



Interchangeable Ring Roller-RFX

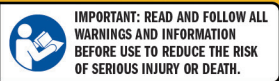
Rearrange the Rings to Target Reflexology Massage and More

This revolutionary roller has 10 interchangeable massage rings in 5 different sizes, each with soft, firm reflexology bumps. Remove one wheel to rearrange the rings and transform the roller to target plantar fasciitis, carpal

tunnel, and sore muscles. You can also interchange the rings with other rollers in GoFit's Interchangeable Massage System (all items sold separately).

**TRAIN.
RECOVER.
REPEAT.**    

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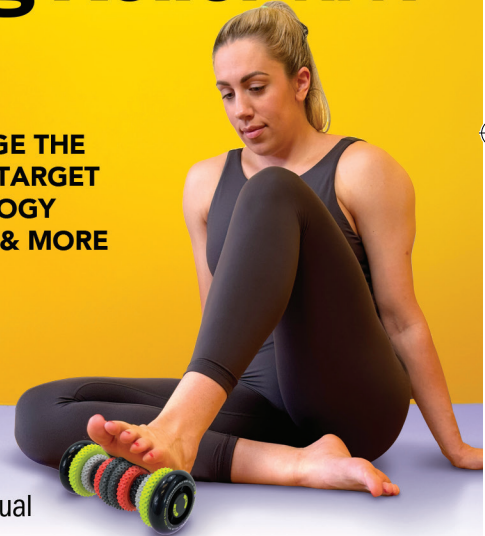
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Interchangeable
Massage System

Interchangeable Ring Roller-RFX

REARRANGE THE RINGS TO TARGET REFLEXOLOGY MASSAGE & MORE



Training Manual

Interchangeable Massage System

The Interchangeable Ring Roller-RFX is part of GoFit's revolutionary line of transforming massage rollers that use specially-designed, interchangeable Massage Rings to target virtually every muscle group in the body.

The rings, available in varied sizes, shapes and textures, slide on and off their rollers with a patented channel-core system.

Simply rearrange the rings to target your muscle recovery anytime, anywhere.

NOTE: GoFit Interchangeable Massage System products are sold separately.

Develop a well-rounded fitness plan with GoFit products and instruction. Shop select retailers worldwide, or visit us at www.gofit.net

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WARNING



Read and follow all information before use to avoid injury or death.

The risk of injury from participating in this therapy 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 therapy 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 therapy depicted in the program (e.g., you may have pre-existing injuries or other conditions that make the exercises or therapy depicted inappropriate for you).

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1A



WARNING



Read and follow all information before use to avoid injury or death.

PRODUCT USAGE

- **USE ONLY** as shown/illustrated/intended.
- **USE CAUTION** when using this product, as it can quickly roll away or roll out from under you.
- **ALWAYS** ensure you have adequate clearance in the massage area. It should be a clean, level surface.
- **ALWAYS** massage in a slow and controlled manner.
- This product is **NOT** a toy; it is not intended for use by children. If allowing anyone under 18 to use it for therapy, provide constant adult supervision.
- **NEVER** leave this product unattended, as it could pose a hazard to children and pets. **ALWAYS** store it out of reach of children and pets.
- **ALWAYS** consult your physician before using this product, or if intending to use it during pregnancy.
- GoFit, LLC is **NOT** responsible for any personal harm or property damage that may occur if this product is used improperly.

2A



WARNING



Read and follow all information before use to avoid injury or death.

CARE AND MAINTENANCE

- After each use, clean the *Interchangeable Ring Roller* with mild soap and rinse thoroughly with water. **DO NOT** use abrasive or chemical cleaners. You may use rubbing alcohol to disinfect the surface.
- After cleaning, allow the roller to dry completely before storing
- Keep the *Interchangeable Ring Roller* out of direct sunlight. **DO NOT** place or store the *Interchangeable Ring Roller* where it may be exposed to extremely high or low temperatures or heat sources.
- When you are not using the *Interchangeable Ring Roller* for an extended period of time, store it in a cool, dry place, out of the reach of children or pets.
- Some of the *Interchangeable Ring Roller* components are made of rubber or plastic — the life span of these parts in particular will depend on the amount of usage and proper care.

3A

Exercise guidelines

This manual features many massage options. Always follow proper guidelines as you develop exercises of your own.

