

Glutes or Piriformis - Sit on your Rollga roller with legs extended. Lean and tip to the outside contour of the Rollga. Starting with lower part of the glute, roll to the upper part. Keeping your body slightly tilted allows you to focus on one glute at a time. (Right)



Bridge Stretch for Low Back - Start by lying flat on your back. Lift your hips and place the Rollga Roller Zone 3 under your tailbone. Place your hands to your sides for support. Lower your legs and allow your hips to open up. (Below)



Hip Flexors - Lie face down on the floor with the roller positioned under your hip. Roll slowly from the top of your hip to the hip pocket. Use a small range of motion over these tight hip flexors. ***

Peroneals Stretch - Position the roller just below your knee, not on the knee. Bend and place your top leg over and above the roller for support. Roll from just below the knee to your ankle. For more pressure, stack your legs on top of each other. Each pass should take about 8 seconds. ***



Calves - Place the Rollga roller under your calves. Zone 3. Roll from just before your knee to your Achilles Tendon. Hold tight spots for 30 to 45 seconds or until pain and tightness in the calves diminish. Do not roll behind your knee. (Above)

Quadricep - Lie on your stomach with roller placed just above your knees. Elbows are bent and forearms are flat against the floor. In a plank position, engage your abdominal muscles and keep your glutes tight to prevent your body from sagging. Push with your forearms and roll across your thighs to your pelvic bone, then back again. Do not roll knees. (Right)



IT Band and TFL - Start by lying on your side without the rollga roller. align your elbow, hip and ankle in a straight line. Position the roller under your hip and place your top leg in front for support. Roll from the top of your hip to just before the knee. Stay on the outside Zone 3. (Below)



Trapezius & Erector Spinae (Back) - Place the Rollga roller behind on your back, just above the shoulder blades. Your spine should be aligned with zone 1. Place your arms either supporting your head or extended out behind. Use your legs to push and roll from your shoulders to the middle of your back, roughly at your last rib, then return up towards your shoulders. Roll slow, this is about deep breathing and slow control. Do not press and hold tight spots. Do not roll your lower back, your muscles will tighten up to protect your spine in this region. (Above)



Adductors - Lying on your side place your leg over zone 2 of the roller. Roll your hips from left to right, while supplying a downward pressure.



Shins or Anterior Tibialis - Begin on your hands and knees. Your hands should be on the floor near your knees. Place the roller under your ankles. Lift your hips upward and feel the roller glide along your shins as you extend your legs outward into a plank position. Roll front to back to find the tender areas. Hold tight spots for 30 to 45 seconds or until pain diminishes. For an advanced technique, lift one leg off the roller and engage your core to keep your leg and back parallel to the floor as you roll. You may also cross your ankles stacking one leg over the other as you roll. (Left)



Latissimus Dorsi - Lying on your side with the Rollga roller placed under your armpit in zone 3. Keep your arm outstretched, thumb up and legs extended with the top leg crossed over your bottom leg. Roll from your armpit to your waist.

Psoas Release - Place the round end of the Rollga roller between your belly button and the middle of the hip. Lay down on your tummy and compress the Psoas muscle back into your hip. You will feel like you need to use the restroom, that is normal. ***



Forearms - Place the Rollga roller in front of you, and from a kneeling position rest your arms on zone 3 at your wrists. Roll across your forearm to your elbows. (Above)



Neck - Lie flat on your back and place the Rollga roller under your neck on zone 1. Tilt your head straight back, as if you are drawing an imaginary line on the ceiling north and south with your nose. Then lift and turn your head 45 degrees and relax. Finally, turn your head another 45 degrees and relax. You may also use the outside zone 3 for a deeper massage. Do not aggressively roll the neck, it is delicate and only needs a very small amount of pressure.



Video Demonstrations Available Online

Rollga Stretches & Exercises

www.Rollga.com - 1.844.4.ROLLGA - Saint Cloud, MN 56301 - Support@Rollga.com

(****) Represents an advanced move without a photo, videos do exist on YouTube. As with any exercise program, consult your physician before you begin.

