



USER MANUAL – EN

IN 6452 Yoga Roller inSPORTline Evar



SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website www.insportline.eu where you will find the latest version of the manual.

SAFETY INSTRUCTIONS

- Read the manual and keep it for future reference.
- Never use the product for purposes other than those for which it was designed.
- Do not repair or modify the product yourself.
- Do not leave children or animals unattended around the product.
- Do not store near heat sources and open flames.
- Do not store in damp areas.
- Store the product in a dry, shady and well-ventilated place.
- Children may use the product under adult supervision.
- Always wear appropriate sports clothing.
- The seller is not responsible for personal injury or property damage because of improper use.
- Consult your doctor before starting any training program.
- Do not overexert yourself during the exercise and follow the correct drinking regime.
- Do not use a damaged product.
- For home use.
- Load capacity: up to 600 kg

MAINTENANCE

- After exercise, wipe the roller from sweat and dirt.
- You can clean the roller with a damp cloth. Do not use aggressive cleaning agents (solvents, agents based on benzene or alcohol).
- Dry the roller before storing.
- Store in a dry, shady, and well-ventilated place.
- Do not expose to high temperatures and do not store near open flames.

EXERCISES

UPPER AND LOWER BACK

STEP 1 - Place the roller below the level of the shoulder blades. If you have weak neck muscles, support your head with your hands. Push your elbows apart, bend your legs at the knees and keep your feet flat on the ground.

STEP 2 - Using your legs to control the movement, lift your pelvis and buttocks and slowly move the roller into your lower back - leave the roller on the sensitive or painful area for a while.

STEP 3 - Move the massage roller as far as the upper edge of the buttocks, then back to the shoulder blades and repeat the exercise.

Beginners: Light pressure for 15-20 on stiff / tight areas

Advanced: Stronger pressure for 30 – 45 on stiff / tight areas



LATS

STEP 1 - Lie on your side, place the massage roller under your armpit and cross your arm. With the other hand, brace yourself against the ground. Switch the lower leg and lean against the upper leg.

STEP 2 - With support on the upper leg and hand, raise the pelvis slightly and move the roller to the waist area - leave the roller on the sensitive or painful area for a while.

STEP 3 - Do not move the massage roller under hip level. Concentrate on controlling the movement.

Move the roller back into the armpit and repeat the exercise.

Beginners: Light pressure for 15-20 on stiff / tight areas

Advanced: Stronger pressure for 30 – 45 on stiff / tight areas



QUADRICEPS

STEP 1 – The quadriceps release is one of the most effective massage roller exercises. In a stomach-down position, place both thighs on the roller. Bend your hands and rest on your forearms.

STEP 2 - Keeping your back straight, shift your center of gravity and slide the roller full length between the top of your knee and the top of your thigh. Switch the tips of the feet to stimulate the inner muscle fibers. By shifting your weight to the sides, you can increase the stimulation of the trigger points.

Cross your legs for more intense stimulation.

Beginners: Light pressure for 15-20 on stiff / tight areas

Advanced: Stronger pressure for 30 – 45 on stiff / tight areas



INNER THIGHS

STARTING POSITION – Rest your forearms on the ground, lift your pelvis and place your inner thigh on the roller. Strengthen the shoulders, bend the knee of the leg on the roller, switch the other leg.

MOVEMENT – Move the roller down the inner thigh to the knee. For more intense stimulation, transfer the center of gravity to the roller.

Beginners: Light pressure for 15-20 on stiff / tight areas

Advanced: Stronger pressure for 30 – 45 on stiff / tight areas



LATERAL RESISTANCE

STEP 1 – Lay your pelvis on the massage roller in a side down position. Press the forearm of the lower hand against the ground. Bend the upper leg and put it in front of the lower leg - this will ensure stability and proper weight distribution during the exercise.




STEP 2 - While engaging the muscles of the upper limbs and the supporting leg, move the roller up to the knee - leave the roller on the sensitive or painful area for a while.

