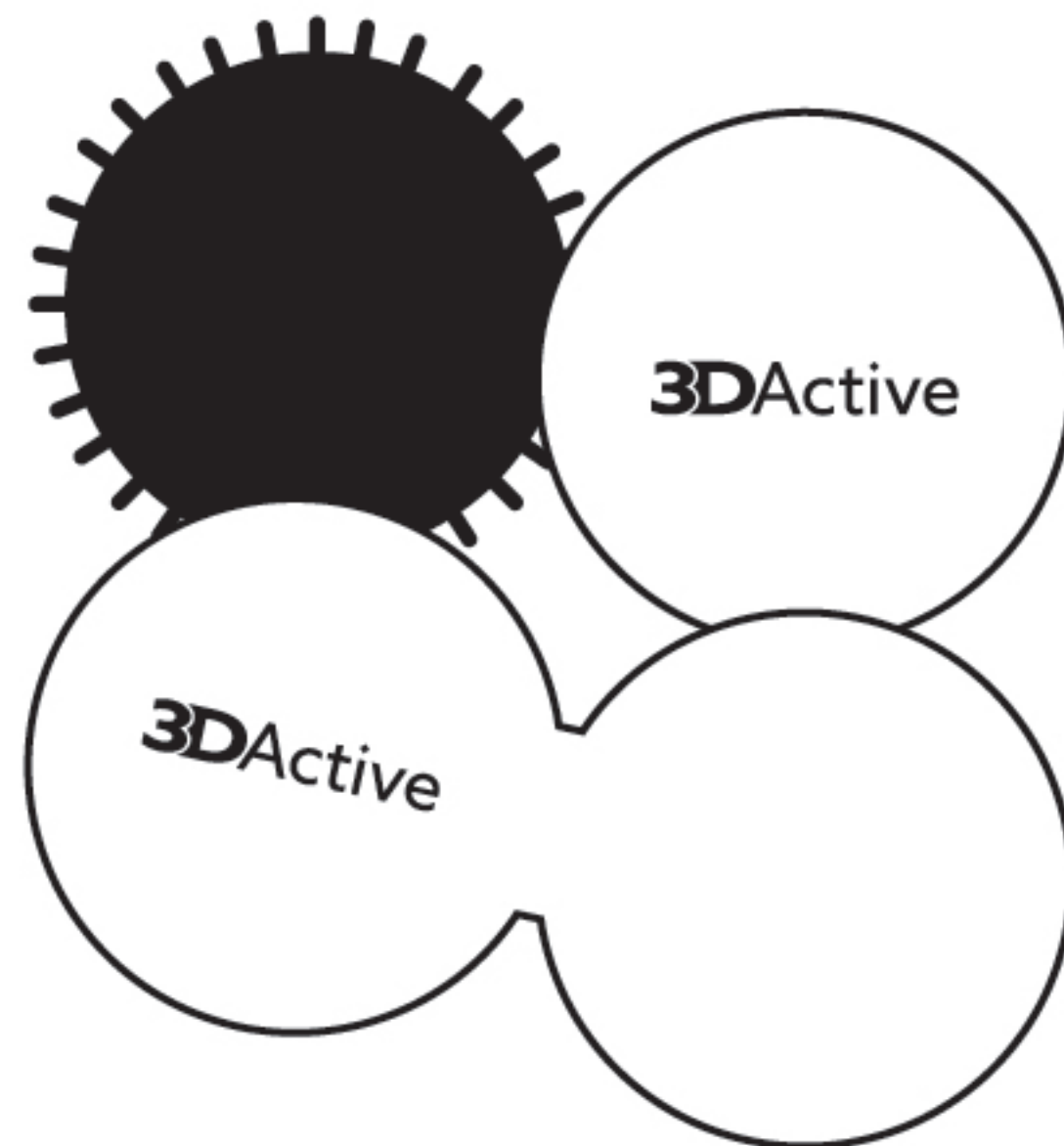


3DActive MASSAGE BALL SET



USER GUIDE

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THANK YOU FOR CHOOSING THE 3DACTIVE MASSAGE BALL SET

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

SAFETY WARNING

The exercises described in the Exercise Guide are only guidelines and don't 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.

- All exercises with massage balls should be conducted in a controlled environment.
- Make sure the massage balls are in good condition before you use them. If they are damaged in any way please do not use them.

CARE INSTRUCTIONS

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

PEANUT BALL, LACROSSE BALL & SPIKY BALL



Perfect for full body massaging and relieving muscle tension, it can be used on a table, against the wall or on the floor. **The space in the middle of this ball allows for a targeted massage - especially around the back and neck.**



Specifically designed with myofascial therapy in mind, this massage ball is the best tool in reducing soreness post-workout and relieving stress. **Made of firm silicone, the Lacrosse Ball is ideal for improving flexibility and releasing muscle knots.**



Intended to target trigger points with accuracy, this ball can release tension from your shoulders, feet, and many other areas. **Perfect for knots and tight areas, the Spiky Ball can help reduce pain levels and speed up recovery.**

NEED HELP?

HELP | QUESTIONS | WARRANTY

We stand by our product with excellent support.



SUPPORT CENTER

www.3dactive.com/support



EMAIL US

support@3dactive.com



CALL US

US +1 (855) 789 9777 - Mon-Fri 9am-5pm (Pacific Time)

UK +44 808 178 4009 - Mon-Fri 4pm-12am (GMT)

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3DActive Massage Ball Set

Goldhat Limited | Dalton House, 60 Windsor Avenue, London, SW19 2RR, UK