

## CanDo 30-2107

# CanDo Slim White PE Foam Rollers User Manual

Model: 30-2107

## 1. PRODUCT OVERVIEW

The CanDo Polyethylene White Foam Roller is an economical, versatile, and easy-to-use tool designed to enhance your physical well-being. It is ideal for preventing future muscle injury by improving balance, core strength, and flexibility. These foam cylinders are perfect for positioning, balance exercises, muscle posture re-education, spinal stabilization, and various strengthening and range of motion exercises. They are widely used in physical therapy, yoga, general exercising, stretching, and for relaxation.

- **Multipurpose:** Made with versatile and durable white PE foam, this foam roller can aid muscle restoration, massage therapy, sports recovery, and physical therapy for the back, legs, or neck.
- **Essential Workout Aid:** Perfect for yoga, Pilates, CrossFit, weight training, and bodybuilding. Suitable for both beginners and professionals to get more out of their routines.
- **Suitable for Rehabilitation:** Enhances physical therapy procedures, ideal for stretching and relieving various parts of the body, especially post-surgery.
- **Alleviates Muscle Pain:** Use for deep tissue massage after intensive workouts to help ease muscle soreness and improve circulation.
- **Multiple Options:** Available in a Slim 3" diameter, round or half-round shapes, and lengths of 12" and 36" to suit various needs.



Image 1.1: The CanDo Slim White PE Foam Roller, a versatile tool for fitness and therapy.

## 2. SETUP

The CanDo Slim White PE Foam Roller requires minimal setup. Ensure you have a clear, flat, and stable surface for use, such as a yoga mat or a carpeted floor. No assembly is required.

## 3. OPERATING YOUR FOAM ROLLER

The foam roller can be used for a variety of exercises and therapeutic applications. Always listen to your body and consult a healthcare professional if you experience pain.

### 3.1. Muscle Restoration and Massage Therapy

To target specific muscle groups for deep tissue massage and to break up scar tissue, slowly roll over the desired area. This can speed up workout recovery and alleviate soreness.

## YOUR PERFECT EXERCISE ACCESSORY!



**WHITE SLIM FOAM ROLLERS**



Image 3.1: A woman demonstrating the use of the foam roller for a back massage, targeting muscle restoration.

### 3.2. Exercise and Fitness

Round rollers can enhance your workout by making exercises like push-ups, planks, and core work more challenging. Half-round rollers are excellent for ankle stretching and knee rehabilitation, and can also be used as a rocker board for balance improvement.



## USE FOR REHABILITATION AND WELLNESS

- Muscle Massage
- Stretching
- Physical Therapy



**WHITE SLIM FOAM ROLLERS**



Image 3.2: A man using the foam roller for leg exercises, demonstrating its utility in fitness routines.

**MAINTAINS ITS SHAPE  
AND STIFFNESS AFTER USE**



**WHITE SLIM FOAM ROLLERS**



Image 3.3: A woman using the foam roller to target her hip and side muscles, illustrating its versatility for various body parts.

### 3.3. Physical Therapy and Rehabilitation

These rollers are effective for physical therapy, aiding in muscle posture re-education and spinal stabilization. They can be used alone or in conjunction with other exercise equipment like bands or weights.

### 3.4. Product Overview Video

Video 3.4: An official product overview video demonstrating various uses and features of the CanDo Slim White PE Foam Roller.

### 3.5. Choosing the Right Size

The CanDo Polyethylene White Foam Rollers are available in various lengths and diameters, with both round and half-round profiles. The 6" diameter version is popular, and shorter lengths are ideal for home use. The 2.0 lb density polyethylene provides moderate firmness suitable for all body types.



# CUSTOMIZE YOUR WORKOUT AND CHOOSE THE BEST SIZE FOR YOU!

Style	Diameter	Length
Round	3"	12"
Round	3"	36"

Style	Diameter	Length
Half-Round	3" (1.5" height)	12"
Half-Round	3" (1.5" height)	36"



## WHITE SLIM FOAM ROLLERS



Image 3.5: A visual guide illustrating the different styles, diameters, and lengths available for CanDo Slim Foam Rollers, helping users choose the best fit for their needs.

