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TRAINING MANUAL



For use with GoFit Massage Bars.

MassageBar

**Massage Stiff,
Sore Muscles**

- Ergonomic Soft-grip Handles
- Targeted Deep Tissue Massage
- Steel Axle with Smooth-Rolling Ball Bearing Action



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Read all information before use in order to reduce the risk of injury.

The risk of injury from participating in this or an 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”).

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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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Usage and Care

GoFit Massage Bars

- The Massage Bar 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 Massage Bar 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 Massage Bar.
- Be sure to wear appropriate exercise clothing and footwear such as sneakers or exercise shoes.
- The Massage Bar should only be used for its intended purpose as outlined in this training manual.

MAINTENANCE AND CARE

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

Introduction and Guidelines

This manual is a visual reference guide for the GoFit Massage Bars. Use this manual as a guide to take with you when traveling. Always start at a level that will allow you to complete all the recommended reps and sets.

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RECOMMENDED GUIDELINES

MESSAGE BAR REGENERATION:

Beginner: Place massage bar and roll the bar with *light* pressure for 15 to 20 seconds on tight or stiff area until muscle tissue relaxes. Repeat 1 to 2 times per session.

Advanced: Place massage bar and roll the bar with *greater* pressure for 30 to 45 seconds on tight or stiff area or until muscle tissue relaxes. Repeat 3 to 4 times per session.

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

GoFit Massage Bars



The **Massage Bar** helps awaken tired muscles pre-workout and knead aching muscles, post workout. The Massage Bar is a great way to relieve stress and rejuvenate muscles.

The **Massage Bar XL Plus** is wider, longer and extra padded, offering a larger massaging area with a bit more cushion.

- Targeted deep tissue massaging “Go” pattern
- Steel axle with ball bearings for smooth-rolling massage
- Ergonomic and comfortable, soft-grip rubber handles

The **Extreme Massage Roller** provides a more aggressive massage that helps restore flexibility, erode trigger points, and speed relief to common types of muscular pain.

- Sports massage and trigger point therapy
- Egg-crate design of firm, but flexible bumps gently stretch soft tissue to alleviate knots and trigger points
- Steel axle with ball bearings for smooth-rolling massage
- Ergonomic and comfortable, soft-grip rubber handles

Neck

STARTING POSITION - Sit on bench or chair.
Place Massage Bar along one side of your neck.

MOVEMENT - Rub trigger points for 10-15 seconds. Spend 30-40 seconds on one side. Switch sides and repeat.



Upper Back

STARTING POSITION - While in a comfortable position, hold Massage Bar vertically along back.



MOVEMENT - Rub trigger points for 10-15 seconds. Spend 30-45 seconds on one side of back. Then switch sides and repeat.

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Middle & Lower Back

STARTING POSITION - Sit on bench or chair. Place Massage Bar along midpoint of back.



MOVEMENT - Massage sore areas for 10-15 seconds. Spend 30-45 seconds massaging entire area. Then move Massage Bar to lower back and repeat process.

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Glutes

STARTING POSITION - Sit on bench or chair. Take Massage Bar and hold it onto one side of your buttocks. While rubbing glute, look for trigger points—areas that are sore.

MOVEMENT - Massage those areas for 12- 15 seconds. Spend 30 to 45 seconds on your glute, working up and down the area. Switch sides and then repeat.

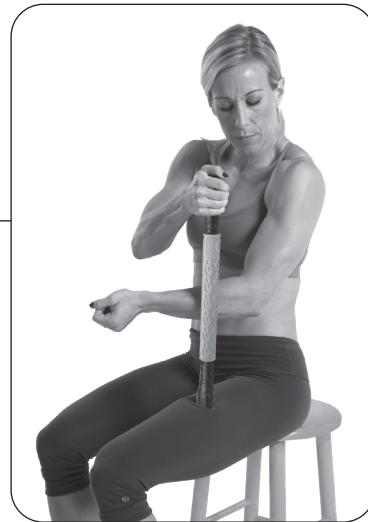


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Forearms

STARTING POSITION - Sit on bench or chair. Hold Massage Bar diagonally, resting one end on your thigh.

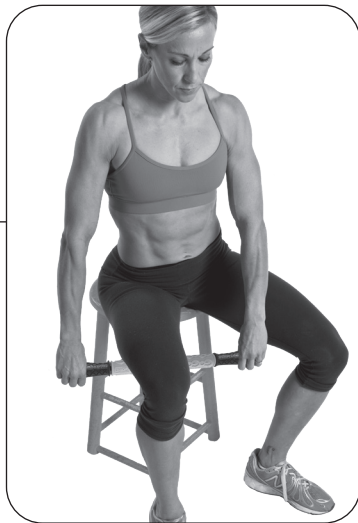
MOVEMENT - As you rub your forearm with the Massage Bar, look for sore areas. Massage 10-15 seconds. Work inner and outer portions. Then switch arms and repeat. Spend 30-45 seconds on each arm.



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Hamstrings

STARTING POSITION - Sit on bench or chair. While rubbing hamstring with Massage Bar, look for trigger points—sore areas.



MOVEMENT - Massage those areas for 10-15 seconds. Spend 30-45 seconds on hamstring, working both inner and outer areas. Switch legs and repeat.

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Quadriceps (Quads)

STARTING POSITION - Sit on bench or chair. Place Massage Bar on top of thigh.

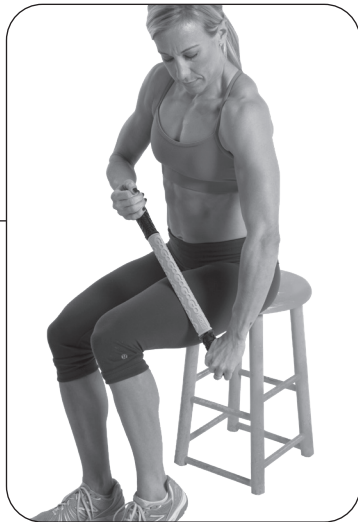


MOVEMENT - As you rub your quadricep, look for trigger points. Massage for 10-15 seconds. Spend 30-45 seconds on your quadriceps, working inner and outer. Then switch legs and repeat.

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IT (iliotibial) Band

STARTING POSITION - Sit on bench or chair.
Place Massage Bar on outer thigh.



MOVEMENT - As you rub your IT Band, look for trigger points—sore areas. Massage areas for 10-15 seconds. Spend 30-45 seconds on your leg. Then switch legs and repeat.

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Calves

STARTING POSITION - Sit on bench or chair.
Place Massage Bar behind your calf.



MOVEMENT - Rub sore areas for 10-15 seconds. Spend 30-45 seconds on calf, working inner and outer portions. Switch legs and repeat.

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