

VERA

Vyper 2.0™

The World's Most Powerful
Vibrating Fitness Roller



Benefits

- Increases circulation for optimal warm up
- Reduces soreness for faster recovery
- Relaxes muscles for more comfortable roll

Tech Specs

- 3 vibration speed settings (48, 60, 72 Hz)
- 2+ hour battery life
- Lithium ion battery
- Dual-zoned exterior shell: smoothed and grooved exterior design for a more customized roll

Hyperpsphere™

3 Speed High-intensity
vibrating massage ball



Benefits

- Pin point and release trigger points effectively
- Activate, soothe, or loosen muscles/fascia in the: feet, calves, hamstrings, gluteus, hip flexors, shoulders, back, and forearms

Tech Specs

- 3 vibration speed settings (48, 60, 72 Hz)
- 2+ hour battery life
- Lithium ion battery
- 5” in diameter spherical ball
- Silicone laced for gripping

Hypervolt

featuring Quiet Glide™technology
Vibration Massage Device



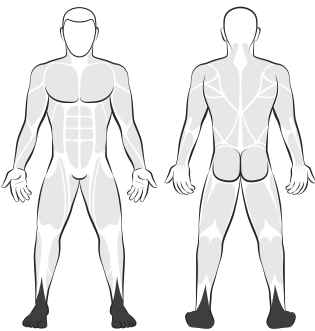
Benefits

- Relieve muscle stiffness and soreness
- Increase circulation and blood flow
- Release tension for greater range of motion
- Improve soft tissue health

Tech Specs

- Powerful high- torque motor
- 3 speed settings up to 3200 percussions per minute
- 4 interchangeable heads
- Rechargeable lithium-ion battery
- Lightweight, ergonomic design

Foot



How To

Find a wall or prop to balance with. Place the V2 on the ground and turn it on to setting 1. Place one foot on top of the roller. Brace yourself against the wall or grip the prop, then take the other foot and place the other foot on top of the V2. Stand on the V2 for 30-90 seconds.

Benefit

Proprioception and “foot grip” is crucial to most movements. By standing on the V2, the combination of pressure and vibration will engage proprioceptors and establish a greater foundation for movements in all planes.

How To

While sitting or standing, turn the HS on setting 1-3 and place the HS on the ground. Place one foot on top of the vibrating HS and begin to roll from the ball to the heel of your foot. Move an inch per second at most and continue for 30-90s. Repeat on opposite foot.

Benefit

Roll the Hypersphere over trigger points to help relieve tenderness and adhesions in the foot (i.e. Plantar Fasciitis). The HS will help minimize pain in the foot and/or increase circulation to proprioceptors in the foot.

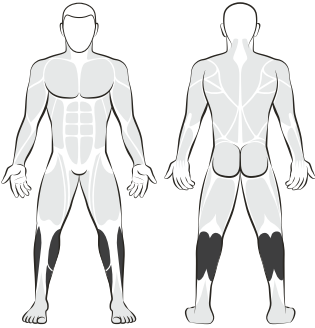
How To

Use any of the four attachments to massage the foot arch, ball, and heel of the foot. Move the toes into flexion and extension for greater release.

Benefit

Without applying little to any pressure, the percussion of the Hypervolt allows you to release tenderness and engage proprioceptors.

Calf



How To

“Plantar Flexor Technique”- Place the V2 underneath the belly of the calf. Roll an inch per second starting 1” above the ankle to 1” on the back of the knee. Then, rotate the leg inward towards the center of the body, followed by outward. Repeat for 30- 90 seconds then repeat on the opposite leg.

Benefit

“Overactivity” and tightness in calf is common. Clients with “flat-feet” or over-pronation can benefit from foam rolling the V2 to minimize pain.

How To

Make sure chest is up and shoulders are back. While sitting on the ground, place the HS underneath a tender spot on the calf. Simply hold pressure on a tender spot for 30 to 90 seconds.

