

## **User Manual and Maintenance Instructions for Massage Roller**

### **Usage Instructions:**

1. **Purpose:**
  - The roller is intended for muscle massage after training, relieving tension, and enhancing mobility.
2. **How to Use:**
  - Place the roller on a stable surface.
  - Position yourself on the roller so that the targeted muscle group is directly on it.
  - Slowly move your body back and forth, adjusting the pressure according to your comfort level.
  - Avoid rapid and abrupt movements to prevent injuries.
3. **Frequency:**
  - Use the roller after each training session or as needed, not exceeding 15-20 minutes per session.

### **Cleaning and Maintenance Instructions:**

1. **Cleaning:**
  - After each use, wipe the roller with a damp cloth and mild detergent.
  - Avoid using strong chemicals that may damage the roller's surface.
2. **Drying:**
  - Allow the roller to air dry at room temperature, away from direct heat sources and sunlight.
3. **Storage:**
  - Store the roller in a dry and well-ventilated place.
  - Avoid prolonged exposure to direct sunlight to prevent color fading and material degradation.

### **Precautions:**

- Do not use the roller on broken skin, open wounds, or inflamed areas.
- If you experience pain or discomfort during use, stop immediately and consult a doctor or physiotherapist.
- Keep the roller away from fire and high-temperature sources.
- This product is not a toy; keep it out of reach of children.

### **Additional Notes:**

- Regular use of the roller can contribute to improved muscle flexibility and tension reduction.
- Before starting to use the roller, it is recommended to consult with a trainer or physiotherapist to determine the appropriate massage technique.

