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# Barrel Roller

**GO-SIZE**



*Training Manual*



**WARNING**



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

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## WARNING

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, 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 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, the illustrations depicted in this program portray 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



**IMPORTANT SAFETY NOTICE:** Read and follow ALL warnings and information before use to reduce the risk of injury or death.

### USAGE/WARNINGS

- Keep out of reach of children. If allowing use by anyone under 18, they must have constant adult supervision.
- The Barrel Roller could pose a hazard to pets and children—**NEVER** leave it unattended.
- Use on a flat, clean surface, free from obstructions, **ONLY** for its intended purposes as outlined in this manual.
- GoFit, LLC is not responsible for property damage that may occur while using, or misusing, the Barrel Roller.
- When attempting any exercise, focus

first on proper form, using caution in determining your physical limitations.

- Wear **ONLY** appropriate exercise clothing and footwear.

### MAINTENANCE AND CARE

- Clean the Barrel Roller with mild soap and warm water. **DO NOT** use abrasive or chemical cleaners. **DO NOT** immerse Barrel Roller into water or any liquids.
- Keep the Barrel Roller out of direct sunlight. **DO NOT** place the Barrel Roller where it would be exposed to extreme high or low temperatures, heat sources or open flame.

## Introduction and Guidelines

This training manual is provided to help you get optimal, safe performance from your roller. Included warnings, exercise examples and usage information are provided as a guide for proper, safe usage. Always focus on correct form and start at a comfortable level, allowing you to complete all exercises in a set.

### RECOMMENDED GUIDELINES

The GoFit Barrel Roller's unique barrel shape rolls with the body's natural contours, offering greater support for effective, targeted massage. With its unique contoured edges, the roller can

be used to erode trigger-point “knots.” Roll out muscle soreness and relieve stress with the contoured surfaces of the roller. In self-massage, you can decide how much pressure you want to apply for maximum relief. With your exercise regimen, use *pre-workout* to awaken tired muscles and improve range of motion. And use it *post-workout* to assist with recovery and soreness.

**NOTE:** Check with your physician before engaging in any exercise or massage therapy program to determine if it is appropriate for you.

## Introduction and Guidelines continued

### BEGINNER

While rolling, place and hold *light* pressure for 15 to 20 seconds on tight or stiff areas. Repeat 1 to 2 times per session, or until muscle tissue relaxes.

### ADVANCED

While rolling, place and hold *greater* pressure for 30 to 45 seconds on tight or stiff areas. Repeat 3 to 4 times per session, or until muscle tissue relaxes.

*NOTE: Bruising or discoloring is a sign of too much pressure and should be discontinued immediately.*

### TIPS

- Relax with **deep, slow breathing**
- You may feel some discomfort where the roller is hitting the trigger-point area
- If you feel extreme discomfort, discontinue use immediately
- Avoid rolling directly over bones/joints
- Some areas may be tender, apply only the pressure that is comfortable to **you**
- Significant bruising, is a sign of pressing too hard and may cause tissue damage
- Drink plenty of water after the massage

## Upper and Lower Back

**A**– Position roller just beneath your shoulder blades.



**B**– Elevate your hips and glutes. Then with your legs, slowly roll towards your lower back.



**C**– The roller should not go farther than your upper glute muscle. Then roll slowly back to your shoulder blades.



## Glutes

**A**– Place your weight to one side and position the Barrel Roller under the “meaty” portion of your lateral glutes (just above the outside part of your hip). Cross your leg and place your ankle on the opposite quad. Support your upper body by placing your hands on the ground to the rear.

**B**– Roll to the outside portion of your glutes from top to bottom. This is a relatively small movement.

• *To increase intensity, pull your crossed knee towards your opposite shoulder. Use your plant foot and support hand to provide the movement and balance for this exercise*



## Hamstrings

**A**– Place Barrel Roller directly behind your knees. Hands should be positioned to support upper body weight while keeping your spine in an upright position.