Benefit

This is a regression from the V2. If clients who are not as mobile, the HS is easier to control on the calf. Progress this movement by using your hands and arms to prop your hips up for more weight.

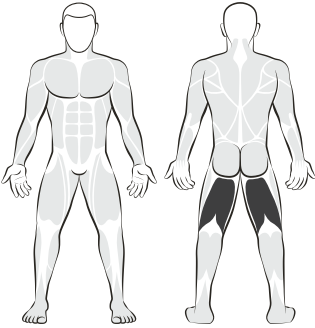
How To

Use the fork attachment to graze along the sides of the achilles. Use the flat head attachment for passes along the calf (in the line of action and cross fiber).

Benefit

Due to overactivity, tight calves can accumulate tenderness near the Achilles tendon. Without applying direct pressure to the Achilles, the fork fork attachment allows you to pin point the fascia that is causing the tight, sensitive pain. Through compression and percussion it will help minimize pain and soreness.

Hamstring



How To

While sitting on the ground, place the V2 underneath the middle part of the hamstring. Slowly roll towards the back of the knee. Target the biceps femoris by turning the toes out then inward. Repeat for 30-90s. Alternate sides.

Benefit

Bicep femoris and vastus lateralis tend to be the most active and overused in clients with weak glutes. It is important to release the bicep femoris to improve range of motion in the lower extremities. The vibration from the V2 will help to release the tightness faster and less painfully.

How To

Have the client sit on a chair or plyo box. Place the Hypersphere underneath the hamstring. Simply place the HS on a tender spot and adjust your seated position if needed. This makes it easier to find the tender spot while sitting propped up in a chair.

Benefit

Because of the HS size, it can be easier to find the bicep femoris to release. This is considered a progression from using the V2.

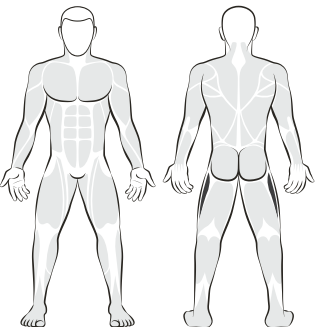
How To

Use the flat head or ball attachment and move the HV in line of action of the muscle followed by 3 passes cross fiber.

Benefit

Using the flat head or ball attachment, the HV allows you to pin point areas of tenderness while standing or laying in the prone position as a practitioner uses the HV. Use on yourself while standing.

Vastus Lateralus (IT Band)



How To

Place the V2 between the ground and the lateral part of the knee. Place your forearm on the ground (like you would in a side plank). Turn the vibration to setting 1. Make sure hips are directly stacked on top of each other. Slowly roll an inch per second, close to the lateral aspect of the knee up to the gluteal region.

Benefit

The IT band is the tendon for the TFL. Typically, people try to roll a “tight IT Band”, but we need to release the fascia and muscles connected to the IT Band. This exercise can also help with reducing knee pain.

How To

TRefer to V2 exercise first. A progression from using the V2, slowly roll the outer parts of the IT Band. You can also find the TFL which connects to the IT Band. Often overtight, the TFL can feel tender. Ease tenderness by applying pressure with the HS for 30-90 seconds on the TFL.

Benefit

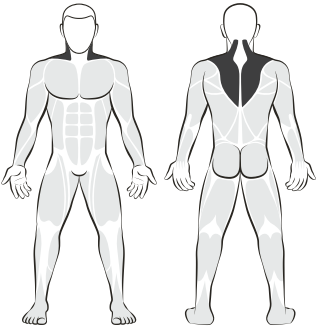
The HS allows you to get closer to the IT band, than you would the V2. Because of this, the pain may feel more concentrated, but greater for releasing the trigger points of the fascia connected to the IT Band.

How To

Cautious of the IT band, use the bullet attachment or flat attachment moving the HV along the lateral aspects of the quad and hamstring.

Benefit

Releasing the tender areas that contribute to a tight IT Band, can be released by finding the “spots” with the HV.

