EASY-GLIDE
MASSAGE ROLLER

SETUP, MASSAGE TIPS, AND CARE & SAFETY GUIDE

Please read before setting up or using your Massage Roller.

SETUP

1. Remove the Massage Roller from the packaging and check for shipping damage.
2. Your Massage Roller is now ready for use.

USE

1. Pre-activity/workout: Roll to help warm up muscles and help prepare muscles for activity. Simply roll each muscle group 15-30 seconds.
2. During activity/workout: Roll to help relieve cramps, aches, soreness and tightness.
3. Post-activity/workout: Total body roll and rubdown to help muscle recovery, as well as soothe aches, soreness and discomfort.

MASSAGE TIPS:

1. Apply pressure with both hands. For best results, try to relax when using the Massage Roller. This allows you to massage deeper into the muscle.
2. You are always the best judge of how much pressure to apply, but a “good sore hurt” is what you should strive for. This “good sore hurt” means the feeling is uncomfortable but not painful.
3. Always follow muscle paths. Roll gently over areas such as the spine, shoulder blades, collarbone, shin bones, etc.
4. It typically takes 10-20 rolls or 15-30 seconds over each muscle group for muscles to warm up. To be most effective, it is best to progressively press deeper into the muscle area with each roll.
5. Tender “knots” in the muscle can prevent full range of motion, while causing aches, discomfort and early muscle fatigue. These tender muscle knots come in various sizes, like a pin head, pea or marble. When passing over a muscle knot, minor discomfort or tenderness may be experienced. The Massage Roller may help with releasing the knot or cramp. To minimize a muscle knot, we recommend 3 sets of 10 seconds of firm, constant, focused rolls on the muscle knot with light but firm rolling over the larger muscle in between the 10-second sets. Remember: Mild discomfort, not painful.
6. Re-occurring or stubborn muscle knots often need additional attention. Slowly and gradually work the Massage Roller deeper into the muscle to work out the muscle knot. Using the Massage Roller 2-3 times a day may help. Over the course of time, muscle knots should get smaller or go away completely.

**CARE**

1. Dry the Massage Roller with a towel after use.
2. Wipe the Massage Roller with a damp cloth to clean. Air dry.
3. Avoid exposing the Massage Roller to heat or excessive sunlight.
4. Store in a cool, dry place.

**IMPORTANT SAFETY CAUTIONS!**

Please read before setting up or using your Massage Roller.

1. Not all self-care programs are suitable for everyone. To reduce the risk of injury, consult our doctor or physical therapist before beginning this or any other self care program. This instruction presented herein is in no way intended as a substitute for medical counseling. This product is not intended to cure any medical conditions.

2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your doctor before beginning the workout.

3. Perform exercises 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 workout.

6. This product is sold without any warranties or guarantees of any kind. The manufacturer and the distributor disclaim any liability loss or damage caused by its use.