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# GoVibe

Vibrating Massage Roller



*Training  
Manual*



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 **WARNING**



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

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# WARNING



## IMPORTANT SAFETY INSTRUCTIONS:

**Read and follow all warnings, information and operating instructions before using this product to reduce the risk of injury or death.**

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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## WARNING

### **DANGER – To reduce the RISK OF ELECTRIC SHOCK:**

- **ALWAYS** unplug this appliance from the electrical outlet immediately after use and before cleaning.

### **DANGER – To reduce the RISK OF BURNS, FIRE, ELECTRIC SHOCK OR INJURY TO PERSONS:**

- **DANGER – DO NOT** reach for an electric appliance that has fallen into water—unplug immediately. **DO NOT TOUCH.**
- **DANGER – DO NOT** use while bathing or in any water/liquid.
- **DANGER – DO NOT** place or store appliance where it can fall or be pulled into a tub, sink or any body of water.
- **NEVER** immerse unit in water or other liquid. Keep liquids away from all vent holes, buttons, switches and ports.
- **NEVER** charge unit near water or moisture.
- **NEVER** leave this appliance unattended when plugged in. Unplug from the electrical outlet when not in use. Be sure hands are dry when plugging and unplugging this appliance.
- **NEVER** carry this appliance by the cord.
- **DO NOT** operate this appliance if: it has a damaged cord/plug/recharger; if it is not functioning properly; if it has been dropped, damaged, or immersed in water. Contact [gofit.net](http://gofit.net) for replacement (if within warranty) or further information.
- **Maximum operating time: 15 minutes** – after 15 minutes, unit will **shut off automatically** to prevent over-heating. Allow unit to rest in off position for at least 30 minutes before re-using.
- If the red *Power Indicator Light* flashes, battery is low and the unit will shut itself off shortly. Recharge the battery immediately.
- Unplug unit after charging/recharging and prior to use.



## WARNING

### • **CONSULT PHYSICIAN BEFORE USING THIS PRODUCT.**

- Do not use if you are injured—seek the advice of a physician.
- This product is not recommended for use during pregnancy.
- Massage roller exercises may require balance. Use caution at all times. Avoid accidents: be sure to have adequate clearance in the exercise area. It should be a clean, level surface.
- Exercises should be done in a slow and controlled manner.
- Use only as directed/shown/illustrated, for massage, stretching and exercising as intended.
- Be sure to wear appropriate exercise clothing.
- For adult use only. This product is not a toy—keep out of reach of children and pets.
- **DO NOT** use this Roller as a flotation device.
- **NEVER** attempt to disassemble any part of the unit.
- When not in use or transporting, unit should be turned OFF.

### **MAINTENANCE AND CLEANING:**

- **NEVER IMMERSE IN WATER. KEEP LIQUIDS AWAY FROM END PANELS—ESPECIALLY VENT HOLES SWITCHES OR PORTS.**  
Clean the surface of your Go Vibe Vibrating Massage Roller using a soft, dry cloth. Remove all residue and moisture from unit before attaching AC recharger cord or before use.
- DO NOT use abrasive or chemical cleaners.
- Keep unit out of direct sunlight. Never place unit where it would be exposed to liquid, dampness, heat sources, or extreme high or low temperatures. Keep in dry, cool, enclosed place.

## Usage Guidelines

**IMPORTANT DISCLAIMER NOTE:** This product is not intended to diagnose, treat, cure or prevent any injury or disease. It is not intended to be used as a substitute for medical care, consultation or as care for injuries or pain. Always seek the advice of a physician or medical professional regarding any injury or disease. Consult with a physician or medical professional regarding the use of this product in connection with any prescribed treatment before using this product. If you have any questions regarding any existing medical conditions, discuss them with your physician or health care provider. GoFit does not assume any responsibility of any kind for improper use of this product that is not specified within this training manual or any other provided materials.