	Vyper 2.0™	Hypersphere™	Hypervolt™
<div>Glutes</div> <div></div>	<div>How To</div> <p>Place the center of your right glute on top of the V2. Brace with your left foot firmly planted. Cross your right leg over in a figure four, while sitting on top of the V2. Rest your right forearm on the ground for more pressure. Slowly roll on each axis. Repeat on left glute.</p> <div>Benefit</div> <p>The glute is usually one of the most dense muscles. Soreness and fascia within the the gluteal region can become sore and tough to release. Applying pressure combined with the vibration will minimize the time and pain to release sore glutes.</p>	<div>How To</div> <p>By using a smaller surface area, you can get a deeper release in the gluteal muscle. This is a progression from the V2. Start by placing the HS set to vibration setting 1,2, or 3, under your right glute. Cross your right leg over your left like a figure 4 and slowly roll finding the most tender spots. With your right leg bent, place your left hand above your right knee cap. Slowly pull your knee towards the center of your body for a "shearing" technique.</p> <div>Benefit</div> <p>The smaller surface area of the HS will help to release tender spots within the gluteal region faster.</p>	<div>How To</div> <p>Use any of the four attachments to massage the foot arch, ball, and heel of the foot. Move the toes into flexion and extension for greater release.</p> <div>Benefit</div> <p>When you sit for long periods of time the muscles in your glutes become deactivated. This movement will help reactivate those muscles causing the movement to become more fluid</p>
<div>Traps, Rhomboids</div> <div></div>	<div>How To</div> <p>While sitting or standing upright, simply place the vibrating V2 on the trap, roll the V2 and hold it on any tender spots you may find. Apply more pressure with your hand as desired.</p> <div>Benefit</div> <p>The traps are difficult to release through SMR. Fortunately, the vibration from the V2 will help to release tightness and tension in the trapezius by simply placing the V2 on the area.</p>	<div>How To</div> <p>While standing, prop the vibrating HS between the wall and your upper back. With knees bent and arms starting at 90 degrees, move HS near the rhomboids. You can release tender areas near the scapula by passively crossing your arms , allowing more space to roll out tender areas.</p> <div>Benefit</div> <p>Often a difficult spot on the body to perform SMR, the vibration allows you to release tender area in the upper extremities without applying excessive weight.</p>	<div>How To</div> <p>Traps- Use the ball attachment and gently, glide the HV along the lateral aspect of the neck. Then place the HV in a fixed position, ask the client to tilt the head left and right. Rhomboids- As a practioner, ask the client to take your (right/lef t) arm and tuck it behind your back with your arm resting on your back.</p> <div>Benefit</div> <p>The upper extremeities are challenging to release with smaller area to work with. The HV is great to pin point these areas that a client cannot release on their own.</p>
<div>Pectoralis Major, Minor</div> <div></div>	<div>How To</div> <p>Lay in the prone position on the ground. Place the center of V2 directly above your armpit. With the palm facing down, gradually shift left to right in the frontal plane.</p> <div>Benefit</div> <p>Tightness in the pecs plays a huge role in shoulder mobility. When overly tight, it contributes to forward head posture, forward rotated shoulders and the pain patterns that arise from this</p>	<div>How To</div> <p>Using a padded wall, prop the Hypersphere between your rhomboid and the wall. Open up the scapular by criss crossing your arms in front of you. In a solid stance, begin to shift left, right , up and down finding tender spots in the snap area to release.</p> <div>Benefit</div> <p>Soreness in the upper extremities are often challenging to release. Focus on breathing and releasing tightness within the the pectoralis minor specifically.</p>	<div>How To</div> <p>As a practitioner, ask the client to sit upright with arms resting on their sides. Instruct client to horizontally adduct the arm toward their mid line while bending the elbow and reaching for their opposite hip, then back to starting position.</p> <div>Benefit</div> <p>The pecs frequently get tight from over contracting that is caused by having your shoulders rounded for a long period of time. Activities like working on a computer, driving, or holding a phone/table can contribute to pec tightness.</p>
