

# MassageBall



*Training Manual*



 **WARNING**



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

# Table Of Contents

<b>WARNING</b>	1A
<b>WARNING/Maintenance</b>	2A
<b>Introduction</b>	3A
<b>Exercise Guidelines</b>	4A
<b>Forearms</b>	1
<b>Back</b>	2
<b>Chest</b>	4
<b>Abdomen</b>	6
<b>Rib Cage and Obliques</b>	8
<b>Glutes</b>	10
<b>IT (Iliotibial) Band</b>	12
<b>Hamstring</b>	14
<b>Calves</b>	16
<b>Feet</b>	17



## WARNING



**Read all information before use.  
Serous 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.NET](http://WWW.GOFIT.NET); HOWEVER GOFIT, LLC HAS NO OBLIGATION TO PROVIDE UPDATES AND NEWS.



## WARNING/Maintenance

- **USE ONLY** as shown/illustrated/intended in a slow and controlled manner
- The Massage Ball is **NOT** a toy; it is not intended for use by children. If allowing anyone under 18 to use it for therapy, they must have adult supervision.
- **NEVER** throw, hit or “bat” the Massage Ball
- Store the Massage Ball 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 Massage Ball is used improperly.
  
- Clean the Massage Ball with mild soap and water. **DO NOT** use abrasive or chemical cleaners.
- Keep the Massage Ball out of direct sunlight. Do not place Massage Ball where it would be exposed to extreme high or low temperatures or heat sources.
- The Massage Ball is composed of synthetic materials—its “life span” will depend on amount of usage and proper care.

2A

## Introduction

Ideal portable therapy! GoFit’s Massage Ball reaches deep muscle tissue—targeting knots and trigger points to relieve pain and soreness. Made of dense lightweight foam with a solid core, this unique therapy tool targets virtually all muscle groups. It has a soft textured surface to keep it in place while you roll away muscle pain. Leaning on a wall or laying down, simply press and roll. You decide how much pressure to apply for maximum relief.

***Train. Recover. Repeat. GoFit!***

3A

## Exercise Guidelines

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

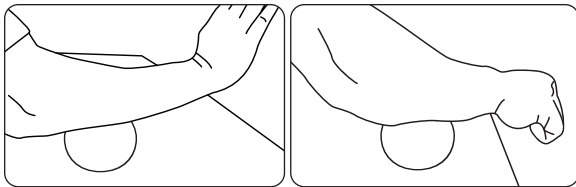
**Beginner:** Place and hold light pressure for 15 to 20 seconds on tight or stiff area until muscle tissue relaxes. Repeat 1 to 2 times per session.

**Advanced:** 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.

- Most exercises may be done against a wall or lying 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 where the ball is hitting 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
- For better relaxation and results, take deep breaths in and out.

4A

## Forearms



**MOVEMENT:** For both positions, move side-to-side, up-and-down, or circularly (clockwise/counter-clockwise).

**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

**MESSAGE BALL**

*Training Manual*

1

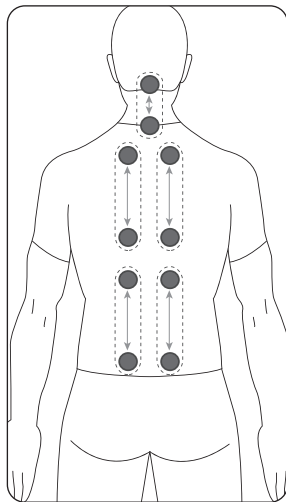
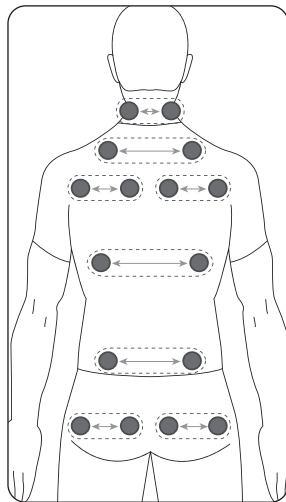
# Back

**MOVEMENT:** Standing with back 5-7 inches away from the wall, place the ball in trigger-point area and carefully lean back against wall. With comfortable pressure applied to the ball, move side-to-side or up-and-down to roll the ball 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 side of the spine at a time; one glute muscle at a time)*

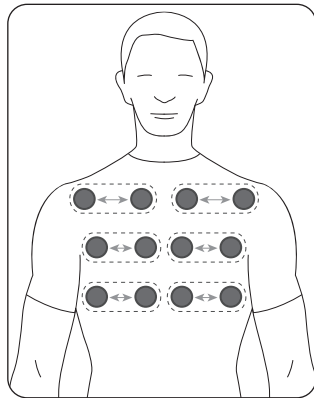


# Chest

**MOVEMENT:** Standing with chest 5-7 inches away from the wall, place the ball 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 ball side-to-side.

**POSITIONS:**

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



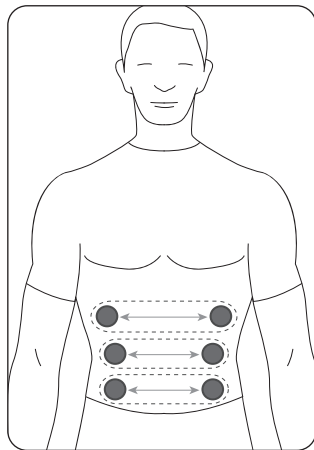
# Abdomen

**MOVEMENT:** Standing with chest 5-7 inches away from the wall, place the ball 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 ball side-to-side.

