



**Training Manual**



**WARNING**



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

**EXTREME**

# 13" GO ROLLER

**Targeted Deep Tissue Muscle Relief**

- Erodes Trigger Points
- Quick Relief to Muscular Pain
- Restore and Increase Flexibility
- Improve Performance



UltraFin Core™ Patent Pending

# EXTREME 13" GO ROLLER TABLE OF CONTENTS

<b>WARNING</b> .....	2
<b>Usage and Care</b> .....	3
<b>Introduction and Guidelines</b> .....	4-5
 <b>GO ROLLER EXERCISES</b>	
<b>Upper and Lower Back</b> .....	6
<b>Latissimus Dorsi (Lats)</b> .....	7
<b>Quadriceps (Quads)</b> .....	8
<b>Adductors (Inner Thigh)</b> .....	9
<b>Abductors (IT Band)</b> .....	10
<b>Glutes</b> .....	11
<b>Hamstrings</b> .....	12
<b>Calves</b> .....	13
<b>Shins</b> .....	14

# EXTREME 13" GO ROLLER WARNING



## WARNING

*Suggested Weight Limit: 250lbs (static)*

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 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 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).

You acknowledge and agree that the Materials are provided by GoFit, LLC (directly and/or through their licensors). You agree that all persons appearing in these Materials do so on behalf of GoFit, LLC and that GoFit, LLC are the sole providers of the content of the Materials, notwithstanding any other person in the Materials appearing to endorse or recommend the Materials.

GOFIT, LLC AND THEIR AFFILIATED COMPANIES, DIRECTORS, OFFICERS, EMPLOYEES, AGENTS (INCLUDING THE MODELS IN THE MATERIALS) MAKE NO WARRANTIES OF ANY KIND OR NATURE RELATING TO THE MATERIALS, EITHER EXPRESS OR IMPLIED, AND EXPRESSLY DISCLAIMS ALL SUCH WARRANTIES AND REPRESENTATIONS, INCLUDING, BUT NOT LIMITED TO, THE WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE. KNOWLEDGE REGARDING THE HUMAN BODY AND EXERCISES CHANGES; THEREFORE, YOU SHOULD CHECK THE FOLLOWING WEBSITE FROM TIME TO TIME IN ORDER TO DETERMINE WHETHER THERE IS ANY NEWS REGARDING THE MATERIALS AT [WWW.GOFIT.NET](http://WWW.GOFIT.NET); HOWEVER GOFIT, LLC HAS NO OBLIGATION TO PROVIDE UPDATES AND NEWS.

# EXTREME 13" GO ROLLER USAGE AND CARE

## GoFit Go Rollers

- The Go Roller is not a toy; keep out of reach of children. If allowing anyone under 18 to use it for exercise purposes they must have constant adult supervision.
- The Go Roller could pose a hazard to children and pets, therefore must **NEVER** be left unattended.
- When first attempting any exercise shown, use caution while determining your physical limitations.
- GoFit, LLC is not responsible for any personal property damage that may occur while using the Go Roller.
- Be sure to wear appropriate exercise clothing and footwear such as sneakers or exercise shoes.
- The Go Roller should only be used for its intended purpose as outlined in this training manual.

## MAINTENANCE AND CARE

- Clean the Go Roller with mild soap and warm water. **DO NOT** use abrasive or chemical cleaners. **DO NOT** immerse Go Roller into water.
- Keep the Go Roller out of direct sunlight. The Go Roller should not be placed anywhere where it would be exposed to extreme high or low temperatures, heat sources or open flame.

# EXTREME 13" GO ROLLER INTRO AND GUIDELINES

This manual is a visual reference guide for the GoFit Extreme 13" Go Rollers. Use this manual as a guide to take with you when traveling. Always start at a level that is comfortable to you and will allow you to complete all exercises.

Thank you for your GoFit purchase. We strive to be your one source for superior, innovative, home-fitness products at a great value. For other GoFit products, visit your local retailer, or go to [www.gofit.net](http://www.gofit.net) and see our entire product line and more.

## **BENEFITS OF MUSCLE PAIN MANAGEMENT WITH MASSAGE ROLLERS**

- Quick relief to muscular pain.
- Erodes trigger-points while massaging the muscle.
- Accelerates the de-stressing process.
- Restores and increases your flexibility/range of motion.
- Improves body strength and circulation.
- Aids in avoiding injury.

