



ROLLER BALL

TRAINING GUIDE

SETUP



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.

Thank you for choosing SKLZ Roller Ball. If there is anything else we can do to help you optimize your training, don't hesitate to send us an email (customerservice@sklz.com) or give us a call (1-877-225-7275).

BEFORE YOU BEGIN:

- » Read all set-up and usage instructions carefully before using. If the set-up and/or instructions are not followed correctly, it could result in injury or damage to the product.
- » Recommended for athletes over 14 years old. Athletes under 18 years of age should use only under strict adult supervision.
- » Be sure to consult your healthcare professional before beginning this or any type of training program.

You've purchased the SKLZ Roller Ball, an essential tool for recovery. The following training guide will show you how to use the Roller Ball and suggest different areas of the body to target. Following the uses provided by EXOS, you'll be recovering using the same methodology used at EXOS' world-class facilities.

How do I incorporate the Roller Ball into my workout?

EXOS broke down the specific areas of the body that are most commonly targeted to aid in recovery. They recommend using the Roller Ball after training sessions and on recovery days.

Recovery leads to better gains, faster improvement, and can be the difference between reaching and not reaching your goals. The more effectively you recover, the quicker your body adapts and the sooner you can perform another workout.

Use the Roller Ball to get the most out of your training.

1. The training guide includes recommended movements to add to the recovery portion of your training. These movements focus on specific muscles that commonly become sore or need extra recovery attention.
2. Use the suggested sets and reps to help your body recover more quickly than normal. These sets and reps are based on the time it takes for the massaging attributes of the ball to take effect and the time it takes to relieve any built-up tension or knots in the muscle.

Now you're ready to start incorporating the Roller Ball into your training and recovery. Use the above information to improve your body's ability to recover.



USAGE



GLUTE

STEPS:

1. Stand holding the Roller Ball with your hand placed on and weight shifted to the opposite leg that you aren't massaging.
2. Roll the Roller Ball from the top of the back of your thigh, up to your lower back until you find a sore spot.
3. Complete the set on one leg before repeating on opposite leg.

COACHING TIP

Place as much pressure on the Roller Ball as you can tolerate.

FEEL IT

Feeling tension being released in your glute.



QUADRATUS LUMBORUM (QL)

STEPS:

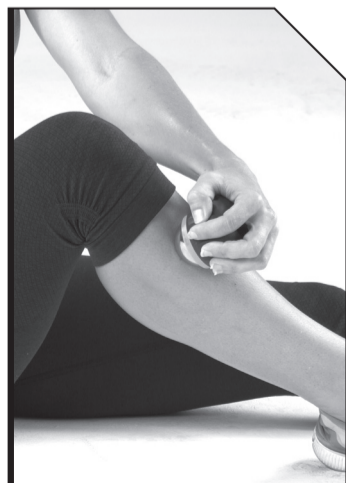
1. Stand holding the Roller Ball with your hand placed on and weight shifted to the opposite side that you aren't massaging.
2. Roll the Roller Ball from just below your rib cage, down to the top of your pelvis until you find a sore spot.
3. Complete the set on one leg before repeating on opposite leg.

COACHING TIP

Maintain pressure on the Roller Ball throughout the set.

FEEL IT

Feeling tension being released around your lower back.



TIBIALIS ANTERIOR

STEPS:

1. Sitting with your knees bent, press the Roller Ball up against your shin with your hand.
2. Adjust your position until you find a sore point.
3. Holding pressure on this spot, rotate your ankle both clockwise and counter-clockwise, while pulling and pushing your toes toward and away from your shin.
4. Readjust your position and repeat the movement on any sore spots you find.
5. Complete the set on one leg before repeating on the opposite leg.

COACHING TIP

Maintain pressure on the Roller Ball throughout the set.

FEEL IT

Feeling tension being released in the front of your shins.



FOREARM

STEPS:

1. In a seated position, press the Roller Ball up against your forearm with your hand.
2. Adjust your position until you find a sore spot.
3. Hold pressure on this spot and rotate your hand clockwise and counter-clockwise, while pulling and pushing your fingers toward and away from your forearm.
4. Readjust your position and repeat the movement on any sore spots you find.
5. Complete the set on one arm before repeating on the opposite arm.

COACHING TIP

Maintain pressure on the Roller Ball throughout the set.

FEEL IT

Feeling tension being released in the front of your forearm.



