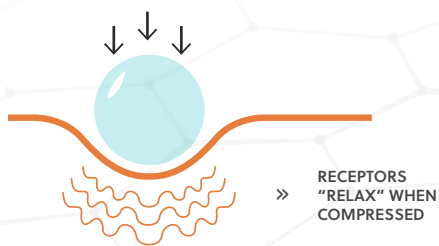


**TECHNIQUES** › Mix and match for a minimum of 10 minutes per day.

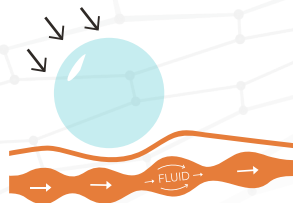
**COMPRESSION / POINT RELEASE**

- WHAT** Corrective
- HOW** Oscillate slowly on a spot
- WHEN** Morning, evening, post-workout, post-travel, during lunch break
- TIME** 10 breathe cycles (2 minutes)



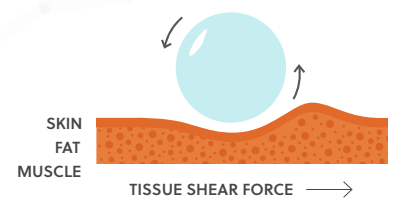
**FLUSHING**

- WHAT** Repair and recovery
- HOW** Lengthwise along a muscle
- WHEN** Pre and post workout or physical activity, when feeling stiff
- TIME** 20 movements



**SHEARING**

- WHAT** Corrective
- HOW** Press and pull or twist tissue
- WHEN** Supplement physical therapy, pre workout or physical activity
- TIME** 10 breathe cycles (2 minutes)



MOTIONREVOLUTION

**WHY ROLL BENEFITS**

- + STRETCH IT OUT**  
Simulate and open muscles to make your stretching more effective.
- + KEEP JOINTS ALIGNED**  
An aligned body is best suited to handle the stresses of gravity.
- + DETOX YOUR BODY**  
Tight muscles aren't effective pumps; keeping fascia relaxed facilitates body cleansing.
- + REDUCE SORENESS**  
Rolling clears after-effects of exercise by pumping nutrition into the muscle.
- + REDUCE CHANCES OF INJURY**  
Your tires wear unevenly if your car's alignment is off.
- + STAY LOOSE**  
Improve adaptability to keep up with lifestyle demands.



**RADMICROROUNDS  
TINY BUT MIGHTY**

The Micro Rounds are the smallest tools in the RAD lineup, but don't let their size fool you, they are mightily effective. These little champions can effectively release muscles that are simply too small for other tools to find, like the muscles of the hands, feet, and especially the face. Small and portable, the Micro Rounds can go where you go, providing just the right amount of release whenever and wherever you need it.

**WHAT IS SMR?**

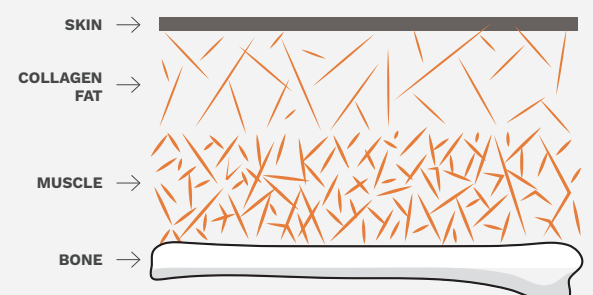
Self Myofascial Release (SMR), commonly referred to as foam rolling, is a soft tissue therapy for releasing tension in fascia that restricts movement in our bodies.

**FASCIA**

Fascia is a general term for the continuous stream of fibrous tissue throughout the body that gives muscles their shape, connects muscles to other muscles and bone, and holds everything in place on your skeleton.

**HOW SMR WORKS**

Through techniques like compression and shearing, we are able to stimulate small receptors in our body that help muscle and tissue relax and lengthen. Longer muscles and less tension lead to all kinds of good things like less compression of joints, wide range of motion and increased mobility.



**FASCIA IS WOVEN BETWEEN SKIN, FAT AND MUSCLE THROUGHOUT OUR BODY.**

**HEAD + NECK**



**MUSCLE:** TEMPLE  
**TECHNIQUE:** FLUSHING



**MUSCLE:** JAW  
**TECHNIQUE:** FLUSHING



**MUSCLE:** THIRD EYE  
**TECHNIQUE:** FLUSHING



**MUSCLE:** CHEEK MUSCLES  
**TECHNIQUE:** FLUSHING



**MUSCLE:** BASE OF SKULL  
**TECHNIQUE:** COMPRESSION

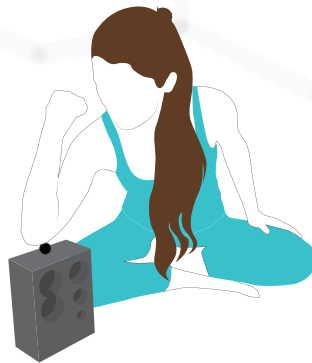
**SHOULDERS + ARMS**



**MUSCLE:** OUTER ELBOW  
**TECHNIQUE:** COMPRESSION

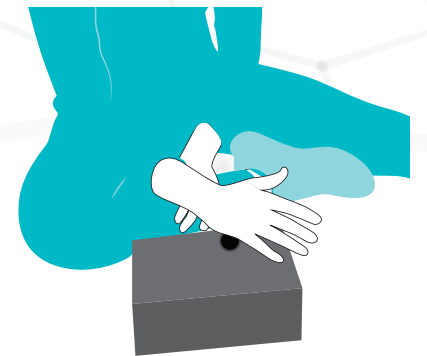


**MUSCLE:** COLLARBONE/SUBCLAVIUS  
**TECHNIQUE:** COMPRESSION

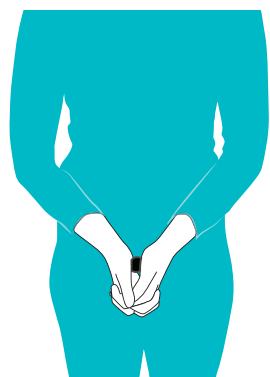


**MUSCLE:** TRICEPS  
**TECHNIQUE:** COMPRESSION

**HANDS + FEET**



**MUSCLE:** PALMS  
**TECHNIQUE:** COMPRESSION



**MUSCLE:** THUMBS  
**TECHNIQUE:** COMPRESSION



**MUSCLE:** ARCHES  
**TECHNIQUE:** COMPRESSION



**MUSCLE:** HEELS  
**TECHNIQUE:** COMPRESSION



FREE **RAD**  
APPLICATION



Check out our RAD YouTube channel for how-to videos.



Roll out for at least 5 minutes per day for optimal relief.



Enjoy an increased sense of well-being, mobility and faster recovery.



Download the RAD Mobility app for usages, curated playlists and more.

**QUESTIONS?**

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