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## Chirp Chirp Wheel+

# Chirp Wheel+ Foam Roller User Manual (6" and 12" Inch Models)

For Back Pain Relief, Muscle Therapy, and Deep Tissue Massage

## 1. PRODUCT OVERVIEW

The Chirp Wheel+ Foam Roller is designed to provide targeted relief for muscle tension and improve spinal health. Available in various sizes, this manual focuses on the 6-inch and 12-inch models, which are engineered to stretch and massage the thoracic and lumbar regions, enhancing strength, flexibility, and balance. Its unique design features a spinal groove to protect the spine while applying pressure to surrounding muscles.



Image: The Chirp Wheel+ Foam Rollers in two sizes, highlighting their design.

### Key Features:

- **Strain Relief:** Helps stretch and massage muscles and ligaments in the thoracic and lumbar regions.
- **Muscle Strengthening & Posture Improvement:** Strengthens spinal muscles, supports discs, and corrects spinal curvature for better posture.
- **Functional Disorder Prevention:** May help prevent muscle tightness, scar tissue buildup, and muscle/joint spasms.
- **Durable Construction:** Features a skid-resistant, eco-friendly padding and a strong injection-molded rigid core supporting up to 500 lbs.
- **Unique Spinal Groove:** Designed to protect the spine by redistributing pressure to the muscles.

## 2. SETUP

The Chirp Wheel+ Foam Roller requires no assembly. Upon receiving your product, remove it from its packaging and inspect it for any damage. Ensure the foam padding is securely attached to the rigid core. The product is ready for immediate use.

## 3. OPERATING INSTRUCTIONS

The Chirp Wheel+ can be used on the ground or against a wall. Always listen to your body and adjust pressure as needed. Start with gentle movements and gradually increase intensity.

### General Usage Guidelines:

- Place the wheel on a flat, stable surface (e.g., floor, yoga mat).
- Align your spine with the central groove of the wheel.
- Slowly lower your body onto the wheel, allowing it to support your back.
- Use your feet and hands to control movement and pressure.
- Roll gently back and forth, or hold static positions to target specific areas.

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Image: Illustration of a woman using the Chirp Wheel+ to target various muscle groups in the back, neck, and legs.

### Using the 6-inch Deep Tissue Wheel:

The 6-inch wheel is designed for deep tissue massage and precise pressure. It is particularly effective for targeting knots and tension points.

- **Upper Back/Shoulder Blades:** Position the 6-inch wheel between your shoulder blades. Gently roll up and down to release tension in this area.
- **Neck:** For neck relief, carefully position the wheel at the base of your neck and allow gravity to apply gentle pressure.
- **Targeted Knots:** Use the smaller diameter to apply more focused pressure on specific muscle knots.
- **Posture Support:** Can be placed behind your lower back while seated at a desk to encourage proper spinal alignment and improve posture.



Image: Different Chirp Wheel+ sizes demonstrating varied pressure points for muscle relief.

### Using the 12-inch Foam Roller:

The 12-inch wheel provides a gentler stretch and is ideal for broader areas of the back and improving spinal flexibility.

- **Full Back Stretch:** Position the 12-inch wheel under your lower or mid-back. Slowly arch your back over the wheel, allowing your arms to extend overhead for a full spinal stretch.
- **Spinal Flexion:** Roll gently along your entire spine to promote flexibility and decompress vertebrae.
- **Yoga Poses:** Can be used as a support for various yoga poses, such as a supported bridge, to deepen stretches and improve range of motion.





Image: A woman demonstrating a back stretch using the larger Chirp Wheel+.



Image: A man demonstrating a back stretch using the larger Chirp Wheel+.

## 4. MAINTENANCE

To ensure the longevity and hygiene of your Chirp Wheel+ 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 and air dry.
- **Storage:** Store the foam roller in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically inspect the foam padding and rigid core for any signs of wear or damage. Discontinue use if significant damage is observed.

## 5. TROUBLESHOOTING

If you experience discomfort or issues while using your Chirp Wheel+, consider the following:

- **Excessive Discomfort:** If the pressure is too intense, try using a larger diameter wheel (e.g., the 12-inch for a gentler approach) or reduce the amount of body weight applied to the wheel.
- **Ineffective Relief:** Ensure your spine is correctly aligned within the central groove. Experiment with

different body positions and rolling speeds to find what works best for your specific needs.

- **Slipping:** Use the foam roller on a non-slip surface, such as a yoga mat or carpet, to prevent movement during use.
- **Persistent Pain:** If pain persists or worsens, consult a healthcare professional.

## 6. SPECIFICATIONS

Feature	Detail
Brand	Chirp
Model	Chirp Wheel+
Material	Foam (PVC Free)
Item Dimensions (LxWxH)	14.12 x 14.12 x 5.86 inches (for the set, individual wheels vary)
Item Weight	1.68 Kilograms
Weight Capacity	Up to 500 lbs
ASIN	B0B8BQNZFS
Date First Available	August 1, 2022

## 7. WARRANTY & SUPPORT

For any questions, concerns, or warranty information regarding your Chirp Wheel+ Foam Roller, please contact Chirp customer support through their official website or the retailer where the product was purchased. Please retain your proof of purchase for warranty claims.