

FLEX

FOOT ROLLER

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using.

SETUP

1. Remove the Flex Foot Roller from the packaging and check for possible shipping damage.
2. Your Flex Foot Roller now ready for 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 Flex Foot Roller in an open area free of furniture or other items that could get in the way while exercising.

CARE

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

IMPORTANT SAFETY CAUTIONS!

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1. Consult with your doctor or physical therapist before beginning any self-treatment program.
2. Suitable for ages 13 and over. Keep out of reach of younger children.
3. 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.
4. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your doctor before beginning this workout.
5. Perform movements in a slow and controlled manner.
6. Stop and rest if you feel dizzy or short of breath
7. 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.
8. These statements have not been evaluated by the FDA. This product is not intended to diagnose or cure any medical conditions.

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