



The SMACKer

developed by XMR Sports



Easier. More effective. Leg rolling...period.

Introducing the SMACK-er

The new era in leg muscle maintenance and recovery is here.

Massage has been used for thousands of years to provide a variety of benefits. We now know that massage can be used to not only speed recovery after exertion, it can also help prevent initial injury caused from muscle strain, pulls, and tears. The SMACK-er is the fastest, most effective training tool to prevent injury, speed muscle recovery, and alleviate delayed onset muscle soreness (DOMS).



Made in USA



Lifetime Guarantee



Patented Technology



Created for professional sports teams, collegiate teams, high schools athletes, government agencies, professional athletes, PT clinics, health clubs, training gyms, and home gyms.

QUADS

Cross bar for comfortable support

Completely relaxed quad muscle while rolling means greater muscle penetration.

allows for controlled pressure rolling on all sides of quadriceps and IT bands.



HAMSTRINGS

Unlike a foam roller, rolling hamstrings in a standing position allows the users' muscles to remain completely relaxed with the knee at a 90 degree bend, thus massaging deeper into the belly of the muscles.

Allows for controlled pressure and massage intensity with own body weight.

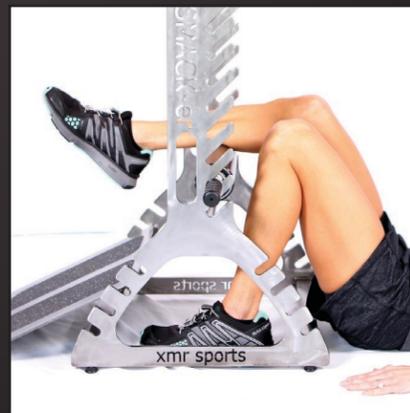


CALVES

Can be used in lying or standing position.

Ability to roll entire calf muscle with muscle in relaxed state.

Stretch plate (shown below) allows for a safer, more efficient calf stretch.



The SMACK-er Advantage:



Heavy Duty Roller

The weighted roller allows users to place their full body weight, if desired, directly on the roll for maximum effectiveness. Roller has fully sealed bearings for smooth rolling.

Fully Notched Design

Roller height is completely adjustable to allow users to roll calves or hamstrings in the most ideal position.

Steel and Aluminum Construction

The SMACK-er is steel and aluminum construction that is powder coated, giving it extreme durability and stability.

Notched Base

Allows for varying degrees of calf stretch on either side to maximize utility while minimizing floor space

Stretch Plate

Durable, non-skid plate gives a safer, more extensive calf stretch without concern of slipping.

RELIEVE

- Relieves muscle tightness
- Reduces the intensity of delayed onset muscle soreness (DOMS)
- Breaks up scar tissue and muscle adhesions



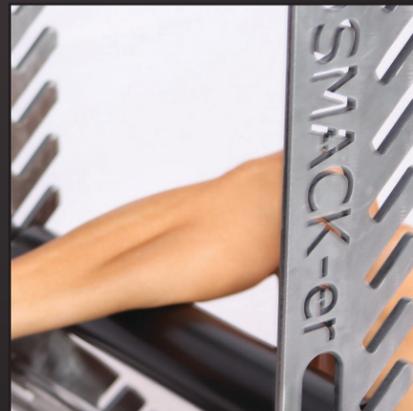
IMPROVE

- Improves circulation
- Creates a greater range of motion
- Faster recovery times mean athletes can train harder sooner after hard workouts, thus allowing for improved athletic performance



INCREASE

- Increases nutrient flow to tissue so you feel stronger faster
- Increases range of motion
- Increase muscle pliability through consistent use



Taking muscle maintenance and recovery beyond the foam roller.

The SMACK-er was developed as a better, more efficient way to recover leg muscles than traditional rolling methods. The SMACK-er rolls three different muscles in very specific ways, getting deep into the tissue to reduce muscle adhesions, delayed onset muscle soreness (DOMS) and lactic acid. An elite team of athletes and medical professionals were assembled to develop this patented product that achieves greater results than anything else currently available on the market.

XMR SPORTS PROUDLY EQUIPS:



Contact us today to find out how the SMACK-er can give YOUR athletes the training edge they deserve.

XMRsports.com or SMACK-er.com (for military access)

So why did we create this tool?

We are endurance athletes who love serious training—but we *didn't* like the resulting recovery times. So we got our heads together to develop the SMACK-er. We quickly discovered that this tool enables us to train harder, recover faster and avoid common injuries that often plague athletes. This was amazing as we are all about improved athletic performance with faster recovery times. We live to help athletes train smarter while they train harder! We treat our athletes like family and truly want to help them reach their full potential.

XMR SPORTS
Birmingham, AL
205.492.7176
XMRsports.com

For military access: SMACK-er.com

