

GoFit roll-on massager *Therapy Guide*

For full-body muscle massage

RECOMMENDED THERAPY GUIDELINES

GoFit's Roll-on Massager awakens tired muscles pre workout and relieves sore muscles post exercise. The smooth-rolling action of the massaging ball targets muscle tissue in tight areas like tripceps, as well as larger muscle groups. You decide how much pressure to apply, as you roll out your muscle pain.

Check with your physician before engaging in any therapy; determine if it is appropriate for you.

- Muscles may be cold, stiff or feel tender, so apply only the amount of pressure that is comfortable
- If you feel extreme discomfort, decrease pressure
- If you experience any significant bruising, you are pressing too hard and may cause tissue damage
- Use caution when rolling over and around joints and bones. The hardness of the massaging ball is intended as therapy for deep muscle tissue and trigger points. It is not meant to roll-out soreness in joints or in connective bone tissue.

MAINTENANCE AND CARE

- Clean the Roll-on Massager with mild soap and water. **DO NOT** use abrasive or chemical cleaners.
- Keep the Roll-on Massager out of direct sunlight. Do not place Roll-on Massager where it would be exposed to extreme high or low temperatures or heat sources.
- The "life span" of the Roll-on Massager will depend on the amount of usage and proper care.

WARNING



Read all information before use. Serious injury or fatality may occur.

The risk of injury from participating in this 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 diet including any exercises or techniques set forth in these materials (whether in video/DVD, book or poster form—collectively referred to in every media form as "Materials").

These Materials are for educational purposes only (i.e. they illustrate/explain fitness-related and/or 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 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 diets depicted in the program (e.g., you may have pre-existing injuries or other conditions that make the

exercises or diets depicted inappropriate for you).

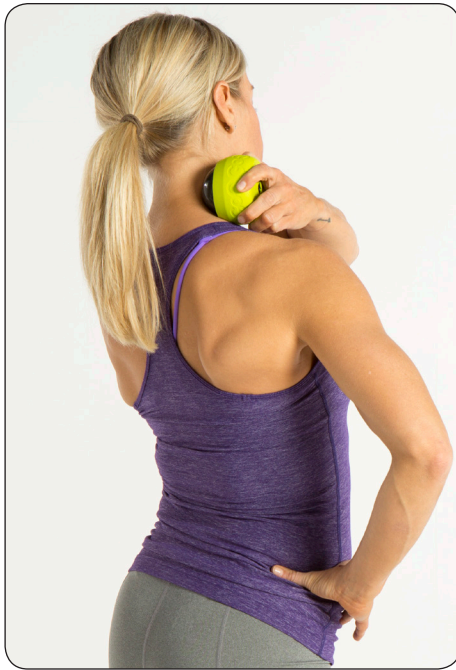
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- **USE ONLY** as shown/illustrated/intended in a slow and controlled manner. **NEVER** throw it or use rolling function for any other purpose other than massage therapy as intended.
- The Roll-on Massager is **NOT** a toy; not for use by children. If allowing anyone under 18 to use it for therapy they must have adult supervision.

- **NEVER** leave the Roll-on Massager unattended as it could pose a hazard to children and pets. Store it out of the reach of children and pets.
- Consult your physician if intending to use during pregnancy.
- GoFit, LLC is not responsible for any personal harm or property damage that may occur if the Roll-on Massager is used improperly.

NECK



PECTORALIS MUSCLES



QUADRICEPS



ADDUCTOR MUSCLES



SHOULDERS



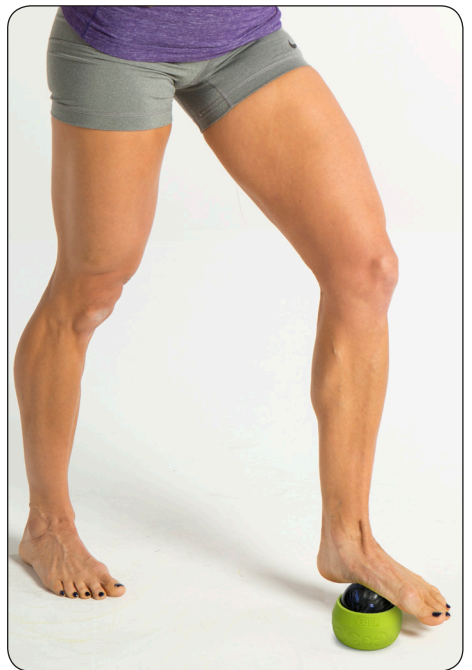
GLUTES AND LOWER BACK



FOREARMS



FEET



TRAPEZIUS MUSCLES



UPPER ARMS - BICEP/TRICEPS



CALVES



HAMSTRINGS

