

Training Manual



WARNING



IMPORTANT: Read and follow all warnings & information before use to avoid serious injury or death.



- *Deep rolling massage*
- *Reinforced UltraFin™ Core*
- *Recovery and strength exercises*

BARREL ROLLER

*Contoured Support
= Superior Massage*



BARREL ROLLER TRAINING MANUAL

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WARNING

Suggested Weight Limit: 250lbs (static)

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 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



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USAGE/WARNINGS

- The Barrel Roller is not a toy—keep out of reach of children. If allowing anyone under 18 to use it for exercise purposes, they must have constant adult supervision.
- The Barrel Roller could pose a hazard to pets and children—**NEVER** leave it unattended.
- Use the Barrel Roller 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, such as exercise shoes.

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.

Usage WARNINGS and Care

Introduction and Guidelines

This training manual is provided to help you get optimal, safe performance from your GoFit Barrel 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.

BENEFITS OF MUSCLE PAIN MANAGEMENT WITH MASSAGE ROLLERS

- Quick relief to muscular pain and soreness
- Restores and increases flexibility and range of motion
- Erodes trigger-points while massaging the muscle and stimulating blood flow
- Improves body strength and circulation
- Accelerates the de-stressing process
- Aids in avoiding injury

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 in very specific areas to erode trigger-point "knots." Roll out muscle soreness and relieve stress with the expansive 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.

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

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.

If bruising or discoloring occurs this is a sign of too much pressure and should be discontinued immediately.

TIPS

- To allow better relaxation and results, take **deep breaths** in and out
- 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 and sensitive areas
- Some areas may be more tender than others, so apply the amount of pressure that is comfortable to **you**
- 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
- Drink plenty of water after your massage therapy

Guidelines continued

Upper and Lower Back

Muscles Targeted: Back—Latissimus Dorsi, Rhomboids, Trapezius and Lower Lumbar



STEP ONE - Position the massage roller just beneath your shoulder blades. If your neck muscles are too weak, use your hands to assist, or “cradle”, your head. Elbows should be kept out to your side rather than in close. Keep your knees bent and feet flat on the floor.



STEP TWO - Using your legs to control the movement, elevate your hips and glutes, and slowly begin to roll towards the lower back, pausing at any sore or tight spots.



STEP THREE - The massage roller should go no lower than your upper glute muscle. Control the motion, roll back up to your shoulder blades and repeat the movement.

Beginner: Light Pressure for 15 - 20 seconds on tight/stiff area
Advanced: Greater Pressure for 30 - 45 seconds on tight/stiff area

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Beginner: Light Pressure for 15 - 20 seconds on tight/stiff area
Advanced: Greater Pressure for 30 - 45 seconds on tight/stiff area

STEP ONE - While leaning or placing your weight to one side, position the massage 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.

STEP TWO - Roll to the outside portion of your glutes from top to bottom. This is a relatively small movement intended to target the glutes.



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

Muscles Targeted: Glutes and Piriformis

Glutes

Hamstrings

Muscles Targeted: Back—Latissimus Dorsi, Rhomboids, Trapezius and Lower Lumbar

STEP ONE - Place the massage roller directly behind your knee. Hands should be positioned to support the weight of your upper body, keep your back/spine in an upright position by engaging your abdominals.

(You may begin by sitting with one leg on top of the massage roller, and your other leg bent with your foot firmly planted in the floor.)



STEP TWO - Slowly begin to roll forward bringing the massage roller from just below your knee to just beneath your glutes. You may lean to one side or the other to target any tight spots you may find within the muscles. Pointing your toes in, out and straight will help work the entire muscle group.

