

ADJUSTABLE

MASSAGE ROLLER PLUS

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using.

SETUP

1. Remove the Adjustable Massage Roller Plus from the packaging and check for possible shipping damage.
2. To configure, gently remove gray handle from massage stick. Arrange massage rings in desired order. Firmly place gray handle back on massage stick.
3. Your Adjustable Massage Roller Plus is ready to use.

MASSAGE TIPS

1. Follow the exercises shown from the digital download at gaiam.com/adjustablemassagerollerplus
2. Use a smooth and steady motion when performing each exercise.
3. Perform exercises to the best of your ability without discomfort.
4. Avoid holding your breath while exercising.
5. Always use your Adjustable Massage Roller Plus in an open area free of furniture or other items that could get in the way while exercising.

CARE

1. Dry the Adjustable Massage Roller Plus with a towel after use.
2. Wipe the Adjustable Massage Roller Plus with a damp cloth to clean. Air dry.

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IMPORTANT SAFETY CAUTIONS!

1. Perform exercises 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. Use product only as demonstrated in the workout program from the digital download at gaiam.com/adjustablemassagerollerplus
5. 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.

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.

SEE MORE AT WWW.GAIAM.COM

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