

MuscleHook

MULTI-TOOL



GoFit's Muscle Hook Multi-Tool targets the total body for deep tissue muscle recovery. Its unique hook design and hand grips help reach tight muscles with massaging leverage. The "Go" relief-pattern of its rolling massage bar kneads sore muscle tissue while the roller-ball end knobs simulate massaging thumbs for total body recovery.



TRAIN. RECOVER. REPEAT.    



 **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 to reduce the risk of injury. 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 is NOT a Medical Device. This product may expose you to chemicals known to the State of California to cause cancer. For more information go to www.P65Warnings.ca.gov.

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MULTI-TOOL



TRAINING MANUAL

*Total Body
Recovery*

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WorkoutLibrary



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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

- The Muscle Hook Multi-Tool 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 Multi-Tool 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 Multi-Tool.
- The Muscle Hook Multi-Tool should only be used for its intended purpose as outlined in this training manual.

MAINTENANCE AND CARE

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

GoFit Muscle Hook Multi-Tool Components



Introduction and Guidelines

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

RECOMMENDED MASSAGE GUIDELINES

This Training Manual is a reference guide showing a variety of massage usage suggestions. As you put the Muscle Hook Multi-Tool to use for yourself, explore its multiple massage options to help with your individual muscle relief. GoFit's Muscle Hook Multi-Tool is designed for "total body" self massage. It can help you reach all muscle groups to roll out soreness and promote circulation. You decide on the best angle, massage type, and amount of pressure you want to apply for maximum relief. Always start at a level that is comfortable to you.

OVERALL BENEFITS OF USING THE MUSCLE HOOK MULTI-TOOL

- Quick relief to muscular pain and soreness
- Erodes trigger-points while massaging the muscle
- Accelerates the de-stressing process
- Restores and increases your flexibility/range of motion
- Promotes blood circulation and aids in avoiding injury
- Use **pre-workout** to ease tension and improve range of motion for greater performance
- Use **post-workout** to assist with muscle recovery and soreness

Guidelines Continued

BEGINNER: Place, hold or roll on muscle areas that are tight, stiff or sore using **light** pressure for 15 to 20 seconds. Repeat 1 to 2 times per session, or until muscle tissue relaxes or soreness decreases.

ADVANCED: Place, hold or roll on muscle areas that are tight, stiff or sore using **greater** pressure for 30 to 45 seconds. Repeat 3 to 4 times per session, or until muscle tissue relaxes or soreness decreases.

- 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 you start to massage trigger-points
- Some of these areas may be more tender than others, so apply only the amount of pressure that is comfortable to **you**
- If you feel extreme discomfort, discontinue use of the Muscle Hook Multi-Tool immediately

Neck



Suggested usage:

- Small hook roller-ball knob
- Rolling massage bar

Trapezius and Upper Back



Suggested usage:

- Big hook roller-ball knob
- Rolling massage bar

Quadriceps



Suggested usage:

- Rolling massage bar

Lower Back and Obliques



Suggested usage:

- Rolling massage bar

Glutes

Suggested usage:

- Big hook roller-ball knob
- Rolling massage bar



Calves

Suggested usage:

- Small hook roller-ball knob
- Rolling massage bar



Feet

Suggested usage:

- Small hook roller-ball knob



Biceps and Triceps

Suggested usage:

- Small end knob of handle