**B**– Lift bottom off the ground and slowly roll forward from just below your knees to just beneath your glutes.



• *To increase intensity, place one leg on top of the other.*

## Calves

**A**—Position Barrel Roller behind ankle.



**B**—Lift your bottom off the floor, then roll from your ankle to just beneath your knee.



- To increase intensity, stack one leg on top of the other. To target the inside or outside of your calves, you may point your toes in or out.

- The reverse bridge requires strong lower back and abdominal muscles.

- Massage calves together or one leg at-a-time.

**Advanced**—Raise your bottom and bring your body to a straight line as you continue to roll.



## IT (iliotibial) Band

**A**—Roll from your hip down to your knee. (This position provides more stability and balance.)



**Advanced**—Roll from your hip down to your knee while in side plank position.

## Quadricep

**A**– From a prone (face down) position, place one leg on roller while you support your upper body with your hands and elbows. The Barrel Roller should be just above your knees to begin movement. Bend your elbows for upper body support.

**B**– Keeping your back flat, roll forwards and backwards from the top of your knee to the top of your thigh.



• *To increase intensity, place the grounded leg on top of the leg on the roller.*

## Inner Thigh

**A**– In prone (face down) position, with your upper body supported by your forearms, bend one leg at a 90 degree angle. Position the Barrel Roller longitudinally (length of body) along your inseam and place your bent leg on the roller. Keep other leg straight on the ground.

**B**– Roll from your inner thigh (inseam) to the inside part of your knee. Shift weight to target any sore or tight areas.



## Shins

**A**– Kneel and place the Barrel Roller under both shins while supporting your upper body with your hands.



• To increase intensity, place one leg on top of the other.



**B**– Extend your legs, roll from your knee to the top of your ankle. Bring your knees back towards your body and repeat.

## Abdominal Crunch

**A**– Place Barrel Roller under the small of your back (just below the rib cage).



**B**– Bring your upper body towards your knees in a crunch motion. Elbows should remain out to your side and chin pointed towards the ceiling.

• To increase intensity, place one foot on your opposite knee and bring the opposite elbow towards your opposite knee as you crunch.





## Pelvic Tilt

**A**— Lay flat on your back, knees bent with both feet on the Barrel Roller and your hands placed out to the side of your body.



**B**— Elevate your hips and bring your bottom off the floor. Contract and “squeeze” your glutes for 2 seconds, then return to the starting position and repeat.



## Pelvic Tilt—Single Leg

**A**— Lay flat on your back, knees bent with both feet on the Barrel Roller and your hands placed out to the side of your body.



**B**— Elevate your hips and bring your bottom off the floor. Elevate one leg, then contract and “squeeze” your glutes for 2 seconds, then return to the starting position



## Push Up

**A**– In kneeling position, place your hands on the very edges of the Barrel Roller with your arms extended.

**B**– Bend at your elbows and lower your chest towards the roller.



• This exercise can be done from either a kneeling/modified position or from a full push-up position.

## Alternating Push Up

**A**– In a kneeling position, place one hand in the middle of the Barrel Roller and the other hand on the ground, slightly wider than shoulder width apart.

**B**– After each push up, “roll” the Go Roller to the opposite hand, and repeat movements.



• This exercise can be done from either a kneeling/modified position or from a full push-up position.

## Deep Tissue Massage Ball Therapy—Usage Guidelines

The GoFit Deep Tissue Massage Ball targets sore muscles and rolls out painful knots with precise, trigger point therapy.

- Release trigger points and knots
- Relieve stress and tension
- You decide ideal massage pressure

### RECOMMENDED GUIDELINES

#### 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 or until muscle tissue relaxes.  
Repeat 3 to 4 times per session.