The Massage Rings, made of firm foam, target trigger points for release. Each Ring also has many small bumps, specially designed to apply reflexology massage. The Massage Rings are Interchangeable so you can arrange them to fit the contours of any massage area, or rearrange them to reach specific muscle groups. Apply *just* the desired pressure you want for each area.

The reflexology bumps on the Massage Rings provide superficial stimulation for muscles near the surface of the skin. Reflexology massage applies firm but gentle pressure to sensitive areas, primarily on the feet and hands, called “reflex points.” When massaged, these areas are believed to promote total-body wellness. The reflexology bumps on the Rings help stimulate reflex points like a micro massage that releases tension.

Beginning Massage:

Roll with light pressure for 15 to 20 seconds on tight or sore areas. Repeat 1 to 2 times per session.

Advanced Massage:

Roll with greater pressure for 30 to 45 seconds on tight or sore areas. Repeat 3 to 4 times per session.

This is a general guide—some areas may merit longer massage times. Note, if bruising or discoloring occurs, this is a sign of too much pressure and should be discontinued.

4A

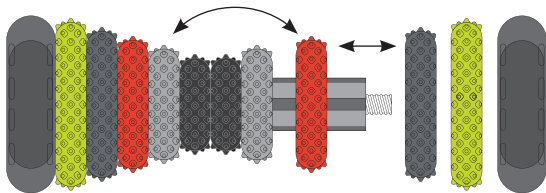
How to Rearrange the Rings

Quickly and easily rearrange the Massage Rings, to create different massage configurations.

To Rearrange the Massage Rings, follow these steps:

- 1. Unscrew the removable wheel, by spinning it to the left (it is the wheel with ON/OFF arrows).**
 - 2. Slide the Massage Rings off the Center Core of the roller.**
- Note, the center hole of each Ring has channels that line up with the rails on the Center Core.*
- 3. Slide the Rings back onto the core in your desired order.**
 - 4. Replace the Wheel — spin it to the right until it's tight.**

The following pages show Ring configurations recommended for various massage areas. As you become more familiar with your roller, rearrange the Rings to fit your own massage preferences.



Slide the Rings on and off the Center Core

5A



Plantar Fasciitis

Plantar fasciitis is a common, painful disorder affecting the underside of the foot. It is characterized by scarring, inflammation, or break-down of the foot's plantar fascia—the thick, broad band of connective tissue extending along the foot's bottom from heel bone to the base of the toes.

Some functions of the plantar fascia are:

- Stabilize the center of the foot during impact when stepping etc.
- Cushions the foot and leg
- Supports the foot's arch for lifting movements

Some causes and indications of Plantar Fasciitis:

- Injury of the plantar fascia can be caused by increases in exercise, weight gain, age, time-on-your-feet
- Usually felt on the bottom of the heel and is most intense with the first steps of the day
- Often have difficulty with dorsiflexion of the foot—where the foot is brought toward the shin. Usually due to tightness of the calf muscle or Achilles tendon—which is connected to the back of the plantar fascia.
- Usually responds well to treatment such as rest, massage, stretching/strengthening the calf muscle

7A

Carpal Tunnel Syndrome

Carpal tunnel syndrome is a hand/arm condition causing numbness, tingling etc. Primarily caused by a pinched nerve in the wrist. Many factors can contribute to the syndrome, such as the anatomy of your wrist, certain underlying health issues and possibly patterns of hand use.

Bound by bones and ligaments, the carpal tunnel is a narrow passageway located on the palm side of your wrist. This tunnel protects a main nerve to your hand and the tendons that bend your fingers. Compression of the nerve produces the numbness, tingling and, eventually, hand weakness that characterize carpal tunnel syndrome.

Proper treatment usually can relieve the tingling and numbness and restore wrist and hand function.

Some symptoms of Carpal Tunnel Syndrome:

- Usually starts gradually with numbness or tingling in your thumb, index and middle fingers or hand. It may extend from your wrist up your arm.
- Weakness. You may experience weakness in your hand and a tendency to drop objects.
- Massage therapy can help alleviate the pain and discomfort associated with carpal tunnel syndrome

8A

Plantar Fasciitis Massage

Suggested Ring Configuration



A- While sitting or standing, place the roller under the ball of your foot.

B- While using a comfortable amount of pressure, roll your foot on the roller back to your heel, then up to your toes. Repeat as needed.



