



# GoRoller

## Massage Kit

*Perfect for Travel*

*Training Manual*



**WARNING**



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

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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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## Introduction & Guidelines

This manual is a visual reference guide for the GoFit Go Roller and Myofascial Release Ball. Use this manual as a guide to take with you when traveling. Always start at a level that will allow you to complete all the recommended reps and sets.

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### RECOMMENDED WORKOUT GUIDELINES

#### GO ROLLER REGENERATION: Pages 1-9

**Beginner:** Place roller and move 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 roller and move 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.

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

#### GO ROLLER CORE EXERCISES: Pages 10-14

**Beginner:** 1 to 2 Sets of 10 to 12 Repetitions

**Advanced:** 2 to 3 Sets of 12 to 15 Repetitions

2A

## 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.



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## Glutes



**A**– Place your weight to one side and position the Go 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

## Hamstring

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



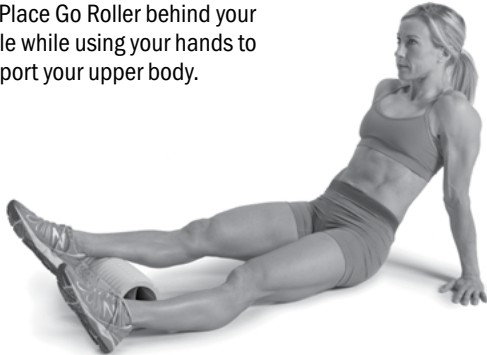
**B**– Lift bottom off the ground and slowly roll forward from just below your knees to just beneath your glutes.



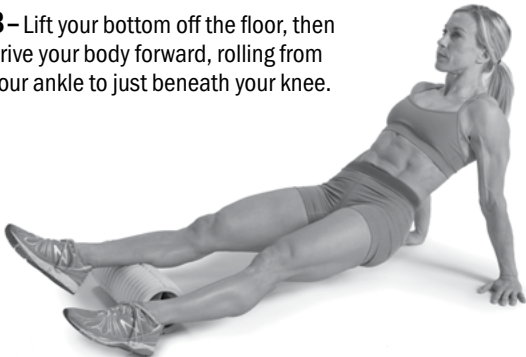
\*To increase intensity, place one leg on top of the other.

## Calves—Single Leg

**A**— Place Go Roller behind your ankle while using your hands to support your upper body.



**B**— Lift your bottom off the floor, then drive your body forward, rolling 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.

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## Calves

**A**— Position Go Roller behind both ankles.



\*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.

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



\*Advanced—Raise your bottom and bring your body to a straight line as you continue to roll. (The reverse bridge requires strong lower back and abdominal muscles.)

**\*Advanced**



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## IT (iliotibial) Band

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



**\*Advanced**



**\*Advanced**—Perform motion 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 Go 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 Go Roller longitudinally (length of body) along your inseam and place your bent leg on the roller. Keep other leg straight on the ground.

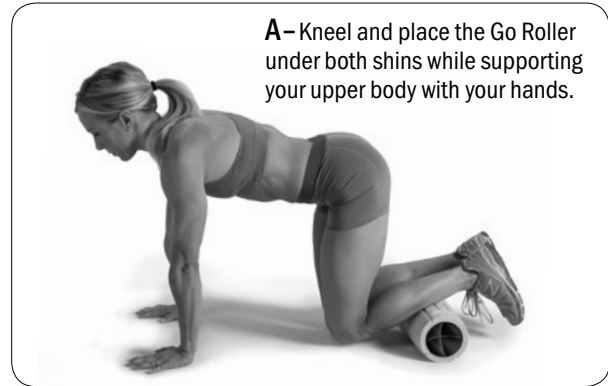
**B**– Roll from your inner thigh (inseam) to the inside part of your knee. Shift weight to target any sore or tight areas.

