



OWNER'S MANUAL



# PolarMassageBar

## Cold Therapy Massage



- *Stainless Steel Roller*
- *Relieve muscle pain*
- *Treat inflammation from exercise, sports injuries, arthritis and more*

 **WARNING**



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

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## WARNING



Read and follow all warnings and information before use in order to reduce the risk of injury.

The risk of injury from participating in this or an 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 pullout card form—collectively referred to in every media form as “Materials”).

These Materials are for educational purposes only (ie. they illustrate and explain various fitness-related and/or exercise 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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## WARNING



Read and follow all warnings and information before use in order to reduce the risk of 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 handles or disassemble Polar Massage Bar.
- 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 Massage 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 Massage Roller is used improperly.

## Usage and Care



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

For optimal results, insert the Polar Massage Bar into a plastic bag (this keeps it clean, dry and ready for use), then place it into the freezer for a minimum of two hours.

**The GoFit Polar Massage Bar is easy to use:**

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

## Cleaning & 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 Massage Bar out of direct sunlight. **DO NOT** place or store the Polar Massage Bar where it may be exposed to extremely high temperatures or heat sources.
- When you are not using the Polar Massage Bar 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 Massage Bar components are made of rubber or plastic—the life span of these parts will depend on the amount of usage and proper care.

# Introduction and Guidelines

Thank you for your GoFit purchase. We strive to be your one source for superior, innovative, home-fitness products at a great value. For other GoFit products, visit your local retailer, or go to [www.gofit.net](http://www.gofit.net) and see our entire product line and more.

This manual is a visual reference guide for the GoFit Polar Massage Bar. Use this manual as a guide to take with you when traveling.

The GoFit Polar Massage Bar targets sore muscle pain and inflammation brought on by sports injuries, exercise, chronic aches, arthritis, and more. Part of GoFit's Muscle Pain Management system, the Polar Massage Bar is ideal for total body relief. You decide how much pressure you want to apply to your trigger-point areas for maximum relief.

## **RECOMMENDED GUIDELINES—MASSAGE BAR REGENERATION**

*Sitting on a bench or chair while using the massage roller is recommended.*

**Beginner:** Place massage bar and roll the bar with *light* pressure for 15 to 20 seconds on tight or stiff area until muscle tissue relaxes. Repeat 1 to 2 times per session.

**Advanced:** Place massage bar and roll the bar with *greater* pressure for 30 to 45 seconds on tight or stiff area or until muscle tissue relaxes. Repeat 3 to 4 times per session.

# Neck

**STARTING POSITION** - Place Massage Bar along one side of your neck.

**MOVEMENT** - Roll trigger points for 10-15 seconds. Spend 30-40 seconds on one side. Switch sides and repeat.





# Upper & Lower Back

## 1. UPPER BACK STARTING POSITION

- Find a comfortable position and hold Massage Bar vertically along your upper back.

## 2. LOWER BACK STARTING POSITION

- Find a comfortable position and hold Massage Bar horizontally along your mid-to-lower back.

**MOVEMENT** - Roll trigger points for 10-15 seconds. Spend 30-45 seconds on one side of back. Then switch sides and repeat.



# Quads, IT Band, & Hamstrings

**QUADRICEP STARTING POSITION** - (*Pictured to the right.*)

Place Massage Bar on top of thigh.

**IT BAND STARTING POSITION** - Place Massage Bar on outer thigh.

**HAMSTRING STARTING POSITION** - Place Massage Bar on back of thigh.

**MOVEMENT** - As you roll, look for trigger points—sore areas.

Massage areas for 10-15 seconds. Spend 30-45 seconds on your leg. Then switch legs and repeat.



# Shins & Calves

**SHINS STARTING POSITION** - (*Pictured to the right.*)

Place Massage Bar on the top of your lower leg.

**CALVES STARTING POSITION** - Place Massage

Bar behind your calf.

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**MOVEMENT** - Roll sore areas for 10-15 seconds. Spend 30-45 seconds on calf, working inner and outer portions. Switch legs and repeat.



*Cold Therapy Massage*

# PolarMassageBar

Roll out relief, and sooth muscle pain with cold rolling therapy massage. Get the time-tested benefits of ice-pack therapeutics with no wet mess. Just freeze the stainless roller, then roll out effective relief while reducing inflammation.

Develop a well-rounded fitness plan with companion products and instructional content from GoFit.

Shop select retailers worldwide or visit us at

**[www.gofit.net](http://www.gofit.net)**

to find your total home-fitness solution.



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