### USAGE GUIDELINES - GET THE MOST OUT OF YOUR ROLLER

This training manual is intended to provide a guideline for usage. It shows several areas for massage as well as proper technique. The versatile Go Vibe Vibrating Massage Roller provides you with a variety of self massage options, whether using one of the four vibration levels, or no vibration at all.

Because of the dense, closed cell foam, this roller is ideal for deep tissue massage, even when not vibrating. This means, when pressure is applied, the roller remains firm, not “soft” or “cushy,” causing the massage action to reach deeper into the muscle tissue. Be sure to apply less pressure when massaging softer, more sensitive areas. The edges and hollows of the roller’s varied grooves are designed to release trigger points, or “knots,” in the muscles—targeting specific areas for massage.

Self massage is most commonly used before and after fitness training or any sort of physical exercise. Not only is your Go Vibe Vibrating Massage Roller ideal for these activities, but also for everyday stress relief, muscle relaxation or trigger point release.

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## Usage Guidelines

**Pre-workout**, your muscles are not yet warmed-up and not as flexible, so it is very important to use your roller to loosen tight muscles and promote muscle blood-flow. You may also do stretching at this time, however “rolling out” may actually prove to be more effective for your muscle warm-up.

**Post-workout**, your muscles need recovery. During training, you have stretched and stressed your muscle tissue. Massaging these muscles promotes blood flow in the tissue, while reducing recovery time and muscle soreness.

**Everyday life** at work, home or on-the-go, can create tension, muscle soreness and muscle tissue trigger points. This roller is an effective and portable solution to roll-away stress and promote flexibility, while massaging stiff aching muscles.

**Vibration** adds a type of “micro-massage” within self massage. This small, quickly-repeating motion (vibration) heightens the stimulation of blood flow and promotes elasticity of muscle tissue. The amount of vibration desired will vary with every application. Simply adjust the roller’s vibration level as needed by pressing the Vibration Control Button consecutively.

### RECOMMENDED MASSAGE GUIDELINES

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

**Advanced:** Use *greater* pressure for 30 to 45 seconds on tight or stiff areas 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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# Operating Instructions

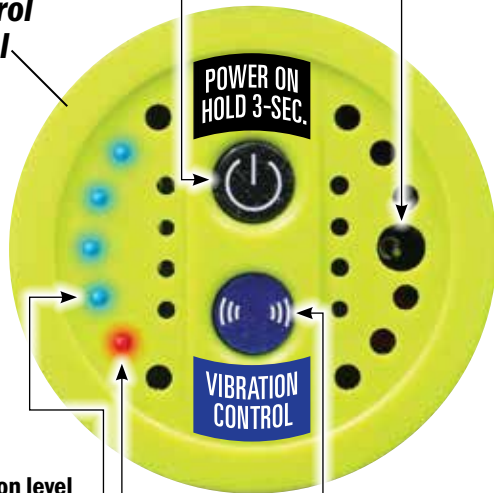
## Power Button

**On:** Press and hold button until red Power Indicator Light illuminates (approximately 3 seconds)  
**Off:** Press and release

## AC Recharger Port

**1:** Insert small plug of recharger cord into port, then insert AC plug into household outlet  
**2:** Charge for 4 hours before use  
**3:** Remove plug from port prior to use

## Control Panel



## Vibration level indicator lights

Blue lights will illuminate consecutively for each of 4 vibration levels

## Power Indicator Light

Lights-up red when power is on; flashes when power is low

## Vibration Settings Button

**1:** Press consecutively for each of 4 vibration levels  
**2:** Press a 5th time to return to the 1st vibration level  
**3:** To stop vibration, press the power button

# Features and Components

Dense, durable closed cell foam stands up to long term use and is optimal for deep tissue massage. Variiegated grooves promote muscle blood flow, while targeting trigger point release.

The sturdy vibration core has four graduated vibration levels for a full range of massage benefits. From pre-workout, blood-flow stimulation to muscle relaxation and recovery, vibrating motion adds a new dimension to self massage. See operating instructions.