For more intense stimulation, put your legs together, switch them and move the roller using only the upper half of your body.

Beginners: Light pressure for 15-20 on stiff / tight areas

Advanced: Stronger pressure for 30 – 45 on stiff / tight areas



<p>BUTTOCKS</p> <p>STARTING POSITION – Lean over or transfer your weight to the side, place the roller under the upper part of the pelvis and cross your legs so that the ankle is on the thigh of the other leg. Put your hands behind you and push yourself to the ground.</p> <p>MOVEMENT – Move the roller back and forth to comprehensively massage the buttock area. The range of motion is relatively small with this exercise, which targets the glutes.</p> <p><i>For more intense stimulation, push the knee of the raised leg towards the opposite shoulder. Keep your balance with your crossed legs and arms.</i></p>	<p>Beginners: Light pressure for 15-20 on stiff / tight areas</p> <p>Advanced: Stronger pressure for 30 – 45 on stiff / tight areas</p> 
<p>HAMSTRINGS</p> <p>STEP 1 - Sit down, place one foot on the massage roller, bend the other leg and place the whole foot on the floor. Support yourself with your hands, keep your back/spine in an upright position and tighten your abdominal muscles.</p> <p>STEP 2 – Begin to slowly move forward, focusing the massage on the area between the knee and the buttocks. For more intensive stimulation of problem areas, you can lean to the side. Move the tip of the foot up/down for comprehensive stimulation.</p> <p><i>This exercise can also be performed with both feet on the massage roller.</i></p> <p><i>For more intense stimulation / greater difficulty of the exercise, place your legs on top of each other.</i></p>	<p>Beginners: Light pressure for 15-20 on stiff / tight areas</p> <p>Advanced: Stronger pressure for 30 – 45 on stiff / tight areas</p> 
<p>CALF</p> <p>STEP 1 – Place the massage roller under your calf (just above the ankle) and support yourself with your hands. Cross the other leg and place it next to the roller.</p> <p>STEP 2 - Raise your pelvis, slowly move forward until the roller is at your knee - leave the roller on the sensitive or painful area for a while. Move your toes up (dorsiflexion) and down (plantar flexion).</p> <p><i>For more intense stimulation, massage both calves at once or put your feet on top of each other.</i></p> <p><i>To stimulate the inner / outer side of the calf muscles, put the tips up / down.</i></p>	<p>Beginners: Light pressure for 15-20 on stiff / tight areas</p> <p>Advanced: Stronger pressure for 30 – 45 on stiff / tight areas</p> 

SHINS

STEP 1 – Kneel down, place the massage roller on your shins and rest your hands on the floor.

(If you have balance problems, you can place only one foot on the massage roller and leave the other on the ground.)

STEP 2 – Cross your legs and move the roller from your ankles to your knees. Then pull your knees back to your body and repeat the exercise. By turning your shins to the side, you avoid direct pressure on the tibia.

For more intense stimulation, you can put your legs on top of each other.

Beginners: Light pressure for 15-20 on stiff / tight areas

Advanced: Stronger pressure for 30 – 45 on stiff / tight areas



WARNING



IMPORTANT: For safety reasons, please read all instructions in this manual before using this product.

There is a risk of serious or fatal injuries. Any exercise program poses a health risk. Consult your doctor before starting any exercise program. This fitness equipment should only be used by adults and only as described/illustrated in this manual. Persons under the age of 18 should always exercise under the supervision of an adult. Before each training session, remind yourself of the instructions in this manual. Be careful during the exercise and follow the correct technique of each exercise. Before each use, check the massage roller for signs of wear or damage. If the massage roller is worn/damaged, stop using it and consult your seller. This product is not intended for commercial use.

ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyard.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated here under determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Strakonická street 1151/2c, Prague 150 00, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

Warranty Conditions

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

The Warranty does not cover defects resulting from (if applicable):

- User's fault, i.e. product damage caused by unqualified repair work
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

CZ
SEVEN SPORT s.r.o.

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About shipping

