

 **GET TRAINING VIDEOS**

Learn how to train with Universal Massage Roller at sklz.com/UniversalMassageRoller

TRAINING GUIDE

POWERED BY
EXOS

SKLZ products are designed in collaboration with EXOS, the leader in proactive health and performance programs for professional athletes, the military and those serious about fitness.

These training drills are provided to you by EXOS and demonstrate step-by-step instruction to help you reach new levels of performance using SKLZ products.

Add this gear to your training to get strong for your sport.



Balance Pad



Mobility Bar



Pro Mat

**READY
STARTS
HERE**

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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.