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# FOAM ROLLER SET

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EXERCISES GUIDE





## WARNINGS

*The information and exercises illustrated in this manual are only for educational purposes and are not to be considered medical guidelines.*

*The exercises described are only for healthy individuals 18 years and older.*

*Please consult with your doctor before beginning to use the Foam Roller Set or performing the training program described.*

*In case of physical problems, illnesses, injuries or taking medicines, it is strictly necessary to obtain approval from your doctor for the use of the product and the execution of the exercises.*

*If your doctor recommends you to not use the product or the training program described in this guide, please follow the advice.*

*If you experience discomfort or pain while using the Foam Roller Set or while performing the exercises described, stop training immediately and consult with your doctor.*

*It is recommended not to perform the exercises unless the correct technique has been shown by a specialist or certified trainer before.*

*Before starting the workout, perform a muscle warm-up and check the equipment, if you find any defects or worn parts of the product, do not use it!*



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# HELLO!

Thank you for choosing **KALAHARI 4 wellness**

With this e-book we want to offer you a guide on **MYOFASCIAL RELEASE** and **TRIGGER POINT THERAPY**, enabling you to use your Foam Roller Set in the best and most conscious way!

We at **KALAHARI 4 wellness** wanted to create a complete product that allows you to massage every muscle in the body, according to your needs. Starting from large muscle groups such as back and legs up to specific and targeted points.

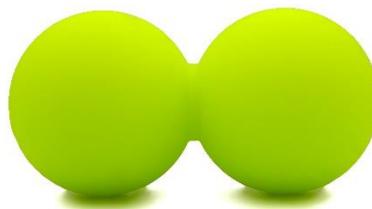
## FOAM ROLLER

Its shape is inspired by the hands of physiotherapists and reproduces its beneficial effect during massage. The grooves reproduce the feel of a hand: palm, fingertips and fingers.



## PEANUT BALL

The distance between the two balls allows targeted self-massage along the entire spine, reaching the stabilizing muscles that surround the spine and vertebrae. Perfect for lumbar pain, neck pain and to prevent back pain.



## SPIKY BALL

Stimulates muscles and increases blood flow. Perfect for foot and hand reflexology massages. Allows deep tissue massages in localized and precise points.





# WHY USE IT?

In recent years the use of tools for muscle self-massage, such as foam rollers, peanut and spiky balls have seen a considerable use. They are used both by professional athletes and people who carry out a sedentary life, perhaps spending many hours in front of the PC.

These equipment allow you to quickly generate beneficial effects on the whole body. Thanks to simple self-massage exercises that can be performed at home, in the gym, on the go or wherever you are, without the need for a physiotherapist or a specialized masseur.

Main uses and benefits:

✓ **Before training:**

Prepares muscle to the athletic effort, improving movements, flexibility and performance. It also prevents from injuries and contractures.

✓ **After training:**

Stretches muscles and prepares them to the recovery phase. Accelerate regenerative process and reduce DOMS effect.

✓ **Reactivates blood flow:**

Prevents cellulite and orange peel skin, counteracts water retention and making skin relaxed and bright.

✓ **Counteracts pain symptoms:**

Relaxes muscles by eliminating pain and muscular diseases due to poor posture or sedentary life.

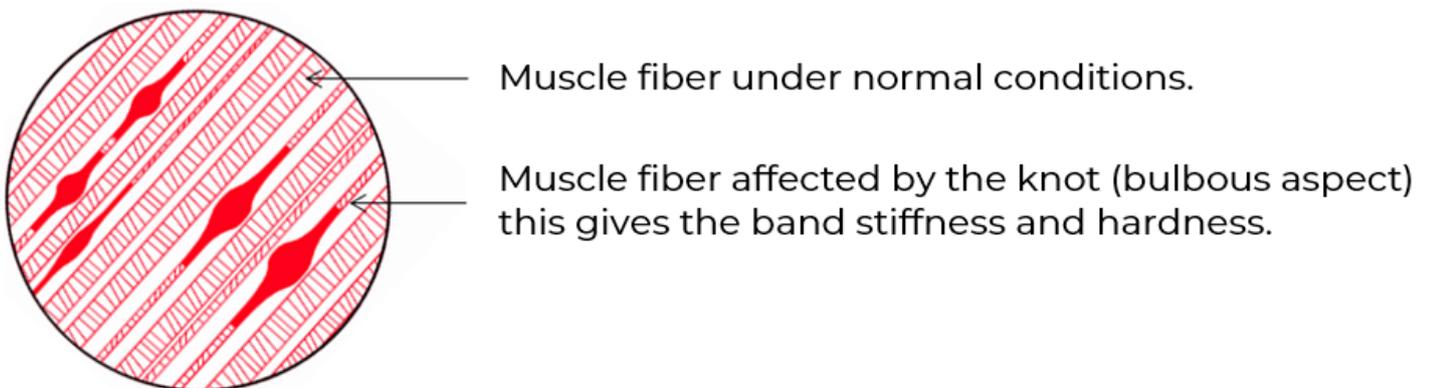


# HOW DOES IT WORK?

## TRIGGER POINT THERAPY:

We can think of a trigger point as a "lump" of muscle fibers that remain strongly contracted without ever relaxing. To the touch, they are usually perceivable as a knot or a small lump. The dimensions can vary from the head of a pin to a marble, but above all it is possible to recognize them by the great pain that is felt by pressing them.

