



TRAINING MANUAL

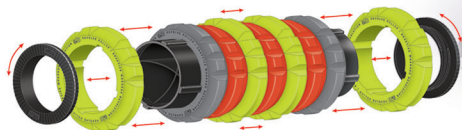


IMPORTANT: Read and follow all warnings and information before using this product, to reduce the risk of serious injury or fatality.

Patent Pending

REVOLVE ROLLER

THE ADAPTIVE
MASSAGE
REVOLUTION



***Rearrange the Rings to create
the perfect roller for You!***



FREE Video
Workout Library
at www.gofit.net



TRAIN. RECOVER. REPEAT.    

This manual is a general guide for using the GoFit Revolve Roller (models 045 & 423). Always start at a level that is comfortable to you and will allow you to complete all exercises within your chosen workout. Check with your physician before engaging in any exercise or massage therapy program to determine if it is appropriate for you.

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WARNING



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REVOLVE ROLLER WARNING



WARNING

Suggested Weight Limit: 250lbs (static). The risk of injury from participating in this 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 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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GOFIT GO ROLLERS

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

MAINTENANCE AND CARE

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

BENEFITS OF MUSCLE PAIN MANAGEMENT WITH MASSAGE ROLLERS

- Quick relief to muscular pain.
- Erodes trigger-points while massaging the muscle.
- Accelerates the de-stressing process.
- Restores and increases your flexibility/range of motion.
- Improves body strength and circulation.
- Aids in avoiding injury.

Recovery Exercise Guidelines

REVOLVE ROLLER

RECOMMENDED GUIDELINES

The GoFit Go Roller is an excellent tool for full body self-massage therapy and trigger-point release. You decide how much pressure to apply to sore muscles and trigger-points for maximum relief. Use the Go Roller pre-workout to ease tension for better muscle performance, and improve range of motion. Use it post-workout to assist in stretching muscle tissue and relieving muscle soreness.

BEGINNER: While rolling, place and hold light pressure for 15 to 20 seconds on tight or stiff areas. Repeat 1 to 2 times per session, or until muscle tissue relaxes.

ADVANCED: While rolling, place and hold greater pressure for 30 to 45 seconds on tight or stiff areas. Repeat 3 to 4 times per session, or until muscle tissue relaxes.

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

TIPS

- To allow better relaxation and results, take deep breaths in and out.
- You may feel some discomfort where the roller is hitting the trigger-point area.
- Some areas may be more tender than others—apply only the amount of pressure that is comfortable to you.
- If you experience any significant bruising, this is a sign you are pressing too hard over the area and may be causing damage to your tissues.
- If you feel extreme discomfort, discontinue use of the Go Roller immediately.
- Drink plenty of water after your massage therapy.

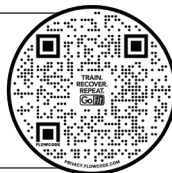
How to Customize Your Roller

REVOLVE ROLLER

Adapt the GoFit Revolve Roller to fit your massage by rearranging the nine Adaptive Massage Rings!

- 1)** Twist one, or both, retaining rings off by turning counterclockwise.
- 2)** Choose your roller configuration and arrange/rotate the Adaptive Massage Rings by sliding them on and off roller core.
- 3)** Securely twist on retaining rings clockwise and **ROLL!**

**SCAN HERE
TO START YOUR
ROLLER
REVOLUTION**



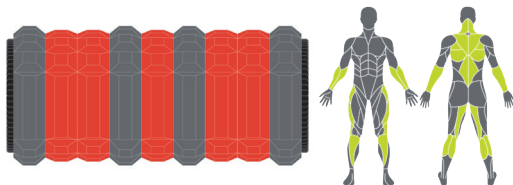
045 Adaptive Massage Ring Example Configurations

REVOLVE ROLLER

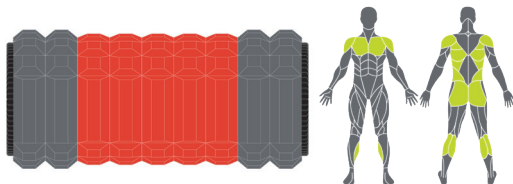
RING SIZES INCLUDED ON THIS ROLLER:



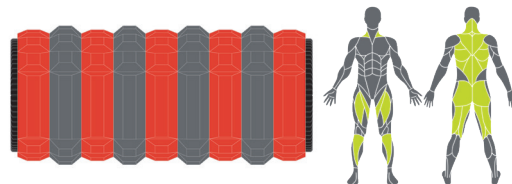
"Double Gap"—Back, IT Band, Forearms, Calves



