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FOOT & HAND RECOVERY



Training Manual



WARNING



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

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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, exercise program, or diet 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 (i.e. they illustrate and explain various fitness-related and/or exercise 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, the illustrations depicted in this program portray 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 exercises or diets depicted inappropriate for you).

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WARNING

- Use caution at all times: This product can quickly roll away from you—have adequate clearance in massage area. It should be a clean, level surface.
- Massage in a slow and controlled manner.
- This product is not recommended for use during pregnancy unless expressly prescribed by your physician.
- Use only as directed/shown/illustrated, for massage and stretching as intended.
- Be sure to wear appropriate exercise clothing.
- This product is not a toy; keep out of reach of children. If allowing anyone under 18 to use it for massage purposes, they must have constant adult supervision and instruction.
- Never allow pets near this product

MAINTENANCE AND CARE

- Clean your “Foot & Hand Massage” using a soft cloth with mild soap and warm water. Be sure to remove all residue and water before use.
- DO NOT use abrasive or chemical cleaners.
- Keep the “Foot & Hand Massage” out of direct sunlight. Product should not be placed anywhere where it would be exposed to extreme high or low temperatures or heat sources.

Exercise Guidelines

This manual is a visual reference guide for using the GoFit “Foot & Hand Massage.” Always start at a level that will allow you to complete the recommended reps and sets.

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RECOMMENDED EXERCISE GUIDELINES

Unless otherwise indicated, this is a good guideline for pacing your massage and stretching:

STRETCHING:

Beginner: Do *light* stretch for 15 to 20 seconds. Repeat 1 to 2 times. Perform daily as desired.

Advanced: Stretch muscle *further* for 30 to 45 seconds. Repeat 3 to 4 times. Perform daily.

MASSAGE:

Beginner: Use *light* pressure for 15 to 20 seconds. Repeat 1 to 2 times. Perform as muscle stiffness or pain indicates.

Advanced: Use *greater* pressure for 30 to 45 seconds. Repeat 3 to 4 times. Perform as muscle stiffness or pain indicates.

If bruising or discoloring occurs this is a sign of too much pressure and should be discontinued.

Plantar Fasciitis

Plantar fasciitis is a common painful disorder affecting the heel and underside of the foot. It is characterized by scarring, inflammation, or break-down of the foot's plantar fascia. This is a thick, broad band of connective tissue extending along the foot's bottom from heel bone to the base of the toes.

Some functions of the plantar fascia are:

- Stabilize the center of the foot as it impacts the floor or ground while walking, running or standing
- Cushions the foot and leg
- Supports the foot's arch for lifting movements

Some causes/indications of Plantar Fasciitis:

- Overuse injury of the plantar fascia. Increases in exercise, weight, age, time-on-your-feet
- Usually felt on the bottom of the heel and is most intense with the first steps of the day
- Individuals often have difficulty with dorsiflexion of the foot—where the foot is brought toward the shin. Usually due to tightness of the calf muscle or achilles tendon—which is connected to the back of the plantar fascia.
- Usually responds well to treatment such as rest, massage, stretching/strengthening the calf muscle

Carpal Tunnel Syndrome

Carpal tunnel syndrome is a hand/arm condition causing numbness, tingling and other symptoms. Primarily caused by a pinched nerve in the wrist.

Many factors can contribute the syndrome, such as the anatomy of your wrist, certain underlying health problems and possibly patterns of hand use.

Bound by bones and ligaments, the carpal tunnel is a narrow passageway located on the palm side of your wrist. This tunnel protects a main nerve to your hand and the tendons that bend your fingers.

Compression of the nerve produces the numbness, tingling and, eventually, hand weakness that characterize carpal tunnel syndrome.

Fortunately, for most people who develop carpal tunnel syndrome, proper treatment usually can relieve the tingling and numbness and restore wrist and hand function.

Some symptoms of Carpal Tunnel Syndrome:

- Usually starts gradually with numbness or tingling in your thumb, index and middle fingers or hand. It may extend from your wrist up your arm.
- Weakness. You may experience weakness in your hand and a tendency to drop objects.
- Massage therapy can help alleviate the pain and discomfort associated with carpal tunnel syndrome

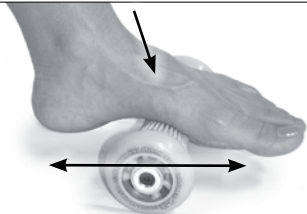
Plantar Fasciitis Massage

Perform this exercise either standing or sitting.
Do rolling-massage daily for 5-10 minutes.