If we look at a trigger point under a microscope, we can see how the muscle fibers affected by it are characterized by bulb-shaped nodes that provide rigidity and hardness to the taut band.

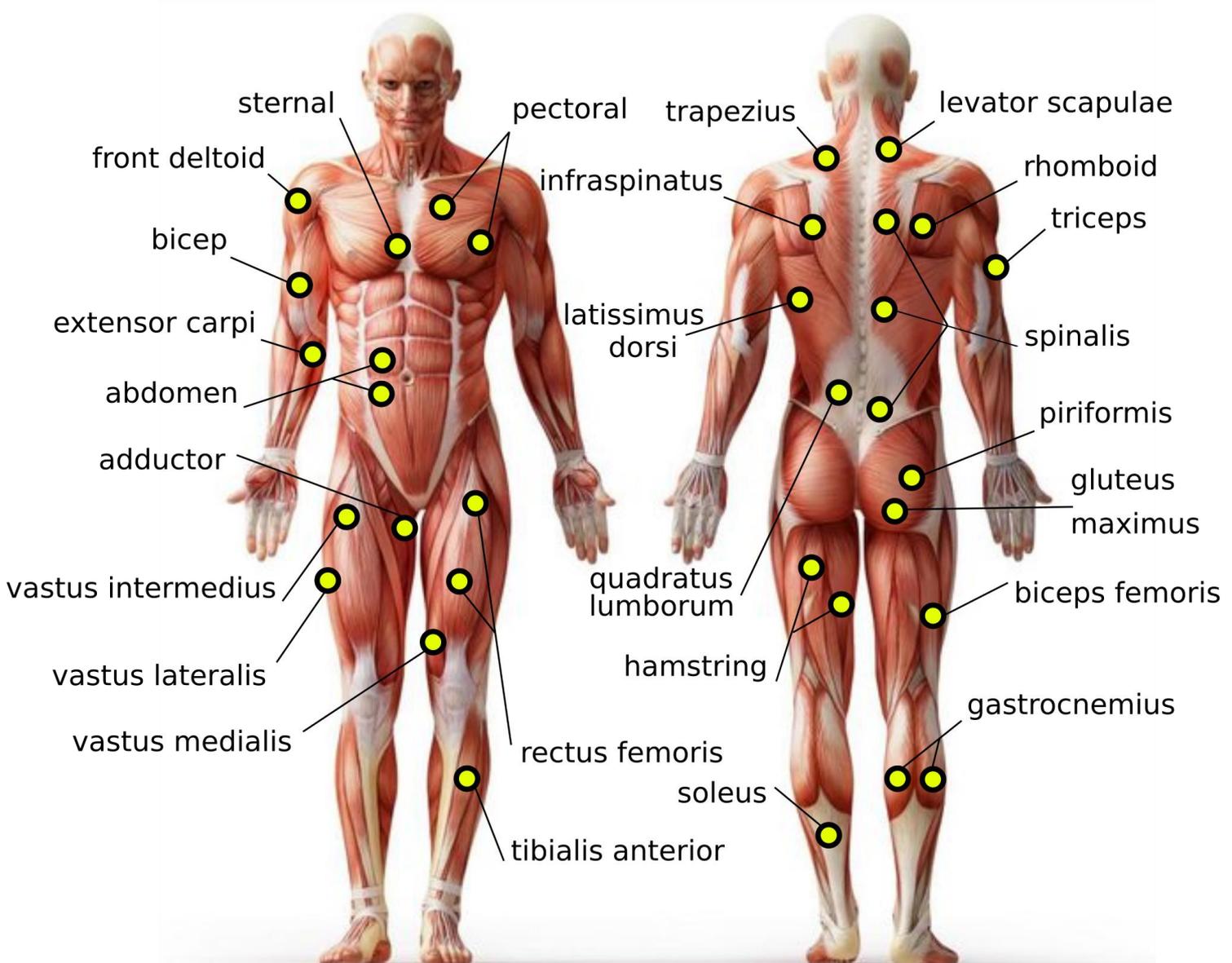


When these trigger points are created in the muscles, in the area surrounding them the blood flow is interrupted, causing a lack of oxygen and an accumulation of waste products of the metabolism. The trigger point reacts to this critical situation by sending pain signals to the brain which in turn orders the muscle to rest. As a result, the muscle stops functioning completely starting to stiffen and shorten, causing problems in the fluidity of the movements.

The typical symptom caused by a trigger point is referred pain. It is perceived as a deep and overwhelming pain that can become more and more acute during movements.

Usually pains in the joints such as *knees*, *shoulders* and *wrists* are commonly caused by trigger points in the associated muscles which cause referred pain. For example, in most cases of *back pain* there is always a myofascial component connected to the trigger points.

The image below shows a map of the main trigger points in our body. Keep it handy during training, in order to more likely identify the knots in the muscles and loosen them more quickly:





## MYOFASCIAL MASSAGE:

Our body is made up of bands, they are a layer of connective tissue that completely covers our muscles, blood vessels and nerves. They join some structures and allow others to slide one over the other. This connective tissue extends continuously from the head to the toes.

The function of these bands is to reduce friction and minimize the reduction of muscle strength. In doing so, they create a smooth environment for the muscles, hold the organs suspended, transmit movement from the muscles to the bones and create support for the nerves and blood vessels that pass through the muscles.