## Wireless and AC-rechargeable:

Plug into household AC electrical outlet—charge the unit for at least four hours before initial use.

## AC Charger

## AC Plug

## Small Port Plug



**Note:** Maximum operating time: 15 minutes — after 15 minutes, unit will shut off automatically to prevent over-heating. Allow unit to rest in off position for at least 30 minutes before re-using.

## Specifications and Warranty

### Specifications:

- The Go Vibe Vibrating Massage Roller should only be used with the provided, certified AC charger
- Input: 100-240V 50/60Hz 0.4A
- Output: 8.4V 1.5A
- 4 Speed Settings – Low / Medium / High / Extra High
- Frequency: 33Hz / 38Hz / 42Hz / 48Hz
- Powered by rechargeable lithium battery
- Battery: 7.4V 2000mAh
- Designed in USA, assembled in China

### One Year Limited Warranty:

GoFit, LLC warrants that this specific product will be free of defects for up to one year from the original date of purchase. The product must have been purchased in new condition directly from GoFit or an authorized reseller.

Warranty does not include or cover damage caused by normal usage, transport, accident, or loss of merchandise. Commercial use of this product voids this warranty.

If you feel the item has a manufacturing defect, please contact GoFit Customer Service for a Return Authorization Number to ensure your return is handled properly upon receipt. Shipping charges will be the responsibility of the buyer. Customer Service can be called at 1.888.530.4441, Monday- Friday 8am to 5pm or emailed at [customerservice@gofit.net](mailto:customerservice@gofit.net)

If you purchased this item outside of the United States, please contact customer service for additional information.

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## Adductors (Inner Thigh)

**Starting position** - Balance on your forearms into a low crawl position with the top of one of your inner thighs resting on the roller. Support your upper body with your elbows on the floor, arms at a 90 degree angle. The leg up on the roller is bent at the knee. The other leg remains straight and suspended, while supported by the toes of the foot.

**Movement** - Roll from your inner thigh (inseam) to the inside part of—and just above—your knee. Shift your weight towards the roller for more pressure.

Repeat the movement as needed.



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## Upper and Lower Back

**Starting position** - Position the roller beneath your shoulder blades. Support your head with your hands (ensuring not to pull the head and neck) or cross your arms on your chest. Keep your knees bent and feet flat on the floor. Remember to keep your lower back and glutes slightly elevated off the floor throughout the exercise.



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**Muscles targeted:** Back—*latissimus dorsi, rhomboids, trapezius and lower lumbar*

**Movement** - Using your legs to control the movement, slowly begin to roll on the roller until it is at your lower back. Pause at any sore spots and massage them using small, back-and-forth rolling action. Controlling the motion, roll back up to the shoulder blades and repeat the movement.



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## Glutes

**Starting position** - Sit on the roller, positioning it beneath the “meaty” portion of your lateral glute muscle on one side. Cross your leg, placing your ankle on the opposite quad. Support your upper body by placing your hands on the ground to your rear.



**Movement** - Roll to the outside of your glutes from top to bottom. This is a relatively small movement intended to target the glute muscles. Switch glutes and repeat movement.

## Quadriceps

**Starting position** - Lie face down, placing both legs (quadriceps) on the roller. Position the roller just above the knees to begin the movement. Bend your elbows for upper body support.



**Movement** - Keeping your back flat, transfer your weight moving from forward to back, moving the roller from the top of your knees to the top of your thighs. Point your toes out to isolate your inner muscles. Shifting your body weight from side to side will help target trigger points as needed.

*Note: To increase the amount of pressure, you may place one leg on top of the other.*



## Shins

**Starting position** - Begin by kneeling, placing the roller under both shins. Balance yourself by extending your arms 90 degrees, with your hands on the floor.

