

1 CRUNCH



Put the Pro Foam Roller on the ground. Lie on the roller and position the roller around the middle of your spine, or your lower back rib cage area.

Do a crunch in this position. Your goal is to raise your shoulders off the ground while balancing on the roller. Maintain the crunch by contracting your abs. Return to the lying position with your head on the floor. Knees and feet should be in the same places from start to finish.

2 VERTICAL CRUNCH



This is in addition to the regular crunch. Repeat the same instructions as the Crunch. However, the roller is placed along your spine so it's vertical instead.

This exercise challenges you more because you are forced to balance on the roller, therefore activating different components of core stability. From lying on the roller with the roller in mid back position, your goal is to raise your shoulders further up by utilizing your upper abs to pull the shoulders up. No strain should be placed on your neck.

3 STRAIGHT ARM PLANK



Place the Foam Roller in front of you on the ground so you can place your hands over either end of the foam roller. Place the ball of your feet on the floor. Your body, legs and arms should remain straight. Keeping your back straight, engage your core to keep in position. Hold for 30 seconds, 45 seconds, 1 minute or more to test yourself.

The straight arm plank with the Pro Foam Roller is more challenging, since more balance is required for having the roller in between your hands and the floor. These benefits allow you to focus on building core performance in the simplest way.

4 OBLIQUE RAISE



Put the roller on the floor. Lie on the roller against your upper back area. Put both hands to the side of your head. Specifically, the side of the midsection you are working on should be against the roller. The image shows the model in the start position.

Place both feet firmly on the floor and lift your abdominal upwards and raise your shoulders upwards. Hold your current posture to form the Ab Raise. This exercise is an excellent way for upper ab and oblique training without putting too much unnecessary strain on your neck. The roller acts as a cushion.

Switch to the Oblique Raise by bending sideways with your waist. Raise and straighten your arms. You will feel the side of the abs (oblique's) pull the shoulder forwards and emphasize the side being worked.

5 LOWER BACK



The roller can double serve as an exercising device and a massaging device at the same time.

Lie on the roller against your lower back. Prop up your hand and feet. Do a sliding motion back and forth with your body, so your lower spine receives the right amount of body weight for massaging.

The lower back can benefit from better blood circulation and tension relief. Your abs, arms and core muscles receive adequate training throughout the sliding exercise as well.

6 IT BEND



Many exercises are particularly demanding on the iliotibial band, which is a ligament located in the outer thighs and connects to the shins.

Prehab and rehab for the IT band can be easy. Lie sideways with the roller on the ground. The roller should be against your outer thigh. For left IT band massage, bend your waist to the left in order to prop up both your hands with the focus mostly on your left arm. Cross your right leg over your left leg to provide another point of body weight support on the ground. Slide your body back and forth on the roller. The left leg should remain straight and relaxed.

This stretch can be quite uncomfortable but with continued use of the foam roller can become much easier and flexible. This will lead to increased performance and faster recovery time.

7 QUADRICEPS



The roller can double serve as an exercising device and a massaging device at the same time.

The quadriceps are important for agile performance in sports. Condition the quads by facing your stomach to the ground and propping up your body with your hands. Both feet should be on the grounds. If the right quad is receiving the massage, the ball of the right foot should be on the ground for support. The left knee can bend for allowing the body to move easily against the roller.

8 HAMSTRINGS



The hamstrings are difficult to reach for self-massage. The Pro Foam Rollers offers an easy solution to massaging the hamstrings while toning multiple muscles.

Sit on the floor and put the roller in between your bottom thighs and the ground. Press your hands against the ground and lift your abs. Your palm should exert enough strength to bring your lower body to a back and forth motion. This is also a simple exercise for arm and lower ab training.

9 CALF



The calf can benefit from an even distributed massage with a larger roller like the Pro Foam Roller.

Sit on the floor and put the roller in between your calves and the ground. Press your hands against the ground and lift your abs. Your palm should exert enough strength to bring your lower body to a back and forth motion. If one calf needs deeper pressure, try laying one leg on top of another, which also adds more challenge to training the arms and abs.

Deep Tissue Massage Ball
The Deep Tissue Massage Ball is a precise tool for targeting tight knots. Oftentimes it is difficult to exactly identify the location of knots. But with deeper massages, you can realign the fascia to tired muscles so they can function together for better mobility, performance and everyday life.

Specs and Features

- Size: 6" x 18"
- Material: EPP
- Weight: 0.8 lbs

Foam Rollers are the best dual recovery and core stabilization product available on the market no matter where you look. So why settle for low quality, out of shape foam rollers at a higher price? We provide a molded roller made to stay in shape and last. As effective as any roller you can buy Spirit TCR brings a roller that is travel friendly and does exactly as it is designed to do.

No need to break the bank when you can get the most effective roller out there for the right price. So go ahead, run, walk, swim, bike and everything else you like to do. Your Spirit TCR Roller will be with you all the way. Take it with you to the gym and use to enhance your core.

Truly a product for everyone, you can't imagine life without it.

Spirit TCR

Spirit Training, Conditioning and Rehab (Spirit TCR) enables a unique crossover between sporting goods, fitness, yoga and rehabilitation. Enjoy the benefits from a versatile spectrum of applications to meet your personal goals no matter what they are. Utilizing nothing but the safest and most premium materials Spirit TCR cuts no corners to ensure the best and safest products possible.

Spirit TCR's mission has been to develop an integrated system that will influence a decrease in national health care cost while increasing the nation's health status through a comprehensive network which provides: product, education and rewards for documented compliance and adherence to systematically designed health management and maintenance programs.

Precautions and Care

- Use extreme caution when using this product.
- Use this product only as described and for purpose recommended by Spirit TCR.
- Consult your physician before starting any exercise program.
- Not for use by Children under the age of 12.
- This product is not a toy.
- If this product has any damage please report immediately to the manufacturer. Information is provided on www.spirittr.com
- Keep this product clean. Wipe down with antibacterial wipe after each use.
- Store in a safe place away from damaging objects.
- Store away from children or anyone who may misuse this product.
- Keep away from heat sources.
- If any damage does occur please report immediately to the manufacturer and DO NOT at anytime try to repair or make changes to this product