- *To increase pressure/load, place one leg on top of the other and perform the motion.*



Beginner: Light Pressure for 15 - 20 seconds on tight/stiff area
Advanced: Greater Pressure for 30 - 45 seconds on tight/stiff area

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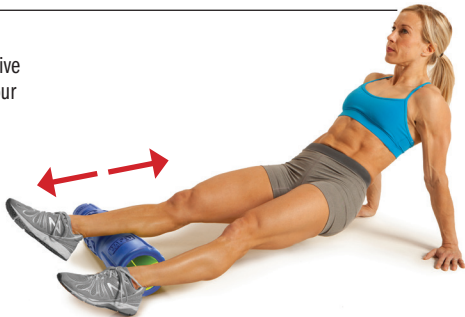
Beginner: Light Pressure for 15 - 20 seconds on tight/stiff area
Advanced: Greater Pressure for 30 - 45 seconds on tight/stiff area

STEP ONE - Position the massage roller under one leg (right behind the ankle), while using your hands to support your upper body. Your opposite leg remains straight and off to the side of the massage roller.



STEP TWO - Lifting your bottom off of the floor, slowly drive your body forward, rolling from the ankle to just below your knee joint pausing on any tight or sore spots. Point your toes up (dorsiflexion) and down (plantar flexion).

- *To target the inside or outside of your calf muscles, you may also point your toes in or out.*



Muscles Worked: Calves (Gastroc and Soleus)

Calves—Single Leg

Calves

Muscles Worked: Calves (Gastroc and Soleus)

STEP ONE - Position the massage roller under your calves (right behind both ankles), while using your hands to support your upper body.



STEP TWO - Lifting your bottom off the floor, slowly drive your body forward, rolling from your ankles to just below your knee joint, pausing on any tight or sore spots. Point your toes up (dorsiflexion) and down (plantar flexion).

• *To increase the intensity or pressure, you may also stack one leg on top of the other. To target the inside or outside of your calf muscles, you may also point your toes in or out.*



STEP THREE (ADVANCED) - Raise your bottom as you tighten or engage your glutes and abdominals, bringing your body to a straight line. Continue to roll your calves on the massage roller, return to the starting position and repeat. This reverse bridge movement requires strong lower back and abdominal muscles.

Advanced



Beginner: Light Pressure for 15 - 20 seconds on tight/stiff area
Advanced: Greater Pressure for 30 - 45 seconds on tight/stiff area

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Beginner: Light Pressure for 15 - 20 seconds on tight/stiff area
Advanced: Greater Pressure for 30 - 45 seconds on tight/stiff area

STEP ONE - While positioned to one side, place your hip (the one closest to the ground) on the massage roller. Place your elbow on the same side on the ground for support. Bend and place your opposite leg in front. This will help with the motion of the exercise, provide balance, and distribute your weight equally on the massage roller.



STEP TWO - While using your hands and your stationary foot for support, roll from your hip down to your knee, pausing on any tight or sore spots.

Advanced

- *(ADVANCED) For a deeper more intense IT Band massage, place your legs on top of the another. Keeping both legs straight, perform the movement using your upper body for support.*



Muscles Worked: Iliotibial Band, Lateral Quads

Abductors (IT Band)

Quadriceps (Quads)

Muscles Targeted: quadriceps femoris

STEP ONE - Releasing your quadriceps (quads) is one of the easiest and most effective massage roller exercises. From a prone (face down) position, place both legs on the massage roller. The massage roller should be just above your knees to begin the movement. Bend your elbows for upper body support.



STEP TWO - Keeping your back flat, transfer your weight moving from forward to back, moving the massage roller from the top of your knee to the top of your thigh. Point your toes out to isolate your inner muscles. Shifting your body weight to one side or the other will help to target any trigger or pressure points.

- *To increase intensity or pressure, you may place one leg on top of the other.*

Beginner: Light Pressure for 15 - 20 seconds on tight/stiff area
Advanced: Greater Pressure for 30 - 45 seconds on tight/stiff area

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Beginner: Light Pressure for 15 - 20 seconds on tight/stiff area
Advanced: Greater Pressure for 30 - 45 seconds on tight/stiff area

STEP ONE - Balance on your forearms into a low crawl position with the top of one of your inner thighs resting on the massage roller. The weight of your upper body will be supported by your shoulders. Your “on” knee is bent, while your “off” leg remains straight.



STEP TWO - Roll from your inner thigh (inseam), to the inside part of your knee. Shift your weight toward the roller for more pressure.

