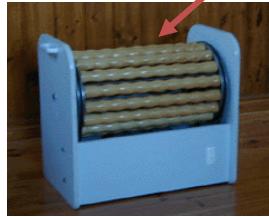


HOW TO USE YOUR MASSAGE ROLLER

HIPS AND BUTTOCKS

For the hips turn body diagonally on massager and turn from side to side to cover both hips. For the best results it is best to sit on a small stool just high enough for your hips to lean comfortably against the rollers. The massaged area will begin to be itchy this is normal and the rollers are helping to break down the pockets of fat deposits.

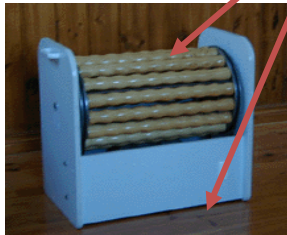
Sit in the middle of the rollers facing forward, holding onto sides.



INSIDE OF THIGHS

Straddle rollers and gradually place weight against rollers, lean from side to side to cover all inside thigh area.

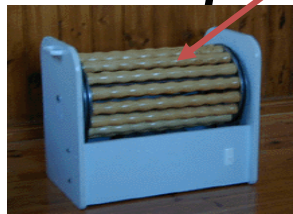
Place legs either side of the rollers with feet on the ground and straddle massage roller.



UNDERARM & SIDE

Sit or kneel beside massager, place arm over and allow to rest slightly on rollers. This will massage under arms and along side of torso.

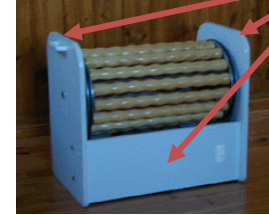
Arm
Sit down beside massage roller and place arm over the top of rollers.



ABDOMEN

To control the amount of pressure applied to the rollers hold side handles & lean lightly against the rollers and turn body slowly from side to side, keep stomach muscles tightened. For waistline massage, lean forward slightly.

Kneel down facing the massage roller holding onto side handles.



FEET, CALVES & THIGHS

Sit on stool so that your calves and thighs are resting **LIGHTLY** on the rollers, rotate legs slowly to cover a greater area.

Sitting on a stool, place feet, calves or thighs lightly on top of rollers.

