



SPORTS



ULTIMATE MASSAGE BALL SET



SPIKY MASSAGE BALL

Spiky massage balls are becoming increasingly popular as they allow you to perform massage exercises by yourself at home or under the supervision and instruction of a therapist.

The spiky massage ball works by stimulating the tissues directly beneath the skin and improving circulation, which combined with relaxed breathing helps to release tension in your muscles.





BENEFITS

- Assists in relieving muscle tension
- Helps in improving poor circulation
- Can assist in range of motion
- Improves quality of movement
- Reduces muscle soreness post workout





GENERAL GUIDELINES

- DO NOT USE if you have a recent injury or trauma which has broken the skin.
- Avoid using over Chronic pain conditions and check with your Doctor or Physio first.
- Avoid applying pressure on bones and joints. Just muscle.
- Combine spiky massage ball with your regular warm-up on workout days and focus on the muscles that you have the most trouble with.
- It may feel very tender at first, as you continue to roll out it will feel less painful.
- Avoid placing balls directly under your lower back or under your neck.





CAUTION:

You should discuss the suitability of these exercises with your Doctor or Physiotherapist before starting. Generally, such exercises should only be performed provided they do not cause or increase pain.

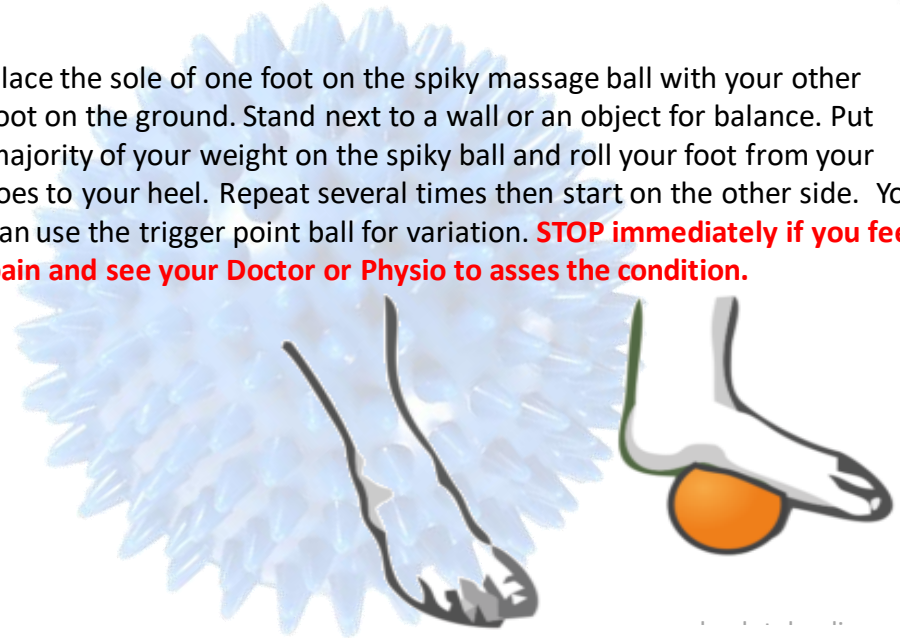




PLANTAR (Foot)



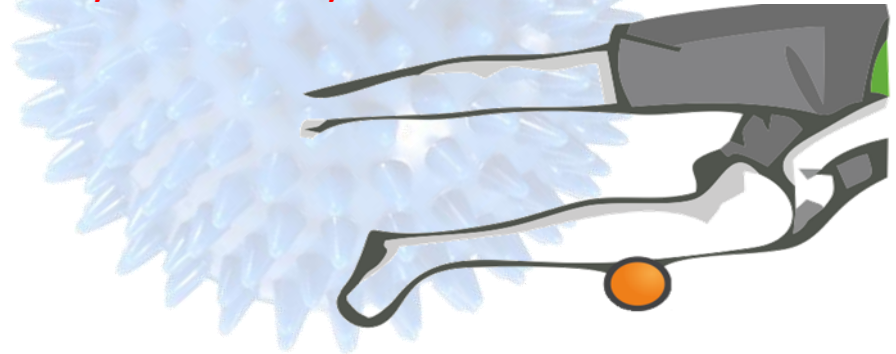
Place the sole of one foot on the spiky massage ball with your other foot on the ground. Stand next to a wall or an object for balance. Put majority of your weight on the spiky ball and roll your foot from your toes to your heel. Repeat several times then start on the other side. You can use the trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.**

