

Go Deeper on Football Season



BASIC SKILLS



ROLLING

Rolling lengthwise across the body part.



ROCKING

Rhythmic side to side movement across the body part.



RESTING

Holding still on the body part.

Use Rolling and Rocking to explore the body part, then use Resting on any tender spots. Adjust the pressure so you can maintain breath and soften the body during the movements.

PREGAME STRATEGY

If you're a football fan, you'll likely spend three hours sitting in front of your TV each game. Maximize that time with this football-inspired RumbleRoller recovery workout and Go Deeper, slower and longer while you take in the action. Focus on one muscle group a quarter and during halftime. No matter who wins, you'll be ready to tackle your next training session.

QUARTER BY QUARTER



1ST QUARTER: CALF MOBILIZATION

Kick things off with the bottom part of your calves. Find that sweet spot and then go deeper on the bump for an entire possession. When that team scores or turns the ball over, switch legs.



2ND QUARTER: HAMSTRING MOBILIZATION

Roll your hamstrings slowly throughout the second quarter, switching legs every first down. Take a break during commercials and time outs to get up, move around and maybe grab another beer.

HALFTIME: QUADRICEPS MOBILIZATION



Half time is a good excuse to lay face down to roll out your quads. You should still have some time left over to check your fantasy lineup.



3RD QUARTER: LATERAL HIP MOBILIZATION

As the competition heats up, move your RumbleRoller all the way up to your IT Band and groin. Roll up very slowly and then rock your whole body down to hit the front of your hip. Switch legs after each possession.



4TH QUARTER: MID BACK MOBILIZATION

You can't do much foam rolling from the edge of your seat, so save it for commercial breaks this quarter and attack your mid-back. Now you'll feel great jumping around when the game ends in a victory.

ESSENTIAL GEAR



RUMBLEROLLERS

Goes deeper than any roller for maximum relief.



GATOR

Optimized for cross-friction and tender tissue.



BEASTIES

Deep focused massage.

