

Amazon Basics EPPSP-36-1

Amazon Basics High Density Foam Roller (Model EPPSP-36-1) User Manual

Brand: Amazon Basics

Model: EPPSP-36-1

INTRODUCTION

This manual provides essential information for the safe and effective use of your Amazon Basics High Density Foam Roller. Designed for balance, strengthening, and flexibility exercises, this durable foam roller aids in muscle recovery and overall fitness.

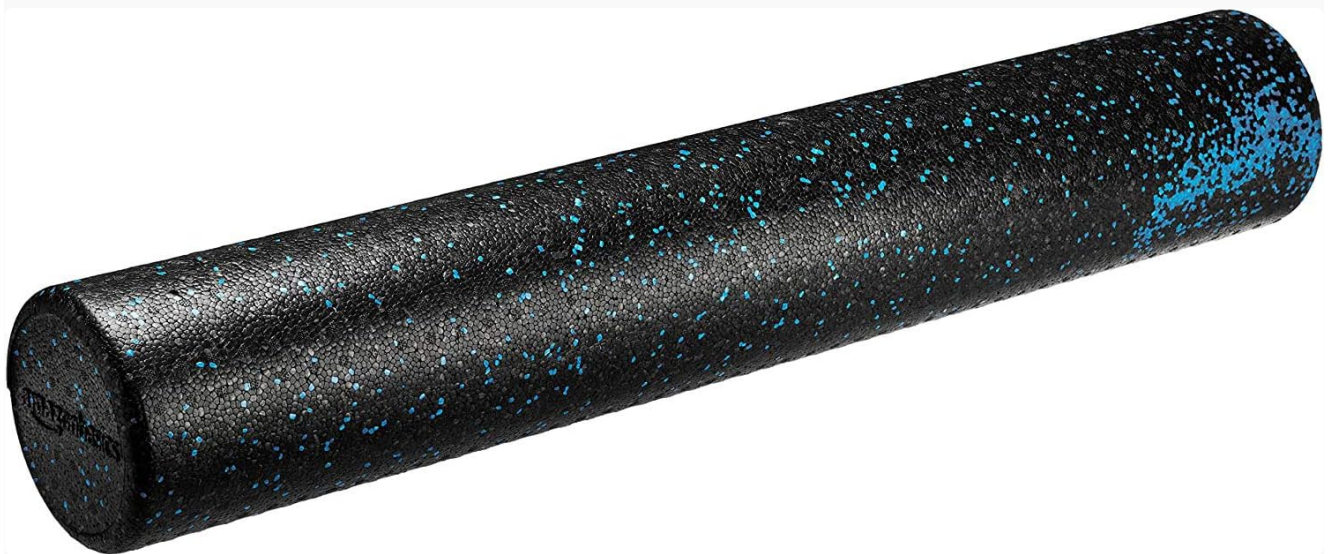


Image: Amazon Basics High Density Foam Roller, Blue Speckled, 36 Inches.

SAFETY INFORMATION

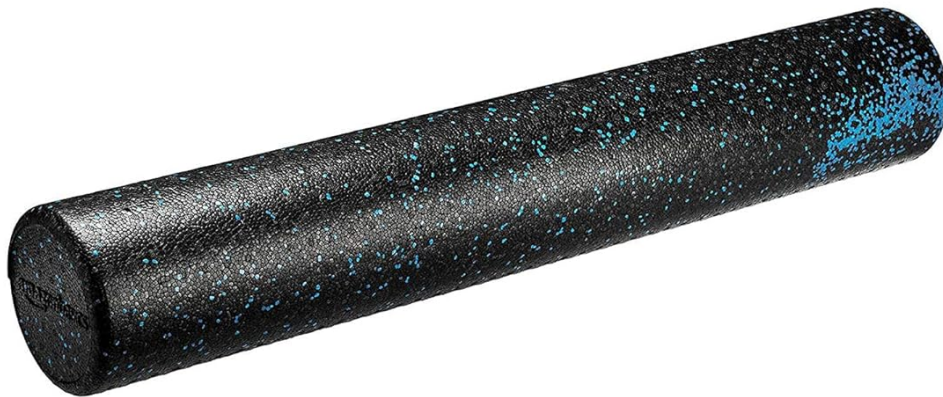
Use appropriate pressure during the massage, avoid sensitive or injured areas, and do not exceed the recommended duration for exercises. Consult a healthcare professional if you have any pre-existing medical conditions or experience persistent pain.