A



B



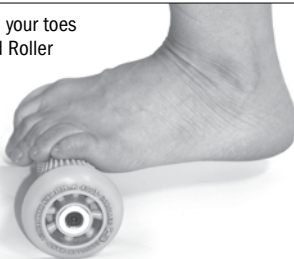
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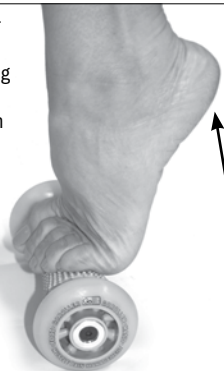
Toes - Massage/Stretch

Perform this exercise either standing or sitting.

A-Cup your toes
around Roller



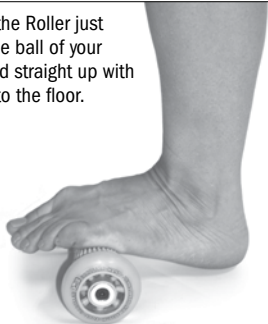
B-Bring your
heel upward
while pressing
your toes
downward on
the Roller.



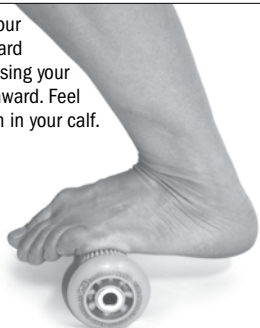
Calf Stretch

Perform this exercise standing. Stretch for 15-30 seconds 3-4 times. Perform daily as desired.

A- Place the Roller just behind the ball of your foot. stand straight up with heel low to the floor.



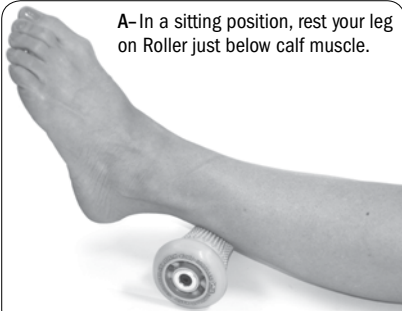
B- Push your knee forward while pressing your heel downward. Feel the stretch in your calf.



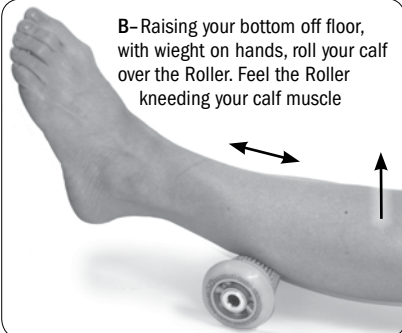
Calf Massage

Do rolling-massage as muscle pain indicates.

A- In a sitting position, rest your leg on Roller just below calf muscle.



B- Raising your bottom off floor, with wieght on hands, roll your calf over the Roller. Feel the Roller kneading your calf muscle



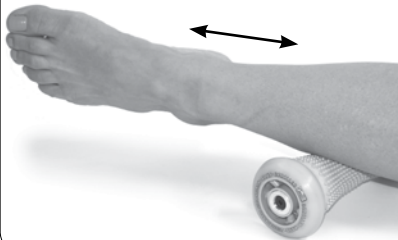
Lateral Lower Leg Massage

Do rolling-massage as muscle pain indicates.

A- Sitting so your outer hip is on floor, rest your leg on Roller just below calf muscle with outside lateral of leg resting on the Roller.



B- Raising your hip off floor, with weight on elbow, roll the lateral, outer part of your lower leg over the Roller.

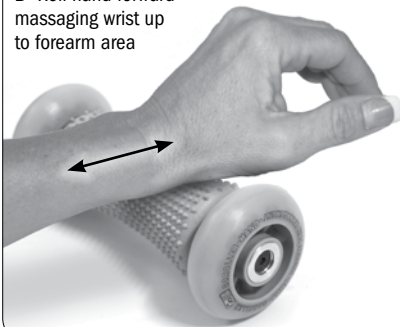


Carpal Tunnel Massage

A- Set heel of palm onto Roller



B- Roll hand forward massaging wrist up to forearm area

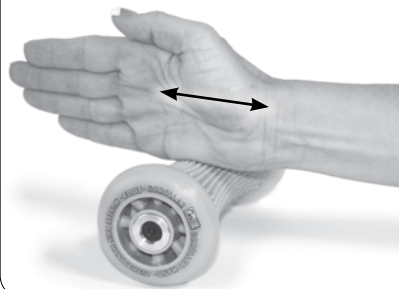


Lateral Hand Massage

A- Set lateral edge of hand on Roller just above your wrist.