It can happen that due to **physical stress**, **psychological stress** or simply due to **incorrect posture**, these bands contract and stretch. This creates overlaps and adhesions in the fibers, which in turn stiffen the muscles causing pain during movements and contractures in the muscles. If the bands are rigid and tense, they cannot fully transmit energy to the muscles, which will not make the most of their strength. As a result, the nervous system will not be able to coordinate movements in a fluid and natural way.

The purpose of the Foam Roller Set is to work on this elastic tissue, taking advantage of the pressure of your body to create an **induced myofascial release massage**. In this way, it is possible to lengthen and target the bands, improving circulation, making the muscles elastic and reactivating their functions. The massage acts on the interstitial fluid, the “lubricant of the muscles”, allowing an increase in the fluidity of movements and freeing from tension, stagnation and stasis.

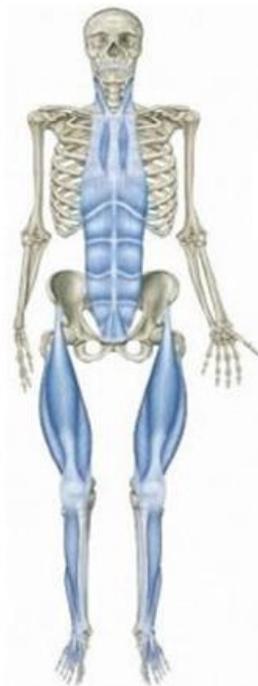


During the exercise we have to imagine our body as a set of muscle lines and not as a single muscle. In fact, the muscles, through the bands, are structured in long myofascial lines, on which we can work specifically with an induced self-massage:

Lateral line



Superficial front line



Superficial back line



Functional line



Spiral line



Deep front line





# OK ... BUT HOW TO USE IT?

Before starting the training program, we want to offer you some useful tips:

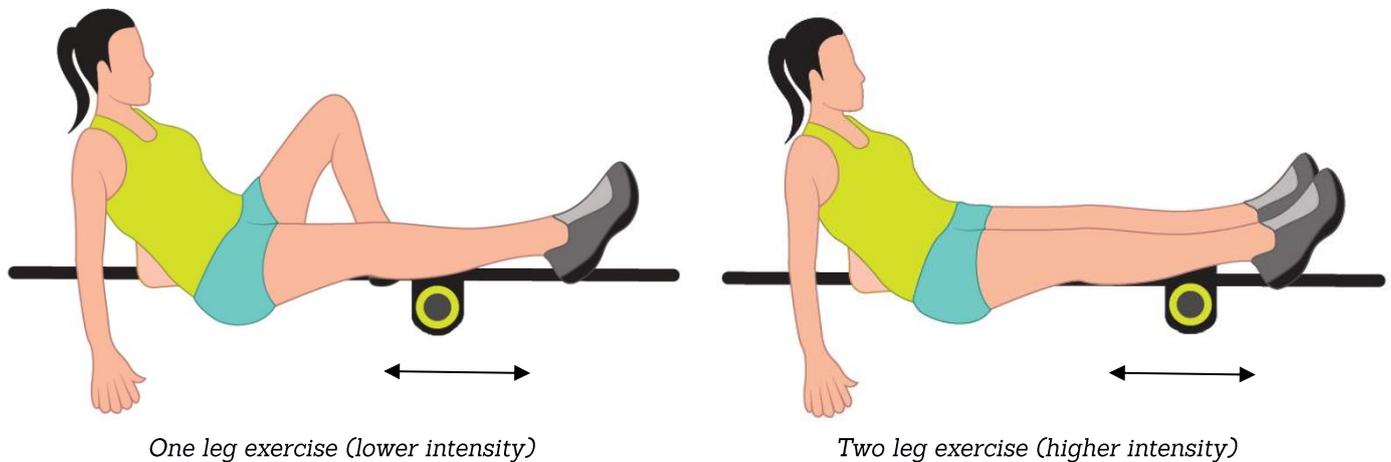
- **Create a routine.** To loosen a trigger point, it can take time and perseverance but if you work on it every day, even just a couple of minutes, you can get excellent results. Constant training allows you to have elongated and relaxed bands, preventing possible injuries;
- **Breathe in and out slowly.** During the exercise, take slow and deep breaths, it will help you relax the muscles and tune in to your body, identifying the trigger points more easily;
- **Do not roll over areas of the body with injuries.** The weight of your body on them will worsen the situation and you won't get any benefit;
- **Drink lots of water at the end of the workout.** The band is made mainly of water and drinking keeps it hydrated. By introducing new liquids, you replace the old "dirty" water with new "clean" water, thus eliminating the toxins that are deposited between one band and another.