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## Shins



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



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

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

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## Abdominal Crunch

**A**– Place Go 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 Go 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 Go Roller and your hands placed out to the side of your body.

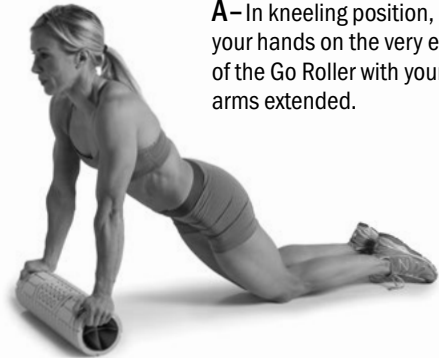


**B**— Elevate your hips and bring your bottom off the floor. Elevate one leg, then contract and “squeeze” your glutes for 2 seconds, then return to the starting position and repeat.



## Push Up

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

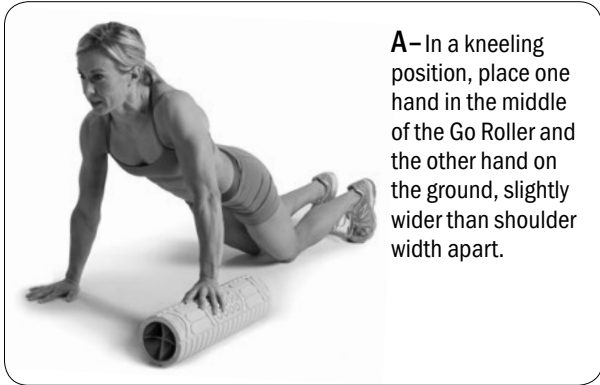


**B**— Bend at your elbows and lower your chest towards the roller.

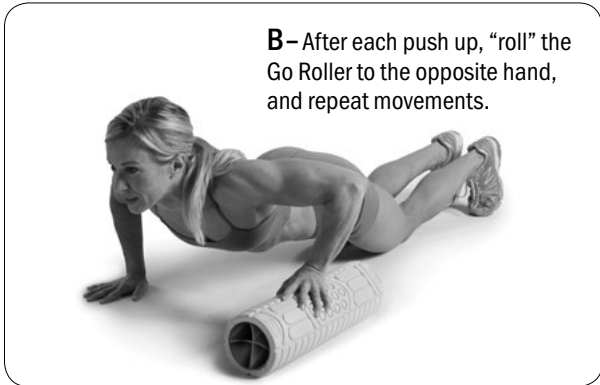


\*This exercise can be done from either a kneeling/modified position or from a full push-up position.

## Alternating Push Up



**A**— In a kneeling position, place one hand in the middle of the Go 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.*

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## Myofascial Release Ball Therapy

The GoFit Myofascial Release Ball is an excellent tool for target-point massage therapy. You decide on how much pressure you want to apply to your target-point areas for maximum relief.

- **Direct Target-Point Massage Therapy**
- **Less Swelling and Stiffness**
- **Relieves Stress and Tension**

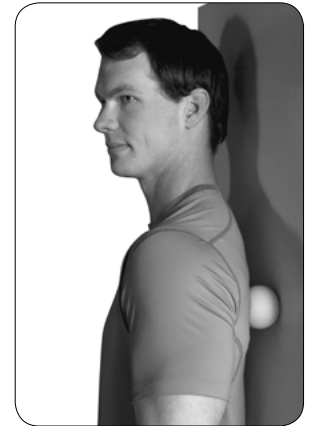
### Recommended Therapy Guidelines

*\*Please check with your physician before engaging in any exercise or massage therapy program to 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 or until muscle tissue relaxes. Repeat 3 to 4 times per session.

