

Foam-Rolling Trial Card

Choose one area, use tolerable pressure, move and retest.

FOUR-MINUTE EXAMPLE: one muscle area on each side, not the whole body.

0:00-0:30 check a comfortable movement; 0:30-1:30 roll first side for 30-60s.

1:30-2:30 repeat other side; 2:30-3:30 move actively; 3:30-4:00 retest.

Use spare time to reposition safely. Take longer if needed; do not rush.

Trial 1: date, muscle, seconds per side, pressure and before/after movement

Trial 2: date, muscle, seconds per side, pressure and before/after movement

Trial 3: date, muscle, seconds per side, pressure and before/after movement

Decision: repeat the same trial, skip the tool, or seek advice?

Stop for sharp/radiating pain, numbness or tingling. Do not roll unexplained swelling.

Full instructions: primeformen.com/foam-rollers/

PrimeForMen | September 12, 2026 | Educational trial, not diagnosis or treatment.