***NOW YOU ARE READY!  
HAVE A GREAT WORKOUT...***



# 1) CALVES

*Use: foam roller or peanut ball.*

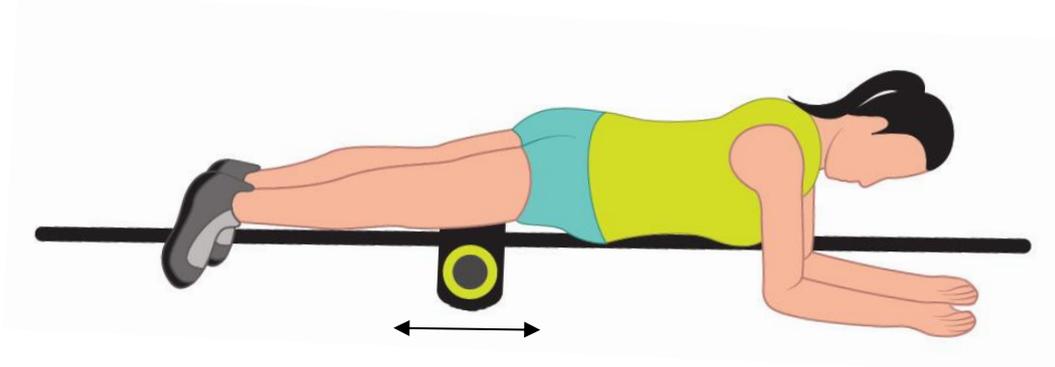


- 1) Place the massage roller / peanut ball in the center of the calves. You can do the exercise one leg at a time or with both, based on the intensity you want to exercise on the muscle.
- 2) Place your hands on the floor behind you and lift your bottom;
- 3) Roll the massage roller / peanut ball slowly, from just **below the knees** to just **above the ankles**.  
The movement must last about 3 seconds;
- 4) Try to find the trigger points in the muscles.  
Once located, linger on it between 10 and 20 seconds. Breathe deeply and allow the muscle to relax and stretch on the roller / ball;
- 5) You can increase the intensity by crossing one leg on the other.



## 2) QUADRICEPS:

*Use: foam roller or peanut ball (one leg at a time).*

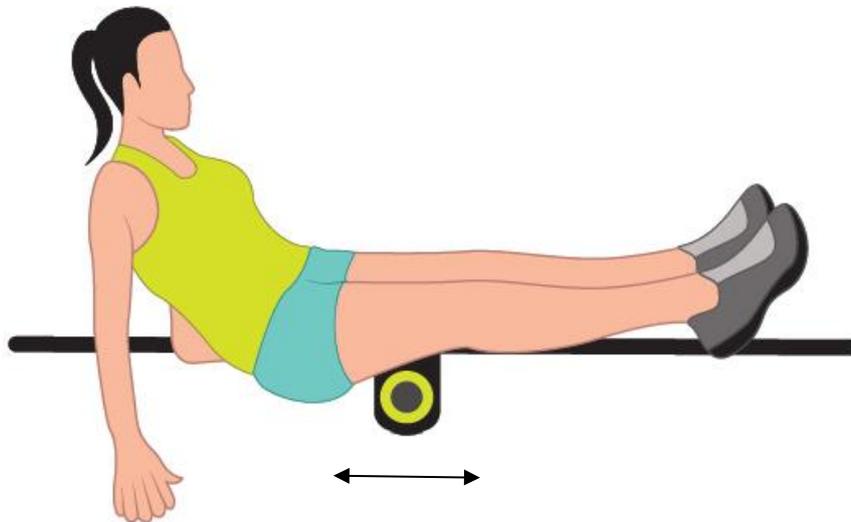


- 1) Lie on your stomach and place the massage roller / peanut ball under the quadriceps;
- 2) Place your forearms on the floor and lift the front part of your body;
- 3) Roll the massage roller / peanut ball slowly, from just above the knees to just below the groin.  
The movement must last about 3 seconds;
- 4) Try to find the trigger points in the muscles.  
Once located, linger on it between 10 and 20 seconds. Breathe deeply and allow the muscle to relax and stretch on the roller / ball;
- 5) Slightly shift your body weight from the right thigh to the left, in order to massage the trigger point in several directions.



### 3) HAMSTRINGS:

*Use: foam roller or peanut ball (one leg at a time).*

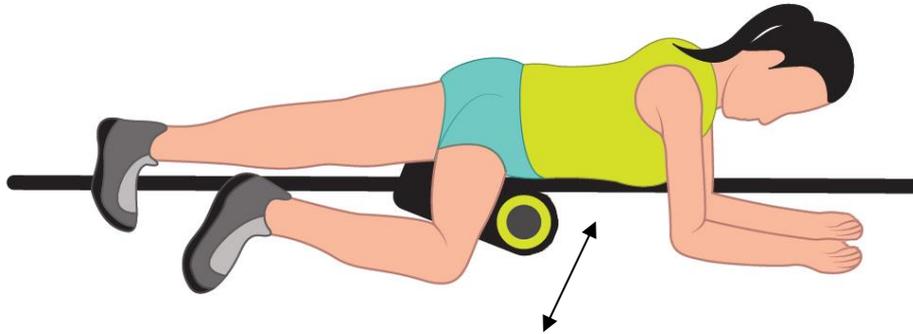


- 1) Sit on the floor and place the massage roller / peanut ball under your thighs;
- 2) Place your hands on the floor behind you;
- 3) Roll the massage roller / peanut ball slowly, from just **below the glutes** to just **above the knees**.  
The movement must last about 3 seconds;
- 4) Try to find the trigger points in the muscles.  
Once located, linger on it between 10 and 20 seconds. Breathe deeply and allow the muscle to relax and stretch on the roller / ball;
- 5) Slightly shift your body weight from the right thigh to the left, in order to massage the trigger point in several directions.



