

HAND HELD MASSAGER

SETUP, CARE & SAFETY GUIDE

Please read before setting up or using your Hand Held Massager.

SETUP

1. Remove the Hand Held Massager from the packaging and check for possible shipping damage.
2. Your Hand Held Massager is ready to use.

WORKOUT TIPS

1. Use a smooth and steady motion when performing each massage.
2. Perform massages to the best of your ability without discomfort.
3. Avoid holding your breath while massaging.

CARE

1. Dry the Hand Held Massager with a towel after use.
2. Wipe the Hand Held Massager with a damp cloth to clean. Air dry.

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. 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.
5. To avoid damage to your Hand Held Massager, do not use the product with massage oils.