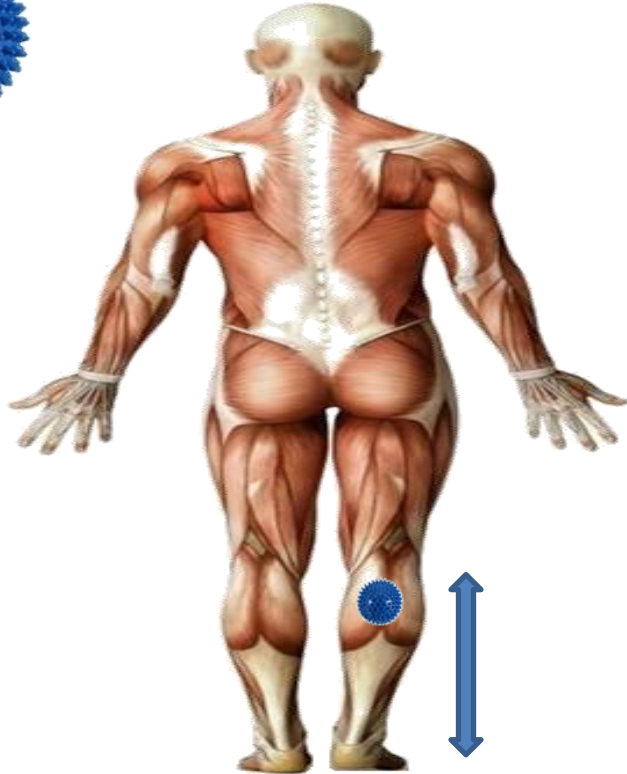




PERONEALS

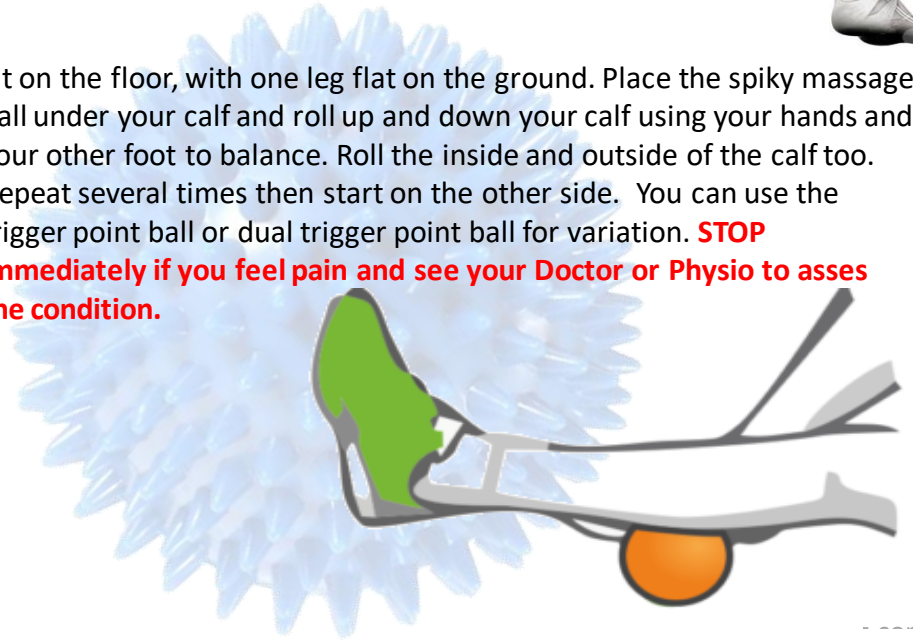
Lie on your side on the ground by placing the spiky massage ball along the outside of your lower leg. Slowly move your leg up and down the spiky massage ball along the outside portion of your leg. Repeat several times then start on the other side. You can use the trigger point ball or dual trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.**

