

DUAL-SIDED MASSAGER

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using.

SETUP

1. Remove Dual-Sided Massager from the box and check for possible shipping damage.
2. Your Dual-Sided Massager is now ready for use.

WORKOUT TIPS

1. Ensure your hands are clean and dry before use.
2. Use a smooth and steady motion when performing each movement.
3. Avoid holding your breath while exercising.

CARE

1. Dry Dual-Sided Massager with a towel after use.
2. Avoid exposing the Dual-Sided Massager to heat or excessive sunlight.
3. Store in a cool, dry place.

IMPORTANT SAFETY CAUTIONS!

1. Not all self-care programs are suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any self-care program. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your doctor before beginning this program.
3. Perform movements in a slow and controlled manner.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as intended and demonstrated on the downloadable guide.
6. 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.
7. This product is not intended to cure any medical conditions.

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