

chirp.[®]
wheel+
Feel good. Do more.™

ALL YOU NEED TO KNOW



HOW TO USE



Sit and lean back

- Sit on the ground with knees bent and feet firmly planted.
- Place the Chirp® Wheel+ against your back in alignment with your spine.
- Lean back gently to transfer your weight to the wheel. Relax in this position before lifting your hips.



Lift hips

- Rest your hands on the ground, the wheel, or your chest for balance.
- Lift your hips upward while relaxing your back.
- Don't tense up! The more you relax your back, the better it will feel.



Roll back and forth

- Begin to roll back and forth on the wheel by bending and straightening your legs. Use your hands for balance.
- Roll out for 3 to 5 minutes. Length of preferred use will vary by individual.



Don't lift your hips right away

Take some time to lean against the wheel and balance yourself even while sitting on the ground. Only when you feel you have centered yourself should you lift your hips and begin to roll.



Keep your hands on the ground

You can also hold onto the wheel for support as you roll. Consider rolling next to a solid stationary object so you can grab onto it if you need support.



Stay relaxed

The more you relax, the easier it is to balance. Mold your body to the wheel. As you're rolling, avoid being stiff and plank-like. Allow your head to relax and the wheel to sink into your muscles.



HOW TO BALANCE

Balancing on the wheel can take practice, especially if you have a hard time balancing in general. We've come up with some tips to help you out.





Gentle 12" Wheel

- Provides least amount of pressure
- Perfect for beginners or for those with more sensitive backs

Pressure ↑ ● ● ○ ○ ○ ○
Stretch ↔ ● ● ● ● ● ●

The Gentle Chirp® Wheel+ applies the least amount of pressure. Because of this wheel's large diameter, more of your back is in contact with the wheel, resulting in dispersed pressure along your back. Rolling out on this wheel can elongate your spine by providing the biggest stretch.

PICK YOUR
PRESSURE!



Medium 10" Wheel

- Provides a medium pressure massage
- Cross between 12" and 6"



Pressure ↑



Stretch ↔

The Medium Chirp® Wheel+ is a hybrid between the 12" and 6" wheels, applying more pressure than the gentle wheel and less pressure than the deep tissue wheel. The 10" wheel can also elongate your spine by stretching the hips, chest, back, shoulders, and abdomen.



SIZE MATTERS

Deep Tissue 6" Wheel

- Provides deep tissue pressure
- Targets muscle knots in your back



Pressure ↑



Stretch ↔

The Deep Tissue Chirp® Wheel+ offers the most pressure of the three wheels. Because of the wheel's small diameter, less of your back is in contact with the wheel, providing an increased amount of pressure on hard-to-reach pain points. Use this wheel for deep tissue massage and targeted relief.



Quick Tip



ADDITIONAL USES

Feeling tight in your chest and shoulders?



While seated, lean back against the **10" or 12" wheel** and place your hands behind your head. Relax. You can also extend your arms backwards. This stretch helps to reverse damage from poor posture.

Looking for a less intense roll?



With your feet shoulder width apart, place the **6" wheel** behind your lower back, leaning against a wall. Slowly bend and straighten your legs, allowing the wheel to gently massage your back.

ADDITIONAL USES

Feeling muscle tension?



Use the **6" wheel** like a foam roller on your hips and legs. Simply sit on the floor, place the wheel under the part of your body that is tight, and roll your body back and forth over the wheel.

Slouching at work?



Place the **6" wheel** behind your lower back when sitting in a chair to help with posture correction. This will help you sit up straight by reinforcing the natural curvature of your spine.

Want a deeper stretch in the chest and shoulders?

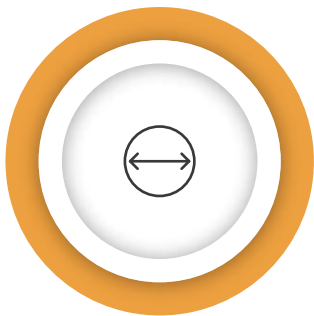


When you are more comfortable balancing on **any wheel**, instead of keeping your hands on the ground, try opening your arms up like an airplane. Relax. This stretch allows gravity to open up the chest and shoulder area and even stretches biceps.

Sore from a workout?

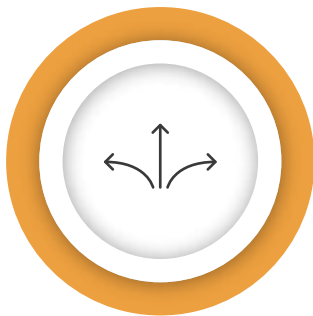


Any size Chirp® Wheel+ is a perfect way to cool down after a workout. Try the 6" wheel to roll out tight spots, or stretch out on the 10" and 12" to relax before moving on with your day.



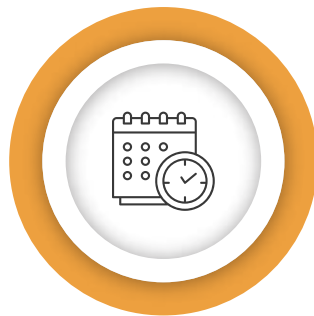
Try using a different size wheel

If you purchased the 3-Wheel Pack, always begin with the 12" wheel and work your way down. The smaller the wheel, the more intense pressure you'll feel.



Try using the wheel in other ways

If any wheel is too much pressure for you, roll out against the wall instead of on the ground. Or simply lean back against the wheel (without rolling) for trigger point and muscle tension release.



Use it consistently and more often

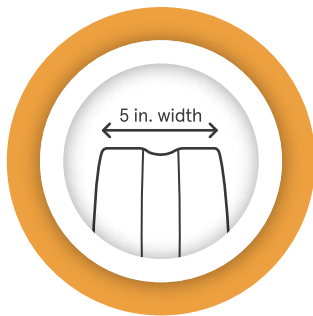
Use the Chirp® Wheel+ regularly. This will acclimate your back to the wheel, which will provide a more effective massage with each session.



Every body is different

Make sure to listen to your body, and only do what feels safe for you. Ease your way in to using the Chirp® Wheel+.

First, try leaning against the wheel while seated to stretch your back without rolling. Do this for a few days to get used to the sensation. Then, begin to incorporate rolling into your routine. Gradually add rolling time until you feel more comfortable.



Use the wheel correctly

Make sure the wheel is aligned in the center of your back. Unlike a foam roller, the Chirp® Wheel+, with its 5" width, is designed to sit comfortably between your shoulder blades.

Our patent pending Spinal Canal™ will help protect your spine from unsafe pressure.

DOES IT HURT?

Always consult your doctor before starting a new exercise regimen. If you have never used a foam roller or gotten a massage, rolling out on the Chirp® Wheel+ the first time might hurt a little bit, which usually means it's working. This is because you are massaging tension from your muscle knots. Remember that as you roll out on the wheel, you shouldn't experience sharp pain, but you should experience a good hurt. To avoid the wrong kind of pain, we recommend you try these things.

ABOUT CHIRP

We created Chirp based on a principle that life should be enjoyed, not just endured. We've found the most effective methods for back pain relief and made them available to you through the easy-to-use Chirp Wheel+. Put the good feeling back into feeling good.







More questions?

Looking for more exercises and stretches to do with the wheels? Need more answers on how to help relieve back pain?

Visit our blog at: gochirp.com/blogs/news



Roll with us!

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