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Yes4All EVA Half Roller

Yes4All EVA Firm Foam Roller Instruction Manual

Brand: Yes4All | Model: EVA Half Roller (36-inch, Blue)

INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use of your Yes4All EVA Firm Foam Roller. Designed for stretching, muscle massage, and core exercises, this half-round foam roller is a versatile tool for enhancing flexibility, balance, and overall physical well-being. Its durable EVA foam construction ensures long-lasting performance for various fitness routines, including Pilates and yoga.

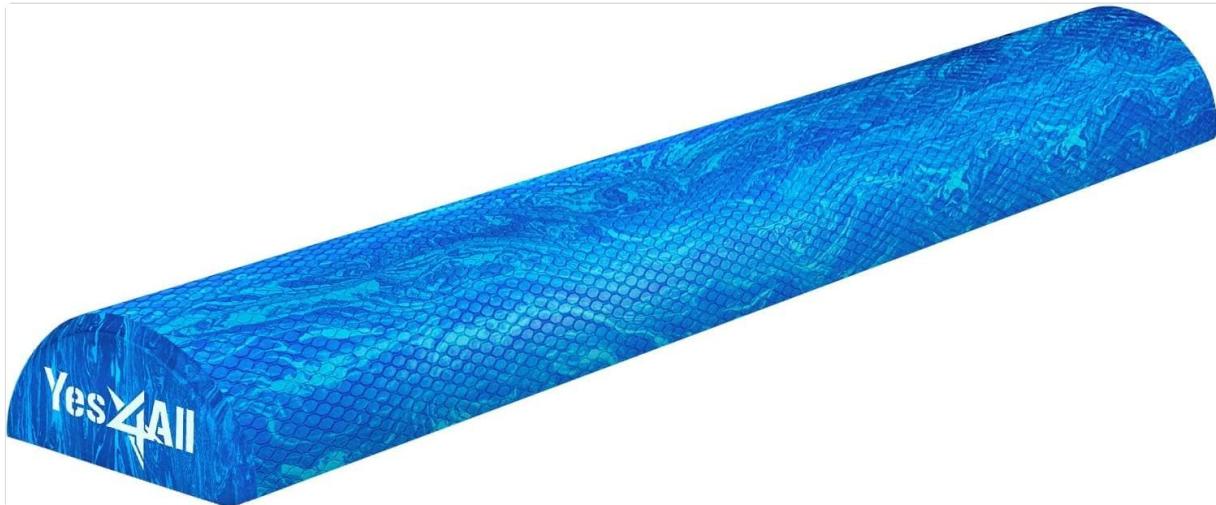


Image: Yes4All EVA Firm Half Foam Roller, featuring a blue marble pattern and textured surface.

SAFETY INFORMATION

WARNING:

- Do not use on injured areas.
- Avoid excessive pressure.
- Consult a doctor before use, especially if you have pre-existing medical conditions.

- Keep this product out of reach of children.
- Ensure stable footing and proper form during exercises to prevent injury.

PRODUCT FEATURES

- **Durable EVA Foam Construction:** Made from high-quality Ethylene Vinyl Acetate (EVA) foam, designed to withstand robust forces and ensure peak performance.
- **Ideal Firmness & Thickness:** Features a medium density of 35 kg/m³ for effective muscle massage and fitness, suitable for exercises targeting the spine, shoulders, and neck.
- **Ergonomic Hexagon Bumps:** The textured surface with hexagon bumps enhances friction, improves stability, and prevents slipping during use.
- **Versatile Design:** The half-round shape is ideal for balance exercises, core training, and targeted muscle relief.

EVA FOAM ROLLER

Yes4All
BETTER QUALITY LOW PRICE

Moderate hardness to improve comfort and durability

Ergonomic hexagon bumps to increase friction and prevent slipping

Image: The foam roller's ergonomic hexagon bumps provide enhanced grip and stability during exercises.

SETUP

The Yes4All EVA Firm Foam Roller comes ready for immediate use. No assembly is required. Simply

remove it from its packaging. Ensure the area where you plan to use the roller is clear of obstructions and provides a stable surface.

FAVORABLE SIZE FOR VARIED TRAINING NEEDS



Image: The foam roller's dimensions are 36 inches in length, 6 inches in width, and 3 inches in height, supporting up to 300 lbs.

OPERATING INSTRUCTIONS

The half-round design offers stability, making it suitable for various exercises. Always perform movements slowly and with control. Listen to your body and stop if you experience any pain.

Basic Usage Examples:

1. Spinal Alignment and Chest Opening:

Place the foam roller lengthwise under your spine. Lie down gently, ensuring your head and tailbone are supported. Extend your arms out to the sides, palms up, to gently open your chest and shoulders. Hold for 1-5 minutes.



GREATER COMFORT
THROUGHOUT STRETCHING & EXERCISES

 **Wider angle for stretch heel**  **Wider angle for stretch toe**

Image: A user performing an upper back stretch by lying on the foam roller.

2. Calf and Foot Stretches:

Stand with the flat side of the roller on the floor. Place the ball of one foot on the rounded side of the roller for a calf stretch, or place your heel on the rounded side for a toe stretch. Gently lean forward or back to deepen the stretch.



