

ADJUSTABLE MASSAGE ROLLER

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Adjustable Massage Roller.

SETUP

1. Remove the Adjustable Massage Roller from the packaging and check for possible shipping damage.
2. To configure, gently remove gray handle from massage stick. Arrange massage rings in desired order. Firmly place gray handle back on massage stick.
3. Your Adjustable Massage Roller is ready to use.

WORKOUT TIPS

1. Follow the exercises shown from the digital download at gaiam.com/adjustablemassageroller
2. Use a smooth and steady motion when performing each exercise.
3. Perform exercises to the best of your ability without discomfort.
4. Avoid holding your breath while exercising.
5. Always use your Adjustable Massage Roller in an open area free of furniture or other items that could get in the way while exercising.

CARE

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

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IMPORTANT SAFETY CAUTIONS!

1. Consult with your doctor before beginning this or any other exercise program.
2. Perform exercises in a slow and controlled manner.
3. Do not use if deep scratches or gouges exist.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as demonstrated in the workout program from the digital download at gaiam.com/adjustablemassageroller
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 TAIWAN.

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