

**CARE:**

- Hand wash with soap and warm water only.
- Rinse before use.
- Do not put in microwave.

**1-YEAR LIMITED WARRANTY**

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise, and is only valid in the USA.

Need proof of purchase for warranty coverage. **Questions? Email [customerservice@sklz.com](mailto:customerservice@sklz.com) or call toll free 1-877-225-7275.**

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**IDEA SUBMISSION**

If you have an idea for a new and innovative sport training product, visit [sklz.com](http://sklz.com) to submit your concept. Some restrictions may apply.

**CAUTION:**

- Not suitable for hot liquids.

**SKLZ** **HYDRO-ROLLER****FOAM ROLLER + WATER BOTTLE**

## RECOVERY



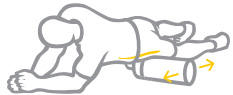
### LATS

Lie on side, arm overhead  
Roll low back to armpit  
:30 TO :60 SECONDS EACH SIDE



### QL

Lie on side and lean back  
Roll just above hip  
:30 TO :60 SECONDS EACH SIDE



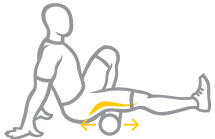
### TFL

Lie on outer front of hip  
Roll just below pelvis  
:30 TO :60 SECONDS EACH SIDE



### GLUTES

Lie on side of hip  
Roll between hip and pelvis  
:30 TO :60 SECONDS EACH SIDE



### HAMSTRING

Knee straight, toes up  
Roll back of thigh to knee  
:30 TO :60 SECONDS EACH SIDE



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TRAINING VIDEOS**

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Share your experience. Tag @SKLZ with  
#BEREADY for a chance to be featured.

