

Happy Muscles!



Handheld Foam Roller

The Original 18"
The Long One 22"

General Instructions — How to Roll

1. Apply about 10 pounds of pressure over muscles(+/- depending upon your needs) with your Tiger Tail handheld foam roller.
2. Relaxing your muscles during this process will help you massage the "belly" of the muscle.
3. You are the judge of how much pressure to apply. Strive for a "good hurt"- from 5-7 on a scale of 1-10. "Grimacing" with pressure can be described as that "hurts so good" feeling. It's not unusual for people to laugh and/or get really serious when applying this type of pressure on a muscle knot. This is usually where we see the best success.
4. Always follow muscle paths. **Massage each muscle group 20-30 seconds.** With each pass, gently press deeper into the muscle. Avoid massaging directly over bones.
5. Recurring or stubborn muscle knots often need additional attention. Using Tiger Tail products 2-3 times a day may help speed healing. Over the course of time, muscle knots should get smaller or disappear completely.

Upper Extremity



Neck

____ reps ____ sets
____ x /day ____ x /week



Shoulder
(With Buddy)

____ reps ____ sets
____ x /day ____ x /week



Shoulder

____ reps ____ sets
____ x /day ____ x /week

Wall-Assisted:

1. Place one end of the foam roller firmly against the wall.
2. Place the foam roller on your shoulder.
3. Add pressure to your shoulder and start rolling.



Lower Back

____ reps ____ sets
____ x /day ____ x /week



Upper Back

____ reps ____ sets
____ x /day ____ x /week

Lower Extremity



Glutes

____ reps ____ sets
____ x /day ____ x /week



IT Bands

____ reps ____ sets
____ x /day ____ x /week



Glutes/Piriformis

____ reps ____ sets
____ x /day ____ x /week

Wall-Assisted:

1. Place one end of the foam roller firmly against the wall.
2. Place the other end on the body as shown in the photo.
3. Lean body into foam roller.



Abductors

____ reps ____ sets
____ x /day ____ x /week



Hip Adductors
(Inside of Thigh)

____ reps ____ sets
____ x /day ____ x /week



Hip Abductors

____ reps ____ sets
____ x /day ____ x /week



Hamstring

____ reps ____ sets
____ x /day ____ x /week



Quad

____ reps ____ sets
____ x /day ____ x /week



Calf

____ reps ____ sets
____ x /day ____ x /week



Shin

____ reps ____ sets
____ x /day ____ x /week



Feet

____ reps ____ sets
____ x /day ____ x /week

