

FLEX

# MASSAGE ROLLER

## Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using.

### SETUP

1. Remove from the packaging and check for possible shipping damage.
2. You're ready to use your Flex Massage Roller.

### WORKOUT TIPS

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

### CARE

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

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### IMPORTANT SAFETY CAUTIONS!

1. Perform massages in a slow and controlled manner.
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 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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