



## F.I.T Roller™

**⚠ CAUTION** Check surface temperature before use; the roller surface may be very hot or very cold and could cause burns. Carefully read and follow all warnings, guidelines and instructions. Proper use of this product is essential.

Before beginning any exercise program, including using this roller, consult with your doctor or physician, particularly if you have been inactive, are very overweight, or have or suspect any sort of medical condition. Use proper techniques and common sense when exercising. Injury may result if proper form is not used for each exercise. Overuse of the product may cause bruising, soreness and skin irritation. If any discomfort should result from your use of this product, stop and consult your doctor. Consult a certified personal trainer if unsure of how to perform any exercise. Exercise programs of any kind can present danger to the participant at any time. Serious or fatal injury can occur. Use product at your own risk.

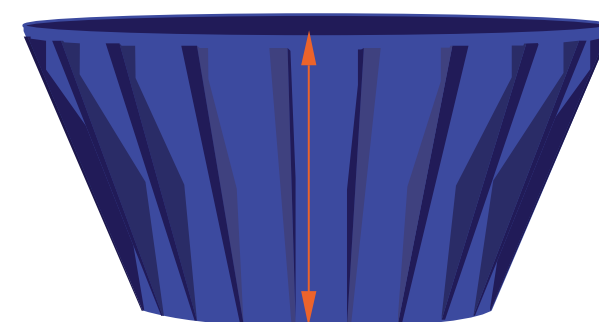
Use only for intended purpose and only as directed. Do not modify the product. Inspect the product before each use for signs of damage or malfunction. Do not use if the product appears damaged.

Not intended for Children. Do not leave children unsupervised around the equipment.

**CONTRADICTIONS:** You can use the FIT Roller on any muscle which you are able to treat through the rolling process, however it is recommended you avoid certain areas such as joints, bones, neck and your lower back. These areas are more sensitized to pain and may require further treatment from a medical professional or sports therapist. Do not use on areas of acute trauma or areas that are red, swollen or painful. Do not use if you have difficulty supporting your own body weight with your arms or legs. If you have spinal injuries or degeneration, osteoporosis, osteoarthritis, take blood thinning medication, are pregnant, have joint replacements, suffer from fibromyalgia or rheumatic diseases, consult with your doctor before use to decide if this product is right for you.

**DIRECTIONS:** Twist open end cap of roller and add no more than a cap-full of hot/warm water inside to heat up your roller. The surface of the roller will become hot/warm and take on the temperature of the water. Always check the surface temperature of the roller before use and wait until surface temperature is comfortable to use. Do not fill roller past ½ way point. Do not overfill to avoid leakage. Replace cap. Do not overtighten caps. You may also use the roller without hot water. Small water leaks are unavoidable.

**1 Cap-Full**



For cryotherapy add no more than a cap-full of ice and/or cold water. The surface of the roller will become cold and take on the temperature of the water/ice. Always check the surface temperature of the roller before use and wait until surface temperature is comfortable to use. Do not fill past ½ way point. Do not overfill to avoid leakage. Replace cap. Do not overtighten caps. You may also use the roller without water or ice.

The FIT Roller comes with a carrying sleeve which you may choose to put on the Roller after filling and before use. The sleeve will add some extra cushion and insulation to the Roller which may make rolling more comfortable for you.

When you are finished rolling, unscrew the end cap and carefully empty the water/ice. Dry your roller and replace the end cap. Do not overtighten cap. Place FIT Roller in carrying sleeve and store when not in use.

To roll apply moderate pressure to a specific muscle or muscle group using the roller and your bodyweight. Roll slowly. When you find areas that are tight or sore, pause for several seconds and relax. Roll out those areas until you feel the muscle release. We recommend that you view our instructional videos before use.

Use Caution. If an area is too painful to apply direct pressure, shift the roller and apply pressure to the surrounding areas. Work gradually to loosen and release the entire area. You may be sore the next day in areas that you have worked on.



**@fireicetherapy**

**#JustRollWithIt**