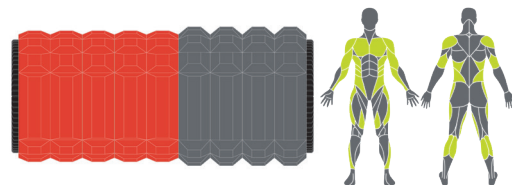
"The Cradle"—Shoulders, Lats, Glutes, Quads, Calves



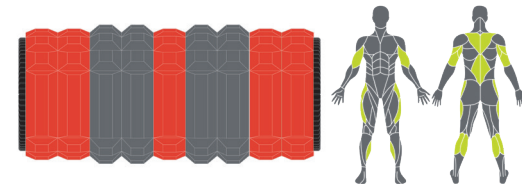
"Moguls"—Back, Hamstrings, Quadriceps, Shins, Glutes



"The Offset"—Shoulders, Lats, Chest, Inner/Outer Leg, Arms



"The Groove"—Back, Upper Arms, IT bands, Calves



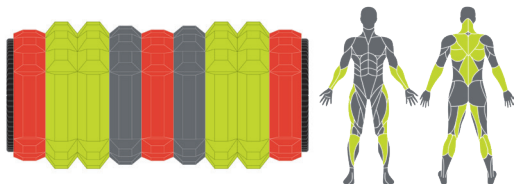
423 Adaptive Massage Ring Example Configurations

REVOLVE ROLLER

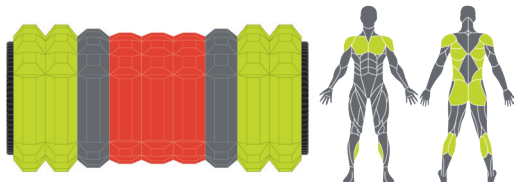
RING SIZES INCLUDED ON THIS ROLLER:



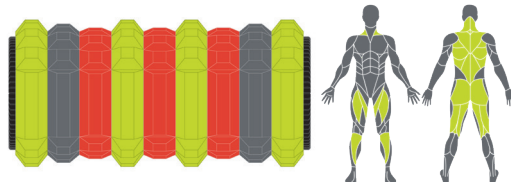
"The Groove"—Back, IT Band, Forearms, Calves



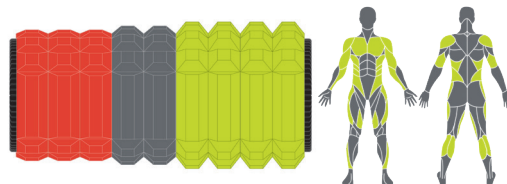
"The Cradle"—Shoulders, Lats, Glutes, Quads, Calves



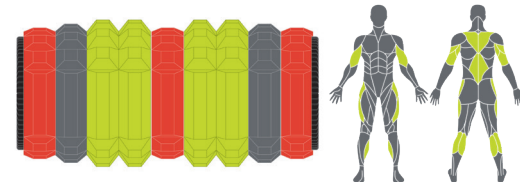
"Peaks and Valleys"—Back, Hamstrings, Quadriceps, Shins, Glutes



"The Offset"—Shoulders, Lats, Chest, Inner/Outer Leg, Arms



"The Gulley"—Back, Upper Arms, IT bands, Calves



Recovery Exercises

REVOLVE ROLLER

● ROLLER START POINT

● ROLLER STOP POINT

Lats (Latissimus Dorsi)

POSITION - Lying on your side, place Revolve Roller horizontally, at the point where the back meets the shoulder. Straighten the arm and turn the thumb up. Stabilize the body with the other hand and bend the front leg.

MOVEMENT - Engage the core, lift hip off the ground and begin rolling slowly down your side towards your hip. As soon as you feel the roller hit the ribs, slowly roll back up. **Repeat slowly for 30-60 sec, then switch sides.**

ROLLING TIP - when you find tender trigger points, hold your position for 10-20 seconds while breathing slowly through your nose.

SUGGESTED ROLLER CONFIGURATIONS CUSTOMIZE THE ROLLER TO FIT YOU!

045 REVOLVE ROLLER



EXERCISE EXAMPLE



423 REVOLVE ROLLER



● ROLLER START POINT

● ROLLER STOP POINT

Triceps

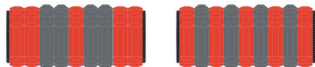
POSITION - Lying on your side (slightly turned face down), place Revolve Roller horizontally, at the point where the back meets the shoulder. Straighten the arm and turn the thumb up. Stabilize the body with the other hand and bend the front leg.

