



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.

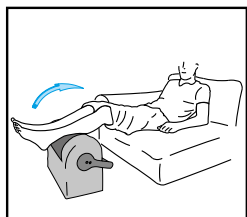
Back/Spinal muscles:

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.

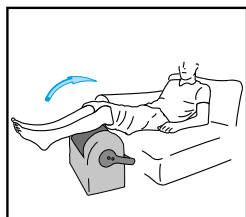
Shoulders/Neck:

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.

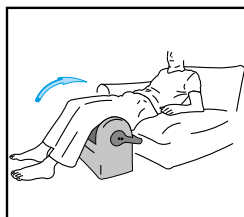
The possible ways of using the machine:



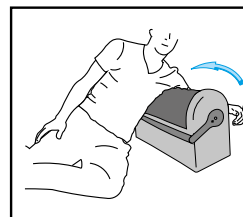
Lower calf



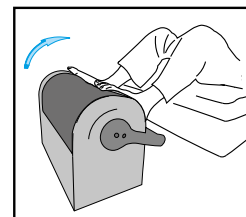
Higher calf
(medial/lateral gastrocnemius)



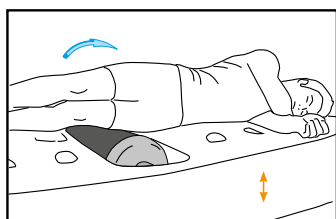
Back thighs



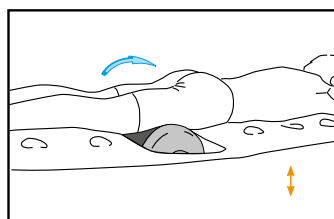
Arm/Lats



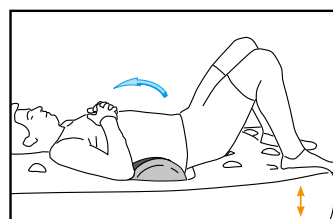
Foot Massage



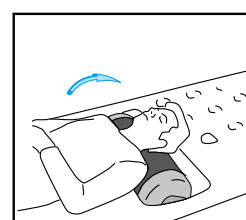
Side thighs



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.

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- 
- 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

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Zen Products... the Norwegian X-factor



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