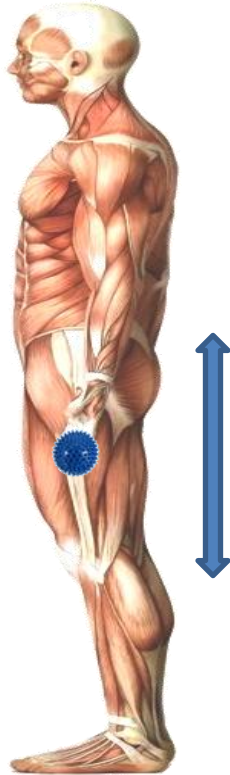




CALF

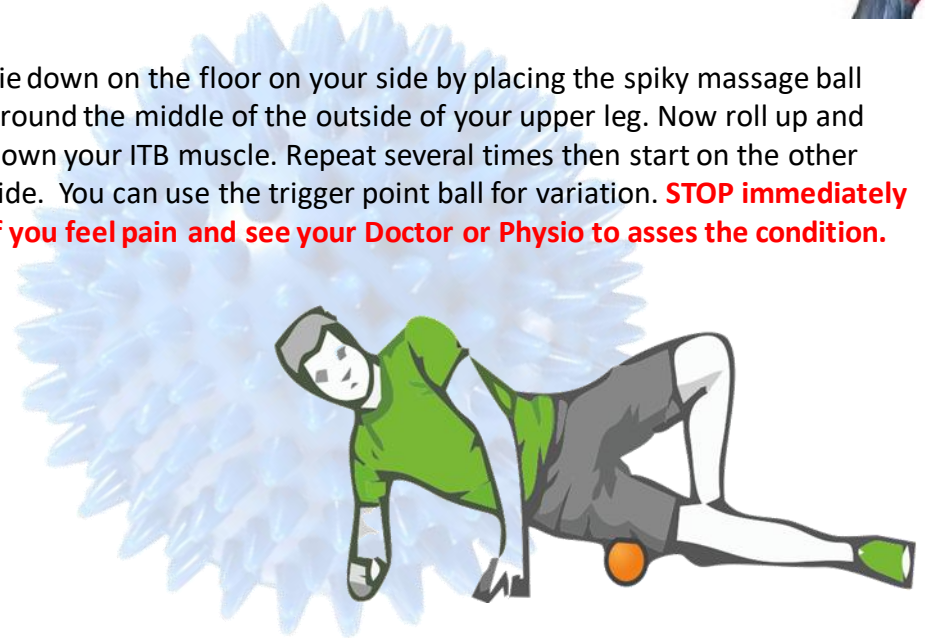
Sit on the floor, with one leg flat on the ground. Place the spiky massage ball under your calf and roll up and down your calf using your hands and your other foot to balance. Roll the inside and outside of the calf too. Repeat several times then start on the other side. You can use the trigger point ball or dual trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.**

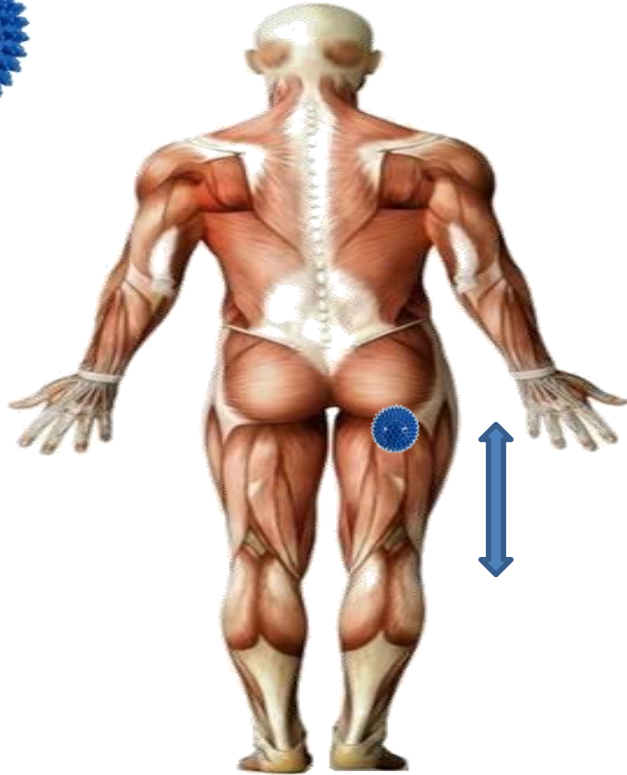




ITB

Lie down on the floor on your side by placing the spiky massage ball around the middle of the outside of your upper leg. Now roll up and down your ITB muscle. Repeat several times then start on the other side. You can use the trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.**



