BATTERY PRECAUTIONS

• Dispose of the old batteries properly. Do not dispose of the old batteries in a fire.
• Do not leave the batteries where a child or pet could play with or swallow them. If the batteries are swallowed, contact a physician immediately.
• The batteries may explode if mistreated. Do not attempt to recharge or disassemble the batteries.
• Use only fresh batteries of the required size and type. Do not mix old and new batteries, different types of batteries, or rechargeable batteries of different capacities.

WARNING

For adult use only. For external use only.

IMPORTANT

Any individual who may be pregnant, has a pacemaker, suffers from diabetes, phlebitis and/or thrombosis, is at an increased risk of developing blood clots, or who has pins/screws/artificial joints or other medical devices implanted in his/her body should consult with a physician before using a massaging device designed for home use.

LOCATION OF PARTS AND CONTROLS

1. Vibration Massage Speed Dial
2. Handle
3. Battery Compartment Cap/Battery Compartment (under handle)
1. Turn the HANDLE clockwise to unlock.

2. Remove the HANDLE.

3. Turn the BATTERY COMPARTMENT CAP counter-clockwise to unlock.

4. Remove the BATTERY COMPARTMENT CAP.

5. Insert 4 C batteries (not included) according to polarity indicators inside the BATTERY COMPARTMENT.

6. Replace the BATTERY COMPARTMENT CAP and push down while turning clockwise to lock.

7. To replace the HANDLE, align the arrows with the gradient line and turn clockwise to lock.

USING THE MASSAGER

1. Use the massager with or without vibration to relieve tension and relax tired muscles.

2. Turn the VIBRATION MASSAGE SPEED DIAL to choose Low, Medium, or High speed.

3. Turn the VIBRATION MASSAGE SPEED DIAL off to turn the vibration off.

4. Replace the BATTERY COMPARTMENT CAP when unit is not in use.

5. To obtain warranty service, contact Brookstone Limited Warranty Service at 1-800-292-9819. Please be prepared to describe the problem that needs service and the nature of the defect.

6. If a defect arises and a valid claim is received within the Warranty Period, at its option, Brookstone will either: (a) repair the product at no charge, using new or refurbished replacement parts; or (b) exchange the product with a new product that is at least functionally equivalent to the original product; or (c) provide a store credit in the amount of the purchase price of the original product. A replacement product or part, including any user-installable part installed in accordance with instructions provided by Brookstone, assumes the remaining warranty of the original product. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes Brookstone's property. When a store credit is given, the original product item becomes your property and the replaced item becomes Brookstone's property. A replacement product or part, including any user-installable part, including batteries or light bulbs; g) any product sold “as is” including, without limitation, floor demonstration models and refurbished items; or h) a product that is used commercially or for a commercial purpose.

CARE AND MAINTENANCE

Wipe with a soft, damp cloth.

SPECIFICATIONS

- Power - 6V (4 C Batteries)
- Weight - 4.2 lbs (with Batteries)
- Size - 18" (L) x 5.6" (D)
- Battery Life - Approx. 5 hours (high speed)
- Weight capacity - 300 lbs maximum

ONE (1) YEAR LIMITED WARRANTY

Brookstone warrants this product against defects in workmanship and material under normal use for a period of ONE (1) YEAR from the date purchased by the original purchaser ("Warranty Period"). If a defect arises and a valid claim is received within the Warranty Period, at its option, Brookstone will either: (a) repair the product at no charge, using new or refurbished replacement parts; or (b) exchange the product with a new product that is at least functionally equivalent to the original product; or (c) provide a store credit in the amount of the purchase price of the original product. A replacement product or part, including any user-installable part installed in accordance with instructions provided by Brookstone, assumes the remaining warranty of the original product. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes Brookstone’s property. When a store credit is given, the original product item becomes your property and the replaced item becomes Brookstone’s property. A replacement product or part, including any user-installable part, including batteries or light bulbs; g) any product sold “as is” including, without limitation, floor demonstration models and refurbished items; or h) a product that is used commercially or for a commercial purpose.

Brookstone shall not be liable for incidental or consequential damages resulting from the use of this product, or arising out of or in any way connected with the use of this warranty. To the extent permitted by applicable law, Brookstone disclaims any and all statutory or implied warranties, including, without limitation, warranties of merchantability, fitness for a particular purpose and warranties against hidden or latent defects. If Brookstone cannot lawfully disclaim statutory or implied warranties, then to the extent permitted by law, all such warranties shall be limited in duration to the duration of this express warranty. Some states disable the exclusion or limitation of incidental or consequential damages or how long an implied warranty lasts, so the above exclusions or limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights, which vary from state to state.
DEEP TISSUE & VIBRATION MASSAGE

Brookstone®

FOAM ROLLER

DEEP TISSUE & VIBRATION MASSAGE

DOLVETT QUINCE
Brookstone Massage Ambassador & Trainer on NBC’s “The Biggest Loser”

“Adding vibration makes roller massage even better.”
It only takes 10–15 minutes of roller massage a day to help relieve muscle tension, reduce your risk of injury and increase flexibility—so there's no excuse for not making massage part of your workout routine!

