



## **How To Get The best Results From the all New Performance Myofascial Foam Roller**



## **Why EXOUS Bodygear?**

Our Brand slogan is '*different by design*', that speaks for itself, we really try to develop new products that meet the needs of the consumer and add value and function over generic 'me too' products. We put a lot of research and development into every one of our products. We consult with top Olympic and world class fitness individuals and test with athletes and industry specific individuals for some time before we launch our products to the market place to make sure they add more value and function.

As with many of our products they sometimes need a little consumer education to know how to best use them and that's why we made this PDF.

## **Connect with us**

So now you know about our passion and brand if you like the sound of our style and products we would love for you like our Facebook page here [www.facebook.com/exousbodygear](http://www.facebook.com/exousbodygear)

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# The Performance Myofascial Roller

The Performance Myofascial Roller is an advanced foam roller designed for trigger point fascia myofascial release along with deep tissue self massage. Our team at Exous Bodygear have used foam rollers for over 15 years through training in track and field, strength and fitness and the generic molds and styles out in the market have done an ok job but if you really look into the form and function of these generic foam rollers you will see they are very limited to what they can achieve in terms of self massage and trigger point release.

The issue comes down to the very soft EVA and generic grid pattern. The two go hand in hand in terms of limiting what can be done therapeutically. The generic alternating grid pattern does not allow full length muscle rolling



essential to 'feel' the muscle where it is tight and then feedback where you need to focus on later, also having a continuous pattern allows for full length rolling. If you are an athlete and have had many sports massages either before an event or certainly after the workout where it is essential for speeding up recovery and muscle regeneration you will know what benefit there is to be able to achieve a lighter flushing style massage which is sometimes more beneficial than deep trigger work if you are preparing for exercise/sports through a foam roller when you do not have a massage therapist at hand. We brought olympic athletes and top fitness professionals and along with massage therapists to get their vast experience in use of foam rollers and massage treatments to see what was missing and what could be improved in the generic design of the mass foam rollers on the market, the result was the performance roller, having 3 distinct zones for varying intensity and massage effects, very different from each with the ability to roll on each 'zone' for the full length of the limb or muscle allows more function and 'feeling' to the self massage as described earlier.

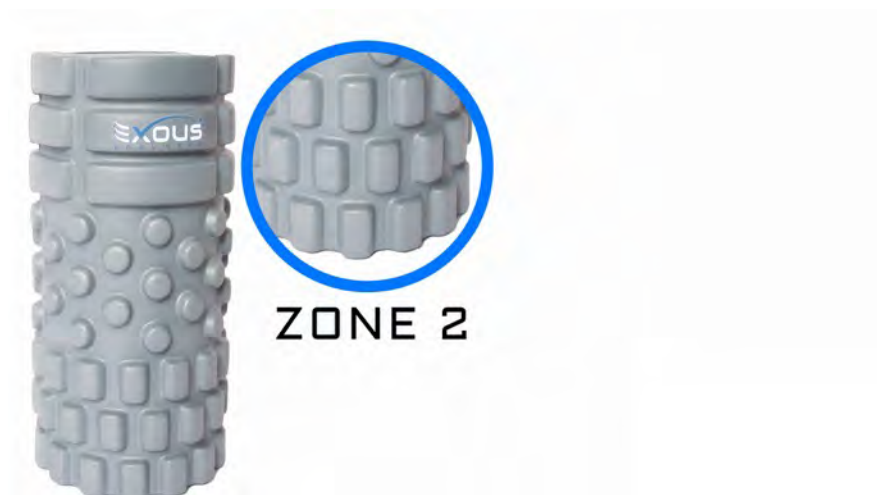
From the input of our professional athletes we came up with the idea of the continuous grid matrix pattern [CGM] and varying intensity zones which we believe no other current foam roller on the market can replicate. The Extra high density EVA foam works in conjunction with our unique grid matrix pattern to give much deeper massage sensation and therapy, the firmer EVA means much less body weight effort is required to illicit the desired massage

effect. You can now also easily apply more or less intensity just by rolling on the different zones see more below:

