

# RumbleRoller BEASTIE User Guide

## Congratulations!

You now own one of the most effective self-massage tools ever created. Regular use of it will help you maintain flexibility and relieve muscular pain.

## Tool Choices

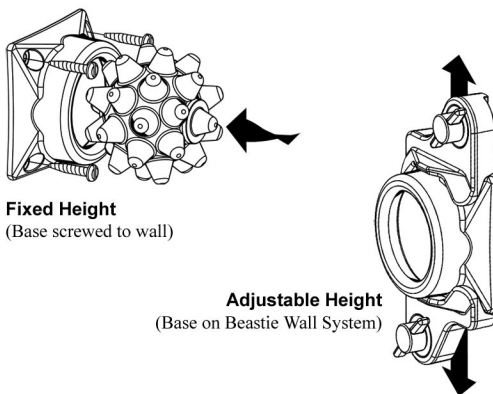
RumbleRoller's Beastie series includes massage tools for many different needs. Here's the complete lineup:

- **Beastie**  
This massage ball is optimized for deep-tissue work. It comes in 2 versions – **Original** with super-flexible bumps, and **X-Firm** for the deepest possible stimulation.
- **Beastie Base**  
This accessory elevates and stabilizes the Beastie for more controlled use, and also enables the Beastie to be mounted to a wall or used with the Beastie Wall System.
- **Beastie Hook**  
This accessory makes it easier to use the Beastie on difficult to reach areas, such as your upper back and shoulders.
- **Beastie Bar + Stands**  
This stick-type massage tool has two handles that make it easy to control. The Stands allow it to be used hands-free, mounted to a wall, or used with the Beastie Wall System.
- **Beastie Wall System**  
This professional-quality mounting track allows the Beastie and Beastie Bar to be repositioned to any height on a wall.

## Mounting Tips

The Beastie Base and Beastie Bar Stands are free-standing, but can optionally be wall mounted with #10 screws (not included). The Base and Stands also mate with the Beastie Wall System to provide adjustable-height positioning.

Note that each bump on the Beastie is encircled by either 5 or 6 other bumps. To properly secure the Beastie in its Base or the Beastie Hook, align any *encircled-by-6* bump with the opening, then insert with a slight twist.



## Caring for Your Beasties

All Beastie series massage tools are made in USA from latex-free and phthalate-free materials. Clean them as needed with soap and water or common household cleaners. They're water-proof and resistant to most chemicals.

These products are not toys. Do not throw or strike with other objects, and keep them out of reach of children and pets.

## WARNING!

Beasties can cause injury if used improperly. If your efforts result in lingering pain, numbness, tingling, or significant bruising, **STOP** immediately. These are signs that your technique is too aggressive for the area that you're trying to massage.

## Getting Started

One way to use a Beastie is to simply place it on the floor and lie on top of it. Move your body until the Beastie is positioned directly under a tight or tender spot, then relax your body to let the Beastie's bumps press into the muscle. Pause for several seconds, then shift your position by an inch or two and repeat.

## Controlling the Pressure

If putting your full body weight on the Beastie results in too much pain and not enough progress, use any of these methods to reduce the applied pressure:

- **Lighten the Load**  
Partially support yourself with your hands, feet, knees, or elbows so that less of your weight is resting on the Beastie.
- **Take it to the Wall**  
Work against a wall, where you can more easily control how much pressure you apply. For the greatest control and convenience, use the Beastie Wall System.
- **Apply Pressure by Hand**  
Press the Beastie into the muscle using your hands, the Beastie Hook, or the Beastie Bar.
- **Switch from X-Firm to Original**  
For sensitive areas, use the Original Beastie. Its bumps deflect more under load to better distribute the pressure.

## Using Different Techniques

To get the best response, you may want to experiment with different massage techniques. Here are six to try:

1. **Press**  
Press the Beastie into the muscle using any of the methods previously described. Maintain the pressure for several seconds while focusing on relaxing the muscle.
2. **Flex**  
Same as technique #1, but add a slow movement of the muscle underneath the Beastie – e.g. flex and extend your ankle while pressing the Beastie against your calf.
3. **Rock**  
Same as technique #1, but add a rocking motion to shift the point of pressure back and forth.
4. **Knead**  
Same as technique #1, but add circular or pivoting motions to manipulate the muscle over a larger localized area.
5. **Stroke**  
Grasp the Beastie firmly in one hand and drag it along the length of the muscle. Use a small amount of lotion to reduce the friction between the Beastie and your skin.
6. **Roll**  
Apply pressure to the Beastie as you slowly roll it over the muscle. This is easiest to do with the Beastie Bar.