## **RECOMMENDED GUIDELINES**

The GoFit Extreme 13" Go Roller is an excellent tool for trigger-point massage therapy. You decide on how much pressure you want to apply to your trigger-point areas for maximum relief. Use the Extreme Go Roller **pre-workout** to ease tension and improve range of motion and performance, or utilize it **post-workout** to assist with your recovery process.

*\*Please check with your physician before engaging in any exercise or massage therapy program to determine if it is appropriate for you.*

# EXTREME 13" GO ROLLER GUIDELINES CNTD.

**BEGINNER:** While rolling, place and hold *light* pressure for 15 to 20 seconds on tight or stiff areas. Repeat 1 to 2 times per session, or until muscle tissue relaxes.

**ADVANCED:** While rolling, place and hold *greater* pressure for 30 to 45 seconds on tight or stiff areas. Repeat 3 to 4 times per session, or until muscle tissue relaxes.

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

## TIPS

- To allow better relaxation and results, take deep breaths in and out.
- You may feel some discomfort where the roller is hitting the trigger-point area.
- Some areas may be more tender than others, so apply the amount of pressure that is comfortable to **you**.
- If you experience any significant bruising, this is a sign you are pressing too hard over the area and may be causing damage to your tissues.
- If you feel extreme discomfort, discontinue use of the massage roller immediately.
- Drink plenty of water after your massage therapy.



# EXTREME 13" GO ROLLER EXERCISE

## Upper and Lower Back

Muscles Targeted: Back—Latissimus Dorsi, Rhomboids, Trapezius and Lower Lumbar



**STEP ONE** - Position the Massage Roller just beneath your shoulder blades. If your neck muscles are too weak, use your hands to assist, or "cradle", your head. Elbows should be kept out to your side rather than in close. Keep your knees bent and feet flat on the floor.



**STEP TWO** - Using your legs to control the movement, elevate your hips and glutes, and slowly begin to roll towards the lower back, pausing at any sore or tight spots.

**STEP THREE** - The Massage Roller should go no lower than your upper glute muscle. Control the motion, roll back up to your shoulder blades and repeat the movement.

**Beginner:** Light Pressure for 15 - 20 seconds on tight/stiff area

**Advanced:** Greater Pressure for 30 - 45 seconds on tight/stiff area



# EXTREME 13" GO ROLLER EXERCISE

## Latissimus Dorsi (Lats)



**STEP ONE** - While lying on one side, position the Massage Roller below your armpit and extend the arm that the roller is under while supporting yourself with your opposite hand on the floor. Straighten your leg on the side you are massaging, and bend your opposite leg for support as illustrated above.

**STEP TWO** - Using your bent leg and support arm to control the movement, elevate your hips slightly, and slowly begin to roll towards your hip, pausing at any sore or tight spots.

**STEP THREE** - The Massage Roller should go no lower than the top of your hip. Control the motion, roll back to below your armpit and repeat the movement.

**Beginner:** Light Pressure for 15 - 20 seconds on tight/stiff area

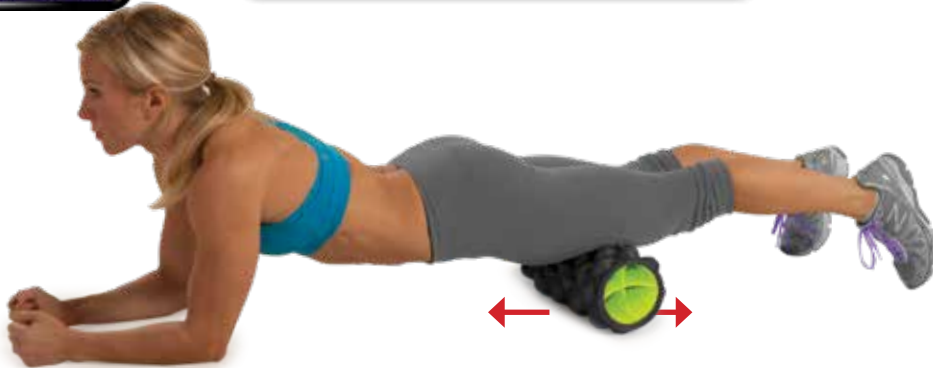
**Advanced:** Greater Pressure for 30 - 45 seconds on tight/stiff area





# EXTREME 13" GO ROLLER EXERCISE

## Quadriceps (Quads)



**STEP ONE** - Releasing your quadriceps (quads) is one of the easiest and most effective Massage Roller exercises. From a prone (face down) position, place both legs on the Massage Roller. The Massage Roller should be just above your knees to begin the movement. Bend your elbows for upper body support.