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



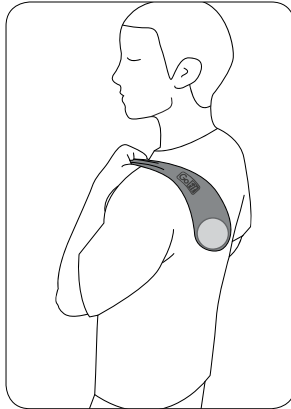
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## Guidelines

- 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 to you.
- You may feel some discomfort where the ball is hitting the target-point area.
- If you feel extreme discomfort, place a hand towel over the ball or switch back to your Go Roller.
- 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.
- **To allow for a more comfortable reach, place ball into the Go Roller mesh carry bag as illustrated.**



## Back—Horizontal

**MOVEMENT**—With your back facing the wall and standing 4-6 inches away from wall, place the ball in target-point area and carefully lean back against the wall. With comfortable pressure applied to the ball, move side-to-side to roll the ball back and forth in each area.

### POSITIONS

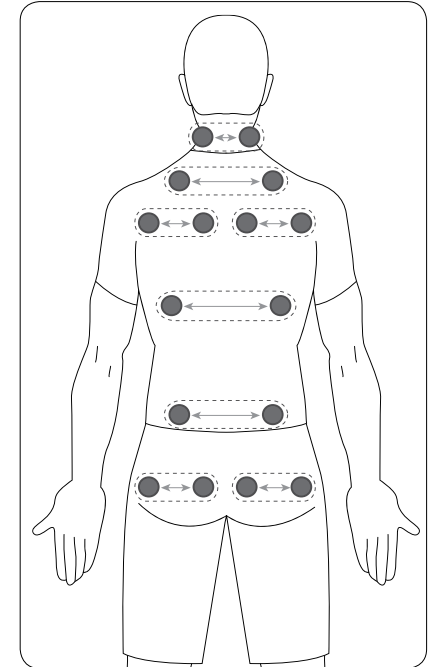
**Upper Back—**  
Neck, Shoulders, and  
Shoulder Blades.

*(Note: Massage one  
shoulder blade at a time.)*

**Middle Back**

**Lower Back/Buttock**

*(Note: Massage one  
buttock at a time.)*



\*Place ball in GoFit mesh carry bag for an easier reach.  
Exercises may be performed lying on the floor.

## Back—Vertical

**MOVEMENT**—With your back facing the wall and standing 4-6 inches away from wall, place the ball in target-point area and carefully lean back against the wall. With comfortable pressure applied to the ball, move your body up and down by bending and straightening your knees.

### POSITIONS

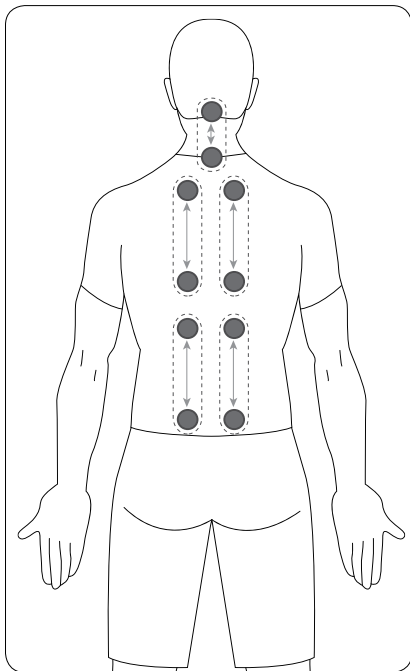
#### Neck

#### Upper to Middle Back

*(Note: Massage one side of the spine at a time.)*

#### Middle to Lower Back

*(Note: Massage one side of the spine at a time.)*



\*Place ball in GoFit mesh carry bag for an easier reach.  
Exercises may be performed lying on the floor.

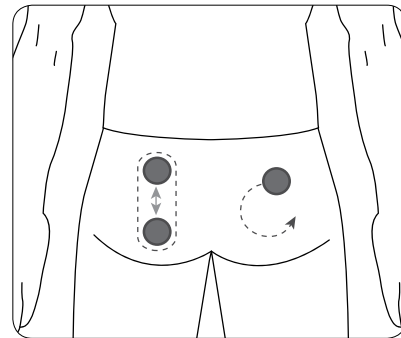
## Buttocks

\*You may lean against a wall or sit on the floor for this exercise.