<div>Shoulder Complex</div> <div></div>	<div>How To</div> <p>Plank with the V2. Turn the V2 on setting 1, 2, or 3. Brace the V2 with both hands. Proceed to raise your knees and position yourself in in a plank position while gripping the V2 firmly.</p> <div>Benefit</div> <p>A unique way to focus on shoulder strength/ stabilization, while increasing circulation is planking with the V2. For someone with shoulder impingements, the vibration is not only distracting from pain, but also increasing circulation into the upper extremities. This is a progression of a standard “hand plank. “</p>	<div>How To</div> <p>While standing, turn the HS on to setting 1,2, or 3. Grip the HS in one hand, this may be difficult for clients with smaller hands. Grip the HS and go through PNF patterns and incorporate protraction and retraction with the HS turned on.</p> <div>Benefit</div> <p>By gripping the vibrating HS, you will improve grip strength and increase circulation in the shoulder complex. Great exercise to regain range of motion back into the shoulder complex.</p>	<div>How To</div> <p>Use the ball or flat attachment based on the desired pressure along triceps or deltoids.</p> <div>Benefit</div> <p>One of the smaller muscle groups, the thes houlder complex is challenging to massage. Start by applying light pressure with the Hypervolt, this will allow you to release trigger points in that area.</p>
<div>Quadriceps</div> <div></div>	<div>How To</div> <p>While lying down in the prone position, place the V2 under your quad. Imagine where your front jean pockets lie. Start to roll from the top of knee cap to the bottom of your “jean pocket”. When you find a tender spot, roll your body left and right, while focused on breathing.</p> <div>Benefit</div> <p>Considered a larger muscle group, the quads can become very tender to the touch. The vibration minimizes the painful sensation felt when rolling the quad and allows you to relax more easily when performing SMR.</p>	<div>How To</div> <p>A progression of the V2, apply the same movement as you would with the V2. Starting an inch above the knee, slowly roll to release areas of tenderness. If too intense, regress, by using your arms to prop yourself up and apply more pressure.</p> <div>Benefit</div> <p>Because of the size of the HS, you can discover/ pin point trigger points that restrict your range of motion. Improving range of motion with the vibrating HS, will improve in as little as 90 seconds.</p>	<div>How To</div> <p>Start with 3 passes running along the same way as the quadricep muscle fibers, from the hip to the upper part of the knee. You can pin point on a fixed position and ask the client to raise the knee</p> <div>Benefit</div> <p>The quadricpes are constantly overworked, typically causing underactive glute muscles. This is helping to bring healing circulation to this area.</p>
<div>Hip Complex</div> <div></div>	<div>How To</div> <p>Focus on the adductors. Lie face down and place one thigh, flexed and abducted, over the V2. Slowly roll the upper, inner thigh area to find the most tender spot. Hold for 30-90 seconds until the discomfort is reduced. Switch legs and repeat.</p> <div>Benefit</div> <p>Tight adductors is a common symptom from sitting. Releasing this area will improve balance between the adductors and abductors for stabilization and movement.</p>	<div>How To</div> <p>To begin, lie down on the floor on your belly. Place the tennis ball below your right hip bone. Take small movements side to side until you find a tight spot. Hold for 20 seconds or longer until you feel the pain release and then move on. After you’ve completed the right side, switch to the left.</p> <div>Benefit</div> <p>Your hip flexors are made up of the Psoas Major and the Iliacus. These muscles allow for flexion of the leg at the hip joint. Tightness leads directly to lower back pain since the psoas is connected to the lumbar 1-5 vertebrae</p>	<div>How To</div> <p>Use the ball, flat, or bullet attachment. While seated or standing, run the HV along the abductors and adductors in the line of action and cross fibers.</p> <div>Benefit</div> <p>Often too tender to to release through SMR, the HV allows you to release tenderness in the hip complex efficiently with little to no pressure.</p>