



MINI

MUSCLE ROLLER

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Mini Muscle Roller.

SETUP

1. Remove the Mini Muscle Roller from the packaging and check for possible shipping damage.
2. Your Mini Muscle Roller is ready to use.

WORKOUT TIPS

1. Follow the exercises shown on the downloadable exercise guide.
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 Mini Muscle Roller in an open area free of furniture or other items that could get in the way while exercising.

CARE

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



MINI

MUSCLE ROLLER

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Mini Muscle Roller.

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 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.
7. Do not stand or balance on product.

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

©2015 Gaiam Americas, Inc. All rights reserved. GAIAM and the "Flower of Life" logo design and Restore are registered trademarks of Gaiam, Inc. or its subsidiaries. Manufactured and distributed by Gaiam Americas, Inc., Louisville, CO 80027-2452.

MADE IN TAIWAN.

SKU 05-62133CARE