#### NOTE:

- *Check with your physician before engaging in any exercise or massage therapy program to determine if it is appropriate for you.*
- *Bruising or discoloring is a sign of too much pressure and should be discontinued immediately.*

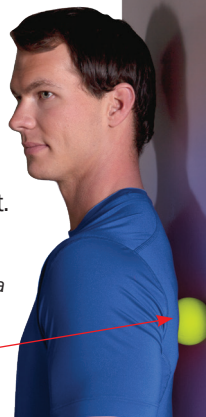
## Deep Tissue Massage Ball Therapy—Usage Guidelines

- Most of the exercises may be done against a wall or laying on the floor.
- Some areas may be more tender than others, so apply the amount of pressure that is comfortable to you.
- You may feel some discomfort where the ball is hitting the trigger point area.
- If you feel extreme discomfort, place a hand towel over the ball or switch back to your Barrel Roller with less pressure.
- If you experience any significant bruising, this is a sign you are pressing

too hard over the area and may be causing damage to your tissues.

- To allow better relaxation and results, take deep breaths in and out.

*Keep the ball in your targeted massage area using a comfortable amount of even, rolling pressure.*



## Back—Horizontal

### MOVEMENT

With your back to the wall, standing about 4-6 inches away from it, position the ball in the trigger point area of your back. Carefully lean back toward the wall with the trigger point area against the ball. Applying a comfortable amount of even pressure, roll the ball side-to-side in each area.

Neck

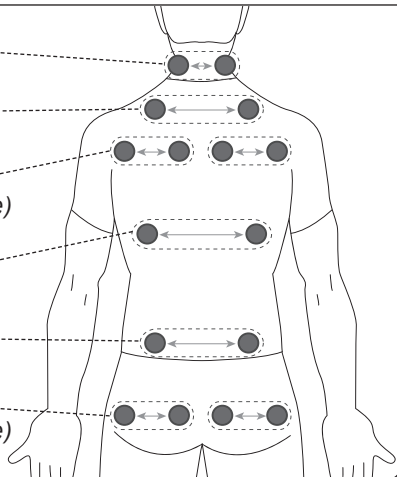
Shoulders

Shoulder Blades  
*(one side at a time)*

Middle Back

Lower Back

Glutes  
*(one side at a time)*



## Back—Vertical

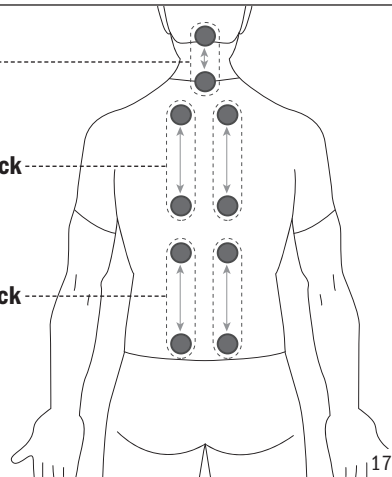
### MOVEMENT

With your back to the wall, standing about 4-6 inches away from it, position the ball in the trigger point area of your back. Carefully lean back toward the wall with the trigger point area against the ball. Applying a comfortable amount of even pressure, roll the ball up-and-down in each area.

Neck

Upper-Middle Back

Middle-Lower Back

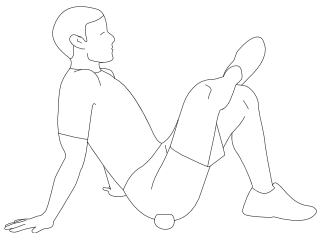


## Glutes

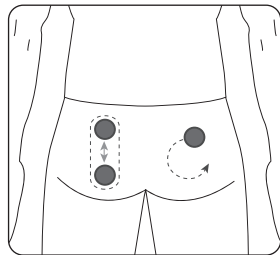
### MOVEMENTS

Applying a comfortable amount of even pressure, roll the ball side-to-side, up-and-down, or in a circular motion.

**Standing**—With your back to the wall, standing about 4-6 inches away from it, position the ball in the trigger point area and lean toward the wall against the ball.



