

Massage Ball Instruction for use

Congratulations!

With your purchase you have decided on a high-quality product. Get to know the product before you start to use it. Carefully read the following instructions for use.

Use the product only as described and only for the given areas of application. Keep these instructions safe. When passing the product on to a third party, always make sure that the documentation is included.

Scope of delivery

1 x Massage ball
1 x Instructions for use

Technical data (Metric)

Diameter: Ca. 8 cm x 7 cm (ø x H)

Technical data (Anglo-American)

Diameter: Ca. 3,1" x 2,7" (ø x H)

Material: Stainless steel, cork

Maximum water temperature: 70°C / 158°F

Correct use

This article was developed for relaxation, regeneration, self-massage and to increase blood circulation in the muscles. The article is designed for private use and is not suitable for medical and commercial purposes. Note: Certain areas of skin may react sensitively after use, depending on intensity, but this will disappear after 1-2 days at the most.

(2/2)

! Safety notes !

Consult with your doctor before you begin with the massage. Make sure that you are in suitable health for the massages. In the event of nausea, excessive shortness of breath, dizziness, or chest pain, cease the massage immediately and see a doctor! Cease the massage in the event of joint or muscle pain. The article may only be used under adult supervision and may not be used as a toy. Always keep the instructions for use to hand. You need a free area of approx. 0.6m / 2' to massage safely. Carry out the exercises with sufficient distance from objects and other persons so that nobody can be injured. Do not use the article near steps or stairs. Carry out the massages with massage oil or above clothes to increase the sliding capacity. Only use the article when closed. **Do not massage over your spine and bones!**

! Special care – Risk of injury for children !

Do not allow children to use this article without supervision. Point out the correct use of the massage ball and maintain supervision. Only allow use if the mental and physical development of the children allow this. This article is not suitable for use as a toy.

! Risks from wear !

The article may only be used in perfect condition. Examine the article for damage or wear before each use. The safety of the article can only be assured if it is examined regularly for damage and wear. Do not use the article if it is damaged.

The following exercises
are only a selection.
Further exercises can be found in
relevant technical literature.

Preparation

1. Examine the article for damage or wear before use.
 2. Unscrew the top of the body.
 3. Fill in water until the water level is close below the thread.
- ! Attention: the water must not be hotter than 70°C / 158°F !**
4. Attach the top to the body.
 5. Examine the massage ball for leaking water.



Massage Sequence

A massage should consist of 8-12 repetitions. Repeat each massage for as long as it feels pleasant. Stay on tense or painful areas for several seconds before rolling the article elsewhere. Take a 30-second break between the massages.

Thigh with leg extended

Starting position

1. Sit on a chair and extend one leg slightly. The other leg is on the floor and relaxed.
2. Bend your upper body forwards slightly and hold the article with one hand.
3. Place the article on the thigh of the extended leg.

End position

4. Slowly roll the article backwards and forwards over your thigh.
 5. Intensify the massage effect by applying slight pressure on the article.
- Important:** Roll slowly backwards and forwards and only apply as much pressure as is pleasant for you.

Carry out the massages with
massage oil or above clothes to
increase the sliding capacity.

Shoulders

Starting position

1. Stand with your legs shoulder-width apart and place the article on your left shoulder muscles.
2. Hold the article in the right hand, the left arm is relaxed.

End position

3. Slowly roll the article back and forth across your shoulder muscles.
4. Intensify the massage effect by applying slight pressure on the article.
5. Make 8-12 repetition, then change sides.

Important: Roll slowly back and forth and only apply as much pressure as is pleasant for you

Side calf

Starting position

1. Sit on a chair and extend one leg slightly. The other leg is on the floor and relaxed.
2. Bend your upper body forwards slightly and hold the article with one hand.
3. Put the article on the thigh of the extended leg.

End position

3. Slowly roll the article up and down the side of your calf.
4. Intensify the massage effect by applying slight pressure on the article on your leg.

Important: Roll slowly up and down your calf and only apply as much pressure as is pleasant for you.

Massage is more
fun and relaxing
with a partner.

Back (partner required)

Starting position

1. Lie face down on a comfortable but firm surface
2. Relax your body and breathe calmly.
3. Let your partner place the article on your back.

End position

4. Slowly let your partner roll the article across your back
5. Intensify the massage effect by applying slight pressure on the article on your leg.

Important: Roll slowly back and forth and only apply as much pressure as is pleasant for you. **Do not massage over your spine!**



Stretching

Take sufficient time to stretch after each training session. Some simple exercises are described below. Carry out each exercise 3 times each per side for 15-30 seconds.

Neck muscles

1. Stand in a relaxed pose. Use your hand to pull your head gently to the left and then to the right. This exercise stretches the sides of your neck.

Arms and shoulders

1. Stand upright with your knees slightly bent.
2. Lay your right arm behind your head until your right hand is between your shoulder blades.
3. Hold your right elbow with your left hand and pull it backwards.
4. Change sides and repeat the exercise.

Care, storage

Always store the article in dry and clean condition at room temperature. Never clean it with aggressive cleaning materials but rather wipe it clean with a dry cleaning cloth. Protect the article from extreme temperatures, sun, and moisture. Incorrect storage and use of the article can lead to early wear, which can cause injury.

Disposal

Dispose of the article and the packaging materials in accordance with current local regulations. Packaging materials such as foil bags are not suitable to be given to children. Keep the packaging materials out of the reach of children.

Have fun!
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[instagram.com/kenkostores](https://www.instagram.com/kenkostores)

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