

# GoFit Thermal Roll-on Massager Therapy Guide



## HEATING INSTRUCTIONS



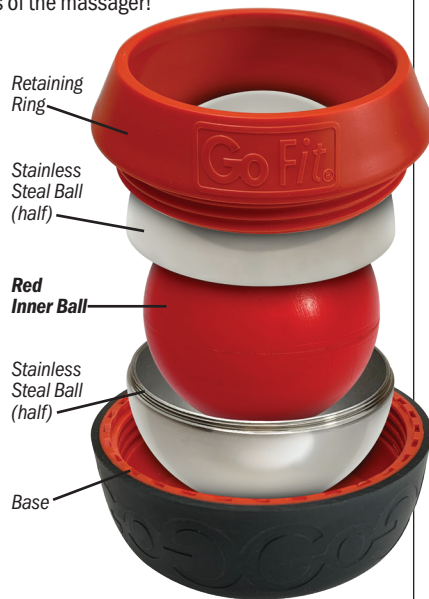
Use a microwave oven to **HEAT ONLY THE RED INNER BALL**, adhering closely to the following instructions:  
**NOTE: NEVER** microwave the *Stainless Steel Ball* or other parts of the massager!

1. Unscrew *Retaining Ring* to remove the *Stainless Steel Ball*.
2. Unscrew *Stainless Steel Ball* to remove the *Red Inner Ball*.
3. Place *Red Inner Ball* into microwave and heat as follows—**DO NOT** exceed maximum heating time as directed by the microwave's watt rating shown in the chart below:\*

RATING	MAXIMUM HEATING TIME
800W	180 Seconds Maximum
1000W	120 Seconds Maximum

**OVERHEATING MAY RUPTURE BALL AND CAUSE INJURY!**

4. Carefully place the heated, *Red Inner Ball* into the *Stainless Steel Ball* and screw the two halves together.
5. Place the *Stainless Steel Ball* into the Base and
6. Place the *Retaining Ring* over the *Stainless Steel Ball* and screw the *Retaining Ring* into the Base.
7. Reheat the *Red Inner Ball* **ONLY** after it has cooled to room temperature.



\*Testing Standard - BS 8433:2004



Read & follow all warnings & information before use to avoid serious injury.

**WARNING—THIS PRODUCT CAN CAUSE BURNS. AVOID PROLONGED DIRECT CONTACT WITH SKIN. TAKE CARE WHEN REMOVING FROM MICROWAVE OVEN. DO NOT INGEST CONTENTS. DO NOT OVERHEAT. FOR MICROWAVE USE ONLY.**

- If overheating occurs, causing *Red Inner Ball* to burst or melt, **WAIT** until remnants have cooled, then dispose of ball remnants and inner, non-toxic thermal beads properly, using a disposable towel.
- **USE ONLY** as shown/illustrated/intended in a slow and controlled manner. **NEVER** throw the Massager or its parts, or use them for any other purpose than massage therapy as intended.
- Consult physician if using during pregnancy.
- The Thermal Roll-On Massager is **NOT** a toy and not

- for use by children. If allowing anyone under 18 to use it for therapy, they must have adult supervision.
- **NEVER** leave the Massager or any of its parts unattended—they could pose a hazard to children or pets. Store out of the reach of children and pets.
- GoFit, LLC is not responsible for any personal harm or property damage that may occur if the Massager or any of its parts are used improperly.
- Inspect at regular intervals, discard if found worn or damaged

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## RECOMMENDED THERAPY GUIDE AND MAINTENANCE

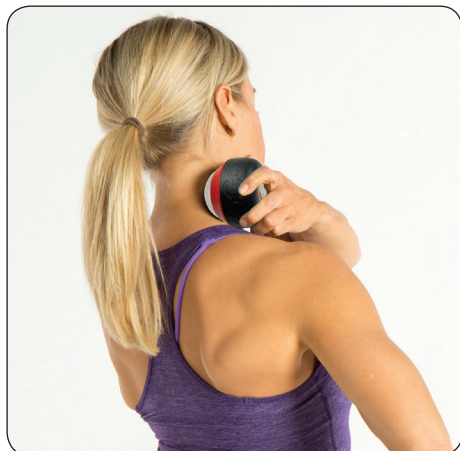
Check with your physician before engaging in any therapy; determine if it is appropriate for you.

The warm, rolling massage of GoFit's Thermal Roll-On Massager awakens tired muscles pre workout and relieves sore muscles post exercise. It targets tight or sore muscle tissue in small and large muscle groups all over the body. You decide how much pressure to apply, as you roll out your muscle pain or stiffness.

- Muscles may be cold, stiff or feel tender, so apply only the amount of pressure that is comfortable.
- If you feel extreme discomfort, decrease pressure
- Use caution when rolling over joints or bones. The massage ball is intended for muscle tissue therapy, not joint soreness or connective tissue.

- Bruising means you are pressing too hard.
- Clean all parts only in accordance with the manufacturer's instruction with mild soap and water. **DO NOT** use abrasive or chemical cleaners.
- Store all parts out of direct sunlight. **DO NOT** expose to extreme temperatures or heat sources.

### NECK



### PECTORALIS MUSCLES



### TRAPEZIUS MUSCLES



### SHOULDERS



### ADDUCTOR MUSCLES



### GLUTES AND LOWER BACK



### FOREARMS



### FEET



### QUADRICEPS



### UPPER ARMS - BICEP/TRICEPS



### CALVES



### HAMSTRINGS

