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› Yes4All High-Density EPP Round Back Roller Foam - 36 Inch Instruction Manual

Yes4All EPP Foam Roller - Black - 36 inches

Yes4All High-Density EPP Round Back Roller Foam - 36 Inch Instruction Manual

Brand: Yes4All | Model: EPP Foam Roller - Black - 36 inches

1. INTRODUCTION

Thank you for choosing the Yes4All High-Density EPP Round Back Roller Foam. This manual provides essential information for the safe and effective use of your foam roller. Designed for muscle recovery, massage, physical therapy, and improving flexibility, this high-density EPP foam roller is a versatile tool for your fitness and wellness routine.

2. PRODUCT OVERVIEW

The Yes4All EPP Foam Roller is constructed from 100% Expanded Polypropylene (EPP) foam, known for its high density and durability. This material provides firm support, making it suitable for deep tissue work and professional use without deforming under pressure.

Key Features:

- **Material:** High-Density EPP Foam for superior firmness and longevity.
- **Dimensions:** This specific model measures 36 inches in length and 6 inches in diameter. Other available sizes include 12, 18, and 24 inches to target various muscle groups.
- **Weight Capacity:** Designed to hold up to 300 pounds.
- **Benefits:** Enhances muscle recovery, aids in physical therapy, facilitates deep tissue massage, and improves flexibility for activities like yoga, Pilates, running, and weight training.



Image 2.1: The Yes4All High-Density EPP Round Back Roller Foam in 36-inch black.



Image 2.2: Visual comparison of foam roller densities: PE (Medium Firm for Beginner), EVA (Firm for Intermediate), and

EPP (Extra Firm for Advanced).



Image 2.3: The four available sizes of Yes4All foam rollers: 12, 18, 24, and 36 inches, customized for various uses.

3. SETUP

The Yes4All EPP Foam Roller requires minimal setup. Simply unroll the foam roller from its packaging and ensure it is fully expanded. It is ready for immediate use.

4. OPERATING INSTRUCTIONS

Using the foam roller involves applying your body weight to roll over target muscle groups. Always listen to your body and adjust pressure as needed. Consult a healthcare professional or physical therapist for specific exercises or if you experience discomfort.

General Usage:

1. Place the foam roller on a flat, stable surface.
2. Position the desired muscle group over the foam roller.
3. Slowly roll back and forth, allowing your body weight to apply pressure.
4. When you encounter a tender spot (trigger point), pause on that area for 20-30 seconds, allowing the muscle to relax.

5. Repeat the process for other muscle groups as needed.

Specific Applications:

- **Back:** Lie on your back with the foam roller positioned under your upper or mid-back. Support your head with your hands and lift your hips slightly off the floor. Roll slowly from your shoulders to your lower back.
- **Legs (Calves & Thighs):** Sit on the floor with the foam roller under your calves or thighs. Use your hands for support and lift your hips. Roll back and forth along the length of the muscle.
- **Side (IT Band):** Lie on your side with the foam roller under your outer thigh (IT band). Support yourself with your hands and the opposite foot on the floor. Roll slowly along the side of your thigh.



PE for Beginner

Medium Firm

- For light stretching & mobility exercises
- Medium firm support, comfortable feel



EVA for Intermediate

Firm

- For Yoga, Pilates & daily muscle care
- Firm support, controlled pressure



▶ **EPP** for Advanced

Extra Firm

- For athletes & deep pressure train
- Extra-firm support, intense pressure, hard at first

Support **250lb**

Image 4.1: A woman demonstrating how to use the foam roller for upper back stretching and muscle release.

FIND THE MOST SUITABLE SIZE



Travel-friendly
Effective for rolling one specific area at a time



Ideal for back and hamstrings rolling exercises



Easier to control
More versatile for multiple muscle groups



Effective for rolling larger areas
Giving support for full-body training

CHOOSE YOUR FAVORITE COLOR



Black



Fuschia
Rose



Lime



Blue



Purple



Turquoise



Blue
Speckled



Purple
Speckled



Red
Snow

Image 4.2: A woman demonstrating how to use the foam roller to massage her calves, promoting muscle recovery.

