



Recover, Recharge, & Renew

your body and mind with RE by Empower. Soothe everyday aches & pains; reduce tension & stress; and improve your overall health.

WARNINGS & INSTRUCTIONS

PLEASE READ AND FOLLOW THESE IMPORTANT WARNINGS AND INSTRUCTIONS BEFORE USING THIS PRODUCT.

These warnings, combined with a common sense approach, and in conjunction with your doctors advice, should reduce the likelihood of an injury. Proper use of this product is essential. Please do not allow children under the age of 16 to use this product in any way. Store equipment properly and away from children when not in use. Always wear proper clothing. Do not wear loose clothing that could become caught during use. Periodic maintenance is required on all equipment in order to keep it in good condition. Inspect product for cuts, tears, or abrasions prior to each use. *We recommend using protective eye-wear when using the product as a caution against elasticized cords breaking, tearing or being mistakenly misused.*

TIPS FOR A SUCCESSFUL PROGRAM

- It is always recommended to consult with your doctor or massage therapist before starting an at-home muscle relief practice.
- Maintain proper form and perform all exercises in a slow, controlled manner. Elbows, knees, and shoulders should be unlocked and relaxed. Injury may result if proper form is not used for each exercise. Consult a specialist if unsure of how to perform any of the exercises.
- Roll over the muscle for 60-90 seconds. If a painful spot is found stop rolling, but continue to apply pressure to the muscle using the massage product. Apply pressure for 20–30 seconds before rolling again. Always remember to maintain a strong, engaged core.
- These products are designed for muscle relief. Sensitivity issues may be experienced around the neck, lower back and in some other areas of joints and should be treated through your doctor or massage therapist.
- If the applied pressure during product use is too soft, the muscle will not receive proper massage activation. If the applied pressure is too hard, bruising may occur, which may lead to further inflammation and pain. You should choose an applied pressure appropriate to the tightness and state of the muscle. It should be noticeable, but not excruciating.
- The muscles may experience some soreness. Muscles should feel like they have been worked and fatigued, but not to the point of excessive, ordinary post-workout soreness. After rolling, eat plenty of nutrient rich foods, such as green leafy vegetables, along with plenty of water and rest. Wait 24–48 hours before focusing on the same muscle area again.
- Tightness in the body restricts efficient movement. Substantial improvements can be experienced in everyday life when a regular rolling routine is implemented. Improvements can be seen in flexibility, overall muscular function, and performance.

MASSAGE BALL RELIEF GUIDE

Lower Back

- Sit on floor and place Massage Ball at the base of the spine under hips.
- Lay back onto elbows and start to put pressure onto the ball, pulling weight towards heels.
- Hold on any tight/tender spots for 20–30 seconds.



Shoulders and Neck

- Standing by a wall, with a slight bend in the knees, place Massage Ball under shoulder blades.
- Keeping your back even to the wall, lean into the Massage Ball.
- Roll up from the base of your shoulder blades to the base of your skull.
- Hold on any tight/tender spots for 20–30 seconds.



Lats

- Lying on floor, place Massage Ball under rib cage, leaning to the right side.
- Pull body, moving ball toward the arm socket and rock gently back and forth until you find a tight/tender spot.
- Hold on any tight/tender spots for 20–30 seconds.
- Repeat on left side.



Forearm

- Place Massage Ball between right forearm and table.
- Roll ball from wrist to elbow.
- Hold on any tight/tender spots for 20–30 seconds.
- Repeat on right side.



Love it and looking for more? Visit empowerfitness.com/Re