

ROCKER

TRX



ROCK. DON'T ROLL.

The unique shape of the TRX® Rocker™ provides stability and encourages the rhythmic motion of rocking, a highly effective technique for achieving hyper-focused muscle release.



WHY ROCK?

ROCKING enables the application of deeper pressure and overall muscle relaxation.

ROCKING decreases muscle tightness and improves flexibility.

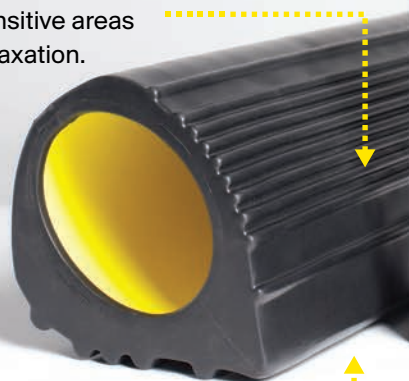
ROCKING promotes blood flow and improved circulation in the muscles.

3 LEVELS OF INTENSITY...

Designed to give you a full progression of myofascial release – delivering what you need, when and where you need it.

LOW-INTENSITY ZONE

Provides gentle muscle release for sensitive areas and overall relaxation.



OTHER FEATURES:

- Supports up to 350 lbs/158 kg
- Anti-slip surface



13"/33 cm

MEDIUM-INTENSITY ZONE

Higher density + ridges promote a deeper level of release.

HIGH-INTENSITY // THE EDGE

Provides a surface for intense release; designed specifically to get into hard-to-reach or target areas.

TRX

ROCKER™

For all TRX Rocker exercises, choose the appropriate intensity zone based on your level and desired results. For best results, integrate breath work throughout your rocking movements. Repeat most exercises for 60-90 seconds on each side (when applicable) and pause in tender/sensitive areas.

NECK

Rocking the neck muscles can help prevent chronic neck strain/tension (which can lead to headaches) and improve overall mobility and movement.



Setup: Place the Rocker under neck – with the Edge facing out – and a ridge tucked into the base of the skull.

Tilt head from side to side and up and down.

BACK

Rocking the upper back muscles can help alleviate back strain by enhancing overall spine mechanics, mobility, posture, and shoulder health.



Setup: Lie on the ground with desired intensity zone of the Rocker placed under upper back area. Use hands to support head.

Rock from mid-back to base of neck.

HAMSTRINGS

Rocking the hamstrings can improve hip mobility, decrease strain in the low back, and significantly hasten recovery after running.



Setup: Place the Rocker under the middle of the hamstring with desired intensity zone facing up (the Edge facing toward feet for low intensity and toward glutes for medium intensity). Place hands behind hips.

Slightly elevate hips & rock back & forth. For more intensity, cross nonworking leg over the other.

QUADRICEPS

Rocking the quads can improve upper leg mobility (beneficial for squatting exercises) and decrease tension around the knee joint.



Setup: Lie face-down, supporting weight on forearms. Place the Rocker under mid-thigh with the Edge facing feet for longer rocks/facing head for shorter rocks.

Introduce movement by slowly rocking back & forth. Reposition the Rocker as you move up toward the hip.

HIPS & GLUTES

Rocking glute muscles can significantly improve hip mobility and can enhance overall back health. This is an excellent practice for alleviating sciatic issues.



Setup: Sit on Rocker with knees bent and both feet flat on the ground with hands placed slightly behind hips. Cross one foot over the opposite knee. Lean back toward glute of crossed leg to find sore or tender point.

Slowly begin rocking back and forth and side to side.

CALVES & ANKLES

Rocking the lower legs can enhance ankle mobility and release tight calf muscles to assist in overall foot functions. A must-do technique for runners.



Setup: Sitting upright with working leg extended, place the Rocker under the middle of the calf. For increased intensity, cross nonworking leg over the other.

Slightly raise hips off the ground and slowly rock back and forth. To progress, add ankle circles.