**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, all the way to the other side.)*



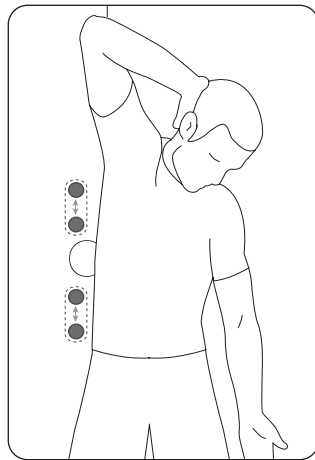
# Rib Cage and Obliques

**RIB CAGE:** Standing with back 5-7 inches away from the wall, place the ball in at the bottom of the rib cage. Carefully lean against the wall. With comfortable pressure applied to the ball, move up and down.

*The ball should go from the bottom of your rib cage to your armpit.*

**OBLIQUES:** Standing with back 5-7 inches away from the wall, place the ball in trigger-point area at your hip. Carefully lean against the wall. With comfortable pressure applied to the ball, move up and down.

*The ball should go from your hip to just below your rib cage.*



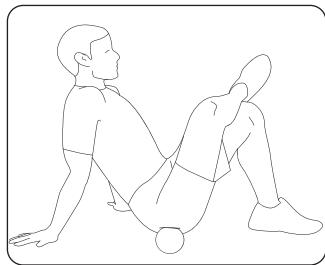
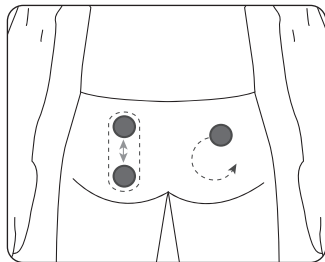


# Glutes

**MOVEMENT:** For both positions, move side-to-side, up-and-down, or circularly (clockwise/counter-clockwise).

**POSITIONS:**

- **Standing**— With back 5-7 inches away from the wall, place the ball 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.

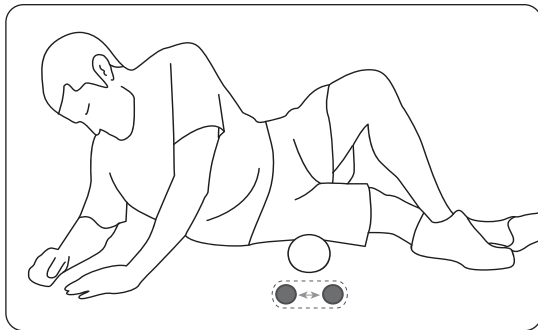


# IT (Iliotibial) Band

**MOVEMENT:** Place the ball slightly below your hip joint. With comfortable pressure applied to the ball, move side-to-side to roll the ball 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 that is 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.



# Hamstring

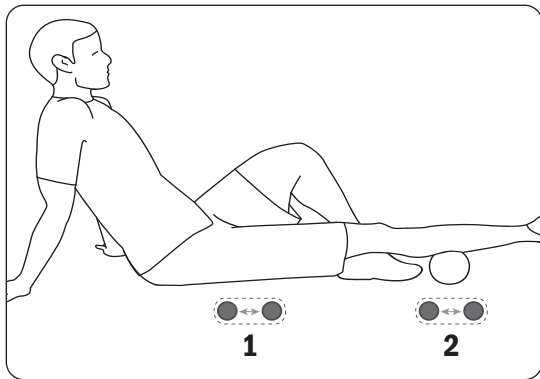
**MOVEMENT:** Slightly raise your bottom off of the floor and roll the ball back and forth.

**POSITION 1:** Sitting on the floor with one leg bent, place the ball 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 ball 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.

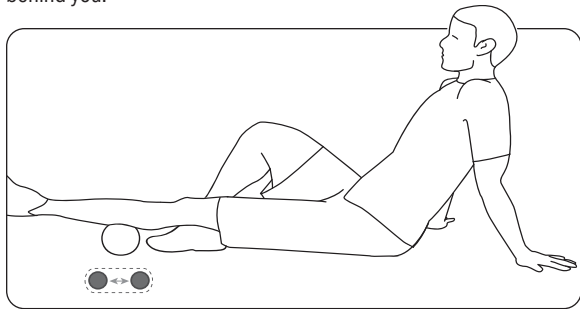
*Roll from the top of the calf muscle (just below the back of the knee) to 2-3 inches above the ankle.*



## Calves

**MOVEMENT:** Slightly raise your bottom off of the floor and roll the ball back and forth from the top of the calf muscle (just below the back of the knee) to 2-3 inches above the ankle.

**POSITION:** Sitting on the floor with one leg bent, place the ball 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.

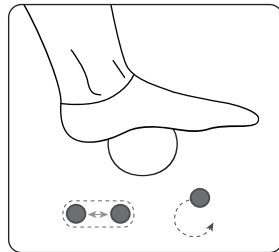
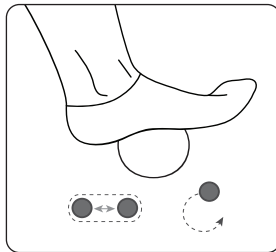


**MASSAGE BALL**

16

*Training Manual*

## Feet



**MOVEMENT:** For both positions, move side-to-side, up-and-down, or circularly (clockwise/counter-clockwise).

**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 ball.)*

**MASSAGE BALL**

17

*Training Manual*

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.



**TRAIN. RECOVER. REPEAT.**



©2023 GoFit, LLC. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any other information storage and retrieval system, without the written permission of GoFit, LLC.