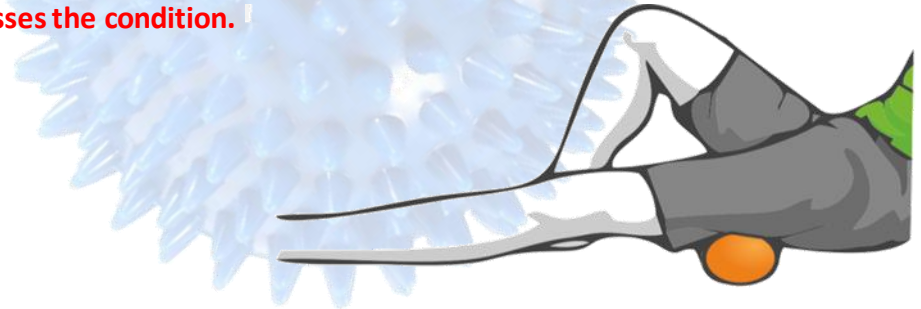


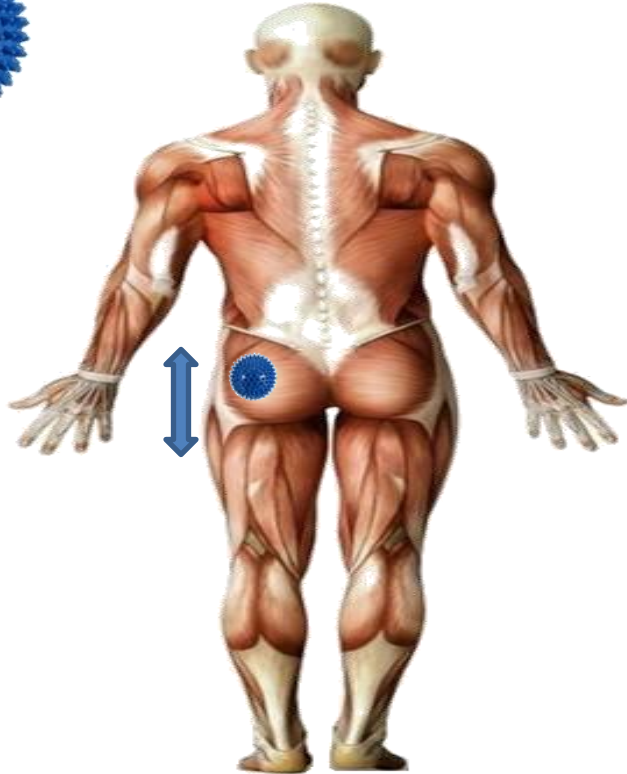
HAMSTRINGS



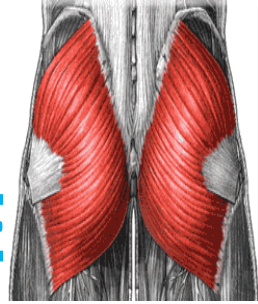
Sit down on the floor and place the spiky massage ball at the top of your hamstrings, just below your gluteus (buttocks) muscle. Balance yourself with your other foot and both your hands. Roll up and down the spiky massage ball by making sure you roll the inside as well as the outside of your hamstrings. Repeat several times then start on the other side. You can use the trigger point ball or dual trigger point ball for variation.

STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.

