Setup, Workout Tips and Care & Safety Guide

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

**SETUP**

1. Remove the Mini Dual Muscle Roller from the packaging and check for possible shipping damage.

2. Your Mini Dual Muscle Roller is ready to use.

**WORKOUT TIPS**

1. Use a smooth and steady motion when performing the massage techniques shown in the included guide.

2. Use the product to the best of your ability without discomfort.

3. Always use your Mini Dual Muscle Roller in an open area free of furniture or other items that could get in the way while the product is in use.

**CARE**

1. Dry the Mini Dual Muscle Roller with a towel after use.

2. Wipe the Mini Dual Muscle Roller with a damp cloth to clean. Air dry.
IMPORTANT SAFETY CAUTIONS!

1. Consult with your doctor before beginning this or any other self-care program.

2. Do not use if deep scratches or gouges exist.

3. Stop and rest if you feel dizzy or short of breath.

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. This product has not been evaluated by the FDA and 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.
CALVES

BICEPS

QUADS

SHOULDERS

UNDER ARM

HAMSTRINGS

TRICEP

GLUTES

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