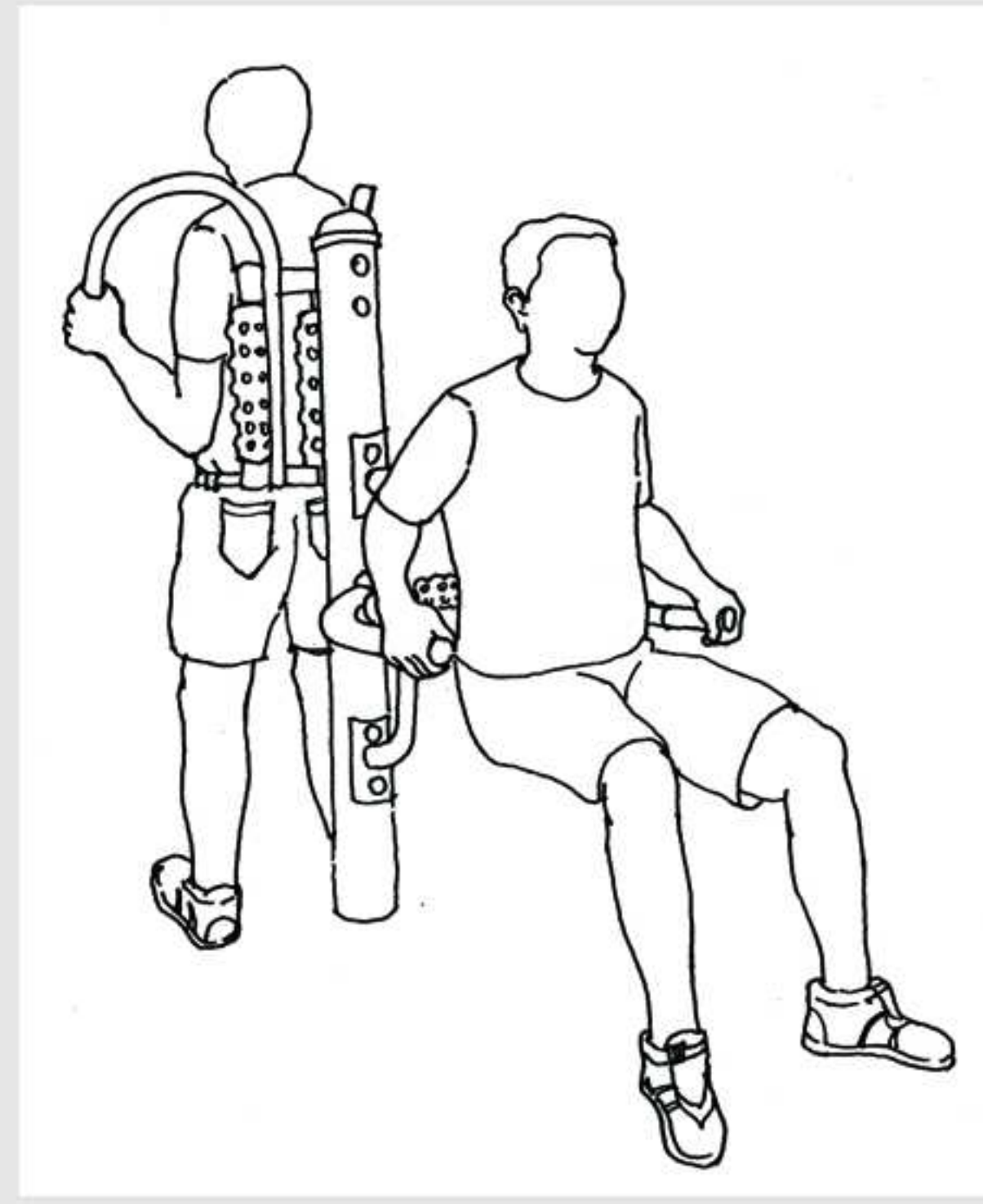


Waist Back Massage Machine

playfit®



INFORMATION FOR USE / EXERCISE PROGRAMME

Horizontal massage roller: Lean back against the massage roller and support yourself on the handles. Move your back by slightly bending your knees up and down so that you can feel the massage roller in your buttocks and back. Enjoy the massage in the lower back area. If you want to strengthen your leg muscles, try to do 10-20 gentle knee bends.

Vertical massage rollers: Position yourself with your back against the massage rollers. Hold onto the handles firmly with both hands or put your arms through the handlebars. Relax your shoulders by taking a small step to the side and bending your knees gently. Move your back to the left and right. Shift your weight to the left and right in the process until the massage rollers can be felt on the arms. Only exert as much pressure on the massage rollers with your body as is pleasant.

Duration:
As desired

Recommendation:

Carry out the exercises first on the horizontal massage roller (10-20 knee bends) and then on the vertical massage rollers (10-20 movements to each side). Go through the process twice.

MAIN FUNCTIONS

The back massage ensures better circulation and relaxation of the back muscles and hips. The vertical rollers primarily massage the upper shoulder area and depending on how much the body is shifted to the side, even massage the upper arm. The horizontal roller situated lower down massages the lower back. In addition, the leg muscles are strengthened.

... according to old Chinese tradition:

The therapeutic massage stimulates the nerve pathways along the spine. The main meridians and the governor vessel on the back of the body are stimulated by the massage, and the Qi store replenished. New energies are released and distributed harmoniously.