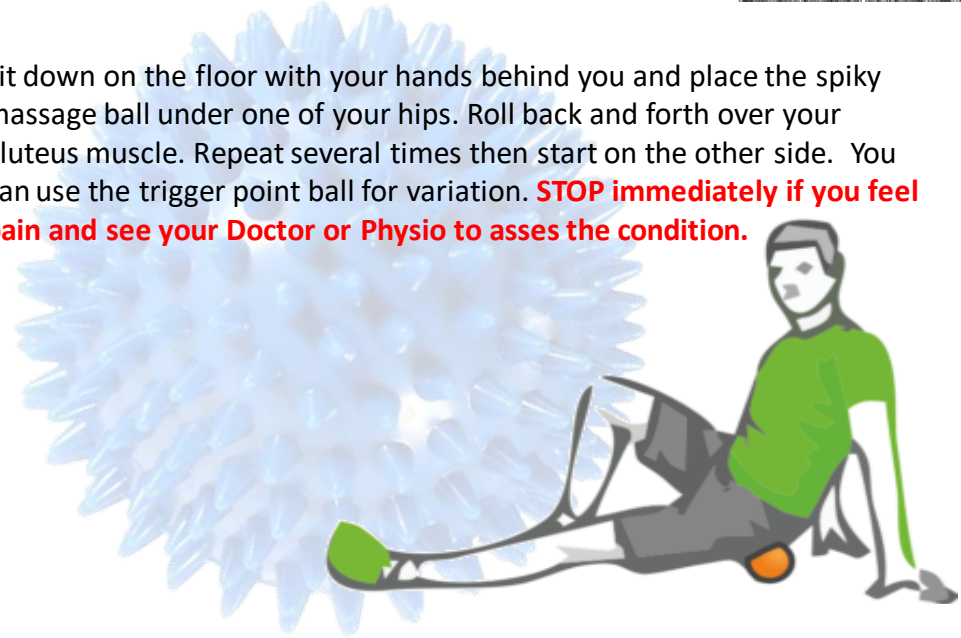


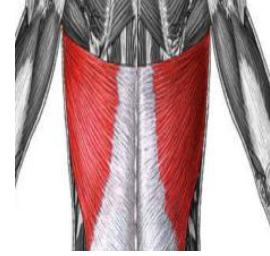


GLUTEUS MUSCLE



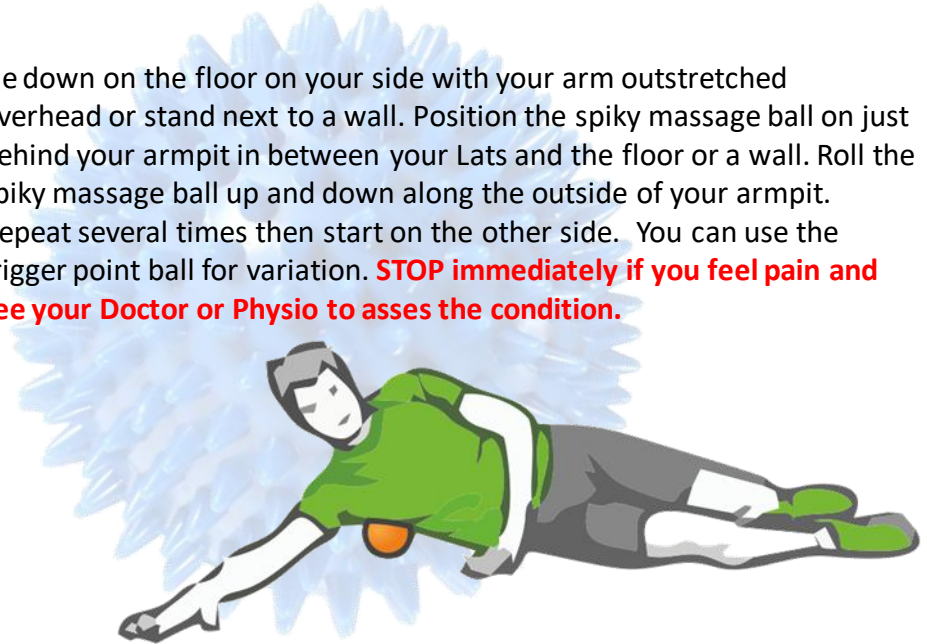
Sit down on the floor with your hands behind you and place the spiky massage ball under one of your hips. Roll back and forth over your gluteus muscle. Repeat several times then start on the other side. You can use the trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.**

