

PINPOINT MASSAGE BALLS

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using.

SETUP

1. Remove the Pinpoint Massage Balls from the packaging and check for possible shipping damage.
2. Your Pinpoint Massage Balls are ready to use.

EXERCISE TIPS

1. Follow the exercises shown from the provided Exercise Guide.
2. Use a smooth and steady motion when performing each emassage.
3. Perform exercises to the best of your ability without discomfort.
4. Avoid holding your breath while exercising.
5. Always use your Pinpoint Massage Balls in an open area free of furniture or other items that could get in the way while exercising.

CARE

1. Dry the Pinpoint Massage Balls with a towel after use.
2. Wipe the Pinpoint Massage Balls with a damp cloth to clean.
Air dry.

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IMPORTANT SAFETY CAUTIONS!

1. Perform movements in a slow and controlled manner.
2. Do not use if deep scratches or gouges exist.
3. Stop and rest if you feel dizzy or short of breath.
4. Use product only as demonstrated on the Exercise Guide.
5. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.
6. This product contains latex/natural rubber known to cause allergic reactions in certain individuals.

CAUTION: Use only as directed. Consult with your doctor or physical therapist before beginning any self-treatment program. Suitable for ages 13 and over. Keep out of reach of younger children. Do not use if you have diabetes, or if you have open sores or cracked or blistered skin in the treatment area. If symptoms worsen, decrease pressure; if adverse symptoms persist, discontinue use and contact your doctor. The instruction presented herein is in no way intended as a substitute for medical counseling.

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SKU 05-64320CARE