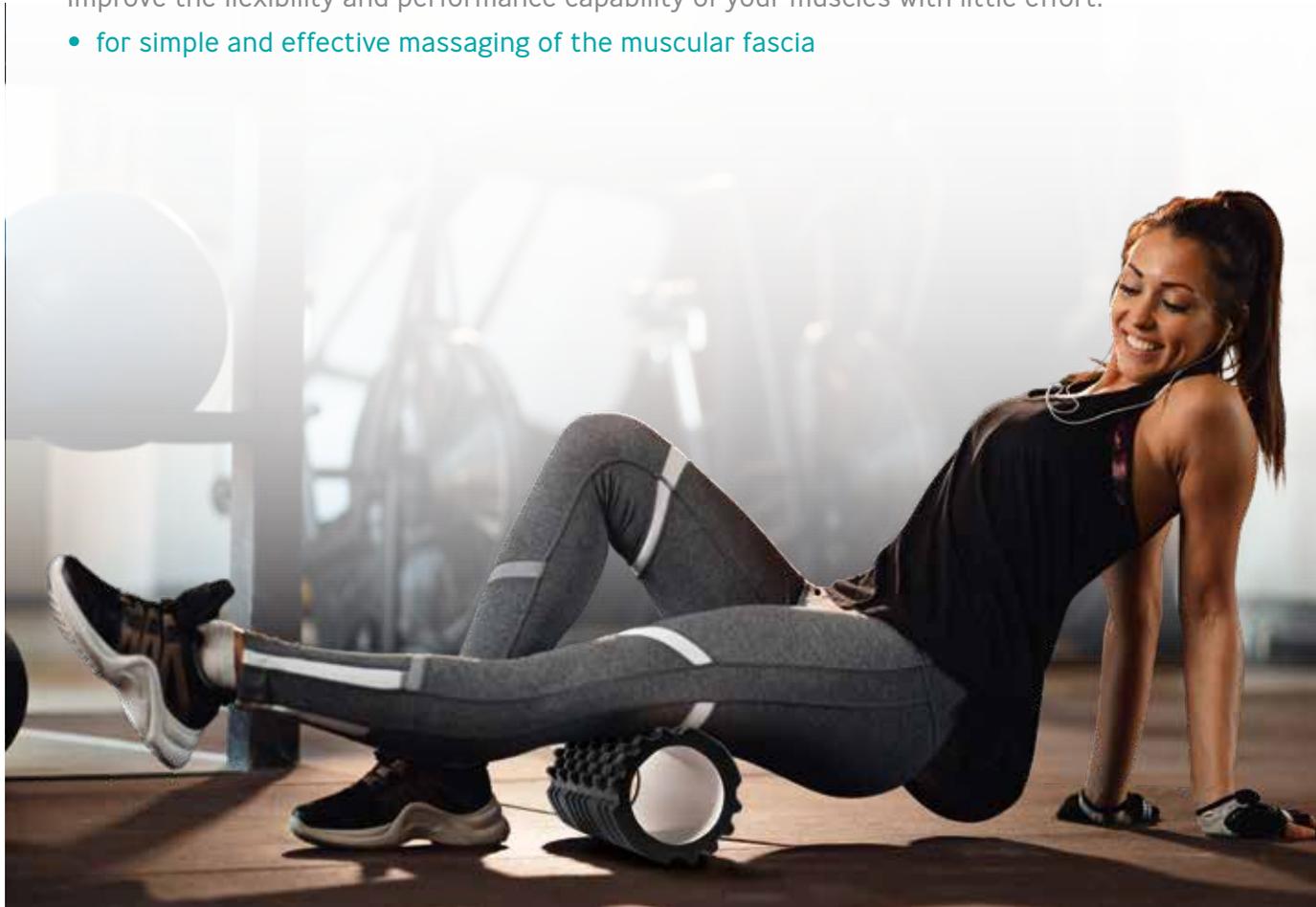


# Massage Roller

Improve the flexibility and performance capability of your muscles with little effort.

- for simple and effective massaging of the muscular fascia



**Measurements:**

**Diameter: 14 cm**

**Length: 33 cm**



PRODUCED IN GERMANY FOR:  
ALDI STORES LTD., PO BOX 26,  
ATHERSTONE,  
WARWICKSHIRE, CV9 2SH.  
ALDI STORES (IRELAND) LTD.,  
PO BOX 726, NAAS, CO. KILDARE.  
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FLX-MREV-01, PO43001680  
90600 06/2020

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Increase the flexibility and capacity of your muscular system with a few exercises. The massage roller enables you to achieve your set targets with a little effort each day. Through regular and targeted training, you can regenerate your muscles and ensure long-term release of muscular tension. The massage roller is the ideal tool for optimised warm-up training. Use the massage roller before exercising, sport or to help you relax after exercising.

Increase your circulation and regeneration capability with pressure and self-massage. Create more elasticity in your muscles and connective tissue.

Vary the intensity of the self-massage with your own body weight. You can exert the most pressure while seated and lying down. By supporting the body with the unburdened arm or leg, you can increase or reduce the intensity.