The flat zone 1 can achieve everything a generic grid roller can do with, but with zones 2 and 3 we add significant ability to get deeper into muscle tissue and fascia where many tight muscles and injuries are harboured,



Zone 2 has finger like pressure which when we tested the roller amongst our athletes we found it was very good for getting deep tissue massage work in the forearms, shins, and around the psoas, or hip flexors. The teeth like style and spacing allows more penetration in the muscle tissue and fascia therefore being suitable for more intensity and trigger point release work on any muscle area also.





With Zone 3 we created a very life like surface area and pressure to a thumb of a sports massage therapist. Try this zone for very easy high intensity pressure, again our athletes in the testing phase reported remarkable similarity to a deep massage using thumbs especially in the belly of the gastrocnemius and soleus (calf) where deep knots can arise for many runners and explosive athletes who do a lot of bounding and leg work. This zone also works fantastic for getting inside the three heads of the

deltoids and actually works great for releasing tension in the soles of the feet and arches.

Finally we looked at the logic behind the 13 inch mold and size and found there was no loss of function to have the overall footprint of the roller to be 15% smaller as each therapeutic zone is an average of a human palm width in size giving plenty of surface area for the desired massage effect. This allowed us to create a new 11 inch size which packed in all the function and saved weight and space at the same time. The total weight being only 620g We made sure to use high quality materials in the form of ABS for the inner core tube which is lighter and stronger over standard PVC tubes which can lead to splitting over time.

Feel the difference with the performance roller or get your money back. One thing we are confident in saying is that what ever you can do with a standard generic foam roller you can do with the performance roller plus a whole lot more!

This is a unique original product made by EXOUS Bodygear from our brand ethos 'different by design' we hope you enjoy this product please see how to get the very best out of this product below to make sure you get the best use out of this new product we have included 60 minutes of advanced myofascial release techniques using the performance roller with Olympic Athlete Nick Buckfield (pole Vault) also a professional sports massage therapist for the most accurate and detailed guide for use.

# Features of The Performance Roller

## Zone 1 Flat Palm Intensity

***Whats' the benefit?*** - Less intense, simulates the palm of a massage therapist and so it is ideal to warm up any muscle group, in particular the flat style zone will be ideal for sensitive areas such as ITB band, under side of Lats, quads, hamstrings and calves and adductors. The benefit is you can roll at your desired pressure to feel where the muscles need more attention through trigger point work. You get all the function of a standard roller with this zone, but we have two more therapeutic zones for more specific release work.

## Zone 2 Finger Pressure Intensity

***What's the benefit?*** - Just by feeling this zone you will notice that it is ideal for getting into the muscle, fascia and any adhesions and knots that are occurring in the muscles. After warming up with zone 1 you can start doing trigger point work such as 2-4 inch rolls and cross friction work on a selected area of the muscle to get good trigger point release.

***What else is this good for?*** - This zone is a great way to increase intensity and it works really well for all muscles, avoid using on IT band, underside of the lats and adductors as it will be too intense, try using on your calves for a deeper trigger point massage and its exceptionally good for getting into the shin area we also rate this very highly on the upper limbs such as the forearms the continuous grid matrix pattern fits so well inside the compartment of the wrist extensors and flexors. Try and see!

## Zone 3 Intense Thumb Like Pressure

***What's the benefit?*** - This is a very intense zone compared to the other two zones of the foam roller. It's very similar to the surface area of a thumb and pressure that a sports massage therapist can exert through massage. With this zone you will find it amazing for that deep rooted adhesion often inside the belly of your muscles, we had good feedback that this is excellent for the calves also excellent for isolating trigger points on the legs. (hamstrings) and quads. Do not use this on the lats on your side or IT band or adductors as it will be too intense.

