

MINI

PINPOINT MASSAGER

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Mini Pinpoint Massager.

SETUP

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

WORKOUT TIPS

1. Use a smooth and steady motion when performing each exercise.
2. Perform exercises to the best of your ability without discomfort.
3. Avoid holding your breath while exercising.
4. Always use your Mini Pinpoint Massager in an open area free of furniture or other items that could get in the way while exercising.

CARE

1. Dry the Mini Pinpoint Massager with a towel after use.
2. Wipe the Mini Pinpoint Massager 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. 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.
6. This product is not intended to cure any medical conditions.

CAUTION: Use only as directed. Consult with your doctor or physical therapist before beginning any self-treatment program. Suitable for ages 13 and over. Keep out of reach of younger children. Do not use if you have diabetes, or if you have open sores or cracked or blistered skin in the treatment area. If symptoms worsen, decrease pressure; if adverse symptoms persist, discontinue use and contact your doctor.

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