**Sitting**—Cross ankle over opposite knee and support your upper body with hands behind you. Control the amount of pressure by raising or lowering yourself with your foot and arms.



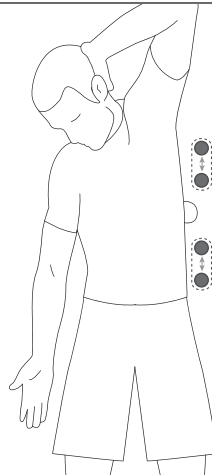
## Rib Cage and Obliques

### MOVEMENTS

Applying a comfortable amount of even pressure, roll the ball up-and-down by bending and straightening your knees. Note, you may also lie on the floor for these exercises.

**Rib Cage**—Standing sideways to the wall, about 4-6 inches away from it, position the ball at the bottom of the rib cage. Carefully lean toward the wall against the ball. Roll the ball up-and-down from the bottom of your rib cage to just-below your armpit.

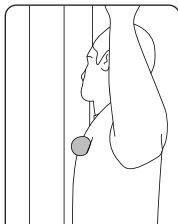
**Obliques**—Standing sideways to the wall, about 4-6 inches away from it, position the ball at your hip. Carefully lean toward the wall against the ball. Roll the ball up-and-down from your hip to just-below your rib cage.



## Chest

### MOVEMENT

Face the wall with your chest about 4-6 inches away from it. Turn your head the opposite direction of the massage area, raising your opposite arm. Position the ball in the trigger point area of your chest and carefully lean against the ball. Applying a comfortable amount of even pressure, roll the ball side-to-side in each area.



### Upper Chest

*Just below clavicle*

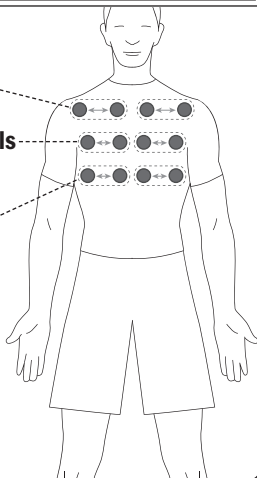
### Middle Chest/Pectorals

*(This exercise is NOT suggested for women)*

### Lower Chest

*Just above the bottom of the rib cage*

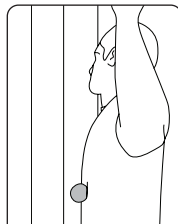
*Note: Massage one side of the chest at a time*



## Abdomen

### MOVEMENT

Face the wall with your chest about 4-6 inches away from it. Turn your head the opposite direction of the massage area, raising your opposite arm. Position the ball in the trigger point area of your abdomen and carefully lean against the ball. Applying a comfortable amount of even pressure, roll the ball side-to-side in each area.



### Upper Abdomen

*Just below rib cage*

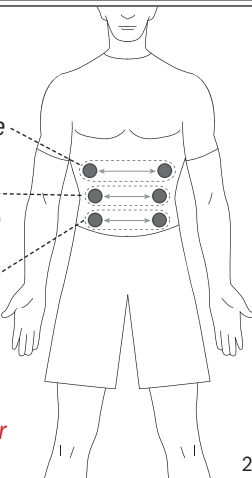
### Middle Abdomen

*Across belly button*

### Lower Abdomen

*Just above the hips*

*Note: Massage from one side all the way to the other*



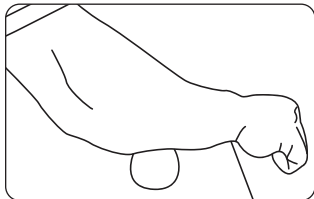
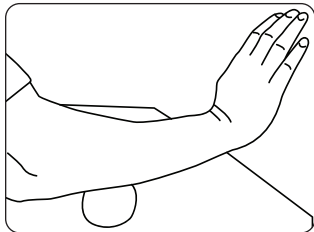
## Forearms

### MOVEMENTS

While seated at a desk or table, place the ball on the surface and position your forearm on top the ball just in front of the elbow. Applying a comfortable amount of even pressure, roll the ball side-to-side, back-and-forth, or in a circular motion between your wrist and elbow.

