



fitness

FOAM ROLLER

Quick Guide

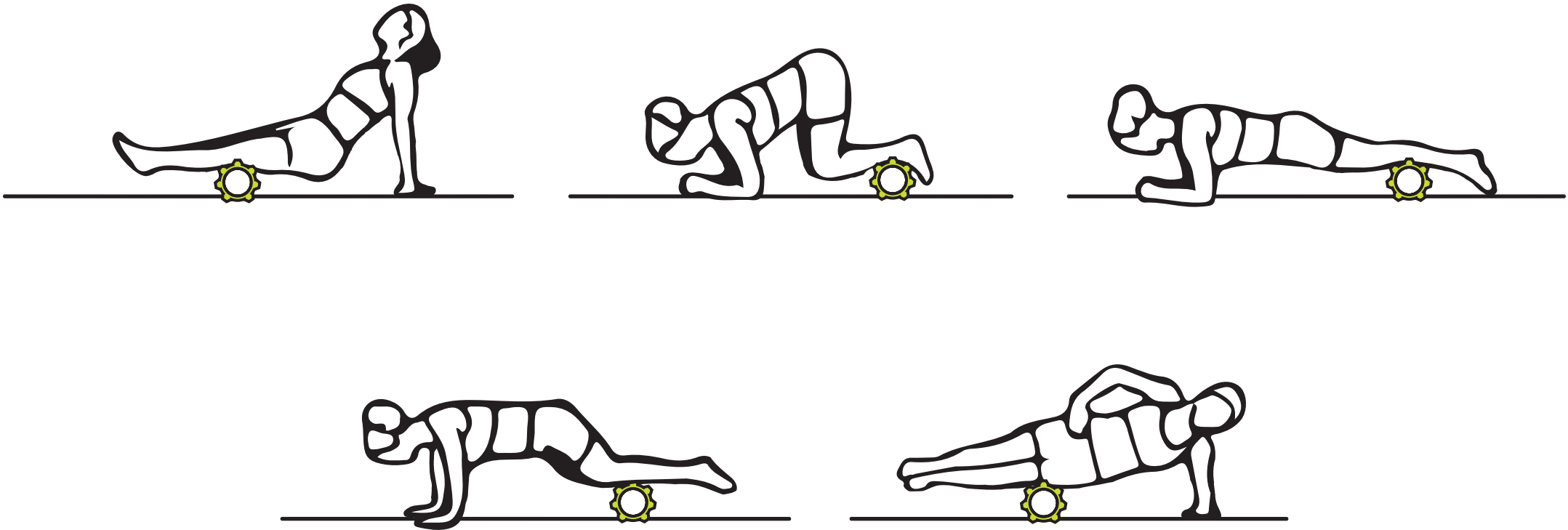


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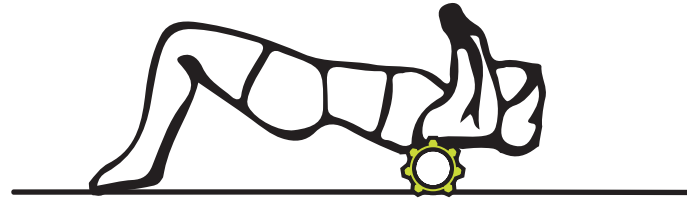
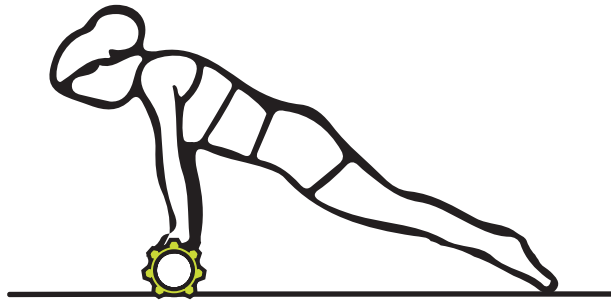
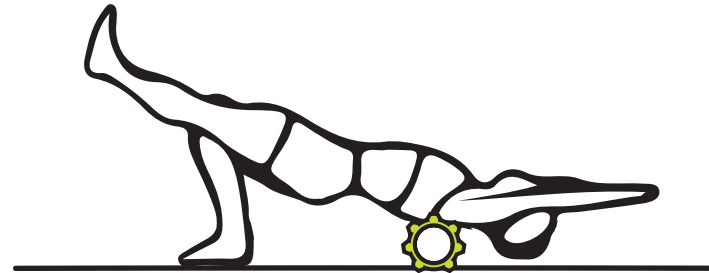
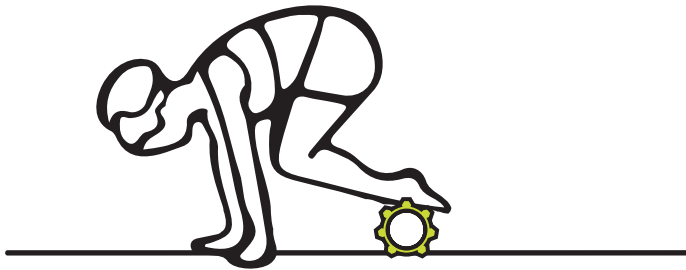
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HOW TO USE THE FOAM ROLLER - EXAMPLE



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Risk of injury!

If you are not in proper health, working out with the Foam Roller could damage your health. Improper use of the Foam Roller could also damage your health.

- Before you start your first workout, have a doctor check your general level of fitness.
- Consult with your doctor before your first workout if there is a history of heart, circulatory, orthopedic or other health problems.
- Discontinue workout immediately if dizziness, nausea, chest pain or other unusual symptoms arise. Immediately consult a doctor.
- Perform all exercises with the middle of your trunk stable. Your spine (especially your lumbar region) must be kept straight to protect your spinal disks from incorrect strain.
- Always start your workout with a warm-up.
- Always wear suitable sports clothing and footwear when working out with the Foam Roller.
- Always be aware of your body tension during your workout.



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