

# MuscleHook2

## Targeted Trigger Point Massage

GoFit's Muscle Hook 2 targets sore muscles for deep tissue, trigger point massage. Its rounded ends simulate a massage therapist's thumbs, while the unique, compact, "2-shaped" hook, helps you reach tight muscles over the entire body. The finger-grooved hand grip provides leverage, so you can apply the right degree of massage pressure you want, wherever you want it. *Train. Recover. Repeat. GoFit.*



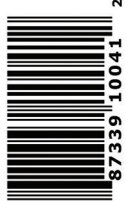
**! WARNING**



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

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. Not intended for commercial use.

This product may contain a chemical known to the State of California to cause birth defects or other reproductive harm.



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## Targeted Trigger Point Massage



TRAINING MANUAL



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## **WARNING**



**Read and follow 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, 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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## Usage and Care

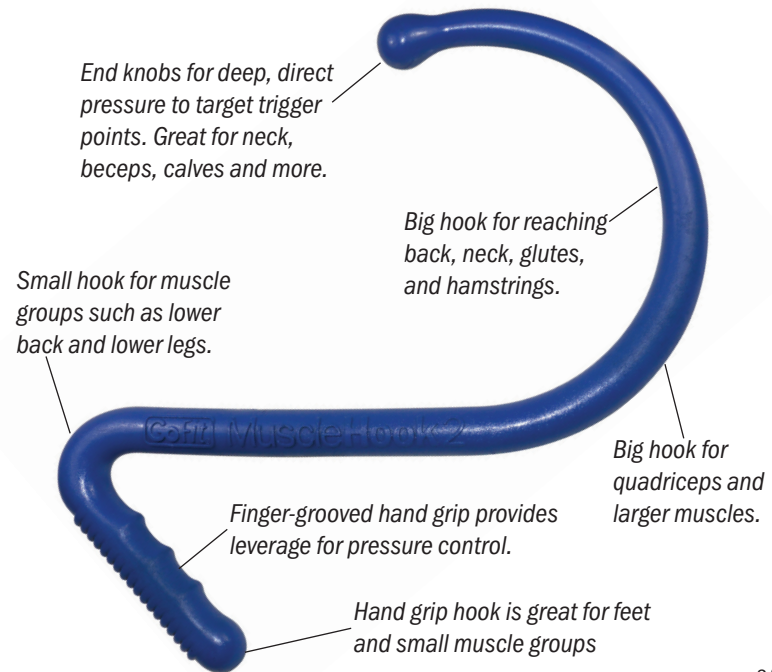
### GoFit Muscle Hook 2

- The Muscle Hook 2 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 Muscle Hook 2 could pose a hazard to children and pets, therefore must **NEVER** be left unattended.
- When first attempting any exercise shown, use caution while determining your physical limitations.
- GoFit, LLC is not responsible for any personal property damage that may occur while using the Muscle Hook 2.
- The Muscle Hook 2 should only be used for its intended purpose as outlined in this training manual.

### MAINTENANCE AND CARE

- Clean the Muscle Hook 2 with mild soap and warm water. **DO NOT** use abrasive or chemical cleaners. **DO NOT** immerse Muscle Hook into water.
- Keep the Muscle Hook 2 out of direct sunlight. The Muscle Hook 2 should not be placed anywhere where it would be exposed to extreme high or low temperatures, heat sources or open flame.

## GoFit Muscle Hook 2



## Introduction and Guidelines

This manual is a visual reference guide for the GoFit Muscle Hook 2. Always start at a level that is comfortable to you.

Thank you for your GoFit purchase. We strive to be your one source for superior, innovative, home-fitness products at a great value. For other GoFit products, visit your local retailer, or go to [www.gofit.net](http://www.gofit.net) and see our entire product line and more.

### **BENEFITS OF MUSCLE PAIN MANAGEMENT WITH THE MUSCLE HOOK 2**

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

### **RECOMMENDED GUIDELINES**

The GoFit Muscle Hook 2 is an excellent tool, shaped to reach all muscle groups and trigger points for a deep tissue massage. You decide on the best angle and the amount of pressure you want to apply to your trigger point areas for maximum relief. Use the Muscle Hook 2 *pre-workout* to ease tension and improve range of motion and performance, or utilize it *post-workout* to assist with your recovery process.

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

## Guidelines Continued

**BEGINNER:** 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:** 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.

*- Do not put pressure directly onto bones.*

*- Do not massage areas of skin irritations or inflammation.*

*- If bruising or discoloring occurs, this is a sign of too much pressure and massage should be discontinued immediately. Too much pressure could cause damage to your tissues.*

- To allow for better relaxation and results, take deep breaths in and out.
- You may feel some discomfort where the hook is hitting the trigger point area.
- Some areas may be more tender than others, so apply the amount of pressure that is comfortable to **you**.
- If you feel extreme discomfort, discontinue use of the Muscle Hook 2 immediately.

## Neck



*Suggested Muscle Hook 2 Usage for Area:  
Large Hook Knob or Hand Grip Hook Knob.*



## Trapezius and Upper Back



*Suggested Muscle Hook 2  
Usage for Area:  
Big Hook with Knob.  
Leverage pressure with  
hand grip.*

## Biceps and Triceps



*Suggested Muscle Hook 2  
Usage for Area:  
Hand Grip Hook Knob.*

## Lower Back and Obliques



*Suggested Muscle Hook 2 Usage for Area:  
Large Hook Knob or Hand Grip Hook Knob.*



## Glutes



*Suggested Muscle Hook 2 Usage for Area:  
Big Hook with Knob,*

## Calves and Lower Legs



*Suggested Muscle Hook 2 Usage for Area:  
Small Hook with Knob, Outer Bend of  
Small Hook.*



## Feet

*Suggested Muscle Hook 2  
Usage for Area:  
Small Hook with Knob.*



## Quadriceps

*Suggested Muscle Hook 2 Usage for Area:  
Outer Bend of Small Hook.*

