

Weighted Massage Roller

Includes
5 Exercises:



- p.2 Upper Shoulder Relaxer
- p.2 Neck Nuzzler
- p.2 Scapula Targeter
- p.3 Plantar Fascia Release
- p.4 Achilles Tendon Massage

After a challenging workout or even after a long day in the office, tight muscles throughout the body are often aching for massage and release. Incorporate Weighted Massage Rollers into your daily routine to relieve muscular tension and stimulate reflex zones. Its gentle spikes also assists with stimulating blood flow and promoting circulation.

Upper Shoulder Relaxer



Starting position: sit on a mat in a comfortable position. Place Weighted Massage Roller against upper shoulder and neck



Apply pressure and roll the Roller against the muscles allowing the head to tip toward the opposite side

Neck Nuzzler



Starting position: lie facing up on a mat, legs bent or straight for most comfort. Place Weighted Massage Roller under neck to relieve tension

Achieve a greater massage by gently lowering the chin toward the chest and nodding the head forward

Scapula Targeter



Starting position: lie facing up on a mat, legs bent or straight for most comfort. Place Weighted Massage Roller under one shoulder joint

Allow the weight of the shoulder to sink down onto the Roller

Starting position: sitting on a Stability Ball or a flat surface, place the Weighted Massage Roller under the heel

Slowly roll the Roller along the bottom of the foot all the way to the toes

Apply even pressure for a mild sensation. You should not feel pain

Modification 1: alter the massage by rolling the outside edge or the inside edge of the foot

Modification 2: challenge coordination by using one Weighted Massage Roller on each foot and alternate the direction of each foot passing them by each other, maintaining even pressure on the feet



Modification 1



Modification 2



Achilles Tendon Massage

Starting position: sit on mat with one leg long in front and one leg bent. Use hands for support. Place Weighted Massage Roller under the ankle. Apply gentle pressure down and bend the knee rolling the Roller toward the heel. Slowly lengthen the leg rolling the Roller up the leg. To change the target of the massage, add slight inward or outward rotation of the leg



WARRANTY, CARE AND USAGE FOR WEIGHTED MASSAGE ROLLER

Warranty

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

Care and Cleaning

Clean your Fitness Circle Toning Rings whenever necessary by wiping with a cloth dipped in soap suds or a combination of tea tree oil* and water. Rinse with water and wipe dry with a towel or cloth.

*Tea tree oil is a natural disinfectant available at most pharmacies or health food stores; mix according to directions on package.

Safety and Usage

Improper use of exercise equipment may cause serious injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Do not allow children to use or be around equipment without adult supervision.
- Maintain control of the Weighted Massage Roller at all times while exercising.
- Perform exercises in a slow and controlled manner, avoid excessive tension in neck and shoulders.
- Do not use equipment if it appears worn, broken or damaged, and do not attempt to repair equipment yourself.
- Use equipment only as recommended.