

ROLL Recovery was founded in Boulder, Colorado with one major goal... To design and build revolutionary products to help athletes recover faster and perform at their highest level.

Runner and cyclist, Jeremy Nelson, was unsatisfied with the massage and recovery products available for endurance athletes. He became dedicated to developing a tool that was the best on the market. Concept sketches in a notebook evolved to a house full of hardware, springs, wheels and prototypes. Luckily, his wife, professional marathoner, Adriana Nelson, didn't mind the mess and eagerly tried and tested every prototype. The designs were narrowed down, refined, and one clear winner arose. The R8.

ROLL Recovery is driven by the endurance athletes who push themselves further than they knew was possible.

ROLL Recovery guarantees our products for 1-year from original purchase date for any issues or damage related to the instructed use of the product. If there is a defect in the materials or workmanship of your ROLL Recovery product (gasp!), we will move mountains to right our wrong. ROLL Recovery reserves the right to decide if the product will be repaired or replaced. For any issues regarding service, repairs or replacement, please send a message to service@rollrecovery.com.

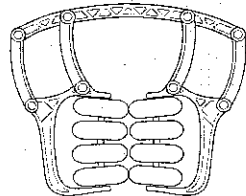
ROLL
RECOVERY

BOULDER, COLORADO



*Experience the
revolutionary*

R8

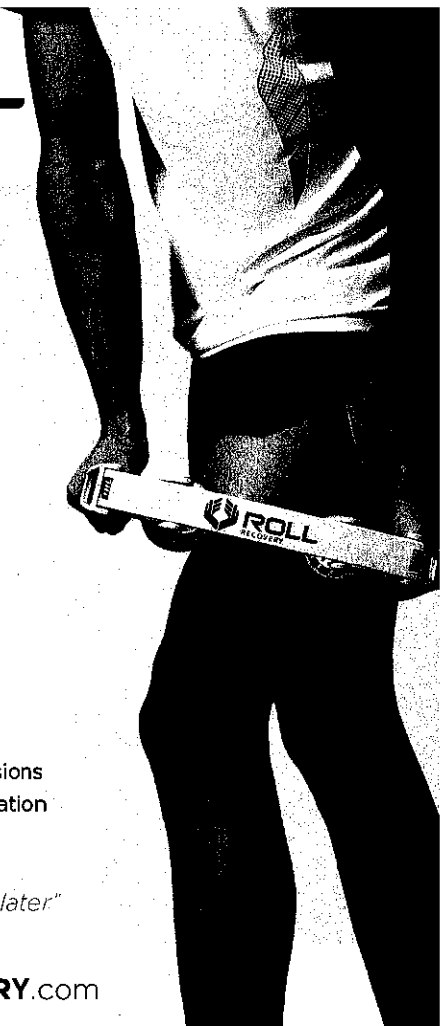


**MASSAGE FOR
ATHLETES**

- Reduce inflammation
- Breakup muscle adhesions
- Stimulate blood circulation
- Reduce recovery time

"Your legs will thank you later."

www.ROLLRECOVERY.com





After training, inflammation, swelling and muscle stiffness occurs. One of the fastest ways to recover is with massage.

Revolutionary in design, the R8 massage roller was developed to reduce inflammation after workouts, breakup muscle adhesions and stimulate blood circulation. It is easy to use, feels great on tired legs, and is small enough to take anywhere.

Developed by athletes, for athletes, the R8 massage roller will keep your legs fresh, healthy and recovered. The patent-pending technology self adjusts to different leg sizes and targets the quads, hamstrings, IT-bands, gluteus, calves, shins, hip-flexors and more.

DISCLAIMER For adult use only. Important: Any individual who may be pregnant, has a pacemaker, suffers from diabetes, phlebitis and/or thrombosis, is at an increased risk of developing blood clots, or who has pins/screws/artificial joints or other medical devices implanted in his/her body should consult with a physician before using a massaging device. The information including opinions and recommendations, contained on product labels and rollrecovery.com website is for educational purposes only. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider. Please consult your healthcare provider with any questions or concerns you may have regarding your condition. ROLL Recovery, LLC wholly disclaims responsibility for any and all adverse effects or consequences resulting directly or indirectly from the use or misuse of ROLL Recovery products. Please consult your physician when therapeutic massage may be contra-indicated. ROLL Recovery, LLC is not responsible for economic loss; profit loss; or special, indirect or consequential damages, including without limitation, losses or damages arising from physical injury to user occurring while user is following the guidelines within the product.



AUTO-ADJUST
For Different
Leg Sizes



FORCE-FLEX
Provides Adequate
Massage Force



FLUSH EFFECT
Increase Blood Flow

THE ROLL-DOWN FLUSH

Directly following training, use the R8 to flush out the legs and stimulate blood circulation. Start with the larger muscle groups (quads, hamstrings, and gluteus) and gradually roll the R8 over the muscles until you feel them loosening up and the blood moving. Work down to the calves and shin muscles. **ONLY MASSAGE SOFT TISSUES AND AVOID KNEES, SHINS AND OTHER BONES.**

THE POINT-RELEASE TECHNIQUE

If you feel knots or muscle adhesions, slowly work the R8 over the spots and pause directly on it. Gradually increase the massage speed (and possibly the force) as you feel the spots loosen up.

SIT BACK • RELAX • AND LET THE R8 DO THE WORK

⚠ WARNING

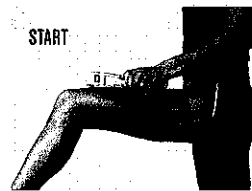
Injury can occur if this equipment is not used properly. For adult use only. Always consult a physician before beginning any massage program. Use only as instructed in the product hangtag. **DO NOT** use on neck as strangulation or injury can occur. Keep children away from this equipment. This is not a toy. **DO NOT** invent or perform massage techniques not pictured in hangtag. If experiencing severe pains or discomfort, discontinue use of this equipment. This product is intended for healthy, active adults with general knowledge of massage techniques.

🔧 MAINTENANCE

Nuts, Bolts, and Fasteners: Check tightness before use. If any hardware has become loose, retighten and/or use Loctite Threadlocker 242. Inspect torsion springs are in working order and not damaged. Use mild detergent or soap to clean dirt or stains off product. Avoid moisture to roller bearings.

FDA Registered Medical Device

START



1 To easily get the R8 on your leg, hold flat against the top of your leg with the crossbar near your knee.

ROTATE DOWN



2 Push down on the handles and rotate down on your leg. The R8 will open and you can begin massage.

BEGIN STROKES



3 Begin massage with long, gradual strokes. Cover all the muscle groups and focus on tight spots.



ROLL
RECOVERY
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PATENT PENDING