1

Toes - Massage/Stretch

Suggested Ring Configuration



A- Cup your toes around the roller.

B- Bring your heel upward while pressing your toes downward on the roller.



2

Calf Stretch

Suggested Ring Configuration



A- Place roller just behind the ball of your foot. Stand straight up with heel low to the floor.

B- Push your knee forward while pressing your heel downward. Feel the stretch in your calf muscle.

A



B



3

Calf Massage

Suggested Ring Configuration



A- In a sitting position, rest your leg on roller just below calf muscle.

B- Raising your bottom off the floor, with weight on hands, roll your calf over the roller.

A



B



4

Lateral Lower Leg Massage

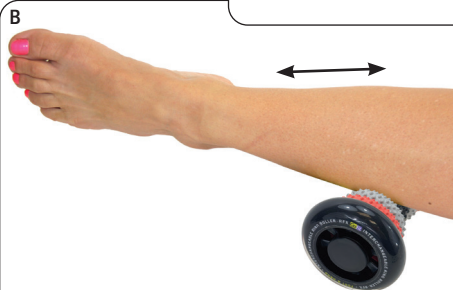
Suggested Ring Configuration



A- Sitting with your outer hip on the floor, rest your leg on roller just below calf muscle with outside lateral of leg resting on the roller.



B- Raising your hip off the floor, with weight on elbow, roll the lateral, outer part of your lower leg over the roller.



5

Carpal Tunnel Massage

Suggested Ring Configuration



A- Set heel of palm onto roller.

B- Roll hand forward, massaging wrist up to forearm area.



6

Lateral Hand Massage

Suggested Ring Configuration



A- Set lateral edge of hand on roller just above the wrist.



B- Roll your hand back and forth on the roller.



7

Top Lateral Hand Massage

Suggested Ring Configuration



A- Set top lateral edge of hand on roller, just above the wrist.



B- Roll hand back and forth on roller.



8

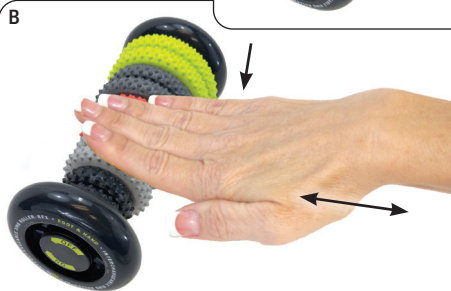
Fingers - Massage/Stretch

Suggested Ring Configuration



A- Set hand on roller, palm side down at the base of your fingers.

B- Roll hand back on the roller, pressing downward with your palm to stretch your fingers.



9

IT Band Massage

Suggested Ring Configuration



A- Lie on the floor with upper part of your IT band on roller. Bend other leg with foot on the floor supporting your weight. Support upper body with elbow.



B- Placing desired weight on the roller, roll back and forth to massage IT band. Switch legs and repeat.

10

Glute Massage

Suggested Ring Configuration



A- Sit on floor with one glute muscle on roller. With knees bent, cross the “massaging glute leg” over the other leg as shown. Keep other foot on the floor supporting your weight. Support upper body with arms behind you.

B- Placing desired weight on the roller, roll back and forth to massage glute muscle. Switch legs and repeat.



11

Hamstring Massage

Suggested Ring Configuration



A- Sit on floor with upper part of your hamstring on roller. Bend other leg, with foot on the floor supporting your weight. Support upper body with arms behind you.



B- Placing desired weight on the roller, roll back and forth to massage hamstring. Switch legs and repeat.

12

Lat Massage

Suggested Ring Configuration



A- Lean against a wall, placing roller at the lower part of your lat muscle. Supporting your weight with your elbow on the wall as shown, lean into the roller.



B- Roll up and down, allowing the roller to massage your lat muscle. Lean into the roller for desired intensity. Switch sides and repeat.

13

Tricep Massage

Suggested Ring Configuration



A- Lean against a wall with your elbow up as shown. Put your tricep muscle against the roller.



B- Roll up and down, allowing the roller to massage your tricep muscle. Lean into the roller for desired intensity. Switch arms and repeat.

14

Quad Massage

Suggested Ring Configuration



A



A- Lean against a wall placing roller at the upper part of your quad muscle. Lean into the roller.

B



B- Roll up and down, allowing the Roller to massage your quad muscle. Lean into the roller for desired intensity. Switch legs and repeat.