

KC: 43643967 5 IN 1 ROLLER

Usage Instructions

Product Components

1. **Yoga Roller :**

Use: Ideal for large muscle groups (back, legs) to relieve tension and improve flexibility.

2. **Peanut Massage Ball:** Dual-ball design

Use: Targets tight spots along the spine, feet, and hands for deep tissue relief.

3. **Massage Ball :** Single Ball

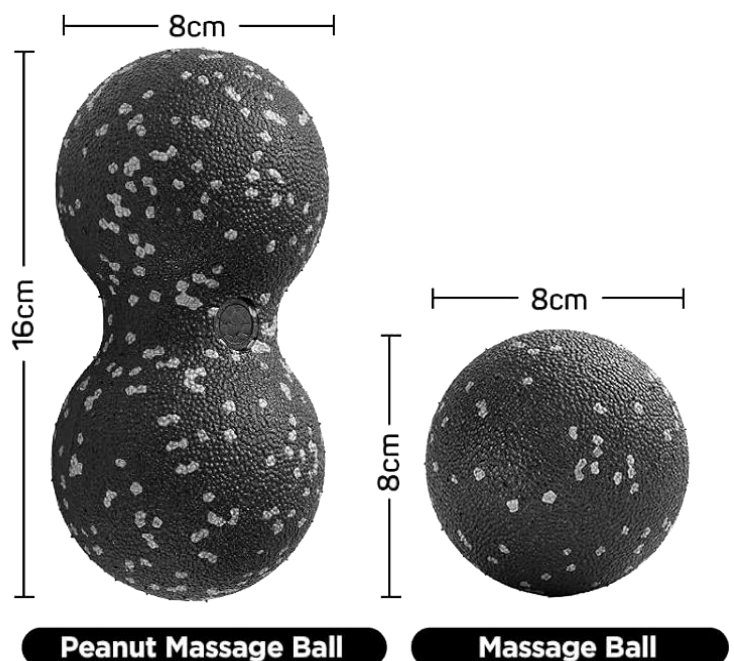
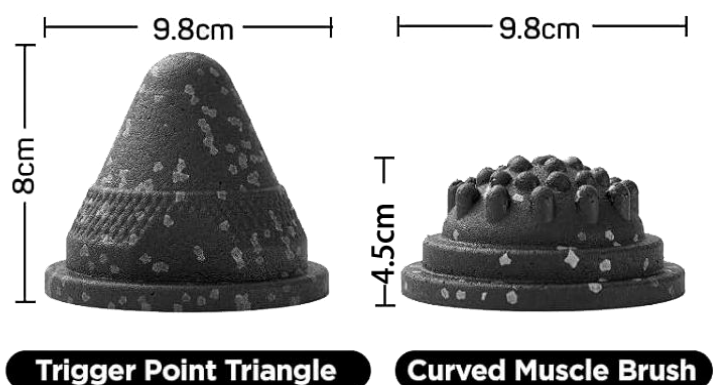
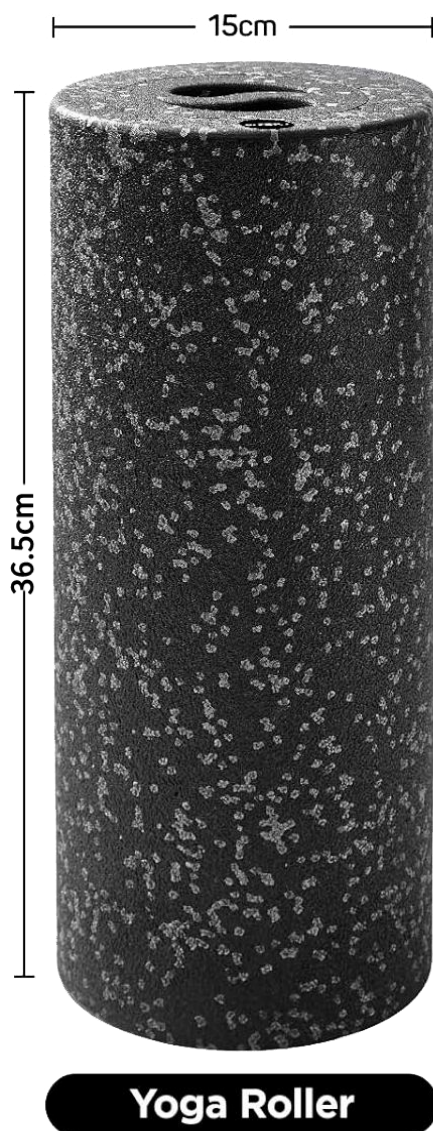
Use: Perfect for pinpoint pressure on small muscle areas like palms and soles.

4. **Trigger Point Triangle:** Ergonomic triangular shape

Use: Focused pressure on knots and trigger points for myofascial release.

5. **Curved Muscle Brush:**

Use: Glides over muscles to enhance circulation and prep for deeper massage.



Key Features

5-in-1 Versatility – Compact, space-saving design for full-body recovery.

Hollow-Centered & Lightweight – Easy to grip and maneuver.

High-Density EPP Foam – Durable yet gentle on muscles.

Loss-Proof Storage – Nested design keeps pieces secure.



How to Use

For Large Muscles (Yoga Roller):

Roll slowly over calves, thighs, or back, pausing on tender areas.

For Precision Relief (Peanut/Single Ball):

Place under feet or palms, apply gentle pressure, and roll in small circles.

For Trigger Points (Triangle Tool):

Press onto knots (e.g., shoulders) and hold for 20–30 seconds.

For Warm-Up (Muscle Brush):

Stroke along muscles before workouts to boost blood flow.



Care Instructions

Wipe clean with a damp cloth.

Store in a dry place. Avoid direct sunlight.