



The Power Behind Performance®

PREMIUM EVA ROLLERS

**IMPORTANT INFORMATION
PLEASE READ AND KEEP**

DISCLAIMER

The following guidelines should be observed when using the Premium EVA Foam 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 Premium EVA Foam Roller on a level surface.
- Take extra care when getting on and off the Premium EVA Foam Roller. Falling on or off could result in injury. Always use a spotter when using the Premium EVA Foam Roller.
- Only use the Premium EVA Foam Roller in an open space away from furniture, walls, or other equipment. Inspect the floor surface for any small objects that could damage the Premium EVA Foam Roller.
- Do not wear jewelry, rings, watches, belt buckles, or other sharp objects that could damage the Premium EVA Foam Roller.
- Keep fingers out from underneath the Premium EVA Foam Roller.
- Avoid exposing the Premium EVA Foam Roller to sunlight or water for a prolonged period.
- Keep the Premium EVA Foam Roller away from direct heat sources such as heaters and fireplaces.
- The Premium EVA Foam Roller is not a toy! Adult supervision is required whenever a child is near the Premium EVA Foam Roller.
- Use the Premium EVA Foam 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 Premium EVA Foam Roller.

**For more information on the Premium EVA Foam Roller
and other training products or programming, contact:**

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

Myofascial Release With the Premium EVA Foam Roller

Glute Release



Start: On a flat surface, place the foam 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 with the fingers pointed toward the body. Rock side to side on the roller until the sit bones are level.

Action: Lean back and into the foam 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 foam roller horizontally in front of the body. Sit on the roller with the arms extended behind the back and the fingers pointed toward the body. 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 foam 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 foam 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 with fingertips pointing toward 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.

Exercises With the Premium EVA Foam Roller

Lunge



Start: Place the foam 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 lie down on it with the head and glutes lined up vertically. Knees are bent and feet are flat on the floor. The hands can be used for balance to start.

Action: When balanced is controlled, lift the left arm overhead. To progress, bring the right leg up, knee at a 90° angle, then right arm up, at a 90° angle to the body. Slowly switch sides. Repeat, keeping the core engaged and slowly gaining balance.