ZEN PLACE

24-INCH FOAM ROLLER

MOVE WITH INTENTION

Twelve guided movements for release, mobility and everyday recovery.

A GENTLE 10-MINUTE FLOW

Move slowly. Breathe steadily.

One pass per area | Repeat as desired

1 Upper Back

THORACIC RELEASE

Support your head. Roll from shoulder blades to mid-back; stay off the neck and low back.

30-60 SEC

2 Lats

SIDE-BODY RELEASE

Place the roller below the armpit. Reach long and glide a few inches along the side body.

30-60 SEC

3 Chest Opener

GENTLE STRETCH

Lie lengthwise on the roller with knees bent. Relax your arms open and breathe steadily.

30-60 SEC

4 Glutes

HIP RELEASE

Sit on the roller. Cross one ankle over the opposite knee and lean toward that side.

30-60 SEC

5 Quadriceps

FRONT-THIGH RELEASE

Begin on your forearms with the roller under the thighs. Roll from hips to above knees.

30-60 SEC

6 Hip Flexor

FRONT-HIP RELEASE

Place the roller just below one hip crease. Use small movements; avoid bone and abdomen.

20-30 SEC

7 Hamstrings

BACK-THIGH RELEASE

Sit with hands behind you and the roller beneath the thighs. Glide from seat to above knees.

30-60 SEC

8 Calves

LOWER-LEG RELEASE

Place the roller beneath the calves. Lift lightly through the hands and roll below the knees.

30-60 SEC

9 Adductors

INNER-THIGH RELEASE

Turn one thigh outward over the roller. Move slowly from the inner knee toward the groin.

30-60 SEC

10 Outer Thigh

SIDE-THIGH RELEASE

Support yourself on one forearm. Roll the outer thigh between the hip and above the knee.

30-60 SEC

11 Child's Pose

GENTLE ROLLOUT

Kneel toward your heels. Roll forward through the arms without forcing the stretch.

30-60 SEC

12 Shins

FRONT-LEG RELEASE

Place the muscular front or outer shin on the roller. Glide between knee and ankle.

20-30 SEC

CARE

Wipe with mild soap and a damp cloth. Air dry. Avoid soaking, solvents and high heat.

MOVE SAFELY

Use on a stable surface. Avoid direct pressure on the neck, spine, joints or injured areas. Stop for sharp pain, numbness, dizziness or unusual discomfort.

AI-GENERATED ILLUSTRATIONS