This booklet explains some of the most effective foam roller exercises and provides tips on how to get maximum benefits from your BodyForm® Foam Roller.

So if you're ready to do yourself a favor, then let's get rolling…
GLUTES

- Sit on the BodyForm® Foam Roller with your left foot planted firmly on the ground and right leg stretched out in front of you. Prop yourself up with your hands by your sides.
- Tilt your body to direct the pressure to the right gluteal muscle and roll back and forth for 60 seconds, making sure to work every part of the muscle.
- Switch sides and repeat.

TIP

For deeper pressure, cross your grounded foot over the opposite thigh in a Figure-4 position instead of leaving it planted on the floor.
ILIOTIBIAL (IT) BAND

- Lie on your left side with your outer thigh on the BodyForm® Foam Roller, legs stacked, and your left forearm on the floor propping up your torso.
- Roll between your knee and hipbone, paying extra attention to sore or tender areas.
- After 60 seconds of continuous rolling, switch sides and repeat with your right leg.

TIP
If this creates too much pressure, place the foot of your top leg on the ground instead to decrease the amount of force as needed.
QUADRICEPS

- Lie on your stomach with the BodyForm® Foam Roller under the front of your left thigh, resting your right foot on the left and propping yourself up on your forearms.
- Slowly roll between the bottom of your hip and the top of your knee, taking extra time on sore or tender areas.
- After 60 seconds of continuous rolling, switch sides and repeat with your right leg.

TIP
To reduce pressure, don’t stack your feet—just work both legs simultaneously.

BONUS TIP
For a little extra core work, lift and hold one leg up while you roll out the other.
HAMSTRINGS

- Sit with both thighs on the BodyForm® Foam Roller and prop yourself up with your hands by your sides.
- Slowly roll between your knees and buttocks for 60 seconds.

TIP
For more pressure—and a little extra core work—lift and hold one leg up while you roll out the other.
CALVES

- Sit on the ground with your right ankle on the BodyForm® Foam Roller and your left foot planted on the floor between you and the roller. Prop yourself up with your hands by your sides.
- Roll along the entire length of the calf, making sure to work both the inside and outside of the muscle.
- Continue for 60 seconds, then switch sides and repeat.

TIP
To reduce the pressure, simply roll out both legs simultaneously.
UPPER BACK (THORACIC SPINE)

- Lie on the floor with the BodyForm® Foam Roller under your shoulders and both feet planted firmly on the floor.
- Engage your core to raise your hips up while maintaining a neutral position for your head and neck.
- Roll from your upper to mid back for 60 seconds or until your muscles feel relaxed.

**TIP**
Experiment with different arm positions—either cross your arms across your chest, or put your hands behind your head (as shown) for a little extra stretch.
LOWER BACK (LUMBAR SPINE)

- Lie on the floor with both knees bent, feet flat on the floor, and the BodyForm® Foam Roller against your lower back.
- Keep your head and neck in a neutral position, and engage your core to stabilize the spine and support your upper body.
- Gently roll from just above the hips to just below your ribs, tilting your body slightly to the left to direct the pressure to your muscles rather than your spine.
- Continue for 60 seconds, then tilt your body to the right and repeat.

**Do not attempt this exercise** if you have a lower back injury or unstable lumbar spine.

**TIP**
Be sure to keep your shoulders aligned with your hips to avoid twisting your lower back as you roll.
Place the BodyForm® Foam Roller under the arch of your left foot and lean forward slightly to create pressure.

Slowly roll your foot back and forth over the roller for 60 seconds, then switch sides and repeat.

TIP
This exercise is best performed next to a table or something else that you can hold on to for balance and safety. Do NOT put all of your body weight onto the BodyForm® Foam Roller.
TRICEPS

- Lie on your right side with the BodyForm® Foam Roller under your armpit and right arm extended on the floor.
- Balance yourself by placing your left hand on the floor in front of you, and slowly roll between your armpit and elbow.
- Continue for 60 seconds, then switch sides and repeat.

TIP
Show your latissimus dorsi muscles (lats) some love, too! Just keep rolling past your armpit, toward the top of your rib cage.
For adult use only. Remove all scarves, neckties, necklaces, and jewelry before using this massager.

IMPORTANT: Any individual who may be pregnant, has a pacemaker, suffers from diabetes, phlebitis and/or thrombosis, is at an increased risk of developing blood clots, or who has pins/screws/artificial joints or other medical devices implanted in his/her body should consult with a physician before using a massaging device designed for home use.

Massage after exercise helps accelerate muscle recovery.