## 4) ADDUCTORS:

*Use: foam roller or peanut ball.*

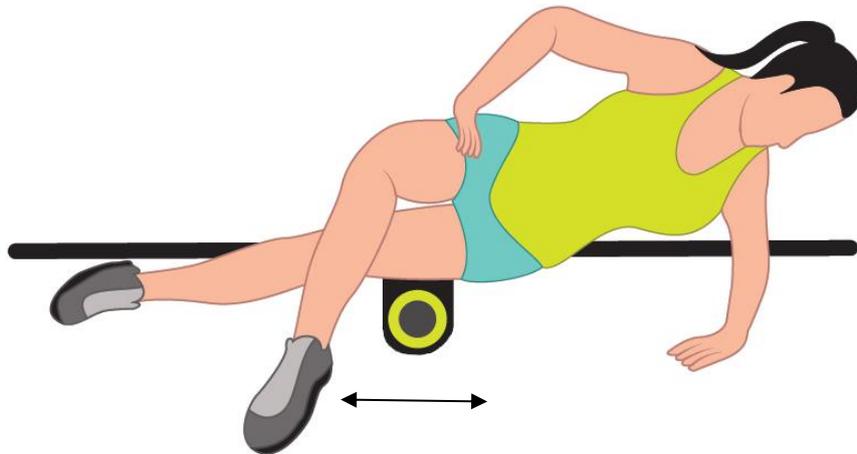


- 1) Place the massage roller / peanut ball on the inside of the thigh;
- 2) Place your forearms on the floor and use them to give you stability during exercise;
- 3) Roll the massage roller / peanut ball slowly, from just below the groin to just above the knees.  
The movement must last about 3 seconds;
- 4) Try to find the trigger points in the muscles.  
Once located, linger on it between 10 and 20 seconds. Breathe deeply and allow the muscle to relax and stretch on the roller / ball;
- 5) You can increase the intensity by pushing with your hand on the thigh.
- 6) Repeat the exercise on the other leg.



## 5) IT BAND:

*Use: foam roller or peanut ball.*

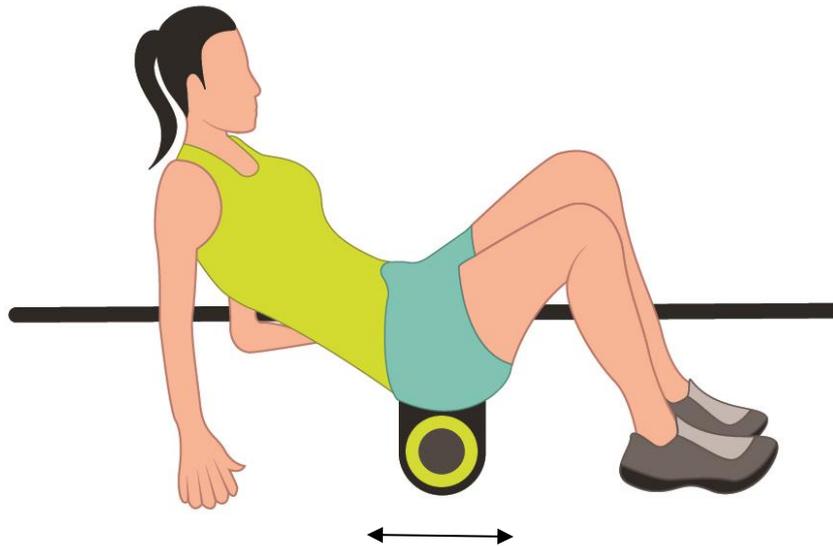


- 1) Place the massage roller / peanut ball on the outside of the thigh;
- 2) Place your forearm on the floor and bring your free leg in front of you in order to have better stability;
- 3) Roll the massage roller / peanut ball slowly, from just **below the hip** to just **above the knees**.  
The movement must last about 3 seconds;
- 4) Try to find the trigger points in the muscles.  
Once located, linger on it between 10 and 20 seconds. Breathe deeply and allow the muscle to relax and stretch on the roller / ball;
- 5) Slightly shift your body weight, in order to massage the trigger point in several directions;
- 6) You can increase the intensity by crossing one leg on the other;
- 7) Repeat the exercise on the other leg.



## 6) GLUTES:

*Use: foam roller or peanut ball (one gluteus at a time).*

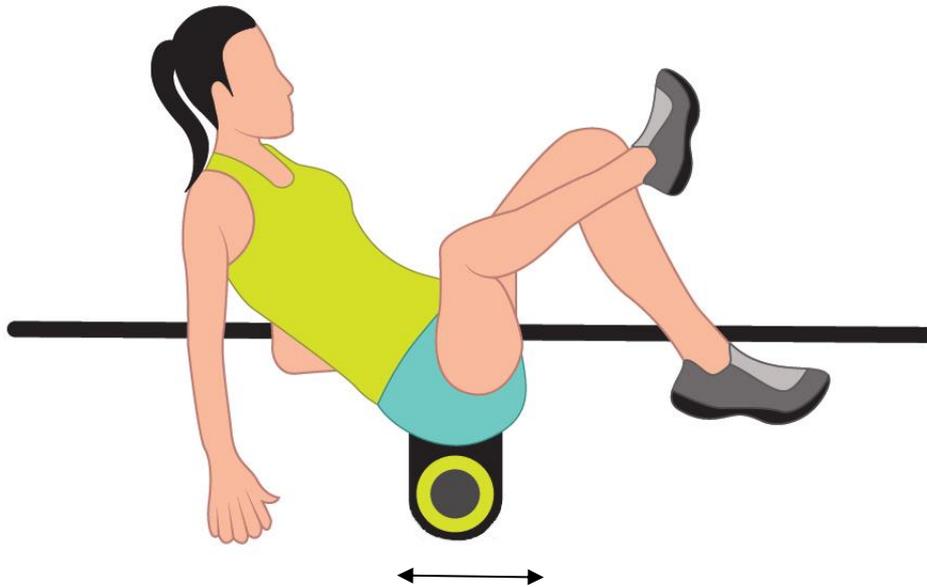


- 1) Sit on the massage roller / peanut ball with bent legs;
- 2) Place your hands on the floor behind you;
- 3) Roll the massage roller / peanut ball slowly, from just below the back to just above the upper thighs.  
The movement must last about 3 seconds;
- 4) Try to find the trigger points in the muscles.  
Once located, linger on it between 10 and 20 seconds. Breathe deeply and allow the muscle to relax and stretch on the roller / ball;
- 5) You can increase the intensity by crossing one leg on the other.



