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# Adaptive Massage Bar

**TRAINING MANUAL**

**REARRANGE THE  
RINGS FOR YOUR  
PERFECT MASSAGE**



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# WARNING

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”).

These Materials are for educational purposes only (i.e. they illustrate and explain various fitness-related and/or exercise 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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# WARNING



Read and follow all warnings and information before use to reduce the risk of serious injury or death.

## THE GOFIT ADAPTIVE MESSAGE BAR

- The Adaptive 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 Adaptive 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 Adaptive 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.

## Introduction and Usage

It is recommended to consult your physician before engaging in massage or any type of exercise.

Use this Training Manual for proper usage and as a general exercise guide. Always start at a pressure level that is comfortable and causes no pain.

The *GoFit Adaptive Massage Bar* has interchangeable *Massage Rings*, for two levels of massage in one roller. *Low-profile Rings* provide smooth massage, while *High-profile Rings* offer vigorous massage. It's all designed to adapt to your individual massage needs. You can quickly switch between massage types, or you can rearrange the rings to adapt to various body parts. For instance, to massage your neck, position a *Low-profile Ring* in the center of the bar with *High-profile Rings* beside it. This creates a gap for your cervical spine to symmetrically-massage your neck.

You'll find in this manual, various Ring configurations for suggested massage areas. Using these examples as a guide, you can rearrange the Rings, adapting them to massage exercises of your own. Arrange and rearrange the massage rings to reach sore muscles and roll-out tension anytime, anywhere.

## Massage Guide and Care

### MESSAGE BAR USAGE:

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

**Advanced:** Roll the Bar with *greater* pressure for 30 to 45 seconds 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.*

### MAINTENANCE AND CARE

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

# Rearranging Massage Rings

Rearranging the Massage Rings on your GoFit Adaptive Massage Bar is as easy as 1-2-3:

## STEP 1

Remove the Detachable Handle from the Bar by turning it counter-clockwise to unscrew it.

*Note, the **Detachable Handle** is the handle with arrows indicating ON and OFF.*



*Both Handles spin independently from the Massage Rings with smooth-rolling ball bearings.*

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## STEP 2

Slide the Massage Rings on-and-off the Core, arranging them to your desired configuration.



## STEP 3

Reattach the Detachable Handle to the Bar by turning it clockwise until tight. Now, you're ready to roll.

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## Neck

### MOVEMENT -

Massage for 10-15 seconds, rolling evenly to massage either side of the cervical spine.

### MASSAGE RING CONFIGURATION -

“Center Cradle” Ring set-up, massages tense neck muscles while Low-profile Ring gap avoids the cervical spine



Adaptive Massage Bar

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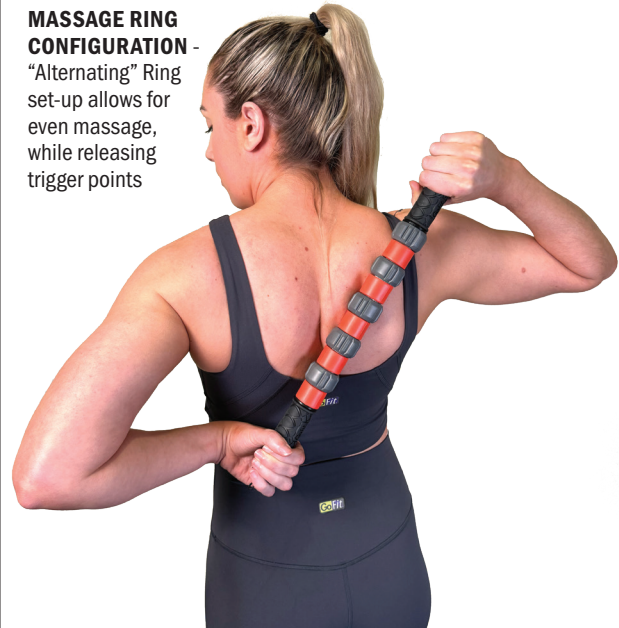
## Upper Back

### MOVEMENT -

Massage for 10-15 seconds, working one side at a time.

### MASSAGE RING CONFIGURATION -

“Alternating” Ring set-up allows for even massage, while releasing trigger points



Adaptive Massage Bar

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## Middle and Lower Back

### MOVEMENT -

Massage for 10-15 seconds, rolling evenly to massage either side of the spine.

### MASSAGE RING CONFIGURATION -

“Alternating” Ring set-up for an even massage, with trigger point release and a center, Low-profile Ring gap for the spine



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## Glutes

### MOVEMENT -

Massage for 10-15 seconds, rolling evenly to massage the entire muscle group with a gap for the tailbone.

### MASSAGE RING CONFIGURATION -

“Center Cradle” Ring set-up for an even, vigorous massage, with a center, Low-profile Ring gap to avoid the tailbone.



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## Forearms

### MOVEMENT -

Massage for 10-15 seconds, applying the right amount of pressure to relieve soreness

### MASSAGE RING

#### CONFIGURATION -

“Target & Gap” Ring set-up, centers three High-profile and three Low-profile Rings, so you can quickly alternate between smooth and vigorous massage.



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## Hamstrings

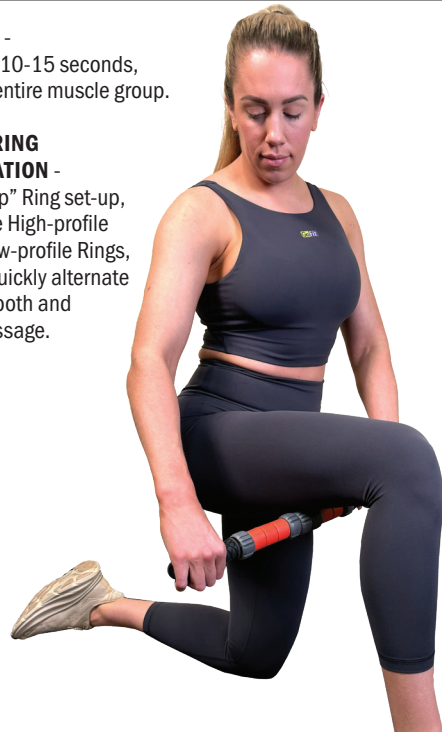
### MOVEMENT -

Massage for 10-15 seconds, working the entire muscle group.

### MASSAGE RING

#### CONFIGURATION -

“Target & Gap” Ring set-up, centers three High-profile and three Low-profile Rings, so you can quickly alternate between smooth and vigorous massage.



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# Quadriceps

**MOVEMENT -**  
Massage for 10-15 seconds, working the entire muscle group.



**MESSAGE RING CONFIGURATION -**  
“Half & Half” Ring set-up, allows you to quickly switch from smooth to more vigorous massage.

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# IT Band

**MOVEMENT -**  
Massage for 10-15 seconds, working the entire muscle group.



**MESSAGE RING CONFIGURATION -**  
“Half & Half” Ring set-up, allows you to quickly switch from smooth to more vigorous massage.

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