SPOT-ON NECK & BACK **MASSAGER** GUIDE



UPPER BACK

Locate knot over shoulder

Pull handle down & out



NECK

Place dual pressure point balls on neck

Pull into neck, move slowly up & down



LOWER BACK

Locate knot around side

Push handle out



OTHER

Place ball on knot

Press firmly

WARNINGS:

- Consult your physician before starting this or any exercise program.
- For adult use only, store product away from children under 16 when not in use.
- Do not use this product for physical contact with any other person or object.
- **FAILURE TO FOLLOW ALL INSTRUCTIONS COULD RESULT IN SERIOUS BODILY INJURY.**

CUSTOMER RESOURCES:

- Find more unique fitness products and workouts at: **empowerfitness.com**
- Find answers to FAQ's on our website at: **empowerfitness.com/support**
- Need more personalized attention? Contact us via email at: **info@empowerfitness.com**