## 7) PIRIFORMIS:

*Use: foam roller or peanut ball.*

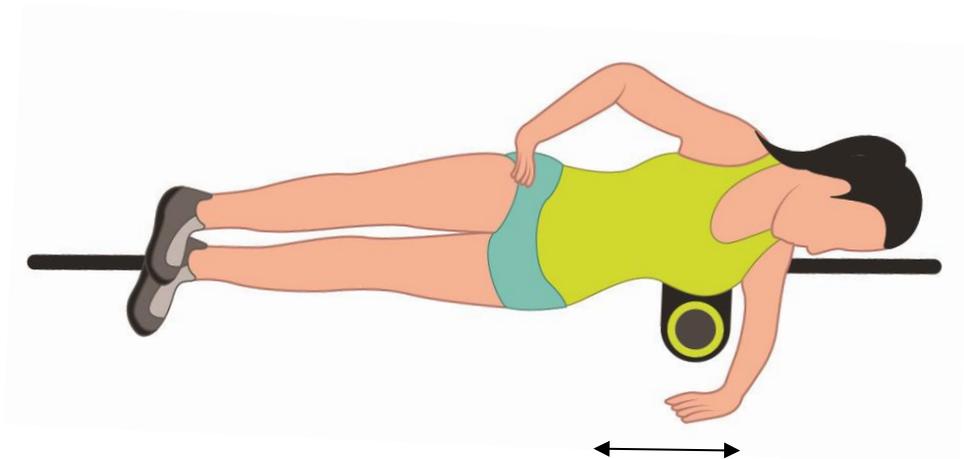


- 1) Sit on the massage roller / peanut ball and cross one leg on the other by moving the weight on the hip;
- 2) Place your hands on the floor behind you;
- 3) Roll the massage roller / peanut ball slowly, from just above the upper thighs to just above the hip.  
The movement must last about 3 seconds;
- 4) Try to find the trigger points in the muscles.  
Once located, linger on it between 10 and 20 seconds. Breathe deeply and allow the muscle to relax and stretch on the roller / ball;
- 5) Repeat the exercise on the other leg.



## 8) LATISSIMUS DORSI:

*Use: foam roller.*

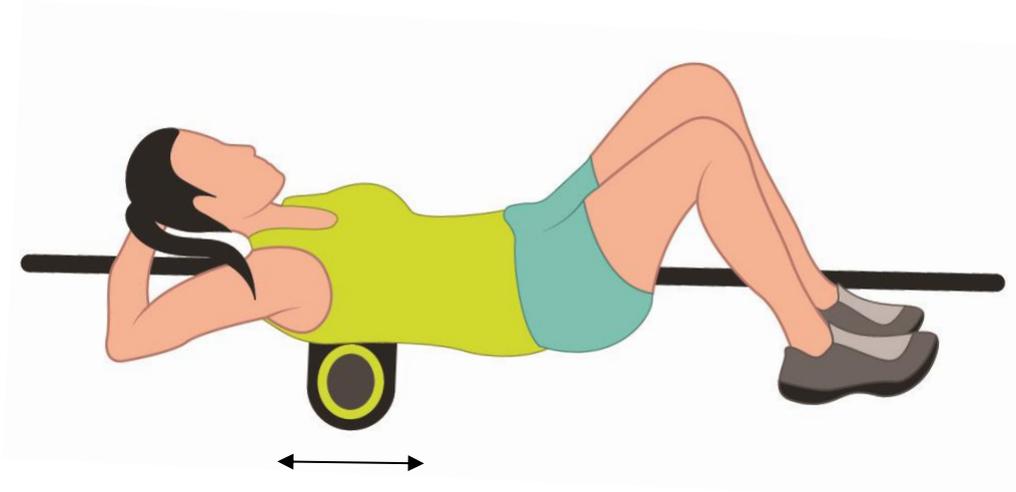


- 1) Lie on one side and rest the axillary part of the arm on the massage roller;
- 2) Place one arm on the floor and lay the other along your side;
- 3) Roll the massage roller slowly **over the dorsal area**.  
The movement must last about 3 seconds;
- 4) Try to find the trigger points in the muscles.  
Once located, linger on it between 10 and 20 seconds. Breathe deeply and allow the muscle to relax and stretch on the roller;
- 5) Repeat the exercise on the other side.



