



FOAM ROLLER

Care and Safety Instructions

IMPORTANT!

Read this entire pamphlet carefully and completely before using the Foam Roller. Do not discard this pamphlet. Failure to review and follow these safety and use instructions can lead to significant and permanent injury and/or property damage.

PHYSICIAN WARNING

Not all exercise equipment and programs are suitable for everyone. Beachbody® recommends that you consult your physician before using the Foam Roller or beginning this or any other exercise program. Using the Foam Roller requires strenuous physical activity, so learning and practicing the proper use and care of this equipment is imperative. While you may experience some initial discomfort as your muscles begin to respond and adjust to use of the Foam Roller, immediately discontinue use and consult your physician if you experience pain, or if your discomfort continues or worsens. Remember, always listen to your own body and take breaks, modify movements, or stop your workouts as necessary.

ESSENTIAL USE AND SAFETY INSTRUCTIONS

1. If you have any questions or concerns about the Foam Roller, do not use it until you have contacted Beachbody Customer Service at 1 (800) 818-5174 and received answers to your questions or concerns to your satisfaction.
2. Watch the Beachbody workouts first to familiarize yourself with the moves prior to attempting the routines. Read and follow these essential use and safety instructions for proper use of the Foam Roller prior to attempting any workout that utilizes this or any Beachbody equipment.
3. Inspect each package purchased for missing, factory-defective, or damaged parts.
4. Always inspect the Foam Roller prior to and after each use to ensure that there are no scratches, worn areas, tears, or embedded objects. If you find any flaw or defect, DO NOT USE the equipment and contact Beachbody Customer Service for a replacement. Damaged parts can be dangerous.
5. **Do not attempt any movements, activities, or exercises with the Foam Roller that are not specifically demonstrated in a Beachbody workout. Any use other than as instructed and any use contrary to the safety instructions may lead to serious and permanent injury, disfigurement, and/or property damage.**
6. The Foam Roller is designed to be used to loosen muscles and reduce muscle tension. It is not meant to replace physical therapy or other exercises your doctor may prescribe. Please consult your physician before use to ensure exercising with the Foam Roller is appropriate for you. Consulting your physician before use is particularly important if you have any physical limitations or injuries, or have been inactive or sedentary for some time. Do not use the Foam Roller if you currently have, or have a history of, spinal (back or neck) injuries or problems.
7. Clear your workout area of any obstructions, sharp objects, people, pets, and other distractions. You must perform all exercises on a clear, level, bare surface to avoid any risk of tripping, stumbling, or other harm. NEVER use the Foam Roller on a raised surface, furniture, or platform.
8. Begin each exercise slowly, especially if you are new to exercise or out of condition, in order to build coordination, strength, and stamina safely. Beginning each exercise slowly with control will help you learn proper form, balance, and coordination.
9. Do not perform exercise moves that are beyond your ability to stay balanced or in control.

10. Always warm up and stretch before exercising and/or using any exercise equipment.
11. The Foam Roller may cause some initial discomfort as your muscles begin to respond and adjust to use. During use, pay attention to any area that feels unusually dense or tender. Immediately discontinue use and consult your physician if you experience pain or if your discomfort continues or worsens.
12. See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.
13. As you roll the Foam Roller over your muscles, breathe naturally and relax into the movements—you should focus on relaxing your muscles, not tightening or flexing them. Do not hold your breath during exercise.
14. Always wear suitable clothing when working out, e.g. a track suit and training shoes; no flip-flops, sandals, or heels. Do not wear loose clothing when using the Foam Roller.
15. NEVER use the Foam Roller in or around pools, spas, or tubs—it is NOT A FLOTATION DEVICE OR WATER TOY.
16. Do not swing, throw, kick, hit, or otherwise propel the Foam Roller.
17. If you feel you are unable to use the Foam Roller safely, DO NOT attempt the movement and contact the fitness experts at Beachbody.com for a safe modification. This is NOT a substitute for working closely with your physician as part of your fitness regimen.
18. Do not use the Foam Roller with any other piece of exercise equipment.
19. Two or more persons should NEVER use the Foam Roller at the same time. Use by more than one person at a time could result in serious injury.
20. The Foam Roller is not a toy or plaything. **KEEP OUT OF REACH OF CHILDREN, PETS, OR ANY INDIVIDUAL WHO MAY REQUIRE SUPERVISION!** If treated with care and seriousness, the Foam Roller will give you fine service. Abuse can quickly ruin its usefulness.

CARE AND STORAGE INSTRUCTIONS

- NEVER expose the Foam Roller to excess moisture as it may compromise the integrity.
- To clean the Foam Roller, simply wipe with a damp cloth and dry with a dry, clean cloth.
- Store the Foam Roller in a dry, clean place away from children.

LIMITED LIABILITY

Under no circumstances shall Beachbody, LLC, or any of its affiliates, owners, officers, directors, employees, agents, suppliers, or trainers be liable to you or any third party for injury or damage to any person or property, or for any special, indirect, incidental, consequential, or any other damages of any nature arising out of the use or improper use of the Foam Roller.

This is a comprehensive limitation of liability that applies to all losses and damages of any kind (whether direct, indirect, general, special, consequential, incidental, exemplary, or otherwise), whether the claim is in contract, tort, or strict liability, even if an authorized representative of Beachbody, LLC, has been advised of or should have known of the possibility of such damages.

Applicable law may not allow the limitation of liability set forth above, so this limitation of liability may not apply to you. If any part of this limitation on liability is found to be invalid or unenforceable for any reason, then the aggregate liability of Beachbody, LLC, or any affiliates, owners, officers, directors, employees, agents, suppliers, or trainers under such circumstances for liabilities that otherwise would have been limited shall not exceed the purchase price of the fitness product purchased.

Any Questions?

If you have any questions about any of these warnings or any of the information in these Care and Safety Instructions, please contact Beachbody's Customer Service or your Team Beachbody® Coach for clarification.

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If you are a member of the Team Beachbody community, contact your Coach for information and support or log in at TeamBeachbody.com. For Beachbody and Team Beachbody Customer Service, please call 1 (800) 818-5174 or go to Beachbody.com. In the United Kingdom, please call 0800-183-0166 or go to Beachbody.co.uk.