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## ReNEW Pain Relieving Cream

Deeply penetrates sore and aching muscles on contact. Specially formulated with emu oil, arnica, MSM, and glucosamine.



## Core Restore

Soothe your tired, aching back with this multi-functional lumbar support and core training tool designed to help relieve back pain and strengthen supporting muscles.



## T3™ Massager

Countless options for self-massage, trigger point therapy, and myofascial release to resolve tension and pain gently and naturally.



## EP-970™ Inversion Table

The premier Teeter Inversion Table featuring the Deluxe EZ-Reach Handle to reduce the need for bending, Traction Handles to enhance decompression at lesser angles and Stretch Max Handles for added support and stretching options.



If you have any problems with the equipment, or questions about its use, please contact customer service.

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## Massage Ball

The Teeter® Massage Ball is an omni-directional self-massager that loosens stiff muscles and reduces stress by relieving painful trigger points and speeding muscle recovery.



For best results, review the warnings and carefully follow the user guide on the following pages.

To register your product warranty, go to:  
[teeter.com/Support/Warranty-Registration](http://teeter.com/Support/Warranty-Registration)

If you have any questions about this product, **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER.** Our dedicated product experts can help! Contact Teeter Customer Service at **800.847.0143**, or via online forms or Live Chat at [teeter.com](http://teeter.com).

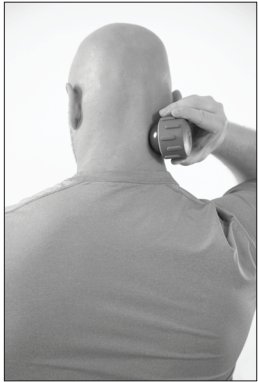
### IMPORTANT SAFETY INSTRUCTIONS READ ALL INSTRUCTIONS BEFORE USING THE TEETER® MASSAGE BALL.

#### ⚠ WARNING

- Read and understand all instructions and inspect the product before using the Teeter® Massage Ball. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks if these instructions are not followed, such as injury, bruising, or skin irritation. In very rare cases, massage therapy may cause: internal bleeding, temporary paralysis or difficulty moving your muscles. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the product and all safety precautions.
- **ALWAYS** consult your physician before beginning this or any fitness program.
- **DO NOT** use the Massage Ball if you have burns, injuries, painful wounds, fractures, broken bones, fragile or weak bones, deep vein thrombosis or deep vein issues, or if you are taking blood-thinning medications.
- **DO NOT** use directly on bones, joints or spine. Discontinue use or decrease pressure if you feel pain or discomfort.
- **ALWAYS** use product for its intended purpose, as outlined in the instructions.
- **DO NOT** store near direct heat sources or sunlight as this may discolor and/or damage the product. Store on a dry, clean surface.
- **ALWAYS** clean using only a mild soap and towel-dry or air-dry.
- **DO NOT** use the product or attempt to repair it if it appears damaged. Call Teeter Customer Service at 800-847-0143.

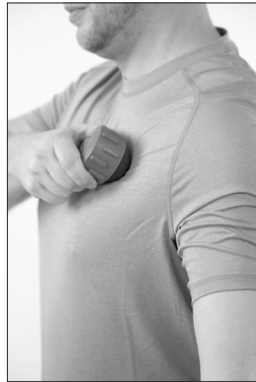
## User Guide

Use the suggested examples below to learn proper form and techniques when massaging with the Teeter® Massage Ball. For best results, incorporate the Massage Ball into your regular routine, starting with light pressure and increasing pressure over time. If you feel any discomfort, decrease pressure or discontinue use. Avoid placing pressure directly on bones, joints, and the spine.



### Neck

Place the roller on the back of your neck on the same side of your body as your hand. Apply pressure on a tender spot and run the roller up and down the length of the muscle until it relaxes.



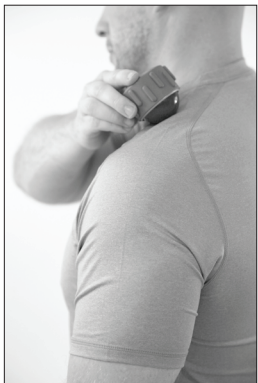
### Chest

Place the roller on your pectoral muscle on the opposite side of your body as your hand. Roll at a 45-degree angle from your chest up to your front shoulder until the muscle relaxes. Repeat on the opposite side.



### Lower Back

Place the roller on your lower back on the same side of your body as your hand. Locate a tender area and apply pressure on it by massaging in a circular motion or roll up and down along the length of the muscle. Repeat on the opposite side. If it is difficult to reach, have a partner apply pressure.



### Trapezius Muscles

Place the roller on your trapezius muscle on the opposite side of your body as your hand. Massage from the top of your shoulder towards your neck. Apply pressure and roll back and forth until the muscle relaxes. For stiff muscles, have a partner perform the massage in order to apply more pressure.



### Forearms

Place the roller on your upper forearm near the elbow. Massage down the arm towards the wrist. Move the roller until you find a sore spot and apply pressure until the muscles relax. Repeat on the other arm.



### Quadriceps

Place the roller on your quadricep on the same side of your body as your hand. Run the roller up and down from the upper thigh to the knee. Apply pressure until the muscle relaxes. Repeat on the opposite leg.



### Shoulders & Upper Arms

Place the roller on your shoulder or upper arm on the opposite side of your body as your hand. Move until you find a sore spot. Apply pressure and massage up and down in a vertical motion. Repeat on the opposite side.



### Hands

Place the roller on your palm. Move until you find a sore spot and apply pressure on that area. Massage in a circular motion until the muscle relaxes. Repeat on the opposite hand.



### Feet

Place the roller against the arch of your foot on the opposite side of your body as your hand. Massage back and forth from the heel to the toes. Find a tender spot and hold it there until the muscle relaxes. Repeat on opposite foot.