MOVEMENT - Using your stabilizing hand, engage the core, lift torso up as you begin rolling slowly down towards your elbow. As soon as you reach the point just above your elbow, slowly roll back up to starting position. *Repeat slowly for 30-60 sec, then switch sides.*

ROLLING TIP - when you find tender trigger points, hold your position for 10-20 seconds while breathing slowly through your nose.

SUGGESTED ROLLER CONFIGURATIONS CUSTOMIZE THE ROLLER TO FIT YOU!

045 REVOLVE ROLLER



EXERCISE EXAMPLE

423 REVOLVE ROLLER



Recovery Exercises

REVOLVE ROLLER

● ROLLER START POINT

● ROLLER STOP POINT

Upper Back

POSITION - Place the Revolve Roller horizontally just above your shoulder blades near the base of your neck. If your neck muscles are too weak, use your hands to assist, or “cradle”, your head. Bend your knees and elevate your hips and glutes.

MOVEMENT - Using your legs to control the movement, slowly begin to roll towards the bottom of your shoulder blades (mid-back), pausing at any sore or tight spots. Control the motion, roll back up to the top of your shoulder blades and repeat the movement. **Repeat slowly for 30-60 sec.**

ROLLING TIP - when you find tender trigger points, hold your position for 10-20 seconds while breathing slowly through your nose.

SUGGESTED ROLLER CONFIGURATIONS CUSTOMIZE THE ROLLER TO FIT YOU!

045 REVOLVE ROLLER



EXERCISE EXAMPLE

423 REVOLVE ROLLER



● ROLLER START POINT

● ROLLER STOP POINT

Lower Back

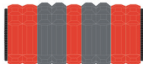
POSITION - While seated on the floor, place the Revolve Roller horizontally across your mid-back. If your neck muscles are too weak, use your hands to assist, or “cradle”, your head. Bend your knees and elevate your hips and glutes .

MOVEMENT - Using your legs to control the movement, slowly begin to roll down towards the top of your tail bone , pausing at any sore or tight spots. Control the motion, roll back up to your mid-back. **Repeat slowly for 30-60 sec.**

ROLLING TIP - when you find tender trigger points, hold your position for 10-20 seconds while breathing slowly through your nose.

SUGGESTED ROLLER CONFIGURATIONS CUSTOMIZE THE ROLLER TO FIT YOU!

045 REVOLVE ROLLER



EXERCISE EXAMPLE



423 REVOLVE ROLLER



Recovery Exercises

REVOLVE ROLLER

● ROLLER START POINT

● ROLLER STOP POINT

IT Band

POSITION - While positioned on one side, place your hip (the one closest to the ground) on the massage roller. Place your elbow of the same side on the ground for support. Bend and place your opposite leg in front. This will help with the motion of the exercise, provide balance, and distribute your weight equally on the massage roller.

MOVEMENT - While using your hands and your stationary foot for support, roll from your hip down to your knee, pausing on any tight or sore spots.

Repeat slowly for 30-60 sec.

ROLLING TIP - When you find tender trigger points, hold your position for 10-20 seconds while breathing slowly through your nose.

SUGGESTED ROLLER CONFIGURATIONS CUSTOMIZE THE ROLLER TO FIT YOU!

045 REVOLVE ROLLER



EXERCISE EXAMPLE



423 REVOLVE ROLLER



● ROLLER START POINT

● ROLLER STOP POINT

Glutes

POSITION - While leaning or placing your weight to one side, position the massage roller under the “meaty” portion of your lateral glutes (just above the outside part of your hip). Cross your leg and place your ankle on the opposite quad. Support your upper body by placing your hands on the ground to the rear.

MOVEMENT - Roll to the outside portion of your glutes from top to bottom. This is a relatively small movement intended to target the glutes. **Repeat slowly for 30-60 sec.**

ROLLING TIP - When you find tender trigger points, hold your position for 10-20 seconds while breathing slowly through your nose.

SUGGESTED ROLLER CONFIGURATIONS CUSTOMIZE THE ROLLER TO FIT YOU!

045 REVOLVE ROLLER



423 REVOLVE ROLLER



Recovery Exercises

REVOLVE ROLLER

● ROLLER START POINT

● ROLLER STOP POINT

Hamstrings

POSITION - Place the massage roller directly behind your knee. Hands should be positioned to support the weight of your upper body, keep your back/spine in an upright position by engaging your abdominals.

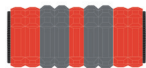
MOVEMENT - Slowly begin to roll forward bringing the massage roller from your knee to just beneath your glutes. You may lean to one side or the other to target any tight spots you may find within the muscles. Pointing your toes in, out and straight will help work the entire muscle group. **Repeat slowly for 30-60 sec.**

ROLLING TIP - when you find tender trigger points, hold your position for 10-20 seconds while breathing slowly through your nose.