KEY FEATURES

- High-density foam roller in Blue Speckled

- Ideal for balance, strengthening, and flexibility exercises
- Firm, durable polypropylene maintains shape; molded edges for added comfort
- Lightweight and easy to carry to class and to reposition during workouts
- Wipes clean easily
- Product Dimensions: 36 x 6 x 6 inches (LxWxH)

amazon basics



High-density molded polypropylene foam maintains firmness



Ideal for balance, strengthening, flexibility, and rehab exercises



Lightweight and easy to pack and take with you for daily classes or travel

36 x 6 x 6 inches

Image: Amazon Basics High Density Foam Roller with key features highlighted: high-density foam, ideal for balance/strengthening/flexibility, lightweight, and 36x6x6 inches dimensions.

SETUP

The Amazon Basics High Density Foam Roller requires no assembly. Simply unroll it onto a flat, stable surface before use.

OPERATING INSTRUCTIONS

The foam roller can be used for various self-myofascial release and exercise techniques. Always listen to your body and adjust pressure as needed.

General Usage Steps

1. Unroll the foam roller.
2. Choose an exercise or area of the body to focus on.
3. Position the body on the roller and roll slowly over the targeted area.
4. Repeat as necessary, adjusting pressure and speed as comfortable.
5. Clean the roller with a damp cloth as needed.

Targeted Muscle Release

Below are examples of how to use the foam roller for different muscle groups. Always maintain control and proper form.

Back and Torso



Image: A person lying on their back on a foam roller, positioned under their upper back, with knees bent and feet flat on the floor, demonstrating a back stretch.

To target the upper and mid-back, lie on the floor with the foam roller positioned perpendicular to your spine, just below your shoulder blades. Support your head with your hands and slowly roll up and down, allowing the roller to massage your back muscles.

Legs (Quadriceps and Hamstrings)

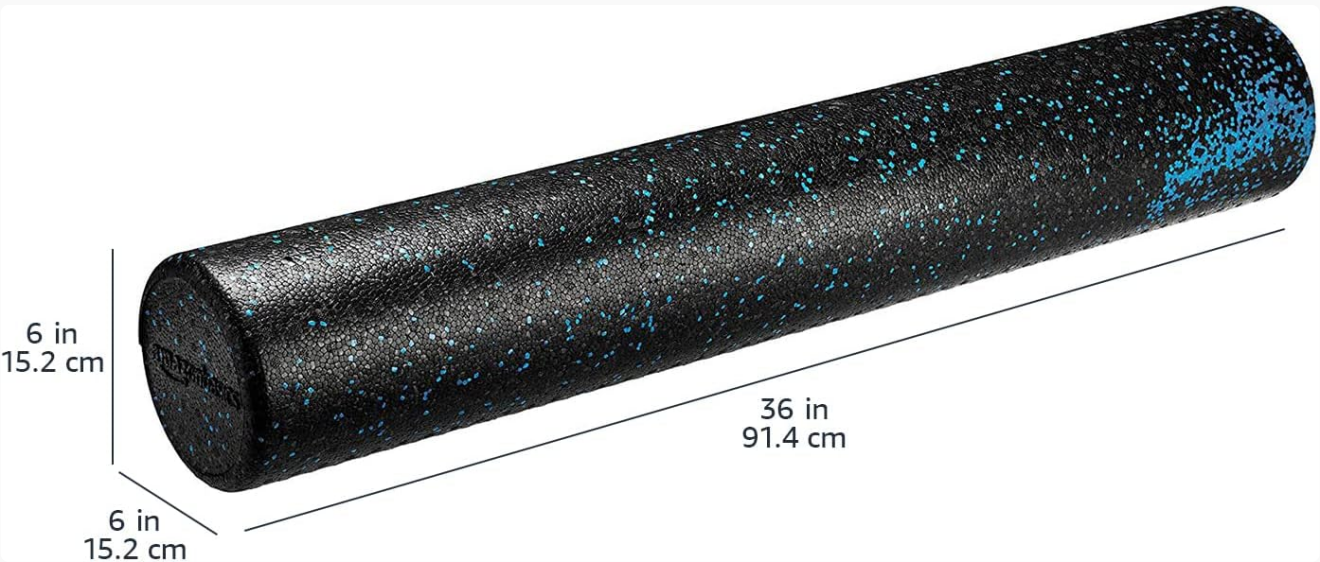


Image: A person demonstrating foam rolling on their quadriceps, lying face down with the roller under their thighs, supporting themselves on their forearms.

