

SPRI®

CUSTOM MASSAGE ROLLER

EXERCISE GUIDE

LOWER BACK



LOWER LEG



UPPER LEG/QUAD



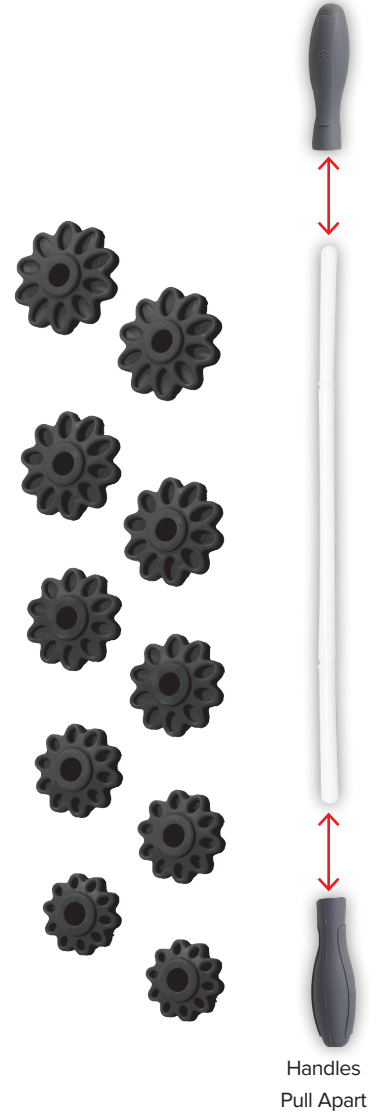
NECK



UPPER BACK/SHOULDER



UPPER LEG/HAMSTRING



HUNDREDS OF OPTIONS IN ONE!

Featuring easy attach-and-remove handles that allow you to take off and arrange the massage rings in any order, the Custom Massage Roller can be configured hundreds of ways for a personalized pain solution.

All exercise programs come with inherent risks. Consult your health care professional before beginning this or any exercise program.

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#BETTEREVERYDAY

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SPRI CUSTOM MESSAGE ROLLER

SETUP, WORKOUT TIPS, AND CARE & SAFETY GUIDE

Please read before setting up or using your Custom Massage Roller.

SETUP

1. Remove the Custom Massage Roller from the packaging and check for possible shipping damage.
2. To configure, gently remove gray handle from massage stick. Arrange message rings in desired order. Firmly place gray handle back on message stick.
3. Your Custom Massage Roller is ready to use.

WORKOUT TIPS

1. Follow the exercises shown from the digital download at spri.com/custommassageroller.
2. Use a smooth and steady motion when performing each exercise.
3. Perform exercises to the best of your ability without discomfort.
4. Avoid holding your breath while exercising.
5. Always use your Custom Massage Roller in an open area free of furniture or other items that could get in the way while exercising.

CARE

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

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Setup, Workout Tips, and Care & Safety Guide

IMPORTANT SAFETY CAUTIONS!

Please read before setting up or using your Custom Massage Roller.

1. Consult with your doctor before beginning this or any other self-care program.
2. Perform movements in a slow and controlled manner.
3. Do not use if deep scratches or gouges exist.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as demonstrated in the workout program from the digital download at spri.com/custommassageroller.
6. 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.

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SKU 07-71605CARE