SUGGESTED ROLLER CONFIGURATIONS CUSTOMIZE THE ROLLER TO FIT YOU!

045 REVOLVE ROLLER



EXERCISE EXAMPLE

423 REVOLVE ROLLER



● ROLLER START POINT

● ROLLER STOP POINT

Calves

POSITION - Position the massage roller under one leg behind your ankle, while using your hands to support your upper body. Your opposite leg remains off the side of the massage roller.

MOVEMENT - Lifting your bottom off the floor, slowly drive your body forward, rolling from the ankle to just below your knee joint pausing on any tight or sore spots. Point your toes up (dorsiflexion) and down (plantar flexion).

Repeat slowly for 30-60 sec.

ROLLING TIP - when you find tender trigger points, hold your position for 10-20 seconds while breathing slowly through your nose.

SUGGESTED ROLLER CONFIGURATIONS CUSTOMIZE THE ROLLER TO FIT YOU!

045 REVOLVE ROLLER



EXERCISE EXAMPLE



423 REVOLVE ROLLER



Recovery Exercises

REVOLVE ROLLER

● ROLLER START POINT

● ROLLER STOP POINT

Quadriceps (Quads)

POSITION - From a prone (face down) position, place both legs on the massage roller. The massage roller should be just above your knees to begin the movement. Bend your elbows for upper body support.

MOVEMENT - Keeping your back flat, move the massage roller from the top of your knee to the top of your thigh. Point your toes out to isolate your inner muscles. Shifting your body weight to one side or the other will help to target any trigger or pressure points. **Repeat slowly for 30-60 sec.**

ROLLING TIP - when you find tender trigger points, hold your position for 10-20 seconds while breathing slowly through your nose.



SUGGESTED ROLLER CONFIGURATIONS CUSTOMIZE THE ROLLER TO FIT YOU!

045 REVOLVE ROLLER



EXERCISE EXAMPLE

423 REVOLVE ROLLER



● ROLLER START POINT

● ROLLER STOP POINT

Shins

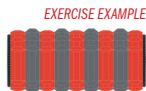
POSITION - Begin by kneeling, placing the massage roller under both ankles. Balance yourself in “table top” position by extending your arms and placing your hands on the floor.

MOVEMENT - Extending your legs, roll from the top of your ankles to just below your knee (do not roll directly on your knee joint). Bring your knees back towards your body and repeat the movement. Rotating your shins to one side or the other will help avoid direct pressure to your shin bone. *Repeat slowly for 30-60 sec.*

ROLLING TIP - You may massage one shin at a time—one shin on the roller, and the other on the floor for better balance and comfort. When you find tender trigger points, hold your position for 10-20 seconds while breathing slowly through your nose.

SUGGESTED ROLLER CONFIGURATIONS CUSTOMIZE THE ROLLER TO FIT YOU!

045 REVOLVE ROLLER



423 REVOLVE ROLLER



Recovery Exercises

REVOLVE ROLLER

● ROLLER START POINT

● ROLLER STOP POINT

Adductors (Inner Thigh)

POSITION - Balance on your forearms into a low crawl position with the top of one of your inner thighs resting on the massage roller. The weight of your upper body will be supported by your shoulders and core. Your “on” knee is bent, while your “off” leg remains straight.

MOVEMENT - Roll from the top of your inseam (by your hip) down to just above your knee. Shift your weight toward the roller for more pressure.

Repeat slowly for 30-60 sec.

ROLLING TIP - When you find tender trigger points, hold your position for 10-20 seconds while breathing slowly through your nose.

SUGGESTED ROLLER CONFIGURATIONS CUSTOMIZE THE ROLLER TO FIT YOU!

045 REVOLVE ROLLER



423 REVOLVE ROLLER



EXERCISE EXAMPLE





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We strive to be your one source for superior, innovative, home-fitness products at a great value.

For other GoFit products, visit your local retailer,
or go to www.gofit.net and see our entire product line and more.



WARNING



IMPORTANT: Read and follow all warnings and information before using this product to reduce the risk of injury or fatality.

Serious or fatal injury can occur. Exercise Programs of any kind present an inherent danger to the participant. Consult your doctor before beginning any exercise program. All GoFit equipment is intended to be used by adults only in the manner shown/illustrated/described. Anyone under the age of 18 should have constant adult supervision. Always read and follow all warnings and information before use. Always use proper techniques and common sense when exercising. Before each use, check your equipment thoroughly for any signs of damage, defect or wear. If any is found, discontinue use immediately and contact GoFit for assistance. This product is not intended for commercial use.

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