

# MUSCLE THERAPY FOAM ROLLER

## EXERCISE INSTRUCTION

- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 30-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each movement.
- Perform movements in a safe and controlled manner.

**Start:**



**Finish:**



**Start:**



**Finish:**



**Start:**



**Finish:**



**Start:**



**Finish:**



**Start:**



**Finish:**



ACTUAL PRODUCT MAY DIFFER SLIGHTLY FROM THE ONE SHOWN.

ANY EXERCISE PROGRAM COMES WITH INHERENT RISKS. CONSULT YOUR PHYSICIAN BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM.