

# Flex Massage Stick

Muscle groups and body parts that can be targeted:



- p.2 Neck
- p.2 Mid Back
- p.3 Thigh
- p.3 Calf
- p.4 Front of Shin
- p.4 Glute

Repetitive movements can result in muscle tightness. Take targeted myofascial relief into your own hands using the customizable Flex Massage Stick. These exercises complement your stretching routine, relieving trigger points, loosening muscle knots and releasing fascia. Rearrange and reposition the rollers to hit the targeted muscle group or body part.

## Neck



**Starting position:** sit on a Stability Ball or stable surface with torso upright

1. Place the Flex Massage Stick against one side of the neck holding it firmly with both hands
2. Apply gentle pressure and roll the Flex Massage Stick along the length of the muscle

## Mid Back



**Starting position:** sit on a Stability Ball or stable surface with torso upright

1. Place Flex Massage Stick between shoulder blades
2. Apply gentle pressure and roll the Flex Massage Stick from side to side

## Thigh



**Starting position:** sit on a Stability Ball or stable surface with torso upright

1. Place Flex Massage Stick against the thigh and hold it firmly with both hands
  2. Apply gentle pressure and roll the Flex Massage Stick along the thigh
- The Flex Massage Stick will flex more as more pressure is applied

## Calf



**Starting position:** sit on the floor with one leg bent

1. Hold Flex Massage Stick with both hands, at the back of the calf down toward the ankle
2. Apply gentle pressure and roll the Flex Massage Stick up toward the knee

The massager will flex more as additional pressure is applied

## Front of Shin

**Starting position:** reconfigure the position of the adjustable rings to have the smallest rings in the center

Sit on the floor with one leg bent

1. Hold Flex Massage Stick at the front of the calf with both hands
2. Apply gentle pressure and roll the Flex Massage Stick up toward the knee

The massager will flex more as additional pressure is applied



### To Reconfigure:

- Remove one of the handles
- Remove rings and replace in desired configuration
- Replace handle

### WARRANTY, CARE AND USAGE FOR FLEX MESSAGE STICK

#### 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 foam disks 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 bodily 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.
- Use equipment only for exercises recommended.
- 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.

## Glute

**Starting position:** kneel on one knee with other foot on the floor

1. Hold Flex Massage Stick against the outside of the hip with both hands
2. Roll the massager along the muscle applying gentle pressure



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