



# BARREL ROLLER

## TRAINING GUIDE

Thank you for choosing the SKLZ Barrel Roller. We are dedicated to providing you with the best tools and instruction possible to help you prepare for your sport. If there is anything else we can do to help, don't hesitate to send us an email at [customerservice@sklz.com](mailto:customerservice@sklz.com) or give us a call at 1-877-225-7275.

### BEFORE YOU BEGIN:

- Read all setup and usage instructions carefully.
- Recommended for athletes over 14 years old. Athletes under 18 years of age should use under strict adult supervision.
- Always check equipment for worn or damaged parts before use. If any defects are found, do not use product.

### ⚠️WARNING:

- Consult your healthcare professional before beginning this or any type of exercise program. Not intended to be used as a substitute for professional medical treatment.

**IMPORTANT:**  
SAVE THIS INFORMATION IN THE EVENT THAT THE MANUFACTURER NEEDS TO BE CONTACTED FOR REPLACEMENT PARTS.

### ⚠️ SAFETY INSTRUCTIONS:

FAILURE TO FOLLOW THESE SAFETY INSTRUCTIONS MAY RESULT IN SERIOUS INJURY OR PROPERTY DAMAGE AND WILL VOID YOUR WARRANTY.

Most injuries are caused by misuse and/or not following instructions. Use caution when using this product.



### REPS AND SETS: A GENERAL GUIDELINE

Reps and sets are a way to track progress with your training. This is a general guide. Programs will vary depending on your specific needs, goals, off-season or in-season, experience, etc.

#### AS A GENERAL GUIDELINE TO START:

- 12-15 repetitions for 1-2 sets
- 30-60 seconds for each area of soft tissue rolling
- Spend more time rolling on any sore spots you find

## FOLLOW EXERCISES



### MID TO UPPER BACK

#### STEPS:

1. Lie face up on the ground with the Barrel Roller under your mid back. Cross and place hands on your shoulders.
2. Place feet hip distance apart and lift your butt off the ground so that your weight is supported by your feet and the Barrel Roller.
3. Roll from the middle of your back to your upper back.
4. Continue for the full set.

**TRAINING TIP:** Place as much weight on the Barrel Roller as you can tolerate.

**FEEL IT:** Provides a deep massage to the middle and upper back.



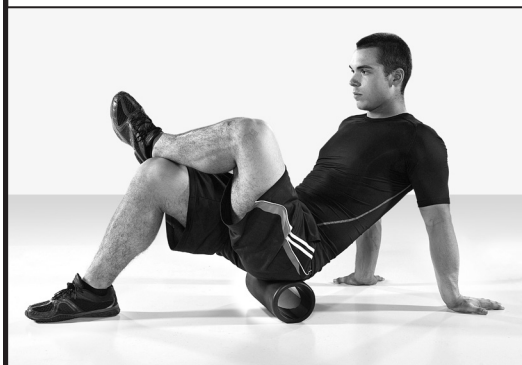
### LOWER BACK

#### STEPS:

1. Position your body facing forward with the Barrel Roller under your lower back. Cross and place hands on your shoulders.
2. With feet hip distance apart, roll from the middle of your back down to the base of your spine and back up.
3. Continue for the full set.

**TRAINING TIP:** Place as much weight on the Barrel Roller as you can tolerate.

**FEEL IT:** Massaging your lower back.



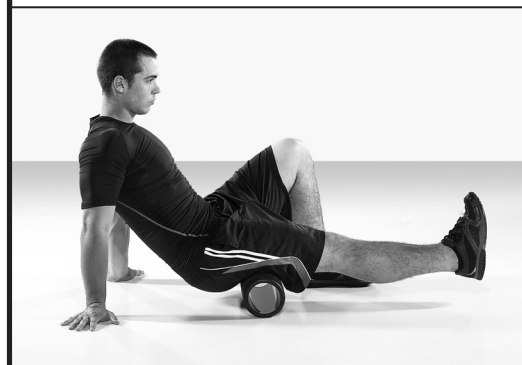
### GLUTES – PIRIFORMIS

#### STEPS:

1. Sit on the Barrel Roller with one ankle crossed over the opposite knee to target the area more effectively. Place your hands on the floor for support and shift your weight to one side.
2. Roll along your glutes to just below your lower back.
3. Complete the set on one side before repeating on the opposite leg.

**TRAINING TIP:** Place as much weight on the Barrel Roller as you can tolerate.

**FEEL IT:** Provides a deep massage to your glutes.



### HAMSTRINGS

#### STEPS:

1. Sit on the floor with one leg bent and your other leg straight in front of you. Place the Barrel Roller under the upper thigh of the straight leg.
2. Lift your butt off the ground so your weight is supported by your hands and the Barrel Roller.
3. Keeping your hands still, move your body back and forth, rolling the length of your hamstrings, from your knee to the top of your thigh.
4. Complete the set on one side before repeating on the opposite leg.

**TRAINING TIP:** Adjust the Barrel Roller to cover the length of your hamstrings, focusing on any tender or sore spots you find.

**FEEL IT:** Provides a deep massage to your hamstrings.



## QUADRICEPS

### STEPS:

1. Lie facedown on the ground, supporting your weight on your forearms with a Barrel Roller under one thigh and the other leg bent and out to the side.
2. Roll along the quadriceps, from your hip to just above your knee.
3. Complete the set on one side before repeating with the opposite leg.

**TRAINING TIP:** Place as much weight on the Barrel Roller as you can tolerate.

**FEEL IT:** Provides a deep massage to your quadriceps.



## LATERAL QUADRICEPS

### STEPS:

1. Lie facedown on the ground, supporting your weight on your elbows, with a Barrel Roller under one thigh and the other leg bent and slightly out to the side.
2. Shift your body slightly so the outside of your thigh is on the Barrel Roller.
3. Roll along the front of your upper thigh from your hip to just above your knee.
2. Complete the set on one side before repeating on the opposite leg.

**TRAINING TIP:** Place as much weight on the Barrel Roller as you can tolerate.

**FEEL IT:** Massaging the outside of your quadriceps.



## VMO – VASTUS MEDIALIS OBLIQUUS

### STEPS:

1. Lie facedown with your arms bent supporting your upper body. Place the Barrel Roller just above the inside of one knee and the other leg out to the side.
2. Roll along the inside of your quadriceps just above the knee.
3. Complete the set on one side before repeating on the other leg.

**TRAINING TIP:** Place as much weight on the Barrel Roller as you can tolerate.

**FEEL IT:** Provides a deep massage to the inside of your quadriceps.



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### 1-YEAR LIMITED WARRANTY

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise and is only valid in the USA. Need proof of purchase for warranty coverage. **Questions? Email [customerservice@sklz.com](mailto:customerservice@sklz.com) or call toll free 1-877-225-7275.**

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