



# TOTAL BODY FOAM ROLLER

## Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Total Body Foam Roller.

### SETUP

1. Remove Total Body Foam Roller from box and check for shipping damage (scratches, gouges or tears).
2. Your Total Body Foam Roller is now ready for use.

### WORKOUT TIPS

1. Follow the exercise instructions presented in the program.
2. Use a smooth and steady motion when performing each exercise.
3. Perform exercise routines to the best of your ability without strain.
4. Avoid holding your breath while exercising.
5. Always use the Total Body Foam Roller in an open area free of furniture or other items that could get in the way while exercising.

### CARE

1. Dry the Total Body Foam Roller with a towel after use. Check for nicks or tears.
2. Spot clean roller with a damp cloth. Air dry.
3. Avoid exposing the Total Body Foam Roller to sharp or abrasive surfaces, or to heat or excessive sunlight.



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### IMPORTANT SAFETY CAUTIONS!

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your doctor before beginning the workout.
3. Perform exercises in a slow and controlled manner.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as intended and demonstrated in the workout program.
6. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

Learn more at <http://life.gaiam.com>

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