

RECOVR XT PERCUSSION MASSAGER

MESSAGE GUIDE

- Stretch gently for 3-5 minutes before each session.
 - For best results, try to relax your muscles when using the Massager. This allows you to access the core of the muscle.
 - 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.
 - Always follow muscle paths. Be sure to massage gently over bones such as the spine, shoulder blades, collarbone, shin bones, etc.
 - It typically takes 10-20 seconds over each muscle group to warm up healthy muscles. To be most effective, it is best to progressively press deeper into the muscle area with each massage.
 - 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 Massager may help with releasing the knot or cramp.
- To minimize a muscle knot, we recommend 3 sets of 10 seconds of firm, constant, focused pressure on the muscle knot with light but firm massaging over the larger muscle in between the 10-second sets. Remember: Mild discomfort, not painful.
- Re-occurring or stubborn muscle knots often need additional attention. Slowly and gradually work the Massager deeper into the muscle to work out the muscle knot. Over the course of time, muscle knots should get smaller or go away completely.
 - Perform each massage a minimum of 3 times per week for maximum results.
 - Allow 24-48 hours of complete rest between each massage session.

BEFORE BEGINNING THIS OR ANY OTHER SELF-CARE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICAL THERAPIST.

6 Attachment Heads Included



Standard Ball

Ideal for larger muscles groups like glutes and quads



Multi-Prong

Great for smaller muscle groups in the shoulders, arms and legs



U-Shaped

Specifically designed for use on the neck and spine



Rectangular

Go-to attachment for scraping larger muscle groups



Bullet

Provides targeted, deep tissue relief



Flat

Versatile design for all-over, total body use

RECOVER XT PERCUSSION MASSAGER

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Revive, rejuvenate and recover faster with the Recover XT Percussion Massager. Designed to increase circulation, release tightness and soothe sore muscles quickly, the powerful vibrations target areas of the neck, shoulders, back, legs and arms – providing complete, total body relief.

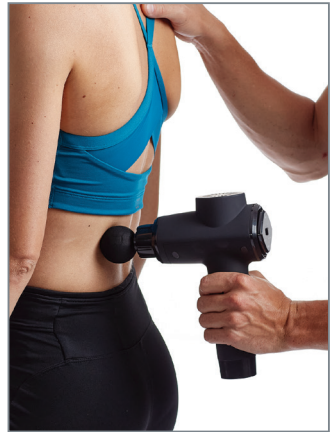
Legs



Arms



Back



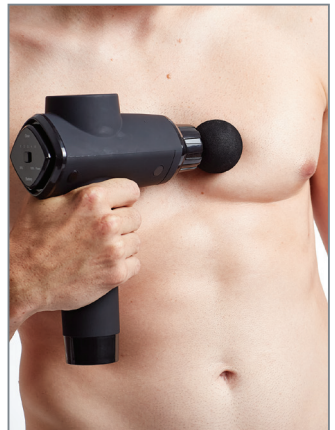
Shoulders



Neck



Chest



ACTUAL PRODUCT MAY DIFFER SLIGHTLY FROM THE ONE SHOWN.

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