



TriggerBall²

Therapy Guide



The GoFit Trigger Ball² targets sore muscles for relief. Part of GoFit's Muscle Pain Management system, the Trigger Ball² breaks down knots and trigger points that cause muscle pain. Reach your back, shoulders, glutes, legs, and other spots in need of deep-tissue massage. Leaning on a wall or

laying down, simply press and roll. The cord helps position the Trigger Ball² and keeps it on target for a more effective massage. The Trigger Ball² won't compress down with your body weight, but has just enough give to be comfortable. You decide how much pressure you want to apply for maximum relief. The Trigger Ball²—another effective pain relief tool for an active GoFit life.

RECOMMENDED THERAPY GUIDELINES

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

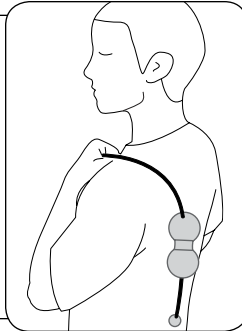
Beginning Therapy:

Place and hold light pressure for 15 to 20 seconds on tight or stiff area until muscle tissue relaxes. Repeat 1 to 2 times per session.

Advanced Therapy:

Place and hold greater pressure for 30 to 45 seconds on tight or stiff area until muscle tissue relaxes. Repeat 3 to 4 times per session.

- Most of the exercises may be done against a wall or you may lie on the floor
- Some areas may be more tender than others, so apply the amount of pressure that is comfortable
- You may feel some discomfort at the trigger-point area
- If you feel extreme discomfort, decrease pressure
- If you experience any significant bruising, this is a sign you are pressing too hard over the area and may cause damage to your tissues
- To allow better relaxation and results, take deep breaths in and out.



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 pullout card 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). You acknowledge and agree that the Materials are provided by GoFit, LLC (directly and/or through their licensors). You agree that all persons appearing in these Materials do so on behalf of GoFit, LLC and that GoFit, LLC are the sole providers of the content of the Materials, notwithstanding any other person in the Materials appearing to endorse or recommend the Materials. GOFIT, LLC AND THEIR AFFILIATED COMPANIES, DIRECTORS, OFFICERS, EMPLOYEES, AGENTS (INCLUDING THE MODELS IN THE MATERIALS) MAKE NO WARRANTIES OF ANY KIND OR NATURE RELATING TO THE MATERIALS, EITHER EXPRESS OR IMPLIED, AND EXPRESSLY DISCLAIMS ALL SUCH WARRANTIES AND REPRESENTATIONS, INCLUDING, BUT NOT LIMITED TO, THE WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE. KNOWLEDGE REGARDING THE HUMAN BODY AND EXERCISES CHANGES; THEREFORE, YOU SHOULD CHECK THE FOLLOWING WEBSITE FROM TIME TO TIME IN ORDER TO DETERMINE WHETHER THERE IS ANY NEWS REGARDING THE MATERIALS AT WWW.GOFIT.COM; HOWEVER GOFIT, LLC HAS NO OBLIGATION TO PROVIDE UPDATES AND NEWS.

- **USE ONLY** as shown/illustrated/intended in a slow and controlled manner
- The Trigger Ball² is **NOT** a toy; it is not intended for children. If allowing anyone under 18 to use it for therapy, they must have adult supervision.
- **NEVER** throw or swing the The Trigger Ball²
- **NEVER** leave the The Trigger Ball² unattended as

- it could pose a hazard to children and pets. Store 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 Trigger Ball² is used improperly as noted here.

MAINTENANCE AND CARE

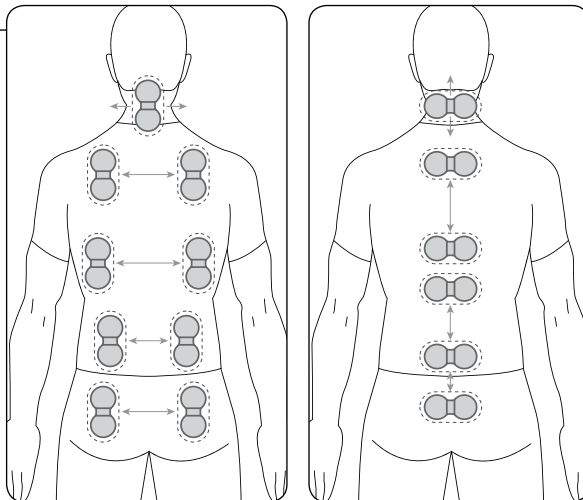
- Clean all components with mild soap and water. **DO NOT** use abrasive or chemical cleaners.
- Keep the Trigger Ball² out of direct sunlight. Do not place it where it would be exposed to extreme high or low temperatures or heat sources.
- Some of the components are composed of rubber or plastic—the life span of these parts will depend on the amount of usage and proper care.

