

# 10 REASONS WHY YOU SHOULD INVEST IN A DOC N' ROLL

## 1 The 1st Official Standing Foam Roller

Nothing of its kind exist! Are you ready to master the innovative new breed of foam rollers out on the market?

## 3 Treat Those Tough-To-Get Spots

If you've played around with foam rollers long enough, you've probably realized that getting at certain muscles are tough ... well not anymore! Standing up gives your body a different experience when foam rolling!



## 5 Detachable Foam Roller

Can't let go of the traditional floor foam roller? Don't worry! This unit comes with it's own detachable foam roller that you've been accustomed to using!



## 7 Light-weight

This featherweight barely scratches the scales at 9.7 pounds; that's lighter than a 1 year-old child!

## 8 Designed to be Stored Easily

The Doc N' Roll folds up like a chair and can be easily stored against the wall or under a bed. Out of the way and out of sight!



## 2 Ditch the Floor!

Save yourself from getting dirty, or at least save yourself the energy from going down to the floor and getting back up. Your exhausted body will thank you for it especially after a challenging training session!

## 4 More Comfort & Better Experience

The slightly contoured ends allow sensitive tissues to be eased into. As your tissue tolerance increases, you can always add more pressure with the midsection!



## 6 Unique Foam Roll Design

Ready to be amazed? Just like parting the red sea, this detachable unit has the capability to separate in the middle! This means that you can finally reach areas those other foam rollers would typically aggravate! Definitely a must try on the mid back area!!

## 9 Serving For Two

This is a 2-in-1 unit! There are two foam rollers - one on the base unit and the other is the detachable unit! Virtually, two people can get their "roll on" with just one Doc N' Roll!

## 10 Your New Stretching Buddy!

It's sturdy enough to give you an anchor point for stretches! No need to look for benches, stairs, or pull up bars!



Dr. Joe Jaime, DC, CCSP®, ATC, CSCS  
[www.OnTheGoSportsChiro.com](http://www.OnTheGoSportsChiro.com)



Get Your Own Doc N' Roll  
[www.docnroll.net/docnroll/](http://www.docnroll.net/docnroll/)

Use discount code: *drjoejaime* at checkout!