## 4. MAINTENANCE

To ensure the longevity and hygiene of your CanDo Slim White PE Foam Roller, follow these simple maintenance guidelines:

- **Cleaning:** Wipe down the foam roller with a damp cloth and mild soap after each use. Rinse thoroughly with clean water and allow it to air dry completely before storing. Avoid harsh chemicals or abrasive cleaners, as they can damage the foam.
- **Storage:** Store the foam roller in a cool, dry place away from direct sunlight and extreme temperatures. Prolonged exposure to heat or cold can affect the foam's integrity and firmness.
- **Inspection:** Periodically inspect the roller for any signs of wear, tear, or damage. While designed to be durable, consistent heavy use may eventually lead to minor indentations. If significant damage occurs, consider replacing the roller to ensure optimal performance and safety.

## 5. TROUBLESHOOTING

While the CanDo Slim White PE Foam Roller is designed for durability and effectiveness, you might encounter minor concerns. Here are some common issues and their potential solutions:

Issue	Possible Cause	Solution
Roller feels too hard/soft	Incorrect density chosen for personal preference or specific therapy needs.	CanDo offers rollers in various densities. Ensure you have the correct firmness for your intended use. For a softer feel, use less body weight. For more intensity, apply more pressure.
Not getting desired muscle relief	Improper technique or insufficient time spent on target areas.	Ensure you are rolling slowly and deliberately over muscle knots or tight areas. Hold pressure on tender spots for 20-30 seconds. Consult a physical therapist for proper techniques.
Roller slips during use	Using on a smooth or slippery surface.	Always use the foam roller on a non-slip surface, such as a yoga mat, carpet, or rubber flooring.
Minor indentations or flattening over time	Normal wear and tear from consistent use, especially with higher body weight.	This is typical for foam products. The PE foam is designed to maintain its shape, but over extended periods of heavy use, minor compression may occur. This usually does not affect performance significantly.

## 6. PRODUCT SPECIFICATIONS

Feature	Detail
Product Dimensions	3 x 3 x 12 inches
Item Weight	0.32 ounces
Item Model Number	30-2107
Material	Polyethylene (PE) Foam
Density	2.0 lb (moderate firmness)
Manufacturer	Fabrication Enterprises
Country of Origin	USA
First Available Date	March 13, 2009

## 7. WARRANTY AND SUPPORT

For any questions, concerns, or support regarding your CanDo Slim White PE Foam Roller, please contact the manufacturer directly.

**Contact Information: 1-800-431-2830**

Please retain your proof of purchase for any warranty claims or support inquiries.

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## Related Documents - 30-2107



Provides essential safety guidelines, maintenance tips, usage instructions, and details on the digital counter functions for the CanDo Digital Folding Pedal Exerciser (Model 10-0712).



A comprehensive guide to using Cando balance discs for exercises, including key features, step-by-step instructions for various balance and core strengthening movements, and important exercise tips. Learn how to improve stability and posture with Cando vestibular discs.



Instruction manual for the CanDo Digi-Extend n' Squeeze® progressive hand and finger exerciser. Learn about its benefits, features, product codes, and detailed exercise instructions for improving hand and finger strength, flexibility, and coordination.



Explore the comprehensive catalog of CanDo rehabilitation and exercise products, featuring resistance bands, tubing, therapy putty, weights, pedal exercisers, and more. Ideal for clinics, therapists, and home fitness.





### [CanDo Hand Exercisers: Ultimate, Finger, Thumb Helpers & Resistance Grips](#)

Explore the CanDo range of hand exercisers, including ultimate hand helpers, finger helpers, thumb helpers, fixed resistance grips, and rubber band exercisers for rehabilitation and strength training. Featuring various resistance levels and latex/latex-free options.