The following guidelines should be observed when using a Massage Peanut:

- Always consult your physician before participating in any physical activity.
- Always train under the supervision of a certified trainer or coach.
- Always use the Massage Peanut directly on the skin's surface.
- DO NOT wear loose clothing when using the Massage Peanut.
- Care should always be taken when positioning on the Massage Peanut. Falling on the Massage Peanut could result in injury.
- Inspect the floor/wall surface for any obstructions that could damage the Massage Peanut.
- Do not wear jewelry, rings, watches, belt buckles, or other sharp objects that could damage the Massage Peanut.
- Keep fingers out from underneath the Massage Peanut.
- Keep the Massage Peanut away from direct heat sources such as heaters and fireplaces.
- The Massage Peanut is not a toy! Adult supervision is required whenever a child is near a Massage Peanut.
- Use only as instructed. Not recommended for any other use.
- Power Systems Inc. assumes no liability for accidents, injuries, or damages that may occur with the use of the Massage Peanut.

For more information about the Massage Peanut
and other training products or programming

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Massage Peanut Exercises

Power Systems Massage Peanut allows for multidirectional movements and can be used for self-myofascial release to trigger and release muscle stress points and to improve circulation, flexibility, and muscle tone.

Quadricep Release: Sit on a level surface with the legs extended or slightly bent to relax the quadricep muscle. Use the palm of the hand to gently roll the Massage Peanut along the length of the muscle. The more pressure placed on the Massage Peanut the deeper the stimulation will become.

Back Release: Stand with your back approximately 3" to 4" away from a wall. Position the Massage Peanut against the wall behind you, and press your back into the ball. While keeping your weight on your heels, bend at the knees and roll the peanut up and down the length of your back. Roll along the spine and then progress to the left and right sides. Position the peanut between the shoulder blades to release tension.

Calf/Hamstring Release: Sit on the floor with your legs out in front and hands behind for support. Place the Massage Peanut under the calf or hamstring of one leg. Lift your hips slightly off the floor to create additional pressure between the targeted muscle and the peanut. Gently roll your leg back and forth over the peanut to stimulate release of tension in the muscle.

Foot Release: While sitting on a level surface, bend the knee at a 90-degree angle and place the Massage Peanut on the ground directly in front of you. Place the bottom of the foot onto the Massage Peanut and gently roll back and forth to release tension. The more pressure placed on the Massage Peanut the deeper the stimulation will become. Repeat with other foot.



IT Band Release: Sit on the Massage Peanut with the outside of the upper leg in primary contact with the peanut. Place a hand on the floor for support. Extend the leg that is on the peanut. Bend the supporting leg behind it and place the foot on the floor. Gently move over the peanut so that it moves up and down the length of the upper leg.