**MOVEMENTS for Both Positions**—You may move horizontally (side-to-side), vertically (up and down), or circularly (clockwise/counter clockwise).

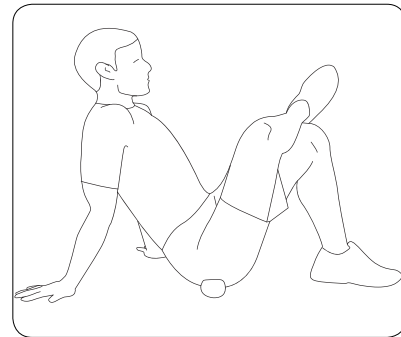
### POSITIONS

**Standing**—With your back facing the wall and standing 4-6 inches away from wall, place the ball in target-point area and carefully lean back against the wall.



**Sitting**—Cross ankle over opposite knee and support your upper body with your hands behind you.

*You will be able to control the amount of pressure applied, by raising yourself up with the foot that is on the ground and your hands and arms stabilizing you.*



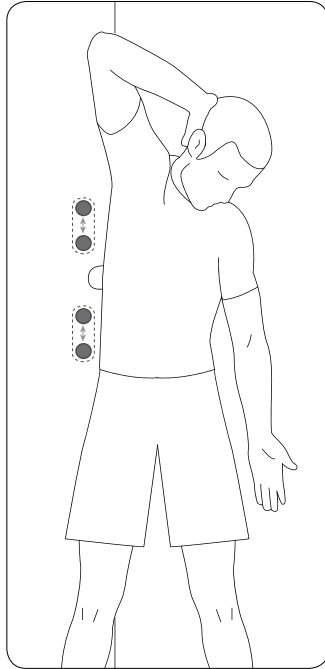
## Rib Cage and Obliques

**Rib Cage**—Standing sideways to the wall and standing 4-6 inches away from wall, place the ball at the bottom of the rib cage. Carefully lean against the wall. With comfortable pressure applied to the ball, move your body up and down by bending and straightening your knees.

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

**Obliques**—Standing sideways to the wall and standing 4-6 inches away from wall, place the ball at your hip. Carefully lean against the wall. With comfortable pressure applied to the ball, move your body up and down by bending and straightening your knees.

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



\*You may also lay on your side on the floor for these exercises.

## Chest

**MOVEMENT**—With your chest facing the wall, turn your head the opposite direction of the target-point being massaged with the opposite arm raised. Stand 4-6 inches away from wall, place the ball in target-point area and carefully lean forward against the wall. With comfortable pressure applied to the ball, move side-to-side to roll the ball back and forth in each area.

### POSITIONS

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

#### Upper Chest

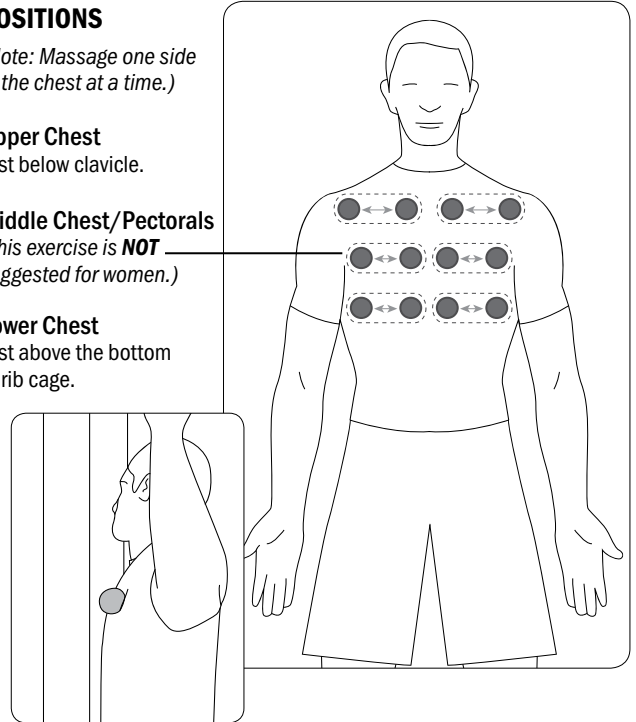
Just below clavicle.

