



The Power Behind Performance®

Air Roller

IMPORTANT INFORMATION PLEASE READ AND KEEP

ROLLER SHOULD BE 6" IN DIAMETER WHEN FULLY INFLATED

DISCLAIMER

The following guidelines should be observed when using the Air Roller.

- Always consult your physician before participating in any physical activity.
- Always train under the supervision of a certified trainer or coach.
- Always use the Air Roller on a level surface.
- Take extra care when getting on and off the Air Roller. Falling on or off could result in injury. Always use a spotter when using the Air Roller.
- Only use the Air Roller in an open space away from furniture, walls, or other equipment. Inspect the floor surface for any small objects that could damage the Air Roller.
- Do not wear jewelry, rings, watches, belt buckles, or other sharp objects that could damage the Air Roller.
- Keep fingers out from underneath the Air Roller.
- Avoid exposing the Air Roller to sunlight or water for a prolonged period.
- Keep the Air Roller away from direct heat sources such as heaters and fireplaces.
- The Air Roller is not a toy! Adult supervision is required whenever a child is near the Air Roller.
- Use the Air Roller only as instructed. Other uses are not recommended.
- Power Systems, Inc., assumes no liability for accidents, injuries, or damages that may occur with the use of the Air Roller.

For more information about the Air Roller
or other training products, contact

Power Systems Inc.
www.power-systems.com
1-800-321-6975

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Myofascial Release With the Air Roller



Glute Release

Start: On a flat surface, place the inflatable roller horizontally in front of the body. Sit with the glutes slightly off the back of the roller, feet flat on the floor in front of the body, and knees bent. For balance and support, place the hands on the floor behind the roller. Rock side to side on the roller until the sit bones are level.

Action: Lean back and into the air roller so that the glutes are now slightly in front of the roller. Continue rocking forward and backward. If a spot of tension is found, focus on this area.

Hamstring Release

Start: On a flat surface, place the inflatable roller horizontally in front of the body. Sit on the roller with the arms extended. Push the glutes slightly off the back of the roller and lower the body, keeping the legs extended.

Action: Keeping the hands on the floor, push forward with the arms and backward with the glutes, forcing the roller forward and down the legs, as the body eases back. Stop when the roller reaches the area above the knees. Continue rolling forward and backward. If a spot of tension is found, focus on this area.



Quad Release

Start: Place the air roller on a flat surface. Lie face down with the roller under the pelvis and your upper body weight on the elbows and your forearms extended away from the body.

Action: Using the forearms, pull the body forward toward the hands, forcing the roller to roll toward the knees. Stop when the roller reaches just above the knees and reverse. Continue rolling forward and backward. If a spot of tension is found, focus on this area.

Calf Release

Start: On a flat surface, place the air roller horizontally to the body and sit facing the roller. Place one or both calves on the roller, positioning the roller at the top of the muscle near the back of the knees. *Knees should be only slightly bent.* Hands are placed behind the body.

Action: Slowly bend the knees as you draw your knees and heels toward the body, pressing the calves into the roller until it reaches the ankles. Return to start and repeat. If an area of tension is found, focus on this area.



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Exercises With the Air Roller

Lunge



Start: Place the air roller in front of the body on a flat surface that is free from clutter. Carefully place one foot on the middle of the roller, using the core to stabilize and gain balance. The opposite foot should be extended behind the body.

Action: Keeping the chest lifted and the core engaged, slowly bend the knees, lowering the body until the knees reach roughly 90° angles (or less). Use caution when using the unstable base of the roller.

Core Builder

Start: Place the roller on a flat surface and sit at the end, facing the narrow side of the roller. Cross ankles and use fingertips for balance.

Action: When balanced is controlled, lift the fingertips from the floor. Follow slowly with one foot, then the other, using the abdominals to stabilize. Hold as long as possible.



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