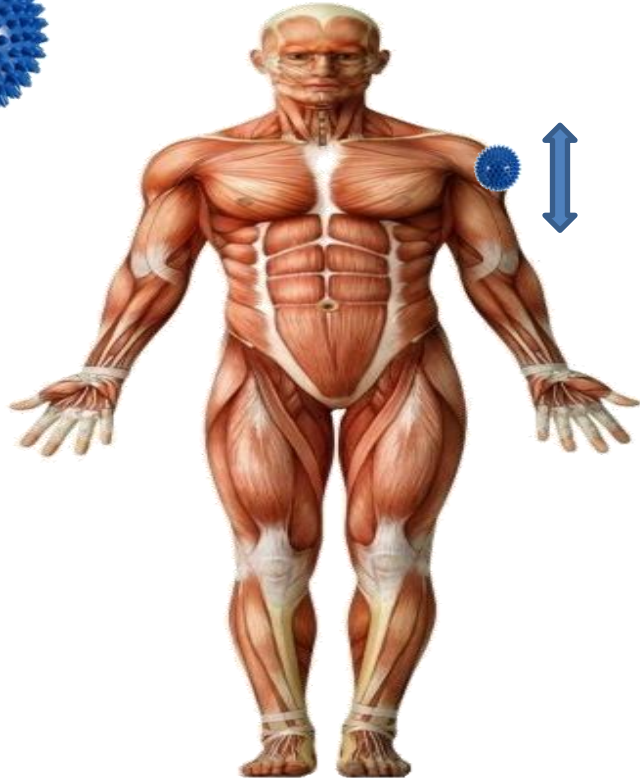




LATS

Lie down on the floor on your side with your arm outstretched overhead or stand next to a wall. Position the spiky massage ball on just behind your armpit in between your Lats and the floor or a wall. Roll the spiky massage ball up and down along the outside of your armpit. Repeat several times then start on the other side. You can use the trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to asses the condition.**

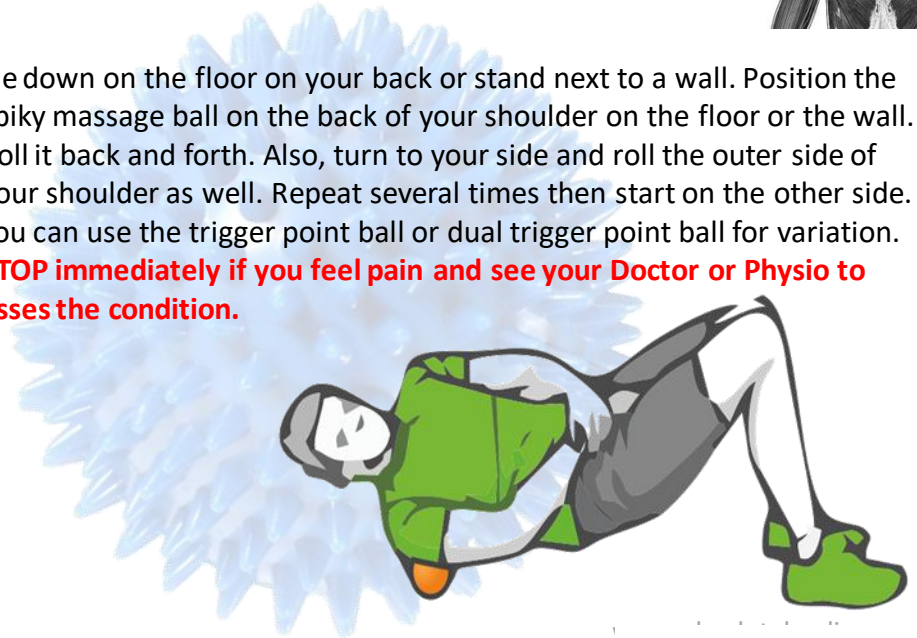




SHOULDERS



Lie down on the floor on your back or stand next to a wall. Position the spiky massage ball on the back of your shoulder on the floor or the wall. Roll it back and forth. Also, turn to your side and roll the outer side of your shoulder as well. Repeat several times then start on the other side. You can use the trigger point ball or dual trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to asses the condition.**

