

GAIAM  RESTORE™

MASSAGE THERAPY KIT

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Massage Therapy Kit.

SET-UP

1. Remove the Massage Therapy Balls from box and check for shipping damage (scratches, gouges or tears).
2. Your Massage Therapy Kit is now ready for use.

WORKOUT TIPS

1. Initially follow the exercises presented in the DVD program without using the Massage Therapy Balls. This will help you become more familiar with the workout and its benefits. Begin using the Massage Therapy Balls only after you have become accustomed to the movement.
2. Ensure the Massage Therapy Balls are secure against your body before applying pressure.
3. Use a smooth and steady motion when performing each exercise.
4. Perform exercise routines to the best of your ability without strain.
5. Avoid holding your breath while exercising.

CARE

1. Dry the Massage Therapy Balls with a towel after use.
2. Wipe the Massage Therapy Balls with a damp cloth to clean. Air dry.

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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 this 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 on the exercise guide.
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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MADE IN CHINA.

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