**Beginner:** Light Pressure for 15 - 20 seconds on tight/stiff area

**Advanced:** Greater Pressure for 30 - 45 seconds on tight/stiff area

**STEP TWO** - Keeping your back flat, transfer your weight moving from forward to back, moving the Massage Roller from the top of your knee to the top of your thigh. Point your toes out to isolate your inner muscles. Shifting your body weight to one side or the other will help to target any trigger or pressure points.

• *To increase intensity or pressure, you may place one leg on top of the other.*



# EXTREME 13" GO ROLLER EXERCISE

## Adductors (Inner Thigh)



**STEP ONE** - Balance on your forearms into a low crawl position with the top of one of your inner thighs resting on the foam roller. The weight of your upper body will be supported by your shoulders. Your "on" knee is bent, while your "off" leg remains straight.

**STEP TWO** - Roll from your inner thigh (inseam), to the inside part of your knee. Shift your weight toward the roller for more pressure.

**Beginner:** Light Pressure for 15 – 20 seconds on tight/stiff area  
**Advanced:** Greater Pressure for 30 – 45 seconds on tight/stiff area



# EXTREME 13" GO ROLLER EXERCISE

## Abductors (IT Band)

Muscles Targeted:  
Iliotibial Band, Lateral Quads

**STEP ONE** - While positioned to one side, place your hip (the one closest to the ground) on the Massage Roller. Place your elbow of the same side on the ground for support. Bend and place your opposite leg in front. This will help with the motion of the exercise, provide balance, and distribute your weight equally on the Massage Roller.



**STEP TWO** - While using your hands and your stationary foot for support, roll from your hip down to your knee, pausing on any tight or sore spots.

• *For a deeper more intense IT Band massage, place your legs on top of the another. Keeping both legs straight, perform the movement using your upper body for support.*

**Beginner:** Light Pressure for 15 - 20 seconds on tight/stiff area

**Advanced:** Greater Pressure for 30 - 45 seconds on tight/stiff area





# EXTREME 13" GO ROLLER EXERCISE

## Glutes

Muscles Targeted:  
Glutes and Piriformis

**STEP ONE** - While leaning or placing your weight to one side, position the Massage Roller under the “meaty” portion of your lateral glutes (just above the outside part of your hip). Cross your leg and place your ankle on the opposite quad. Support your upper body by placing your hands on the ground to the rear.

**STEP TWO** - Roll to the outside portion of your glutes from top to bottom. This is a relatively small movement intended to target the glutes.

• *To increase the massage, pull your crossed knee towards your opposite shoulder. Use your plant foot and support hand to provide the movement and balance for this exercise.*



**Beginner:** Light Pressure for 15 - 20 seconds on tight/stiff area

**Advanced:** Greater Pressure for 30 - 45 seconds on tight/stiff area

# EXTREME 13" GO ROLLER EXERCISE



## Hamstrings

**STEP ONE** - Begin by sitting with one leg on top of the Massage Roller, and your other leg bent with your foot firmly planted in the floor. The Massage Roller should be placed directly behind your knee. Hands should be positioned to support the weight of your upper body, keep your back/spine in an upright position by engaging your abdominals.

**STEP TWO** - Slowly begin to roll forward bringing the Massage Roller from just below your knee to just beneath your glutes. You may lean to one side or the other to target any tight spots you may find within the muscles. Pointing your toes in, out and straight will help work the entire muscle group.