***What else is it good for?*** - Because the grid matrix pattern is so intense it actually works very well for releasing tension in your feet around the balls and arch. Try doing some short rolling using one foot standing up

supporting yourself, you will feel pressure like a therapist thumb going into your soles of your feet!

Again its useful for getting into the heads of the shoulders as the thumb pressure can really get into the three heads where the shoulders meet.

## **Continuous Grid Matrix Pattern**

***What's the benefit?*** - Unlike conventional rollers that have an alternating pattern you can't roll the same level of intensity or pressure up and down a full limb, this pattern allows you to 'flush' through the belly or limb of each muscle like a manual massage therapist would do. The benefit of this is it allows you warm up your muscles, for later more intense trigger point work, or simply just a way to feel where you are actually tight and allows you to flush blood flow into the muscles for recovery and re-generation. Sometimes you just want to roll back and forth with the same level of intensity this allows you to do just that.

## **11" Size**

***What's the benefit?*** - 2 inches makes a whole lot of difference in portability and practicality when wanting to take a foam roller travelling, the size is smaller than most 13" rollers and so it has all the benefits of a smaller footprint but with 4" grid patterns (palm width) there is no compromise in function.

## **ABS Core Inner Tube**

***What's the benefit?*** - ABS is lighter and stronger and it will not split as easily over PVC inner tubes, so the longevity and quality will last longer over standard PVC tubes. This also helps reduce the overall weight by being 20% smaller and 15% lighter than standard grid rollers. Easier to take travelling and takes less weight and space up in your kit bag.

## **Extra High Density EVA**

***What's the benefit?*** - 3x the density of many standard generic 13" foam rollers, it means you don't have to push anywhere near as hard to get the roller to react back to the body for releasing muscle tissue. It also means you can pin point trigger points so much easier as you have zones 2 and 3 which with their unique grid pattern matrix helps get deep into the fascia and muscle tissue with hardly any effort. This means much more easier massage and release work and of course the varying degrees of therapy you can achieve.



***What else is it good for?*** - Stronger denser EVA means better longevity and durability it won't lose its shape and form vs softer EVA rollers, so you can get much more use out the performance roller over generic softer EVA foam also in combination with the ABS core it will last longer over extended use.

## FAQ's About The Performance Roller

**Q: Do you have any videos about this product that I can watch?**

**A:** Yes we have several FAQ videos which help answer questions and also explains the benefits of the performance roller click the link below to see <https://www.youtube.com/watch?v=lf1O4b5oGNY>



*\*\* Don't forget you get extensive advanced techniques as part of your bonus for buying this product available in your members area\*\**

**Q: Will the high density EVA be too firm?**

**A:** The great thing about the high density EVA is that you have to apply less pressure to get a massage/ release effect, with soft EVA you have to force the bodyweight through the roller to get a deep tissue release and sometimes even that is not enough. With the high density you just control more or less pressure to get the intensity you desire just apply less pressure if you feel its too hard.

**Q: Can I use the roller on all parts of the body?**

**A:** Yes, the zone 1 area is universal for all muscle areas and body parts, zones 2 and 3 are designed to get into the muscles and fascia and also for more deep trigger pint work on thicker more stronger muscle groups. Again everyone is individual so by all means try each area out see what suits you best.



**Q: Is 11” going to be big enough**

**A:** Yes, you only ever have around 4” of contact on the body that is the same as an average palm width of a massage therapist, the 3 way zone pattern has 3 dedicated 4 inch grid patterns to offer the most versatile and unique roller therapy available. You simply have balance your body weight over when you use the zones on either edge to stop it from tipping.

If you would like to purchase the performance Myofascial Roller please use this exclusive discount code to get 20% off your Purchase

**SAVE20EX**

**<http://www.exousbodygear.com/buy-roller>**

**\*The EXOUS Bodygear Performance range of products\***

If you liked this product we assure you will love our other products, each one of them made with passion and enthusiasm for the fitness and outdoor market. Our performance range is just that designed to outperform the competition and bring a high standard of function to the need.

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