BACK

MOVEMENT: Standing with back 4-6 inches from the wall, place Trigger Ball² in trigger-point area and carefully lean back against wall. With comfortable pressure applied, move side-to-side or up-and-down on the Trigger Ball² —rolling back-and-forth in each area.

POSITIONS:

- **Neck**
- **Upper Back**— Shoulders and Shoulder Blades
- **Middle Back**
- **Lower Back/Glutes**



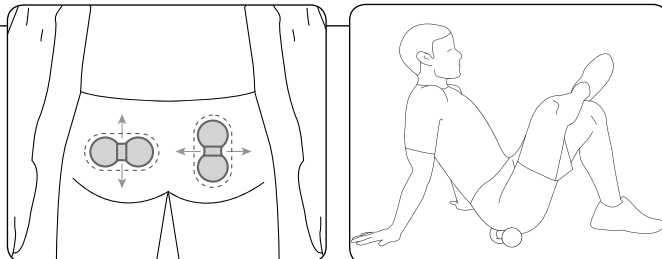
(Note: Massage one shoulder blade at a time; one glute muscle at a time)

GLUTES

MOVEMENT: For both positions, roll the Trigger Ball² side-to-side, up-and-down.

POSITIONS:

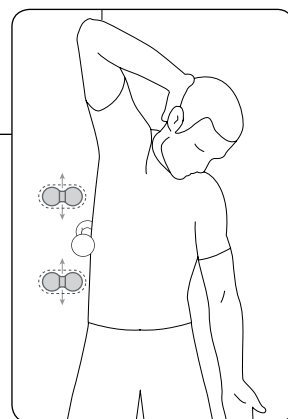
- **Standing**— With back 4-6 inches away from the wall, place the Trigger Ball² in trigger-point area and carefully lean back against wall
- **Sitting**— Cross ankle over opposite knee and support your upper body with your hands behind you.



RIB CAGE AND OBLIQUES

RIB CAGE: Standing with side 4-6 inches away from the wall, place the Trigger Ball² at the bottom of the rib cage. Carefully lean against the wall. With comfortable pressure applied, roll Trigger Ball² up-and-down. Roll the Trigger Ball² from the bottom of your rib cage to your armpit.

OBLIQUES: Standing with side 4-6 inches away from the wall, place the Trigger Ball² in trigger-point area at the top of your hip. Carefully lean against the wall. With comfortable pressure applied, roll up-and-down. Roll the Trigger Ball² from your hip to just below your rib cage.

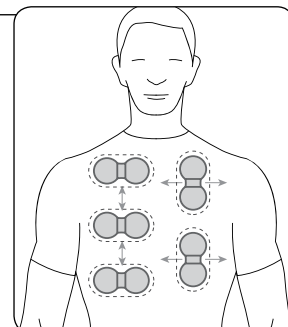


CHEST

MOVEMENT: Standing with chest 4-6 inches away from the wall, place the Trigger Ball² in trigger-point area and carefully lean against wall. Turn your head the opposite direction of the trigger-point being massaged with the opposite arm raised. With comfortable pressure applied, roll the Trigger Ball² side-to-side or up-and-down.

POSITIONS:

- **Upper Chest**— Just below clavicle
- **Middle Chest/Pectorals**— (Note: NOT suggested for women)
- **Lower Chest**— Just above the bottom of rib cage

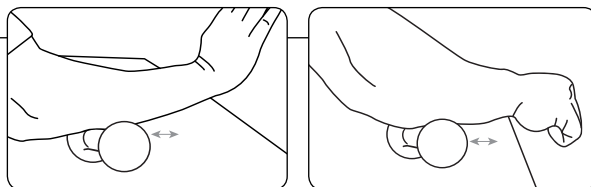


FOREARMS

MOVEMENT: For both positions, move up-and-down forearm.