- *You may place both legs on the Massage Roller if you prefer.*
- *To increase pressure/load, place one leg on top of the other and perform the motion.*

**Beginner:** Light Pressure  
for 15 - 20 seconds on tight/stiff area

**Advanced:** Greater Pressure  
for 30 - 45 seconds on tight/stiff area





# EXTREME 13" GO ROLLER EXERCISE

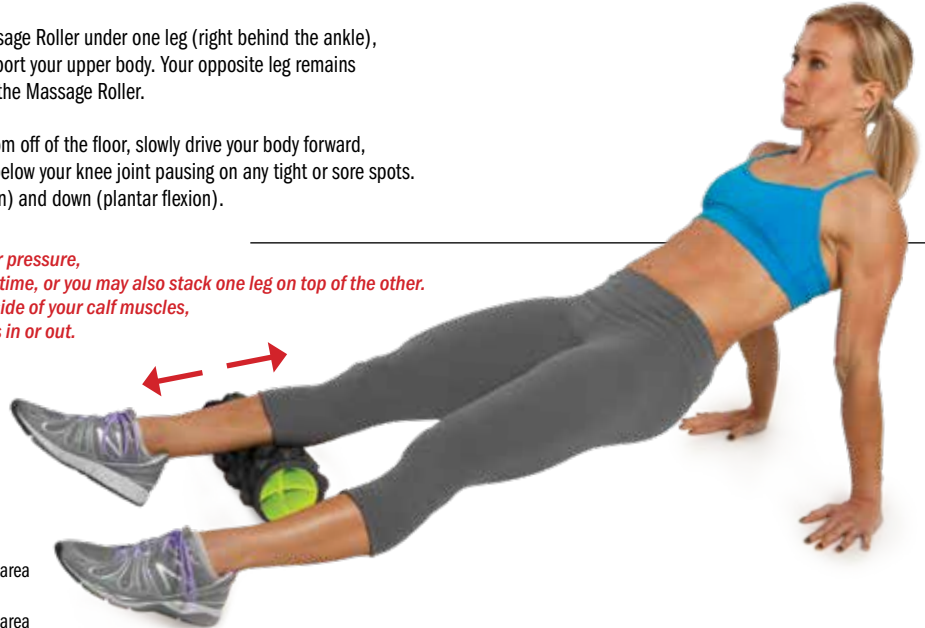
## Calves

Muscles Worked:  
Calves (Gastroc and Soleus)

**STEP ONE** - Position the Massage Roller under one leg (right behind the ankle), while using your hands to support your upper body. Your opposite leg remains straight and off to the side of the Massage Roller.

**STEP TWO** - Lifting your bottom off of the floor, slowly drive your body forward, rolling from the ankle to just below your knee joint pausing on any tight or sore spots. Point your toes up (dorsiflexion) and down (plantar flexion).

- *To increase the intensity or pressure, massage both calves at one time, or you may also stack one leg on top of the other.*
- *To target the inside or outside of your calf muscles, you may also point your toes in or out.*



**Beginner:** Light Pressure  
for 15 - 20 seconds on tight/stiff area

**Advanced:** Greater Pressure  
for 30 - 45 seconds on tight/stiff area



# EXTREME 13" GO ROLLER EXERCISE

## Shins

**Muscles Targeted:**  
Anterior Tibialis (shins)

**STEP ONE** - Begin by kneeling, placing the Massage Roller under both shins. Balance yourself by extending your arms and placing your hands on the floor. (You may massage one shin at a time—one shin on the roller, and the other on the floor for better balance and comfort.)

**STEP TWO** - Extending your legs, roll from your knee to the top of your ankle. Bring your knees back towards your body and repeat the movement. Rotating your shins to one side or the other will help avoid direct pressure to your shin bone.

• *To increase the amount of pressure, you may place one leg on top of the other.*

**Beginner:** Light Pressure for 15 - 20 seconds on tight/stiff area  
**Advanced:** Greater Pressure for 30 - 45 seconds on tight/stiff area





# EXTREME 13" GO ROLLER



## WARNING



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

Serious or fatal injury can occur. Exercise Programs of any kind present an inherent danger to the participant. Consult your doctor before beginning any exercise program. All GoFit equipment is intended to be used by adults only in the manner shown/illustrated/described. Anyone under the age of 18 should have constant adult supervision. Always read and follow all warnings and information before use. Always use proper techniques and common sense when exercising. Before each use, check your equipment thoroughly for any signs of damage, defect or wear. If any is found, discontinue use immediately and contact GoFit for assistance. This product is not intended for commercial use.

**Go to [www.gofit.net](http://www.gofit.net) for product information.** ©2016 GOFIT, LLC, TULSA, OK, USA. All rights reserved. MADE IN CHINA.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any other information storage and retrieval system, without the written permission of GoFit LLC.