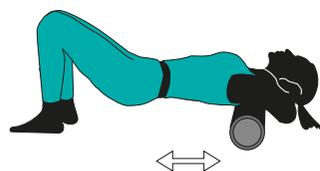
Through targeted use of the various surface structures of the massage roller, you can adapt the massage effect to your requirements.  
Structure with large surfaces = easy  
Structure with small bumps = intensive  
For all exercises, please note the following: 8-12 repetitions.

Generally, please note:  
Use of the massage roller takes place at

your own risk and under your own responsibility. It is recommended to wear light and sporty clothing. We recommend that you seek advice from a physiotherapist, manual therapist, masseur or specialist physician, if you have questions and/or intense pain after the self-massage or recurring injuries.

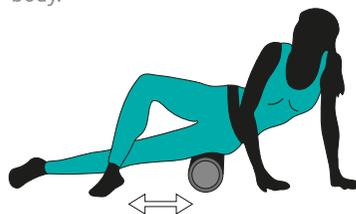
### BACK AND SHOULDER AREA

Lay on the massage roller with your back. Put your hands behind your head. Tighten your abdominal muscles and roll on your back. Now, start rolling back and forth, from your tailbone to the shoulder area. Keep your feet firmly on the ground over the entire time.



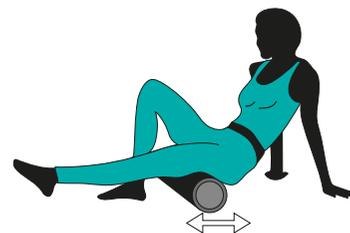
### OUTER THIGH

Lay on the massage roller at hip height on the left side of your body. Bend your right leg over your left leg. Support your upper body with your arms in front of your body. Tighten your abdominals and bottom and roll back and forth from your hip to your knee. Then, switch to the other side of the body.



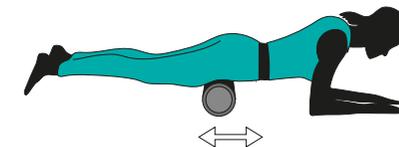
### BACK THIGH

Sit on the roller. Tilt your upper body back slightly and support yourself with your hands. Bend your right leg. Move back and forth from your bottom to your knee, hold your bottom up. Repeat the exercise with the other leg.



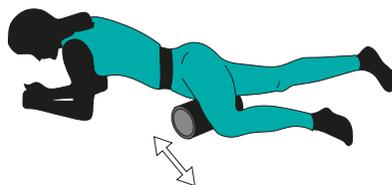
### FRONT THIGH

Lay down stretched out on the massage roller. Hold your head straight as an extension of the spine and look towards the floor. Support yourself on your elbows. Roll from your hip to your knee, keeping your back stable. To increase it, you can shift your weight from one leg to the other.



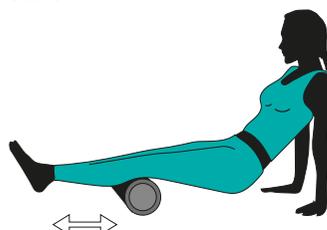
### INNER THIGH

Lay on your stomach and support yourself on your lower arms. Bend one leg in the direction of your shoulder. Place the massage roller under the thigh. Roll the inside of the thigh from the knee to the pelvis and back.



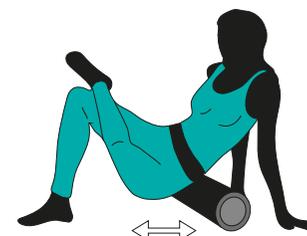
### CALVES

Sit on the floor and stretch out your legs. Place the massage roller under the backs of the knees. The arms support the body towards the back. Lift your bottom off of the floor. Now, roll back and forth from the back of the knee to the ankles. Keep your upper body stable, your legs remain stretched.



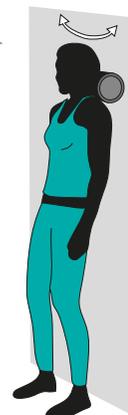
### BOTTOM

Sit on the massage roller and support your arms behind your back. Place your left ankle onto the right thigh. Shift your weight onto your hands and roll slowly with one side of your bottom over the massage roller. Then, switch to the other side.



### NECK

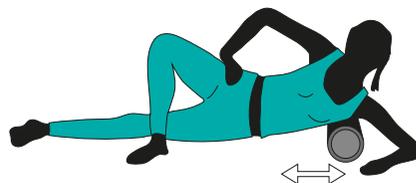
Stand up in front of a free wall. Place the massage roller horizontally between your neck and the wall. Turn your head to left and right, which will gently turn your neck.



### SIDE STOMACH AND SHOULDERS

Lay on your left side and stretch out your left leg. Bend your right leg and position it in front of your body. Support yourself on your left arm, put your right hand on your hip and place the massage roller under your underarm.

Tighten your abdominals and bottom and move slowly back and forth, from your underarm up to the edge of your ribcage. Then, switch to the other side of your body.



### UPPER ARM

Stand up sideways in front of a free wall. Place the massage roller between the wall and your upper arm. Move up and down by slightly bending your knees, thereby massaging your upper arm. By changing the angle of your body to towards the wall, the degree of the exercise can be increased.