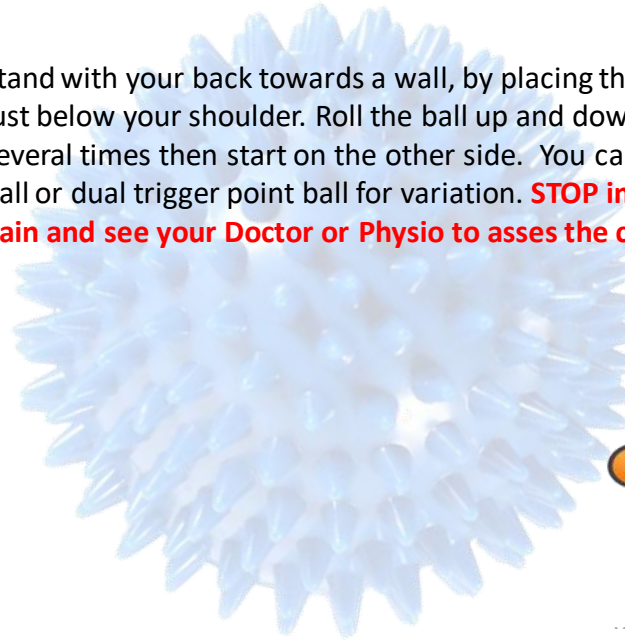




TRICEPS



Stand with your back towards a wall, by placing the spiky massage ball just below your shoulder. Roll the ball up and down your Triceps. Repeat several times then start on the other side. You can use the trigger point ball or dual trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.**

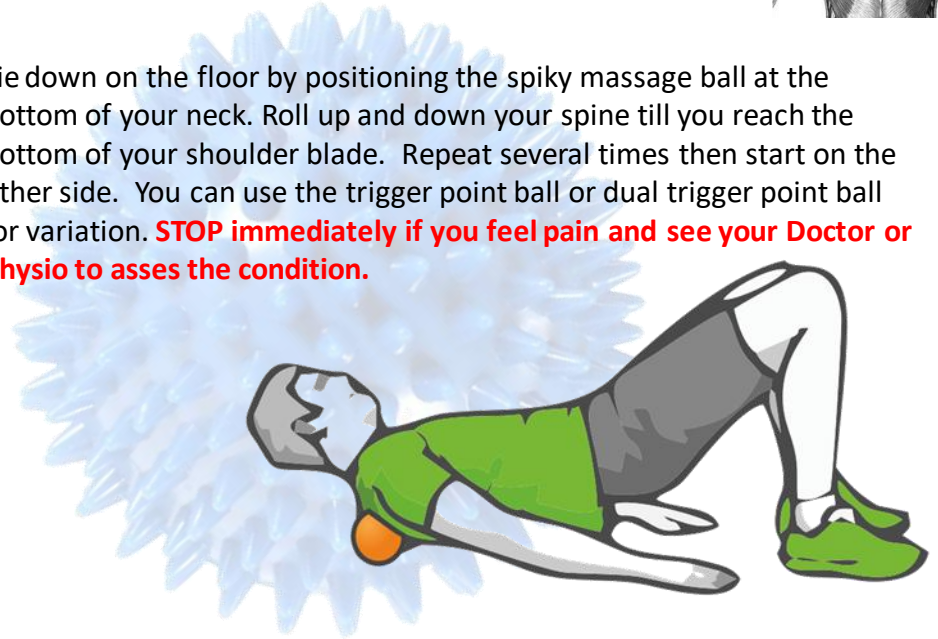




TRAPEZIUS

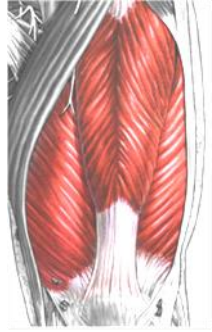


Lie down on the floor by positioning the spiky massage ball at the bottom of your neck. Roll up and down your spine till you reach the bottom of your shoulder blade. Repeat several times then start on the other side. You can use the trigger point ball or dual trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to asses the condition.**