CHEST

STEPS:

1. Lie on your back and press the Roller Ball against your pectoral just above your armpit with your opposite hand.
2. Adjust your position until you find a sore spot.
3. Hold pressure on this spot, slide your free hand overhead and back down.
4. Readjust your position and repeat the movement on any other sore spots you find.
5. Complete the set on one side before repeating on the opposite side.

COACHING TIP

Maintain pressure on the Roller Ball throughout the set.

FEEL IT

Feeling tension being released in your chest.



ARCH

STEPS:

1. Stand with your shoes off and one foot on the Roller Ball.
2. Roll the arch of your foot back and forth over the Roller Ball, focusing on any sore spots you find.
3. Complete the set on one foot before repeating on the opposite foot.

COACHING TIP

Maintain pressure on the Roller Ball throughout the set.

FEEL IT

Feeling tension being released in your feet.



IT BAND

STEPS:

1. Lie on your side with the Roller Ball in your hand, placed on the side of your leg.
2. Adjust your position on the Roller Ball until you find a sore spot.
3. Hold pressure on a specific sore spot and slowly bend and extend your knee.
4. Readjust your position on the Roller Ball and repeat the movement on any other sore spots you find.
5. Complete the set on one leg before repeating on the opposite leg.

COACHING TIP

Maintain pressure on the Roller Ball throughout the set.

FEEL IT

Feeling tension being released on the side of your leg.



VMO

STEPS:

1. In a seated position, with your leg straight and relaxed, take the Roller Ball in your hand and place it just above the inside of your knee.
2. Roll the Roller Ball up and down the end of the thigh until you find a sore spot.
3. Hold on this spot and slowly bend and straighten your knee.
4. Complete the set on one leg before repeating with the opposite leg.

COACHING TIP

Maintain pressure on the Roller Ball throughout the set.

FEEL IT

Feeling tension being released in your knee.



TFL

STEPS:

1. Stand holding the Roller Ball with your hand placed on and weight shifted to the opposite leg that you aren't massaging
2. Roll along the front of your hip and slightly to the outside of the upper thigh below your pelvis until you find a sore spot.
3. Complete the set on one leg before repeating with the opposite leg.

COACHING TIP

Maintain pressure on the Roller Ball throughout the set.

FEEL IT

Feeling tension being released in your upper thigh.



NECK

STEPS:

1. Stand holding the Roller Ball in your hand and place it on your neck.
2. Adjust the position on the Roller Ball until you find a sore spot.
3. Hold on the spot and slowly nod your head up and down.
4. Continue for the remainder of the set.

COACHING TIP

The nodding movement of your head should be very small and controlled.

FEEL IT

Feeling tension being released in your neck.



CALF

STEPS:

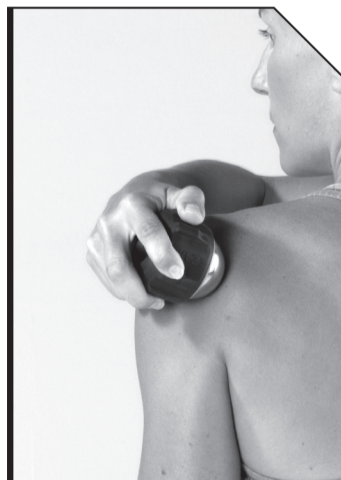
1. Sit on the ground with your legs extended out in front of you, and Roller Ball in your hand and placed on your lower leg.
2. Adjust the position of the Roller Ball until you find a sore spot.
3. Hold pressure on this spot and pull your toes toward your shin and away.
4. Readjust your position on the Roller Ball and repeat the movement on any other sore spots you find.
5. Complete the set on one leg before repeating on the opposite leg.

COACHING TIP

Maintain pressure on the Roller Ball throughout the set.

FEEL IT

Feeling tension being released in your calves.



ROTATOR CUFF

STEPS:

1. In a standing position, place the Roller Ball under your shoulder with your elbow bent straight up in a 90° angle.
2. Adjust the position of the Roller Ball until you find a sore spot.
3. Hold pressure on this spot and rotate your arm toward the ground, providing gentle assistance with your opposite hand.
4. Relax and return to the starting position.
5. Readjust your position on the Roller Ball and repeat the movement on any other sore spots you find.
6. Complete the set on one side before repeating on the opposite side.

COACHING TIP

Maintain pressure on the Roller Ball throughout the set.

FEEL IT

Feeling tension being released in your shoulder.

SKLZ offers a limited 1-Year warranty for this product, visit SKLZ.com for full warranty details and to register your product.

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