*Note: you may massage one shin at a time—one shin on the roller and the other on the floor for better balance and comfort.*



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**Muscles targeted:** Anterior tibialis (shins)

**Movement** - Extending your legs, roll for the length of your shins—from just below your knee to the top of your ankle. Bring your knees back towards your body and repeat the movement. Rotating your shins to one side or the other will help avoid direct pressure to the shin bone.

Repeat the movement as needed.

*Note: To increase the amount of pressure, you may place one leg on top of the other.*



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## Abductors (IT Band)

**Starting position** - While positioned to one side, place your hip (the one closest to the floor), on the roller. Place your elbow of the same side, on the floor, supporting your upper body. Bend and place your opposite leg in front. This will help with the motion of the exercise, provide balance and distribute your weight equally on the roller.

**Movement** - While using your hands and your stationary foot for support, roll from your hip down to your knee. Pause on any tight spots for trigger point massage.



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**Muscles targeted:** Iliotibial band, lateral quads

### **Advanced massage exercise:**

**Starting position** - While positioned to one side, place your hip (the one closest to the floor), on the roller. Place your elbow of the same side, on the floor, supporting your upper body. Stack your other leg on top of the lower leg.

**Movement** - Roll from your hip down to your knee. Pause on any tight spots for trigger point massage. Repeat movement on the other side.



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## Hamstrings

**Starting position** - Sit on the the floor with legs together and extended in front of you. Place the roller under your legs, behind your knees. Position hands to support the weight of your upper body, leaning back slightly, but keeping your back in an upright position by engaging your abdominals.

*Note: you may begin by sitting with one leg on top of the roller, and the other leg bent with your foot placed flat on the floor.*



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**Muscles targeted:** Semimembranosus  
and semitendinosus

**Movement** - Slowly begin to roll forward, bringing the roller from just behind your knees to just in front of your glutes. You may lean to one side or the other to target any tight spots you may find within the muscles. Pointing your toes in, out and straight will help work the entire muscle group.

Repeat the movement as needed.

*Note: to increase pressure/load, place one leg on top of the other and perform the motion.*



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**Muscles targeted:** *Gastroc and soleus (calves)*

**Movement** - Lifting your bottom off the floor, slowly drive your body forward, rolling from the ankle to just below your knee. Pause on any tight or sore spots for trigger point massage—pointing your toes upward (dorsiflexion) and downward (plantar flexion).

Repeat the movement for both calves.

*Note: To target the inside or outside of your calf muscles, you may also point your toes in or out.*



## Calves—Single Leg

**Starting position** - Position the roller under one leg just behind the ankle. Place your hands to your sides and slightly to the back, supporting your upper body with your arms. Your other leg remains straight and off to the side of the roller.



## Calves—Both Legs

**Starting position** - Position the roller under your legs just behind the ankle. Place your hands to your sides and slightly to the back, supporting your upper body with your arms.



**Movement** - Lifting your bottom off the floor, slowly drive your body forward, rolling from the ankles to just below your knee. Pause on any tight or sore spots for trigger point massage—pointing your toes upward (dorsiflexion) and downward (plantar flexion).



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**Muscles targeted:** *Gastroc and soleus (calves)*

*Note: to increase pressure intensity, you may also stack one leg on top of the other.*

*To target the inside or outside of your calf muscles, you may also point your toes in or out.*

**Advanced massage exercise:**

**Movement** - Raise your bottom as you tighten or engage your glutes and abdominal muscles, bringing your body into a straight line. Continue to roll your calves on the roller. Return to the starting position and repeat. This reverse bridge movement requires a strong lower back as well as strong abdominal muscles.



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## Lat Stretch and Forearms

**Starting position** - Kneeling in front of the roller, place your forearms onto the roller with palms down. Position your arms so the roller is behind the heel of your hands at approximately your wrists.



**Muscles targeted:** *Latissimus dorsi (lats)*

**Movement** - Keeping your knees in place, roll slowly forward by extending your arms, until the roller reaches your elbows. Pause on any tight or sore spots for trigger point massage. During the movement, feel your lats stretch.

Repeat the movement as needed.

