

TRAINING GUIDE

Add this gear to your training for even more results



Target Massage Ball



Foot Massage Ball



Massage Bar

Share your experience. Tag @SKLZ with #SKLZ for a chance to be featured.



Universal Massage Roller v2
© 2019 Implus Footcare, LLC

GET TRAINING VIDEOS

Learn how to train with the Universal Massage Roller at [skiz.com](https://www.skiz.com)

TRAINING TIPS

WARM-UP

Prepare your body to move before you train. This helps to reduce the likelihood of injury.

TRAIN

Use these drills as part of a comprehensive session.

RECOVER

Take time to recover after every session. This can help to accelerate muscle repair.

DRILLS Perform these movements after your training session. Take your time with each muscle group but aim to get at least 60 seconds of trigger-point release on each side. Control your breathing to help ease the discomfort. This will also keep your body in a relaxed state to compliment your recovery.

ANTERIOR TIBIALIS MASSAGE



STEP 1

Sit with one leg on the ground in front of you and your knee bent. Your other leg should be behind you with your knee bent so your legs form an "S" shape.

STEP 2

Place the Universal Massage Roller under the lower half of your front leg.

STEP 3

Move your leg so it rolls along the Universal Massage Roller from your knee to your ankle. While rolling, point your toes toward and away from your shin.

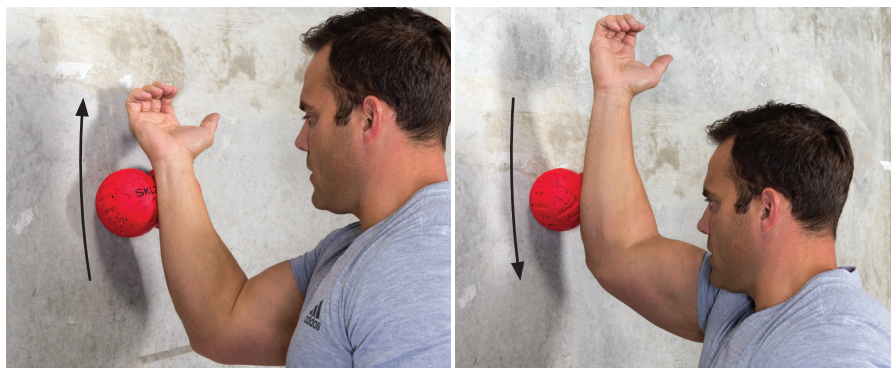
STEP 4

Switch legs and repeat.

COACHING TIP: Start with lighter pressure and increase as your muscles allow.

FEEL IT: Massaging the front of your lower leg.

POSTERIOR FOREARM MASSAGE



STEP 1

Standing in front of a wall, place the Universal Massage Roller horizontally against the wall, and then place your forearm in the middle of the Universal Massage Roller with your palm facing you.

STEP 2

Roll your forearm while applying pressure with your body weight.

STEP 3

Concentrate on any sore spots you find.

STEP 4

Repeat on your other arm.

COACHING TIP: Start with lighter pressure and increase as your muscles allow.

FEEL IT: Massaging the top of your arm.

TRIGGER POINT RELEASE - QUADRATUS LUMBORUM



STEP 1

Lie on your side, lift your body off the ground, and support your weight with your forearm and your feet.

STEP 2

Roll the Universal Massage Roller from just below your rib cage down to the top of your pelvis until you find a sore spot. Hold on that spot while controlling your breathing.

STEP 3

Complete the set on one side before repeating on the opposite side.

COACHING TIP: Start with lighter pressure and increase as your muscles allow.

FEEL IT: Releasing tension around your lower back.

TRIGGER POINT RELEASE - LATS



STEP 1

Lie on your side, and place the Universal Massage Roller under your shoulder with your arm stretched above your head.

STEP 2

Adjust the position of the Universal Massage Roller until you find a sore spot.

STEP 3

Holding pressure on this spot, keep your bottom arm straight and sweep it along the ground. Return to starting position.

STEP 4

Readjust your position on the Universal Massage Roller, and repeat the movement on any other sore spots you find.

STEP 5

Complete the set on one side before repeating on the opposite side.

COACHING TIP: Maintain pressure on the Universal Massage Roller throughout the movement.

FEEL IT: Releasing tension in your shoulder.