



**ZEN**  
PRODUCTS



**WINNERS**  
are not the ones who  
train the most but who  
**RECOVER**  
**THE SMARTEST!**



# Z-Roller

multi-bar massage roller





# Z-Roller



Z-Roller Pro

Z-Roller Lite



Z-Mattress

**The Z-Roller is a mechanical selfinduced multi-bar massage machine which is designed to give both transverse and circular massage at the same time.**

I am a Professor in Sport Science and a professional coach in Track and Field in Norway. I have used Z-Roller both in my research work at the Norwegian School of Sport Sciences and in my practical coaching routines of elite-athletes.

Z-Roller contributes to better performance and help the athlete to achieve faster recovery time between training sessions and competitions.

**Prof. E. Enoksen**

## **Calves:**

**After training:** Use the Z-Roller minimum 20 minutes 2 times a week for recovery using speed 1-3.

**Before training:** If you are struggling with cramps or tense muscles, use the Z-Roller for 5-8 minutes using speed 4-5 before you start warming up. You can use Z-Roller Pro or Z-Roller Lite to massage both calves as the same time. Don't use the Z-Mattress to massage the calves.

## **Hamstring:**

**After training:** Use the Z-Roller 20 minutes 1-2 times a week for recovery using speed 1-3.

**Before training:** If you are struggling with cramps or tense muscles, use the Z-Roller for about 10 minutes before you start warming up using speed 4-5. You can massage both hamstrings at the same time using Z-Roller Pro. If using Z-Roller Lite you massage one hamstring at the time. Don't use the Z-Mattress when massaging hamstrings.

## **Quadriceps/Front thigh:**

**After training:** For faster recovery use the Z-Roller 20 minutes 1-2 times a week lying on your stomach . Use Z-Roller Pro with the Z-Mattress with speed 1-3.

**Before training:** If you are struggling with tense or packed muscles, use the Z-Roller for about 8-10 minutes before you start warming up using speed 4-5. For massage of quadriceps you need the Z-Roller Pro with the Z-Mattress. Lie on your front, placing your thighs over the Z-Roller and adjust the air pressure up and down on the Z-Mattress to adjust the hardness of the massage.

## Runners knee?

### Problem with Tensor fasciae latae:

**After training:** Use the Z-Roller Pro with the Z-Mattress lying on your side-thigh for 10 minutes 1-2 times a week to loosen up on speed 1.

**Before training:** Use the Z-Roller Pro for about 5 minutes to loosen the tight tendon on speed 1. For massage of runners knee you need Z-Roller Pro and the Z-Mattress. Make sure the Z-Mattress is fully inflated and if it's still too painful, put a blanket or a towel over the Z-Roller Pro.

### Seat/buttock muscles:

**After training:** Use the Z-Roller Pro with the Z-Mattress lying on your seat for 15-20 minutes 1-2 times a week to loosen up. Adjust yourself on the Z-Roller to find the spot. Use speed 1-2.

**Before training:** Use the Z-Roller Pro for about 10 minutes to loosen the tight muscle. Massage of runners knee you need Z-Roller Pro and the Z-Mattress.

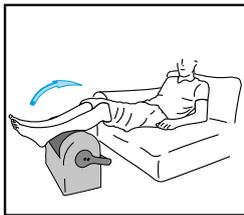
### Back/Spinal muscles:

Adjust your position so that your spinal is in the center/middle of the Z-Roller Pro using the Z-Mattress. The massage rods are reduced in size in the middle, preventing the rods to hurt your spine. Use speed 1.

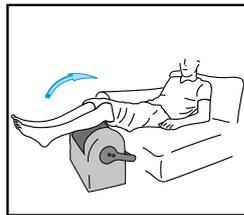
### Shoulders/Neck:

Align your seat on the edge on the Z-Mattress (opposite side of the pump). Place your neck on the Z-Roller Pro in the center of the machine and let it massage your neck and between shoulders. NB! Use speed 1.

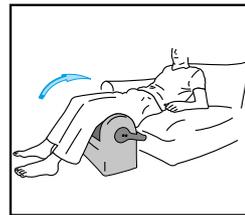
## The possible ways of using the machine:



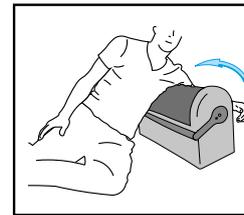
Lower calf



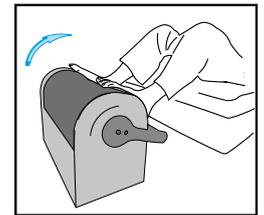
Higher calf  
(medial/lateral gastrocnemius)



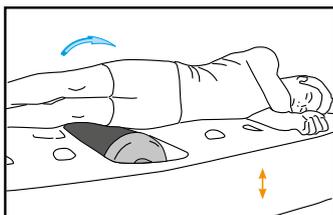
Back thighs



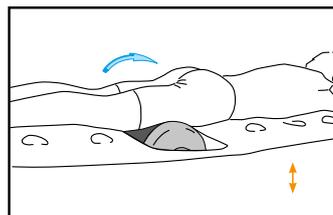
Arm/Lats



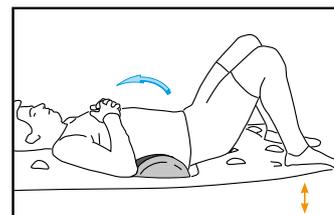
Foot Massage



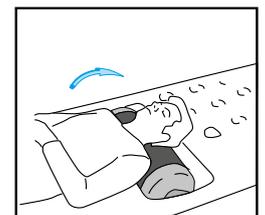
Side thighs



Quadriceps



Lower back



Neck



Always move to the heart region



Inflate and deflate Z-Mattress to control pressure

2 hours battery time, 230V and 12V

Weight: Z-Roller Pro: 10 kg

Z-Roller Lite: 6 kg

One button control.

**WINNERS**  
are not the ones who  
train the most but who  
**RECOVER**  
**THE SMARTEST!**

- Athlete massage in your own hands.... anywhere, everywhere
- Transverse and circular massage simultaneously
- Train hard recover quick
- Improve blood circulation flushing lactic acid
- More oxygen and nutrients to muscle tissue
- Muscle treatment for endurance athletes and team sports
- Decrease tension, reduction of fatigue.. new energy!
- Easy and delicate to use the self- induced multi-bar massage roller

**WINNERS**  
are not the ones who  
train the most but who  
**RECOVER**  
**THE SMARTEST!**

Zen Products... the Norwegian X-factor



**Zen Products AS**

Skogheimvegen 5  
2052 Jessheim  
Norway

 zenproducts

 Zen Products

Email: [post@zenproducts.no](mailto:post@zenproducts.no)

Website: [www.zenproducts.no](http://www.zenproducts.no)

**Zen Products EU**

Burg. De Hoopstraat 10  
9641 AZ Veendam  
The Netherlands

Email: [frank.warnars@zenproducts.no](mailto:frank.warnars@zenproducts.no)

Phone: +31610538381