POSITIONS:

- **Hand up**— To reach specific tendons, use your other hand to extend each finger, one at a time, slightly backwards
- **Hand down**— To allow more pressure into muscles, hang your wrist off of the desk or table



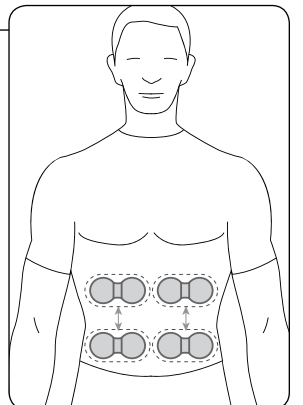
ABDOMEN

MOVEMENT: Standing with chest 4-6 inches away from the wall, place the Trigger Ball² in trigger-point area and carefully lean against wall. Turn your head the opposite direction of the trigger-point being massaged with the opposite arm raised. With comfortable pressure applied, roll the Trigger Ball² up-and-down.

POSITIONS:

- **Upper Abdomen**— Just below rib cage
- **Middle Abdomen**— Across belly button
- **Lower Abdomen**— Just above the hips

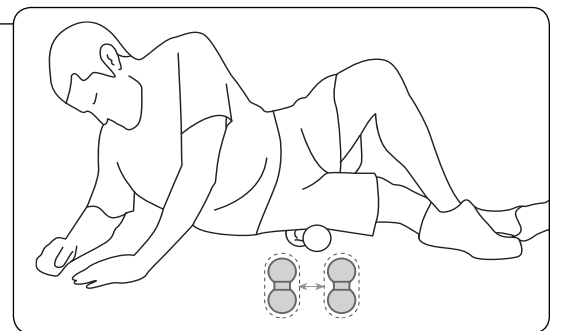
(Note: Massage from one side of your abdomen, to the other side.)



IT (ILIOTIBIAL) BAND

MOVEMENT: Place the Trigger Ball² slightly below your hip joint. With comfortable pressure applied, roll the Trigger Ball² up-and-down to just above your knee joint. (Do NOT roll directly onto hip or knee joint.)

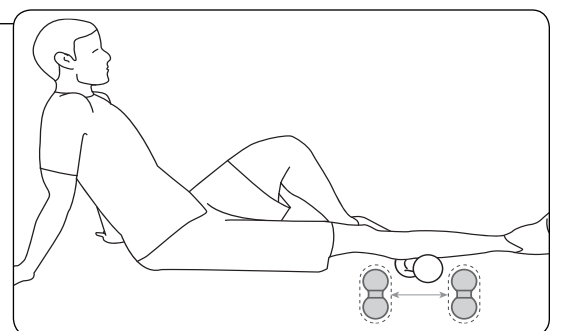
POSITION: Lying on your side on the floor, bend your knee, opposite of the trigger-point and place the foot on the opposite side of the straight leg. Slightly turn while supporting your upper body with your hands and forearm.



CALVES

MOVEMENT: Slightly raise your bottom off of the floor and roll the Trigger Ball² back-and-forth from the top of the calf muscle to 2-3 inches above the ankle.

POSITION: Sitting on the floor with one leg bent, place the Trigger Ball² under the calf muscle of the straight leg with toes turned out, then lean back and support your upper body with your hands placed behind you.

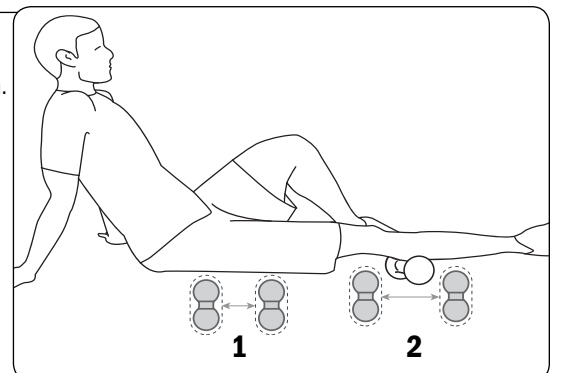


HAMSTRING

MOVEMENT: Slightly raise your bottom off of the floor and roll the Trigger Ball² back-and-forth.

POSITION 1: Sitting on the floor with one leg bent, place the Trigger Ball² under the **upper thigh** of the straight leg with toes turned up, then lean back and support your upper body with your hands placed behind you. Roll from just below the buttock to just above the knee joint.

POSITION 2: Sitting on the floor with one leg bent, place the Trigger Ball² under the **calf muscle** of the straight leg with toes turned up, then lean back and support your upper body with your hands placed behind you. Roll from the calf muscle to the back of the knee.



FEET

MOVEMENT: Move up-and-down or position Trigger Ball² sideways and move side-to-side.

POSITIONS:

- **Toes flexed**—Flex your toes upward
- **Toes Pointed**—Point your toes so they are parallel to the floor

(Note: Do NOT place your full body weight onto the Trigger Ball².)

