

# Polar FootRoller



*Targeted Cold Rolling  
Massage for Sore Feet*

*Owner's Manual*



**WARNING**



**IMPORTANT:** Read and follow all warnings and information before use to reduce the risk of injury.

# **WARNING**



Read and follow all warnings and information before use, to avoid injury.

- **IF** liquid leaks from the roller, discontinue use and call GoFit. **NEVER** ingest liquid.
- **USE ONLY** as shown/illustrated/intended.
- **ALWAYS** ensure roller is dry before placing into the freezer or rolling onto any body parts.
- **NEVER** place freezing cold roller onto tongue or any body part that may be wet.
- **NEVER** hold ice-cold roller on any one area of your body for more than 30-seconds-at-a-time, without rolling it. If cold therapy is too intense, a thin layer of clothing is recommended.
- **NEVER** remove the wheels or disassemble Polar Foot Roller.
- This product is **NOT** a toy; it is not intended for use by children. If allowing anyone under 18 to use it for therapy, provide constant adult supervision.
- **NEVER** leave the Polar Foot Roller unattended, as it could pose a hazard to children and pets. **ALWAYS** store it out of the reach of children and pets.
- **ALWAYS** consult your physician before doing this, or any type of therapy, or if intending to use during pregnancy.
- GoFit, LLC is **NOT** responsible for any personal harm or property damage that may occur if the Polar Foot Roller is used improperly.

# **WARNING**

The risk of injury from participating in this therapy or any fitness regimen and/or from the performance of these exercises or similar exercises is significant, and includes the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen or exercise program or therapy including any exercises or techniques set forth in these materials (whether in video/DVD, book or pullout card form—collectively referred to in every media form as “Materials”).

These Materials are for educational purposes only (i.e. they illustrate and explain various fitness/therapy-related and/or exercise/therapy techniques), and they do NOT advise that you or any other particular viewer undertake or perform any particular technique or exercise. You agree that you will not undertake or perform any exercise/therapy or technique described in the Materials until and unless you consult-with and are cleared-by a medical doctor in relation to such participation, and you agree to the terms of these Warnings and Disclaimers.

The models depicted in this program are well trained athletes and only you and your doctor can assess whether you are suited for the exercises and/or therapy depicted in the program (e.g., you may have pre-existing injuries or other conditions that make the exercises or therapy depicted inappropriate for you).

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## Usage and Care

**Before using your Polar Foot Roller for the first time, place it into your freezer for at least two hours:**

For optimal results, insert the Polar Foot Roller into a plastic bag (this keeps it clean, dry and ready for use), then place it into your freezer for at least two hours.



**The GoFit Polar Foot Roller is easy to use:**

When ready to use, simply follow the therapy guidelines on page five of this booklet. Apply pressure as needed for your comfort level. If cold therapy is too intense, a thin sock is recommended. Do not exceed 10 minutes of ice-cold therapy per session.

## Cleaning and Storage

- After each use, clean the roller with mild soap and rinse thoroughly with water. **DO NOT** use abrasive or chemical cleaners. You may use rubbing alcohol to disinfect the surface.
- After cleaning, allow the roller to dry completely before inserting into a plastic bag and placing into the freezer.
- Keep the Polar Foot Roller out of direct sunlight. **DO NOT** place or store the Polar Foot Roller where it may be exposed to extremely high temperatures or heat sources.
- When you are not using the Polar Foot Roller for an extended period of time, store it in a cool, dry place, out of the reach of children or pets.
- Some of the Polar Foot Roller components are made of rubber or plastic—the life span of these parts will depend on the amount of usage and proper care.

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*Train. Recover. Repeat. GoFit.*

# Cold Therapy Guidelines

Although planter fasciitis and metatarsalgia (pain in the ball of the foot) are the most common complaints, there are many areas of our feet that become inflamed and sore. Cold therapy with steady, light pressure is a proven method of relief. Like an ice-pack, the GoFit Polar Foot Roller targets inflammation to alleviate pain. The ergonomic, stainless steel roller massages-away soreness. Unlike ice, the Polar Foot Roller will not melt. The special inner liquid stays ice-cold for an extended time, providing effective pain relief.

## Using your GoFit Polar Foot Roller:

1. It is best to be seated in a chair, or on the floor, so you can regulate the amount of pressure you place onto your foot. This also is helpful for balance and control.
2. Place The Polar Foot Roller between the bottom of your foot and the floor. If the cold therapy is too intense, it is recommended that you wear a thin sock or other material.
3. Roll your foot back-and-forth on the Polar Foot Roller with light pressure as areas of pain indicate. You may apply more or less pressure where needed.

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Always consult your physician before doing this, or any type of therapy.



*Roll back-and-forth for 15 to 20 seconds. Repeat 1 to 2 times per session. Increase duration, reps and pressure as needed.*

*Do not exceed 10 minutes of ice-cold therapy per session.*

*Always follow all warnings and information listed on page one of this booklet.*

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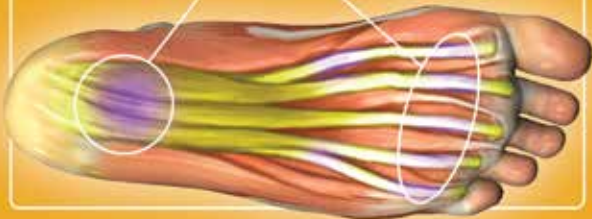


# PolarFootRoller

Roll out cold massage for sore feet. It's like an ice-pack with rolling action and no melting ice. Before use, place the GoFit Polar Foot Roller into your freezer. The icy-cold, ergonomically-shaped stainless steel roller glides along the bottoms of your feet. You decide how much pressure is best for a smooth rolling massage.



*Primary areas of soreness*



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