## 9) THORACIC SPINE:

*Use: foam roller.*

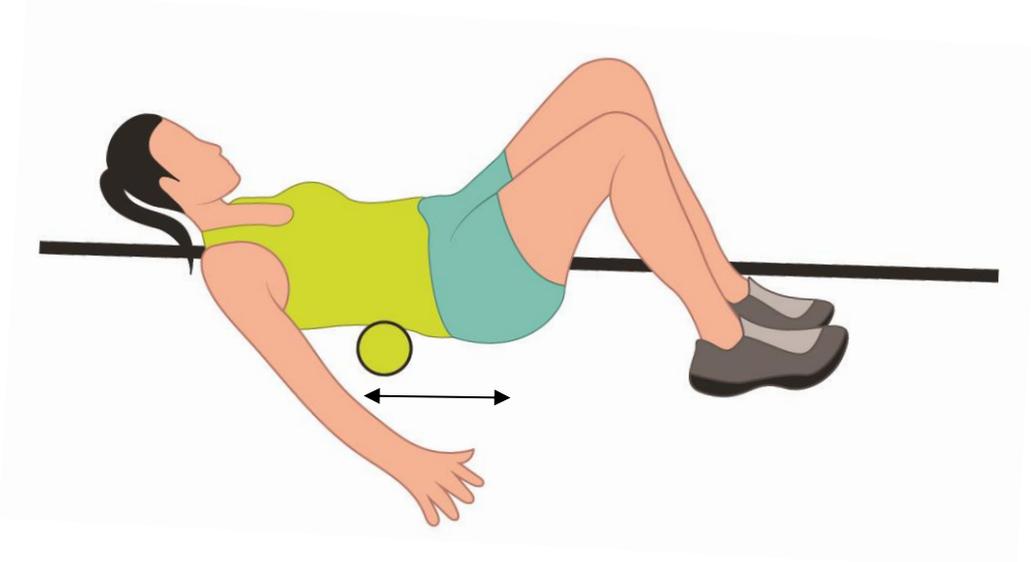


- 1) Lie down and rest your upper back on the massage roller;
- 2) Bring your hands behind your neck or cross your arms over your chest;
- 3) Roll the massage roller slowly, from **mid shoulder blades** to just **below them**.  
The movement must last about 3 seconds;
- 4) Try to find the trigger points in the muscles.  
Once located, linger on it between 10 and 20 seconds. Breathe deeply and allow the muscle to relax and stretch on the roller;
- 5) Slightly shift your body weight, in order to massage the trigger point in several directions.



## 10) LUMBAR SPINE:

*Use: peanut ball.*

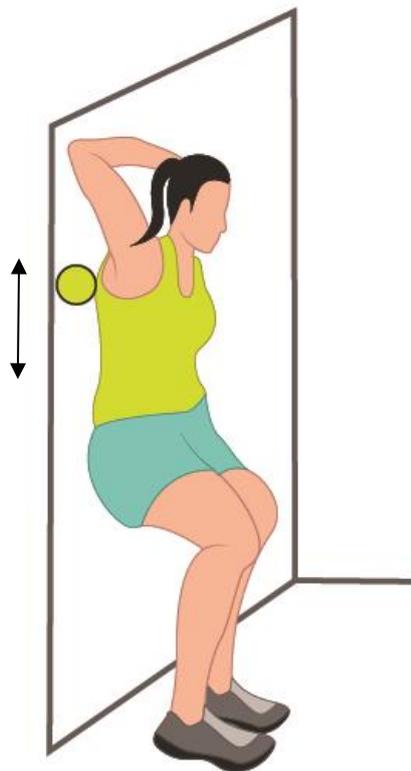


- 1) Lie down and place the peanut ball in the lower back area;
- 2) Place the arms to your sides and use them to support part of your body and set the pressure on your back;
- 3) Move your pelvis slowly so that the peanut ball rolls **along the lower back**.  
The movement must last about 3 seconds;
- 4) Try to find the trigger points in the muscles.  
Once located, linger on it between 10 and 20 seconds. Breathe deeply and allow the muscle to relax and stretch on the ball;
- 5) Slightly shift your body weight, in order to massage the trigger point in several directions.



# 11) BACK:

*Use: peanut ball or spiky ball.*

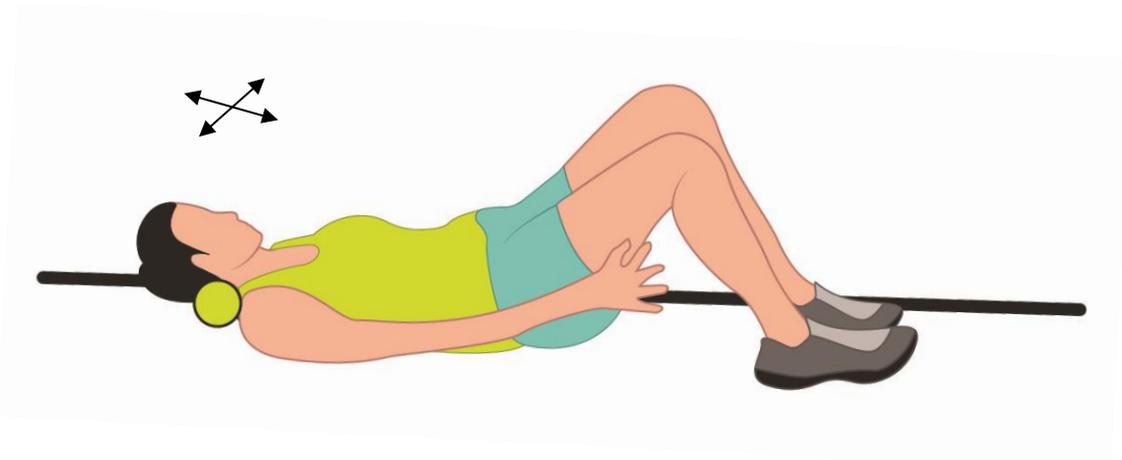


- 1) Standing, place the peanut ball / spiky ball between the spine and the wall;
- 2) Place your arms by your sides or cross them over your chest;
- 3) Bend and unbend your legs slowly so that the ball rolls **down your back**.  
The movement must last about 3 seconds;
- 4) Try to find the trigger points in the muscles.  
Once located, linger on it between 10 and 20 seconds. Breathe deeply and allow the muscle to relax and stretch on the ball;
- 5) Slightly shift your body weight, in order to massage the trigger point in several directions.



