

# PolarRoller



*Cold Rolling  
Massage Therapy*

*Owner's  
Manual*



**WARNING**



IMPORTANT: Read and follow all warnings and information before using this product to reduce the risk of injury.

 **WARNING**

Read and follow all information before use to avoid injury.

- **IF** liquid leaks from roller ball, discontinue use and call GoFit. **NEVER** ingest liquid.
- **USE ONLY** as shown/illustrated/intended.
- **ALWAYS** ensure roller ball is dry before placing into freezer or rolling onto body parts.
- **NEVER** place freezing cold roller ball onto tongue or any body part that may be wet.
- **NEVER** hold the freezing-cold roller ball on any one area of your body for more than 30-seconds-at-a-time without rolling it. If cold therapy is too intense, a thin layer of clothing is recommended.
- **NEVER** detach the roller ball from the fork assembly.
- The Polar Roller is **NOT** a toy; it is not intended for use by children. If allowing anyone under 18 to use it for therapy, provide constant adult supervision. **NEVER** throw or hit the roller ball.
- **NEVER** leave the Polar Roller unattended, as it could pose a hazard to children and pets. **ALWAYS** store it out of the reach of children and pets.
- **ALWAYS** consult your physician before doing this, or any type of therapy, or if intending to use during pregnancy.
- GoFit, LLC is **NOT** responsible for any personal harm or property damage that may occur if the Polar Roller is used improperly.

 **WARNING**

The risk of injury from participating in this therapy 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 therapy including any exercises or techniques set forth in these materials (whether in video/DVD, book or pullout card form—collectively referred to in every media form as “Materials”).

These Materials are for educational purposes only (ie. they illustrate and explain various fitness/therapy-related and/or exercise/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/therapy 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 therapy depicted in the program (e.g., you may have pre-existing injuries or other conditions that make the exercises or therapy depicted inappropriate for you).

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## Usage and Care

### Prepare the Polar Roller before the first use:

1. Before using your Polar Roller for the first time, remove the plastic protector from the roller ball.
2. Freezing the roller ball: For optimal results, first slide the roller ball attachment out of the handle by pulling it firmly.



3. Insert the roller ball attachment into a plastic bag (this keeps it clean, dry and ready for use), then place it into the freezer for a minimum of two hours. Store the handle separately to keep it warm and dry. Reattach to roller ball when ready to use.

### The GoFit Polar Roller is easy to use:

When ready to use, insert the roller ball attachment back into the handle until it “locks” into place. Roll over the target areas, applying pressure as needed for your comfort level. Follow all warnings and guidelines for safe and proper use.

## Cleaning and Storage

- After each use, clean the roller ball with mild soap and rinse thoroughly with water. **DO NOT** use abrasive or chemical cleaners. You may use rubbing alcohol to disinfect the surface.
- After cleaning, allow the roller ball to dry completely before inserting into a plastic bag and placing into the freezer.
- Keep the Polar Roller out of direct sunlight. **DO NOT** place either part of the Polar Roller where it would be exposed to extreme high temperatures or heat sources. For optimal results, **DO NOT** store the handle part of the Polar Roller in extreme low or high temperatures.
- Some of the Polar Roller components are composed of rubber or plastic—the life span of these parts will depend on the amount of usage and proper care.

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## Full body, targeted cold therapy

### From the pain in your neck, to plantar fasciitis in your feet, simply press and roll.

The GoFit Polar Roller targets sore muscle pain and inflammation brought on by sports injuries, exercise, chronic aches, arthritis, and more. Part of GoFit's Muscle Pain Management system, the Polar Roller is ideal total body relief. You decide how much pressure you want to apply to your trigger-point areas for maximum relief.

#### Beginning Therapy:

Place and roll with light pressure for 15 to 20 seconds on tight or sore muscle tissue. Repeat 1 to 2 times per session.

#### Advanced Therapy:

Place and roll with greater pressure for 30 to 45 seconds on tight or sore muscle tissue. Repeat 3 to 4 times per session.



**POLAR ROLLER**

5

*Usage Guidelines*

**POLAR ROLLER**

6

*Usage Guidelines*

# PolarRoller



*The GoFit Polar Roller reduces swelling and inflammation. Plus, the roller ball's smooth-rolling massage, provides fast, effective relief. All with a comfortable hand grip. Freeze the stainless roller ball, and roll-out muscle pain with no wet mess.*

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