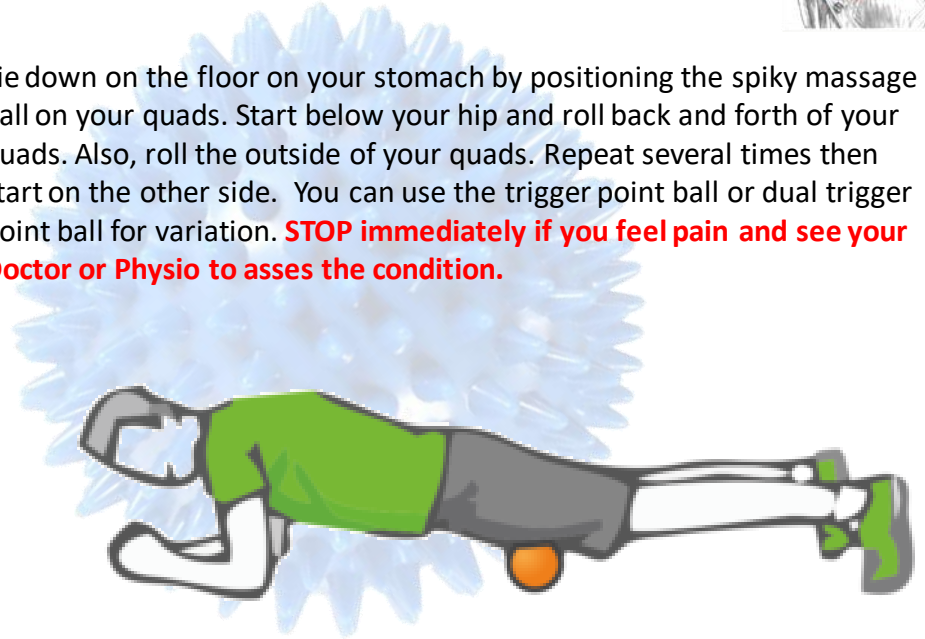




QUADRICEPS



Lie down on the floor on your stomach by positioning the spiky massage ball on your quads. Start below your hip and roll back and forth of your quads. Also, roll the outside of your quads. Repeat several times then start on the other side. You can use the trigger point ball or dual trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to asses the condition.**





roll-onmassager

Therapy Guide

For full-body muscle massage

RECOMMENDED THERAPY GUIDELINES

GoFit's Roll-on Massager awakens tired muscles pre workout and relieves sore muscles post exercise. The smooth-rolling action of the massaging ball targets muscle tissue in tight areas like tripceps, as well as larger muscle groups. You decide how much pressure to apply, as you roll out your muscle pain.

Check with your physician before engaging in any therapy; determine if it is appropriate for you.

- Muscles may be cold, stiff or feel tender, so apply only the amount of pressure that is comfortable
- If you feel extreme discomfort, decrease pressure
- If you experience any significant bruising, you are pressing too hard and may cause tissue damage
- Use caution when rolling over and around joints and bones. The hardness of the massaging ball is intended as therapy for deep muscle tissue and trigger points. It is not meant to roll-out soreness in joints or in connective bone tissue.

MAINTENANCE AND CARE

- Clean the Roll-on Massager with mild soap and water. **DO NOT** use abrasive or chemical cleaners.
- Keep the Roll-on Massager out of direct sunlight. Do not place Roll-on Massager where it would be exposed to extreme high or low temperatures or heat sources.
- The "life span" of the Roll-on Massager will depend on the amount of usage and proper care.

WARNING

The risk of injury from participating in this or any fitness regimen and/or from the performance of these exercises or similar exercises is significant, and includes the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen or exercise program or diet including any exercises or techniques set forth in these materials (whether in video/DVD, book or poster form—collectively referred to in every media form as "Materials").

These Materials are for educational purposes only (i.e. they illustrate/explain fitness-related and/or therapy techniques), and they do NOT advise that you or any other particular viewer undertake or perform any particular technique or exercise. You agree that you will not undertake or perform any exercise or technique described in the Materials until and unless you consult with and are cleared by a medical doctor in relation to such participation, and you agree to the terms of these Warnings and Disclaimers.

The models depicted in this program are well trained athletes and only you and your doctor can assess whether you are suited for the exercises and/or diets depicted in the program (e.g., you may have pre-existing injuries or other conditions that make the



Read all information before use. Serious injury or fatality may occur.

exercises or diets depicted inappropriate for you).

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- **USE ONLY** as shown/illustrated/intended in a slow and controlled manner. **NEVER** throw it or use rolling function for any other purpose other than massage therapy as intended.
- The Roll-on Massager is **NOT** a toy; not for use by children. If allowing anyone under 18 to use it for therapy they must have adult supervision.

- **NEVER** leave the Roll-on Massager unattended as it could pose a hazard to children and pets. Store it out of the reach of children and pets.
- Consult your physician if intending to use during pregnancy.
- GoFit, LLC is not responsible for any personal harm or property damage that may occur if the Roll-on Massager is used improperly.

NECK



PECTORALIS MUSCLES



QUADRICEPS



ADDUCTOR MUSCLES



SHOULDERS



GLUTES AND LOWER BACK



FOREARMS



FEET



TRAPEZIUS MUSCLES



UPPER ARMS - BICEP/TRICEPS



CALVES



HAMSTRINGS