B- Roll your hand back and forth on Roller

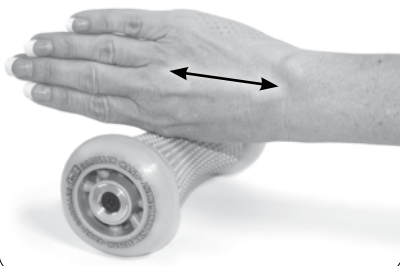


Top Lateral Hand Massage

A- Set top lateral edge of hand on Roller just above your wrist.



B- Roll your hand back and forth on Roller

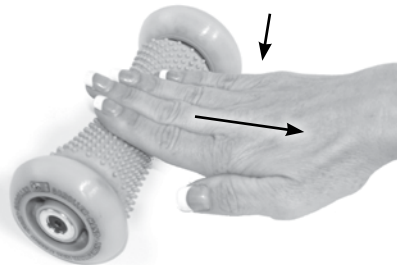


Fingers - Massage/Stretch

A- Set hand on Roller palm-side-down at the base of your fingers.



B- Roll your hand back on Roller with downward pressure of your palm to stretch fingers.



IT Band Massage

A- Lie on floor with upper part of your IT band on Roller. Bend other leg with foot on the floor supporting your weight. Support upper body with your elbow.



B- Placing desired weight on the Roller, roll back-and-forth to massage IT band. Switch legs and repeat.



To increase intensity, leave both legs parallel with feet stacked—putting more weight on Roller.

Glute Massage

A– Sit on floor with one glute muscle on Roller. With knees bent, cross the “massaging glute leg” over other leg as shown. Keep other foot on the floor supporting your weight. Support upper body with arms behind you.

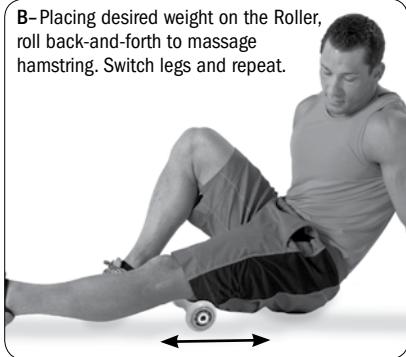
B– Placing desired weight on the Roller, roll back-and-forth to massage glute muscle. Switch legs and repeat.



Hamstring Massage

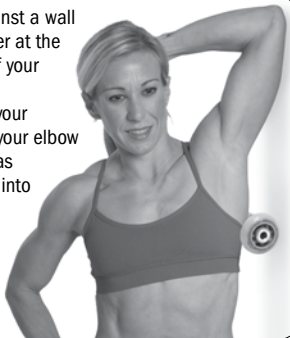
A– Sit on floor with upper part of your hamstring on Roller. Bend other leg with foot on the floor supporting your weight. Support upper body with arms behind you.

B– Placing desired weight on the Roller, roll back-and-forth to massage hamstring. Switch legs and repeat.

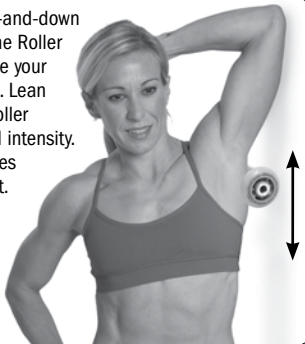


Lat Massage

A- Lean against a wall placing Roller at the lower part of your lat muscle. Supporting your weight with your elbow on the wall as shown, lean into the Roller.



B- Roll up-and-down allowing the Roller to massage your lat muscle. Lean into the Roller for desired intensity. Switch sides and repeat.



Tricep Massage

A- Lean against a wall with your elbow up as shown. Put your tricep muscle against the Roller.



B- Roll up-and-down allowing the Roller to massage your tricep muscle. Lean into the Roller for desired intensity. Switch arms and repeat.