Muscles Worked: adductor longus

Adductors (Inner Thigh)

Shins

Muscles Targeted: Anterior Tibialis (shins)

STEP ONE - Begin by kneeling, placing the massage roller under both shins. Balance yourself by extending your arms and placing your hands on the floor.

(You may massage one shin at a time—one shin on the roller, and the other on the floor for better balance and comfort.)



STEP TWO - Extending your legs, roll from just below your knee to the top of your ankle. Bring your knees back towards your body and repeat the movement. Rotating your shins to one side or the other will help avoid direct pressure to your shin bone.

- *To increase the amount of pressure, you may place one leg on top of the other.*



Beginner: Light Pressure for 15 - 20 seconds on tight/stiff area
Advanced: Greater Pressure for 30 - 45 seconds on tight/stiff area

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Recommended: 15 – 20 reps or 20 – 30 seconds

STEP ONE - Begin by placing the massage roller under the small of your back (just below the rib cage). Bend your knees and place your feet directly in front of your balance. Feet should remain flat throughout the exercise. If your neck muscles are too weak, place your hands behind your head, and “cradle” your head. Make sure you do not “pull” your head forward.



STEP TWO - Bring your upper body towards your knees in a crunch motion, contracting your abdominal muscles. Elbows should remain out to your side and chin pointed towards the ceiling as you bring your body forward.

- *For an advanced movement – place one foot on your opposite knee and cross over your body as you crunch, bringing the opposite elbow towards your opposite knee.*



Muscles Worked: Abdominal and Lower Back

Abdominal Crunch

Pelvic Tilt

Muscles Worked: Hips, Glutes, Hamstrings, Abdominal and Lower Back

STEP ONE - To begin, lay flat on your back, bend your knees and place both feet on the massage roller. Your back should be flat on the ground, and hands placed out to the sides.



STEP TWO - Elevate your hips and bring your bottom off the floor. You should imagine a straight line running from your shoulder to knee at the top of the motion. Contract or “squeeze” your glutes, hold for 2 seconds and return to the starting position, and repeat.



STEP TWO (ADVANCED) - Elevate your hips and bring your bottom off the floor. Extend one leg out as the other remains on the massage roller. Imagine a straight line running from your shoulder to your foot. Squeeze and hold the position for 2 seconds. Return your foot to the massage roller, and repeat the movement with your opposite leg.

Advanced



Recommended: 15 – 20 reps or 20 – 30 seconds

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Recommended: 15 - 20 reps or 20 - 30 seconds

STEP ONE - Begin the exercise from a kneeling position, facing the massage roller. With your arms extended, grasp the massage roller, placing your hands on the very edges. Fingers should be placed inside of the massage roller itself.



STEP TWO - Bending at your elbows, lower your chest towards the massage roller. Chest should be approximately 6" above the massage roller at the bottom of the movement. This exercise can be done from either a kneeling/modified position (knees kept on the ground) or from a full push-up position (knees off the ground).



Muscles Worked: Pectoral, Triceps, and Deltoids

Push Up

Alternating Push Up

Muscles Worked: Hips, Glutes, Hamstrings, Abdominal and Lower Back

STEP ONE - Begin the exercise from a kneeling position with the massage roller parallel to your body. Place one hand in the middle of the massage roller and the other on the ground. Hands should be placed slightly wider than shoulder width apart.



STEP TWO - Bending at your elbows, lower your chest towards the ground. Drive your body back up to the starting position and then “roll” the massage roller across your body to the opposite side. Place your opposite hand on the massage roller and repeat the movement. This exercise can be done from either a kneeling/modified position (knees kept on the ground) or from a full push-up position (knees off the ground).



Recommended: 15 – 20 reps or 20 – 30 seconds



WARNING



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Serious or fatal injury can occur. Exercise Programs of any kind present an inherent danger to the participant. Consult your doctor before beginning any exercise program. All GoFit equipment is intended to be used by adults only in the manner shown/illustrated/described. Anyone under the age of 18 should have constant adult supervision. Always read and follow all warnings and information before use. Always use proper techniques and common sense when exercising. Before each use, check your equipment thoroughly for any signs of damage, defect or wear. If any is found, discontinue use immediately and contact GoFit for assistance. This product is not intended for commercial use.

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