



Release. Relief. Repeat.



RAD ROD
STRAIGHT-UP
PRESSURE AND CONTROL



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The **RAD Rod** is the ultimate tool for flushing muscles of waste products and breaking up tough and unforgiving tissue. The **RAD Rod** was designed to be used on the larger muscle groups of the body, mainly the muscles of the legs. Slowly work into each area, building up pressure over multiple sessions. You can gauge the amount of pressure to use by the tension in the muscle. If you find it hard to relax the muscle your working on, use light pressure to slowly work into it. Use the following photos as a guide for usage, but feel free to freestyle and get creative!





Once you get your hands on a RAD Rod, you're going to want to get started right away. Hey, we get it. These things are, well, rad. But before you dive into the following (and your own) **RAD** movements, there are a few key things you need to know.

- Only keep pressure on a given location for 7–10 seconds. Any longer and you can cut off the muscle's blood supply, which can result in soreness. No good.
- Roll both lengthwise and across the muscle. The power of the **RAD Rod** is in its ability to break through restrictions in three dimensions, so take advantage.
- Don't roll directly on bone. That's just plain irresponsible.

Meet Our Top Moves:

Okay, now that you know the basics, it's time to get creative and savor the feeling of sweet, sweet relief. Check out these simple, do-anywhere moves and get in touch if you have any questions about using the **RAD Rod** properly.

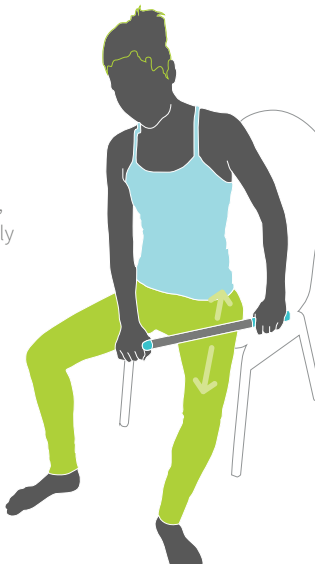


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Quads

The Quads are the large muscles on top of the leg. Use the **RAD Rod** to iron out tension in the top of the leg using long, slow strokes. Work slowly and build pressure over multiple sessions.



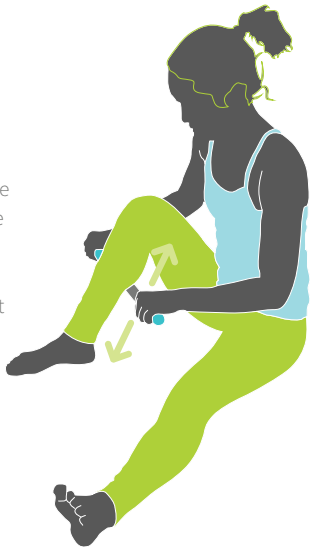


Adductors

The adductors are the forgotten workhorses in hip extension. Difficult to stretch and oft neglected by therapists, the **RAD Rod's** small diameter makes it easy to dig into these large, deep muscles.

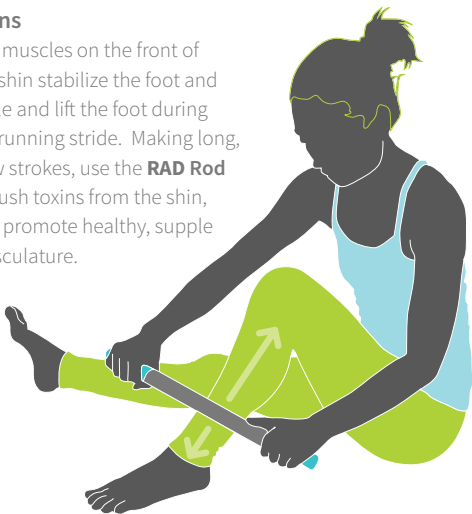
Calves

Perfect for runners and other folks spending a lot of time on their feet, the **RAD Rod** can easily modulate pressure in the calves. Use it low on the calf and dig deep to get at the soleus, the prime stabilizer and often-tight muscle of the lower leg.



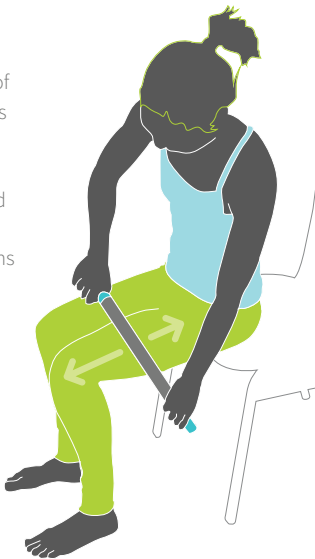
Shins

The muscles on the front of the shin stabilize the foot and ankle and lift the foot during the running stride. Making long, slow strokes, use the **RAD Rod** to flush toxins from the shin, and promote healthy, supple musculature.



IT Band

The IT bands are a strip of tough tissue that anchors the muscles of the pelvis to the leg. Using gentle pressure, take long broad strokes with the Rod to slowly break up adhesions over multiple sessions. Tension in the IT band is typically synonymous with tension in the hip pockets. Best used in conjunction with a **RAD Roller** or **RAD Rounds**.





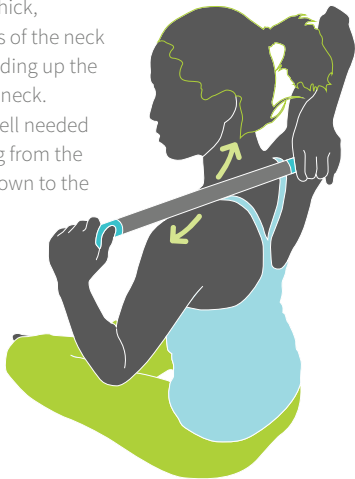
Forearms

The flexors and extensors of the forearms are designed for long, hard usage....But we don't often find the time to work backwards through the adhesions and tension. Anchor the **RAD Rod** in your hip crease and roll your forearm past the Rod. Turn your wrist to access different muscles.

Traps

The traps are the thick, superficial muscles of the neck that work hard holding up the shoulders and the neck.

Give them some well needed attention by rolling from the base of the neck down to the shoulderblade





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Service@RADRoller.com

LIFETIME GUARANTEE.

Lifetime guarantee against manufacturer defects, barring misuse, prolonged sun exposure, anticipated wear, and loss.
Contact Service@RADRoller.com for more information.

LEGAL:

Use at your own risk. **RAD Rod** is not meant to treat, cure, or prevent any disease or condition. Talk to your doctor before using the **RAD Rod**.
Please use responsibly.

Patent Pending.