#### Middle Chest/Pectorals

*(This exercise is NOT suggested for women.)*

#### Lower Chest

Just above the bottom of rib cage.



# Abdomen

**MOVEMENT**—With your chest facing the wall, turn your head the opposite direction of the target-point being massaged with the opposite arm raised. Stand 4-6 inches away from wall, place the ball in target-point area and carefully lean forward against the wall. With comfortable pressure applied to the ball, move side-to-side to roll the ball back and forth for each area.

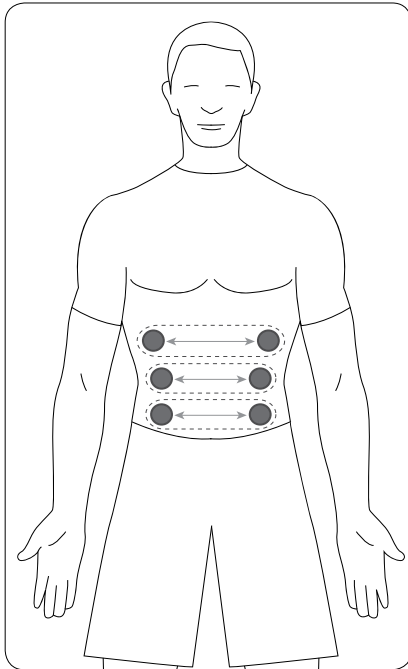
## POSITIONS

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

**Upper Abdomen**  
Just below rib cage.

**Middle Abdomen**  
Across belly button.

**Lower Abdomen**  
Just above the hips.



# Forearms

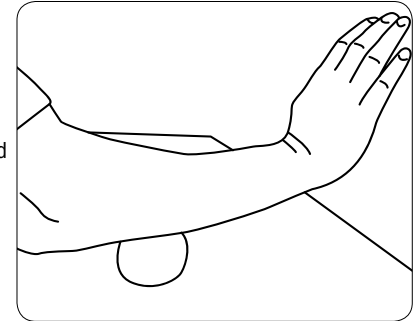
\*Exercises performed on desk or table while sitting down.

**MOVEMENTS for Both Positions**—You may move the ball horizontally (side-to-side), vertically (up and down), or circularly (clockwise/counter clockwise) from just below your elbow to your wrist.

## POSITIONS

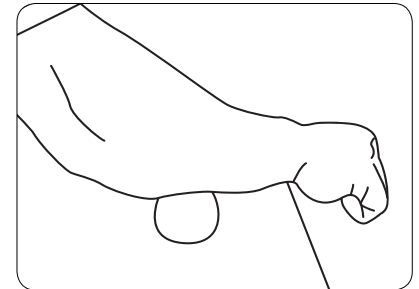
### Hand Up

To reach specific tendons, use your other hand to extend each finger, one at a time, slightly backwards.

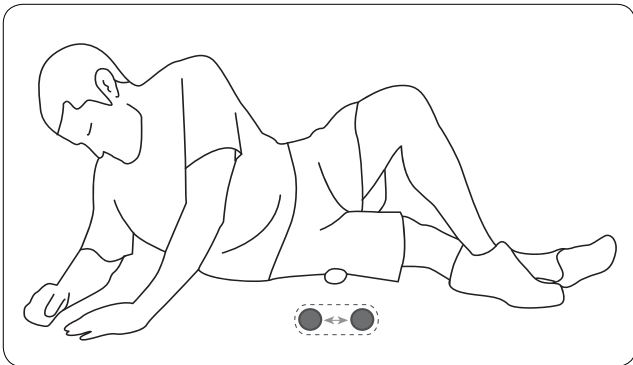


### Hand Down

To allow more pressure into muscles, hang your wrist off the desk or table.



