

# COMPACT TEXTURED FOAM ROLLER

## Setup, Massage Tips and Care & Safety Guide

Please read before setting up or using your Compact Textured Foam Roller.

### SETUP

1. Remove Compact Textured Foam Roller from box and check for possible shipping damage (scratches, gouges or tears).
2. Your Compact Textured Foam Roller is now ready for use.

### MASSAGE TIPS

1. Follow the instructions presented in the program.
2. Use a smooth and steady motion when performing each routine.
3. Perform routines to the best of your ability without strain.
4. Avoid holding your breath while using.
5. Always use the Compact Textured Foam Roller in an open area free of furniture or other items that could get in the way while exercising.

### CARE

1. Dry the Compact Textured Foam Roller with a towel after use. Check for nicks or tears.
2. Spot clean roller with a damp cloth. Air dry.
3. Avoid exposing the Compact Textured Foam Roller to sharp or abrasive surfaces, or to heat or excessive sunlight.

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### IMPORTANT SAFETY CAUTIONS!

1. Not all massage is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any program or before using this or any other massage equipment.  
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.
3. Perform routines 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 in the usage program.
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.

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