4 SIZES

CUSTOMIZED FOR EVERYONE

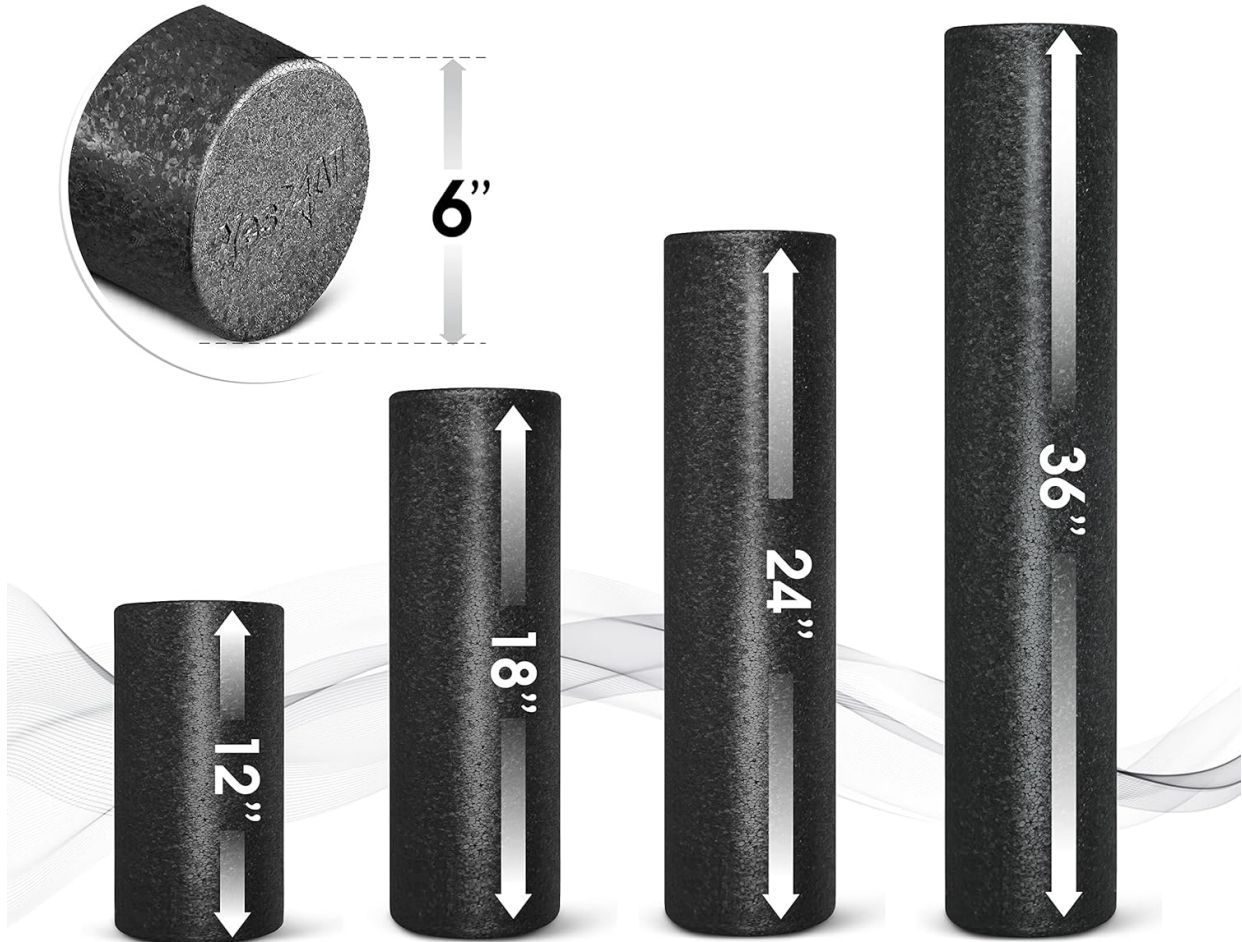


Image 4.3: A woman demonstrating side rolling to target the IT band and outer thigh muscles.

Video 4.1: An official Yes4All video demonstrating the basic use and benefits of their foam rollers for various exercises.

5. MAINTENANCE

To ensure the longevity of your foam roller, follow these simple maintenance steps:

- After each use, wipe down the foam roller with a damp cloth to remove sweat and debris.
- Allow the foam roller to air dry completely before storing.
- Store in a cool, dry place away from direct sunlight to prevent material degradation.
- Avoid using harsh chemicals or abrasive cleaners, as these can damage the EPP foam.

6. TROUBLESHOOTING

While the Yes4All EPP Foam Roller is designed for durability and effective use, here are some common considerations:

- **Excessive Pain:** If you experience sharp or unbearable pain, immediately stop using the foam roller on that area. Consult a healthcare professional.
- **Lack of Effectiveness:** Ensure you are applying sufficient and consistent pressure. Experiment with different angles and movements to target the muscle effectively.
- **Roller Deformation:** The high-density EPP foam is designed to resist deformation. If your roller shows signs of significant compression or damage, discontinue use.

7. SPECIFICATIONS

Feature	Specification
Brand	Yes4All
Model Name	EPP Foam Roller - Black - 36 inches
Material	Expanded Polypropylene Foam (EPP)
Color	B. Black
Item Dimensions (L x W x H)	36 x 6 x 6 inches
Item Weight	1 Pounds
Max Weight Capacity	300 Pounds
Sport Type	Balance Trainers
Date First Available	August 21, 2015

8. WARRANTY AND SUPPORT

Your Yes4All EPP Foam Roller comes with a **30-DAY RETURN** policy and a **FULL 1-YEAR LIMITED WARRANTY**. For any questions, concerns, or warranty claims, please contact Yes4All customer support or visit the official Yes4All Store.

Visit the [Yes4All Store](#) for more information and product support.