## IT (iliotibial) Band



**POSITION**—Lying on your side on the floor, bend your knee that is opposite of the target-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.

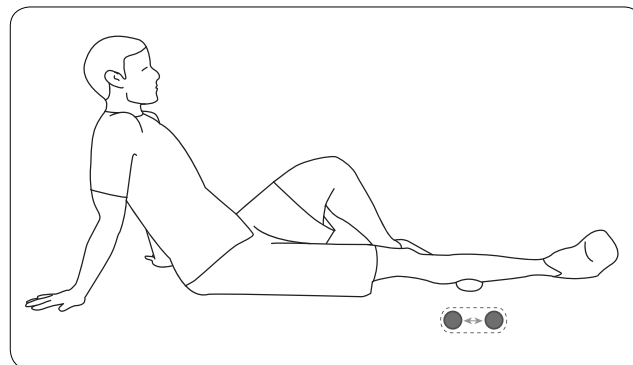
**MOVEMENT**—Place the ball slightly below your hip joint. With comfortable pressure applied to the ball, move side-to-side to roll the ball down to just above your knee joint. (*Do **NOT** roll directly onto hip or knee joint.*)

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## Calves



**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.

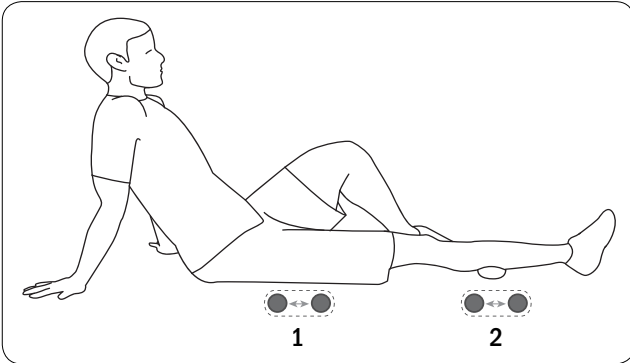
**MOVEMENT**—Slightly raise your bottom off of the ground and roll the ball back and forth from the top of the calf muscle (just below the back of the knee) to 2-3 inches above the ankle.

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# Hamstring



**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.*

**MOVEMENT**—Slightly raise your bottom off of the ground and roll the ball back and forth.

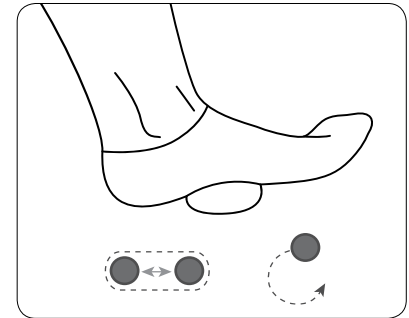
# Feet

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

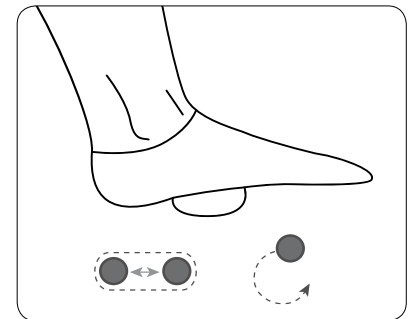
**MOVEMENTS for Both Positions**—You may move the ball horizontally (side-to-side), vertically (up and down), or circularly (clockwise/counter clockwise).

## POSITIONS

**Toes Flexed**  
Flex your toes upward towards your head.



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





## ***Train. Recover. Repeat.***

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