



Muscle Hook

TRAIN. RECOVER. REPEAT.    

Targeted, Trigger Point Massage

Target your sore muscles for deep tissue massage. GoFit's Muscle Hook is uniquely designed to reach virtually every muscle in the body with ideal massage pressure. Its rounded knobs and pressure points help you loosen tight muscles and release trigger points anytime, anywhere.

Scan for FREE Training Videos



WARNING



IMPORTANT: READ AND FOLLOW ALL WARNINGS AND INFORMATION BEFORE USING THIS PRODUCT TO REDUCE THE RISK OF SERIOUS INJURY OR DEATH.

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. Not intended for commercial use.



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GF-MMH

WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov.



RECYCLABLE PACKAGING

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Muscle Hook

TARGETED, TRIGGER POINT MASSAGE



GoFit FOR LIFE.

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Thank you for your purchase. GoFit strives to be your one source for superior, innovative, home-fitness products at a great value. For additional product information please visit www.gofit.net.



Read and follow all information before use. Serious injury or fatality may occur.

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, 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, the illustrations depicted in this program portray 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

Usage and Care

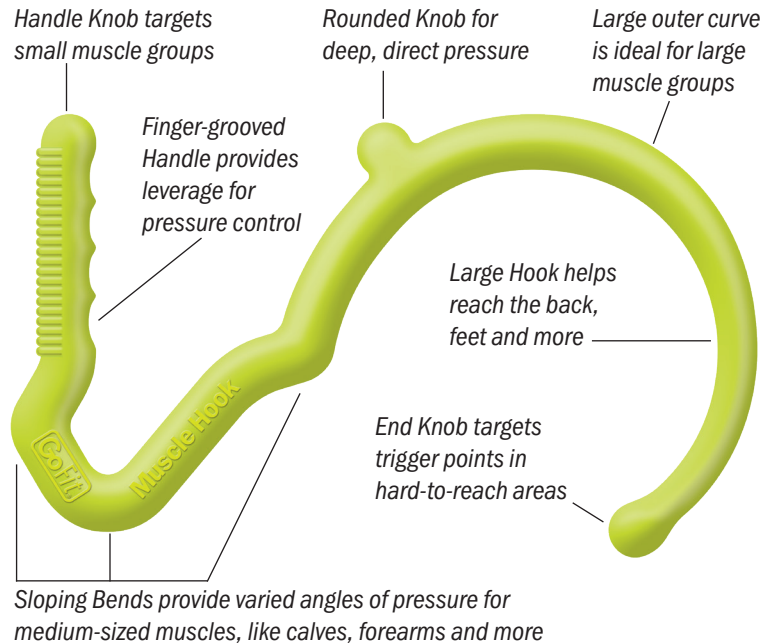
GOFIT MUSCLE HOOK

- The Muscle Hook 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 Muscle Hook 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 Muscle Hook.
- The Muscle Hook should only be used for its intended purpose as outlined in this training manual.

MAINTENANCE AND CARE

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

GoFit Muscle Hook Parts



Introduction and Guidelines

Use this Training Manual for proper usage and as a general exercise guide. There are several exercises included, and as you become more familiar with your Muscle Hook, you will discover additional massage options that work well for you. Remember, always start at a pressure level that is comfortable to *you*.

Please consult with your physician before engaging in any type of massage or exercise program to determine if it is appropriate for you.

BENEFITS OF MUSCLE MASSAGE WITH THE MUSCLE HOOK

- Quick release of muscular soreness.
- 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.

RECOMMENDED GUIDELINES

The Muscle Hook's unique design helps you reach virtually all muscle groups for deep tissue massage. You decide on the best angle and the amount of pressure you want to apply. Use the Muscle Hook *pre-workout* to ease tension and improve range of motion and performance. Or use it *post-workout* to assist with your recovery process. The Muscle Hook is the ideal fitness tool to reach virtually any sore muscle, and release trigger points anytime, anywhere.

Guidelines Continued

BEGINNER:

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:

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.

- Do not put pressure directly onto bones.

- Do not massage areas of skin irritations or inflammation.

- If bruising or discoloring occurs, this is a sign of too much pressure and massage should be discontinued immediately. Too much pressure could cause damage to your tissues.

- To allow for better relaxation and results, take *deep, long breaths* in and out.
- You may feel some discomfort where the Muscle Hook is hitting a trigger point area or sore muscle.
- Some areas may be more tender than others, so apply only the amount of pressure that is comfortable to *you*.
- If you feel extreme discomfort or have bruising, discontinue use of the Muscle Hook immediately.

Neck



Suggested Muscle Hook usage:
Rounded knob on the back of the hook for targeted massage



Suggested Muscle Hook usage:
Sloping center bend for ideal leverage and massage pressure

Trapezius and Upper Back

Suggested Muscle Hook usage:
Rounded end knob of the large hook for targeted massage with ideal leverage



Biceps and Triceps

**Suggested
Muscle Hook usage:**
Rounded knob on the
back of the hook for
targeted massage
with even pressure



Lower Back

**Suggested
Muscle Hook usage:**
Rounded end knob of the
large hook for targeted
massage with
ideal leverage



Glutes

Suggested Muscle Hook usage:
Rounded end knob of the large hook massages hard-to-reach areas with ideal leverage



Calves and Hamstrings

Suggested Muscle Hook usage:
Sloping center bend for ideal leverage and massage pressure



Feet



**Suggested
Muscle Hook usage:**
Sloping center bend for more
leverage pressure and the
large hook knob
for more reach



Quadriceps

**Suggested
Muscle Hook usage:**
Sloping center bend for
ideal leverage and
massage pressure