For quadriceps, lie face down with the foam roller under your thighs. Support yourself on your forearms and slowly roll from your hips to just above your knees. For hamstrings, sit on the floor with the roller under your hamstrings, supporting yourself with your hands behind you. Roll from your glutes to just above your knees.

MAINTENANCE

To clean the foam roller, wipe it down with a damp cloth and mild soap. Allow it to air dry completely before storing. Do not use harsh chemicals or abrasive cleaners.

SPECIFICATIONS

Brand Name	Amazon Basics
Model Name	Foam Roller
Part Number	EPPSP-36-1
Color	Blue Speckled
Material	Polypropylene
Item Dimensions L x W x H	36 x 6 x 6 inches
Item Weight	0.41 Kilograms
Date First Available	September 4, 2017

TROUBLESHOOTING

Discomfort during use

- If you experience sharp pain, stop immediately. Foam rolling should feel like a deep massage, not sharp pain.
- Reduce pressure by shifting some weight off the roller (e.g., using your hands or feet for support).
- Roll slower and focus on breathing deeply.

Roller losing shape

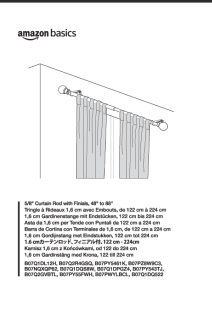
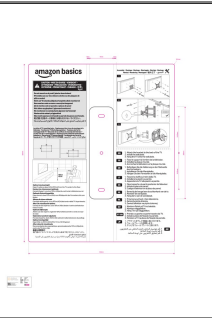

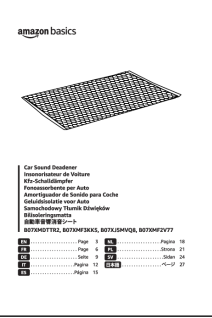
- The high-density polypropylene is designed to maintain its shape. If significant deformation occurs, contact customer support.

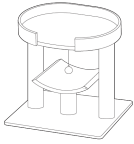
WARRANTY AND SUPPORT

For warranty information or customer support, please refer to the Amazon Basics official website or contact Amazon customer service directly. Keep your purchase receipt for any warranty claims.



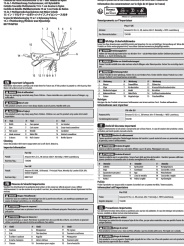
Related Documents - EPPSP-36-1

	<p>Amazon Basics 5/8" Curtain Rod with Finials - 48" to 88" Installation and Safety Guide</p> <p>This guide provides essential safety information, specifications, and installation instructions for the Amazon Basics 5/8" Curtain Rod with Finials, adjustable from 48" to 88" (122-224 cm). Learn how to safely install and maintain your curtain rod.</p>
	<p>Amazon Basics TV Wall Mount Assembly Instructions</p> <p>Step-by-step assembly guide for the Amazon Basics TV Wall Mount, including safety precautions, mounting hole information, and optimal viewing height recommendations.</p>
	<p>Amazon Basics 5-Tier Ladder Bookshelf Organizer - User Manual and Safety Guide</p> <p>Comprehensive user manual and safety guide for the Amazon Basics 5-Tier Ladder Bookshelf Organizer. Includes important safety warnings, assembly tips, cleaning instructions, maintenance advice, disposal guidelines, and product specifications.</p>
	<p>Amazon Basics Car Sound Deadener Installation and Use Guide</p> <p>Comprehensive guide for installing and using Amazon Basics Car Sound Deadener, 14.5 x 10 inches (10-piece pack) and 9.8 x 15.7 inches (34-piece pack). Learn about its features, benefits, and application for automotive soundproofing.</p>



Top Platform Cat Title	Page	Size
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User manual for the Amazon Basics Top Platform Cat Tree, an 18 x 14 x 22 inch beige cat tree designed for pet supplies.



Discover the Amazon Basics 15-in-1 Multi-Tool Pocket Knife. This guide covers its features, essential safety precautions, cleaning instructions, and importer details. Includes a list of all 15 tools.