

# DUAL-SIDED MASSAGER

## MESSAGE GUIDE

- Warm up for 3-5 minutes before each session.
- Complete 1–3 sets of 8–12 activity patterns of each massage selected.
- Rest approximately 30–60 seconds between each massage set.
- Perform each massage in a controlled manner.
- If unable to complete 8 activity patterns, increase rest time or decrease number of activity patterns. Or if unable to achieve moderate to maximal fatigue following the completion of 12 activity patterns, decrease rest time or increase number of activity patterns.
- Perform each massage a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each massage session.

BEFORE BEGINNING THIS OR ANY OTHER MESSAGE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

### IT BANDS/ADDUCTORS



**Start:** Expand massager and place around the front of the upper leg. Allow the massager to gently hug the sides of the quad/IT Bands.

**Finish:** In a controlled motion, gently slide the massager forward and back.

### QUAD/HAMSTRINGS



**Start:** Expand massager and place around the upper leg. Allow the massager to hug the quad and hamstrings.

**Finish:** Move the massager in a controlled motion with a gentle amount of pressure.

### HIP FLEXORS



**Start:** Expand massager and place it a little bit below your hip bone. Allow the massager to hug your hip flexors.

**Finish:** With a controlled and smooth motion, roll the massager along the muscle.

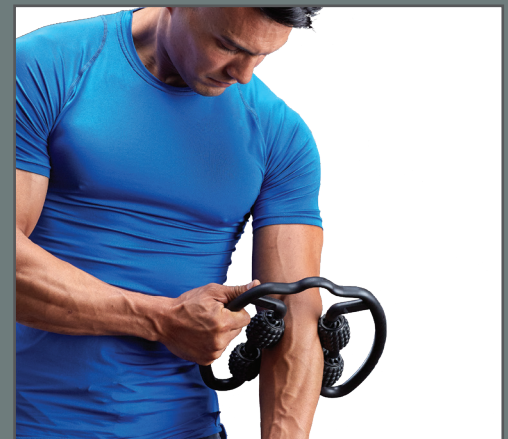
### CALF



**Start:** Expand the massager and place it around the calf muscle allowing it to hug the muscle.

**Finish:** Move the massager up and down on the calf muscle in a controlled motion with a gentle amount of pressure.

### ARMS



**Start:** Expand massager and place around the arm. Allow the massager to gently hug the arm.

**Finish:** In a controlled motion, move the massager along the arm allowing it to massage the muscles.