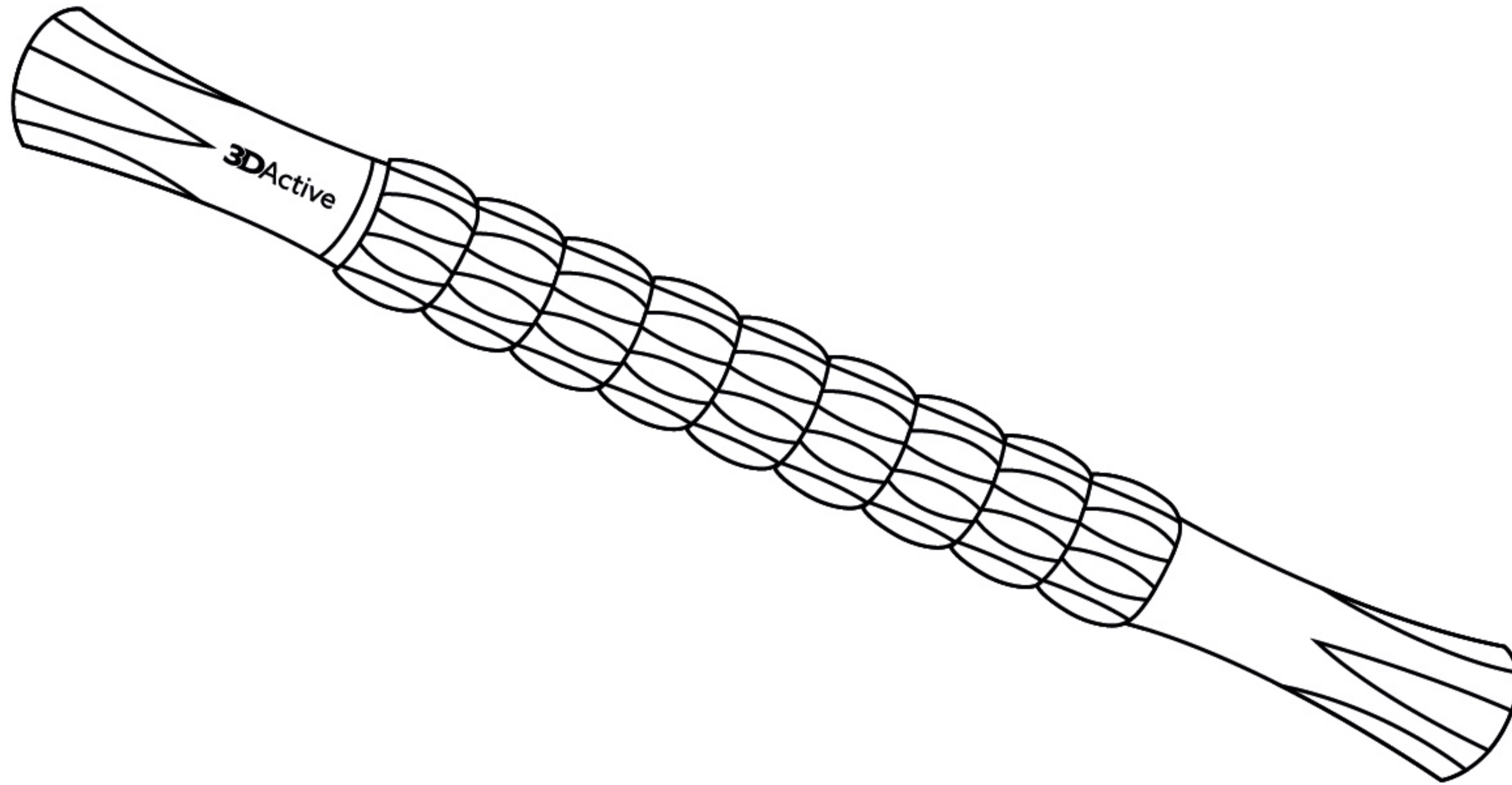


3DActive MASSAGE STICK



USER GUIDE

3DACTIVE.COM

THANK YOU FOR CHOOSING THE 3DACTIVE MASSAGE STICK

This guide is available for download at: www.3dactive.com/guides

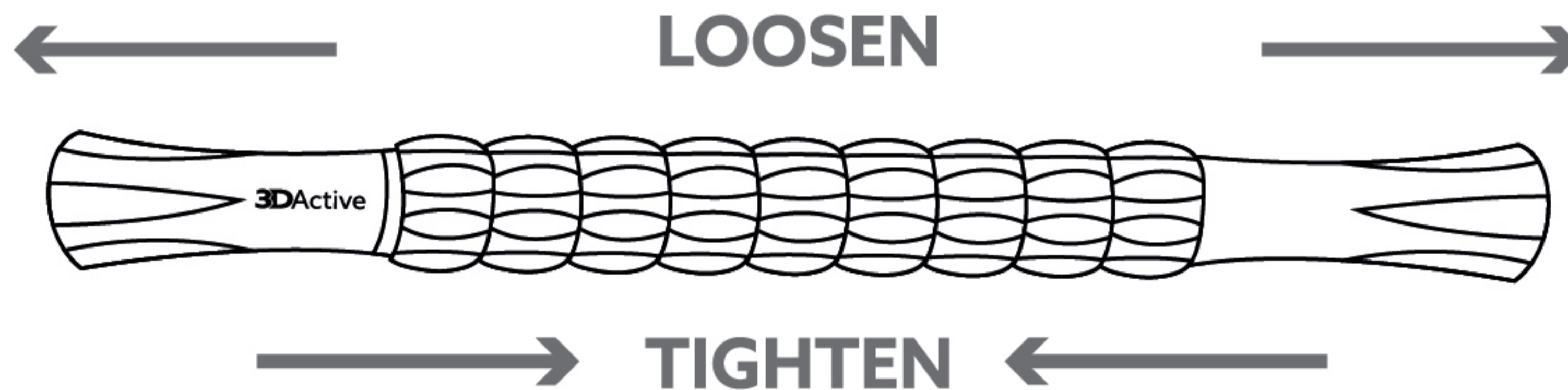
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ADJUSTING YOUR MASSAGE STICK



Before using the Massage Stick, make sure you are able to roll each of the 9 individual rollers. If you are not able to roll them, carefully twist each handle and pull them outwards until you can easily roll the individual rollers. To tighten the rollers, twist and push the handles inwards.


Note: The rollers must be able to roll freely in order for the Massage Stick to work effectively.






IMPORTANT SAFETY INFORMATION

To assure the correct use of the product, basic safety measures should always be followed including the warnings and cautions listed in this user guide.




SAFETY SYMBOLS USED IN THIS USER GUIDE	
 WARNING	This symbol represents potentially hazardous situations which, if not avoided, may lead to serious injury or death.
 CAUTION	This symbol represents potentially hazardous situations which, if not avoided, may lead to minor or moderate injuries, damage to the product or other property.

 The exercises described in the Exercise Guide are only guidelines and do not replace proper supervision or professional advice. If you experience any pain, dizziness, or discomfort when performing what's described, stop immediately and consult your Doctor. Do not take any risks beyond your level of experience and fitness.

 The Massage Stick has a stainless steel bar in its interior, handle the Massage Stick with care and keep away from children.

-  Before every use check for signs of damage on the Massage Stick. Do not use if you find any signs of damage.
-  Apply proper pressure but do not roll the Massage Stick over sensitive areas or directly on bone.

CARE INSTRUCTIONS

-  Wipe clean with a wet cloth and properly dry the Massage Stick.
-  Do not submerge the Massage Stick in water or other substances.
-  Avoid exposing the Massage Stick to direct sunlight for long periods of time.

NEED HELP?

HELP | QUESTIONS | WARRANTY

We stand by our product with excellent support.



SUPPORT CENTER

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3DActive Massage Stick

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