Image: Demonstrating heel and toe stretches using the foam roller for greater comfort.

3. Balance and Core Exercises:

Use the flat side down for stability. Stand or kneel on the rounded side to challenge your balance. For core work, place the roller under your lower back during crunches or under your hands for plank variations.



A woman in a white long-sleeved top and blue leggings is performing a yoga pose on a blue marbled foam roller. She is lying on a light blue mat on a wooden floor, with her legs bent and feet flat against the wall. Her arms are raised above her head, and she is looking upwards. The foam roller has the brand name 'Yes4All' printed on it. Below the image are four circular icons with text descriptions: 'Enhance balance and flexibility' (person in a dynamic pose), 'Relax muscle' (wavy lines), 'Suitable for Yoga, Pilates' (feet), and 'Burn calories' (lightning bolt).

-  Enhance balance and flexibility
-  Relax muscle
-  Suitable for Yoga, Pilates
-  Burn calories

Image: A user demonstrating enhanced balance and flexibility with the foam roller during a yoga pose.



Image: Examples of exercises including upper back, cobra, and downward-facing dog using the foam roller.

MAINTENANCE

To ensure the longevity and hygiene of your Yes4All EVA Firm Foam Roller, follow these maintenance guidelines:

- **Cleaning:** Wipe down the foam roller with a damp cloth and mild soap after each use. Rinse thoroughly with water and allow it to air dry completely before storing.
- **Storage:** Store the foam roller in a cool, dry place away from direct sunlight and extreme temperatures. Avoid placing heavy objects on top of it to prevent deformation.
- **Inspection:** Periodically inspect the roller for any signs of wear, tear, or damage. Discontinue use if any significant damage is observed.

TROUBLESHOOTING

If you encounter any issues or discomfort while using the foam roller, consider the following:

- **Discomfort/Pain:** If you experience sharp pain, immediately stop the exercise. Adjust your position or reduce the pressure. Consult a healthcare professional if pain persists.
- **Lack of Stability:** Ensure you are using the foam roller on a flat, non-slip surface. For beginners, start

with exercises that provide more support before progressing to more challenging balance movements.

- **Slipping:** The ergonomic hexagon bumps are designed to prevent slipping. Ensure the roller and your body are dry during use.

SPECIFICATIONS

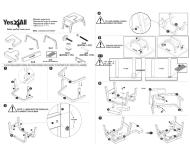
| Attribute | Detail |
|-----------------------------|------------------------------------|
| Brand | Yes4All |
| Model Name | EVA Half Roller - Blue - 36 inches |
| Material | Ethylene Vinyl Acetate (EVA) |
| Color | 36-inch - Blue |
| Item Dimensions (L x W x H) | 36 x 6 x 3 inches |
| Item Weight | 0.3 Kilograms |
| Density | 35 kg/m ³ (Medium Firm) |
| Part Number | FAXM |

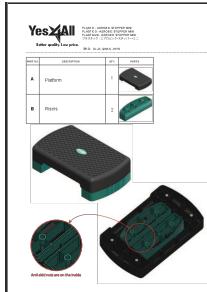
WARRANTY AND SUPPORT

Your Yes4All EVA Firm Foam Roller comes with a **30-day return policy and a 1-year warranty**. For any product-related inquiries, support, or warranty claims, please contact Yes4All customer service. Yes4All is committed to providing innovative, durable, and high-quality fitness products.

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Related Documents - EVA Half Roller

| | |
|---|---|
|  | <p>Yes4All Wooden Yoga Stool Assembly Instructions and User Guide</p> <p>Comprehensive guide for assembling and using the Yes4All Wooden Yoga Stool, including safety warnings, warranty information, and troubleshooting tips. Features multilingual support.</p> |
|  | <p>Yes4All Portable Home Gym System: Setup Guide and Workout Exercises</p> <p>Comprehensive guide to setting up and using the Yes4All Portable Home Gym System. Includes detailed instructions for each component and a wide range of exercises for full-body training.</p> |



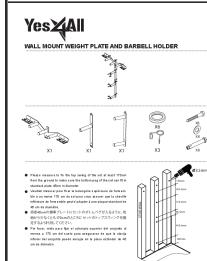
[Yes4All Plastic Aerobic Stepper Mini Assembly and User Guide](#)

This guide provides assembly instructions and important safety information for the Yes4All Plastic Aerobic Stepper Mini. Learn how to assemble your stepper and important usage guidelines.



[Yes4All Aerobic Deck User Manual and Safety Guide](#)

Comprehensive guide for using the Yes4All Aerobic Deck, including assembly, adjustment, safety precautions, and warranty information. Learn how to safely set up and utilize the aerobic step for your workouts.



[Yes4All Wall Mount Weight Plate and Barbell Holder Installation Guide](#)

Comprehensive guide for installing the Yes4All Wall Mount Weight Plate and Barbell Holder, including safety warnings, warranty information, and usage instructions.



[KC: 43643967 5-in-1 Roller: Usage Instructions and Product Guide](#)

Comprehensive guide for the KC: 43643967 5-in-1 Roller, detailing its components, features, and usage for muscle recovery, tension relief, and pre-workout preparation. Includes care instructions.