

OPERATING INSTRUCTIONS AND MAINTENANCE

Your Go Vibe Accu-Massager has two massage attachments for varied self massage. Use the following instructions to start your muscle relief:

1. Unscrew massage attachment to access the battery compartment.
2. Using the thumb-release, remove the battery compartment lid. Place two provided AAA batteries into the slots, aligning the correct polarity (+/-). Replace compartment lid, ensuring the thumb-release clicks into place.
3. Choose one of the two massage attachments and screw it onto the base.
4. To turn the unit on and off, simply press the power button on the bottom.

MAINTENANCE AND CLEANING:

- **NEVER IMMERSE BASE OF UNIT IN WATER—KEEP AWAY FROM LIQUIDS.** Clean the surface of the massage attachments by first removing them from the base then using a soft, dry or damp cloth. Remove all residue and moisture from attachments before reattaching them to the base.
- **DO NOT** use abrasive or chemical cleaners.
- Keep unit out of direct sunlight, in dry, cool, enclosed place. Never place unit where it would be exposed to liquid, dampness, heat sources, or extreme high or low temperatures.
- If not using the massager for an extended period of time, remove the batteries.



WARNING



Read & follow all warnings & information before use to avoid serious injury.

- **DO NOT** use while bathing or in any water/liquid.
- **DO NOT** place or store appliance where it can fall or be pulled into a tub, sink or any body of water.
- **NEVER** immerse unit in water or other liquid. Keep liquids away from base of unit. Liquid will short-out components, causing the unit to no longer vibrate.
- **NEVER** leave the unit unattended when turned on. When not in use, unit should be turned off.
- **USE ONLY** as shown/illustrated/intended in a slow and controlled manner. **NEVER** use the Massager or its parts for any other purpose than massage therapy as intended.
- Consult physician if using during pregnancy.
- Do not use if you are injured—consult a physician.
- The Massager is **NOT** a toy and not for use by children. If allowing anyone under 18 to use it for therapy, they must have adult supervision.
- **NEVER** leave the Massager or any of its parts unattended—they could pose a hazard to children or pets. Keep out of the reach of children and pets.
- GoFit, LLC is not responsible for any personal harm or property damage that may occur if the Massager or any of its parts are used improperly.
- **NEVER** disassemble any part of the unit.

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

exercises or diets depicted inappropriate for you).

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RECOMMENDED THERAPY GUIDE

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

The vibrating massage of GoFit's Go Vibe Accu-Massager awakens tired muscles pre workout and relieves sore muscles post exercise. It stimulates blood flow while targeting tight or sore muscle tissue in small and large muscle groups all over the body. You decide how much self-massaging pressure to apply with vibrating action.

- 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
- Use caution when massaging over joints or bones. Vibrating massage is intended for muscle tissue therapy, not joint soreness or connective tissue.

- Significant bruising means you are pressing too hard and may cause tissue damage.

Beginner: Use *light* pressure for 15 to 20 seconds on tight or stiff areas. Repeat 1 to 2 times per session.

Advanced: Use *greater* pressure for 30 to 45 seconds on tight or stiff areas. Repeat 3 to 4 times per session.

NECK



PECTORALIS MUSCLES



TRAPEZIUS MUSCLES



SHOULDERS



ADDUCTOR MUSCLES



GLUTES AND LOWER BACK



FOREARMS



FEET



QUADRICEPS



UPPER ARMS - BICEP/TRICEPS



CALVES



HAMSTRINGS