## 12) CERVICAL:

*Use: peanut ball.*



- 1) Lie down and place the peanut ball under the shoulder blades (trapezius muscle);
- 2) Place your arms at your sides;
- 3) Move the head very slowly, up and down, left and right, follow the movements with your eyes. By bringing your hands to the back of the neck, you can help yourself with the movements and adjust the intensity;
- 4) Try to find the trigger points in the muscles. Once located, linger on it between 10 and 20 seconds. Breathe deeply and allow the muscle to relax and stretch on the ball;
- 5) You can also perform the exercise from a standing position. Place the ball between the trapezius muscle and the wall.



## 13) SOLE OF THE FOOT:

*Use: peanut ball or spiky ball.*

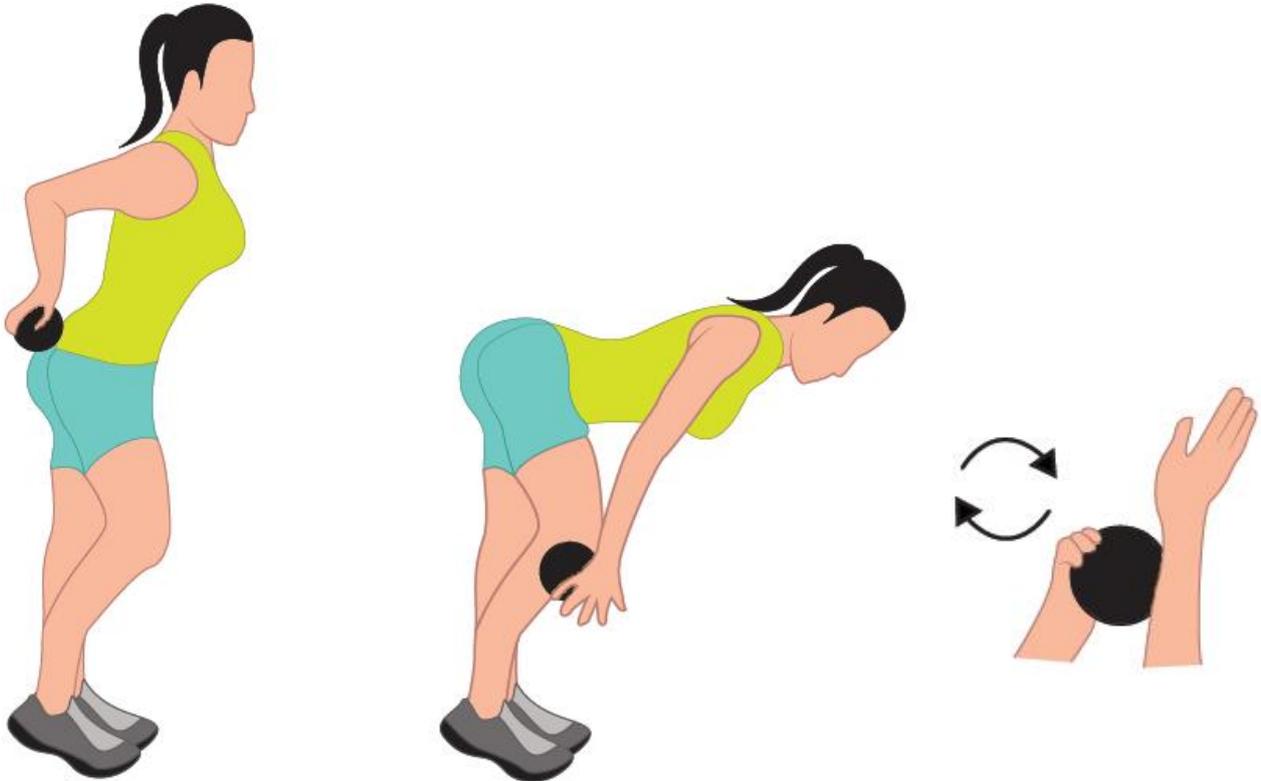


- 1) Standing or sitting, place your foot on the peanut / spiky ball.
- 2) Slowly roll the ball along the entire sole of the foot, moving it along it.
- 3) Try to find the trigger points in the muscles. Once located, linger on it between 10 and 20 seconds. Breathe deeply and allow the muscle to relax and stretch on the ball;
- 4) Shift the weight along the entire sole of the foot, in order to massage the trigger points in several directions;
- 5) Repeat the exercise on the other foot.



## 14) SPECIFIC POINTS:

*Use: peanut ball or spiky ball.*



- 1) Use the peanut / spiky ball to reach specific points, where you feel pain or tension in the muscles;
- 2) Try to find the trigger points in the muscles. Once located, linger on it between 10 and 20 seconds. Breathe deeply and allow the muscle to relax and stretch on the ball;
- 3) Make circular movements with the ball around the knot, in order to massage the trigger point in all directions.



[www.kalahari4wellness.com](http://www.kalahari4wellness.com)

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Turin, Italy

[info@kalahari4wellness.com](mailto:info@kalahari4wellness.com)

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