**Hand Up Position**—To reach specific tendons, use your other hand to extend each finger, one-at-a-time, slightly backwards.

**Hand Down Position**—To allow more pressure on the muscles, hang your wrist off of the desk or table edge.

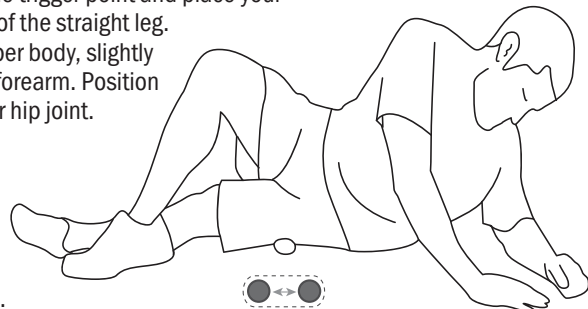


## IT (iliotibial) Band

**POSITION**—Lying on your side on the floor, bend your knee that is opposite of the trigger point and place your foot on the opposite side of the straight leg. While supporting your upper body, slightly turn with your hands and forearm. Position the ball slightly below your hip joint.

**MOVEMENT**—Applying a comfortable amount of even pressure, roll the ball side-to-side and down the IT Band to just-above your knee joint.

*(Do **NOT** roll directly onto hip or knee joint.)*

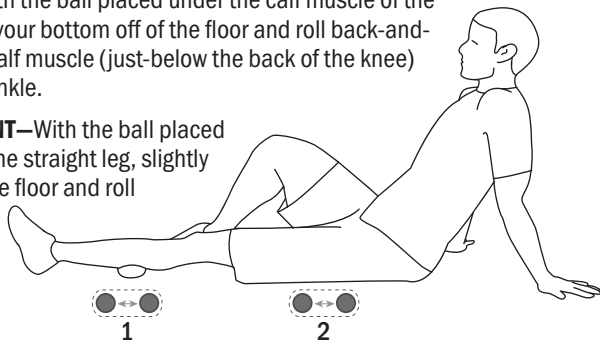


## Calves and Hamstrings

**POSITION FOR BOTH EXERCISES**—Sitting on the floor with one leg bent and toes turned up, lean back and support your upper body with your hands placed behind you.

**CALVES MOVEMENT**—With the ball placed under the calf muscle of the straight leg, slightly raise your bottom off of the floor and roll back-and-forth from the top of the calf muscle (just-below the back of the knee) to 2-3 inches above the ankle.

**HAMSTRINGS MOVEMENT**—With the ball placed under the upper thigh of the straight leg, slightly raise your bottom off of the floor and roll back-and-forth from just-below the glutes to just-above the knee joint.

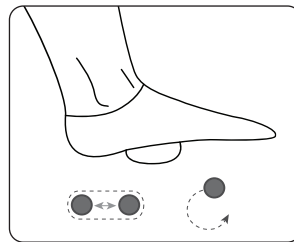
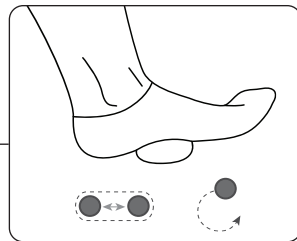


## Feet

### MOVEMENTS

position the ball on under the arch of your foot. Applying a comfortable amount of even pressure, roll the ball side-to-side, back-and-forth, or in a circular motion.

**Toes Flexed Position**—Flex your toes upward.



**Toes Pointed Out Position**—Point your toes so they are parallel to the floor.

*Note: Do NOT place your full body weight onto the ball. If standing, keep most of your weight on the leg that is not on the ball.*