



***The Power Behind Performance®***

## **Massage Bar**

### **DISCLAIMER**

The following guidelines should be observed when using a Massage Bar:

- Always consult your physician before participating in any physical activity.
- Always train under the supervision of a certified trainer or coach.
- Always use the Massage Bar directly on the skin's surface.
- DO NOT wear loose clothing when using the Massage Bar.
- Care should always be taken when positioning body on the Massage Bar. Falling on the Massage Bar could result in injury.
- Inspect the floor/wall surface for any obstructions that could damage the Massage Bar.
- Do not wear jewelry, rings, watches, belt buckles, or other sharp objects that could damage the Massage Bar.
- Keep fingers out from underneath the Massage Bar.
- Keep the Massage Bar away from direct heat sources such as heaters and fireplaces.
- The Massage Bar is not a toy! Adult supervision is required whenever a child is near a Massage Bar.
- Use only as instructed. Not recommended for any other use.
- Power Systems Inc. assumes no liability for accidents, injuries, or damages that may occur with the use of the Massage Bar.

For more information about the Massage Bar  
or other training products, contact

Power Systems Inc.  
[www.power-systems.com](http://www.power-systems.com)  
1-800-321-6975

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## Massage Bar Exercises

Power Systems Massage Bar allows for multidirectional movements and can be used for self-myofascial release to trigger and release muscle stress points and to improve circulation, flexibility, and muscle tone.



**Quadriceps Release:** Sit on a chair or stability ball with the legs extended or slightly bent to relax the quadricep muscle. Use the handles to gently roll the balls along the length of the muscle. The more pressure placed on the handles, the deeper the stimulation will become.

**Back Release:** Stand or sit with the torso straight up. Have a partner stand behind you and use the handles to gently roll the balls along the back and shoulder muscles. The more pressure placed on the handles, the deeper the stimulation will become.



**Hamstring Release:** Lie on the floor with your legs out in front. Lift up one leg and hold the Massage Bar by the handles behind the leg. Gently roll the balls along the length of the muscle. The more pressure placed on the handles, the deeper the stimulation will become.



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**Calf Release:** Sit on a chair or stability ball with the feet flat on the floor. Use the handles to roll the balls along the length of the calf muscle. The more pressure placed on the handles, the deeper the stimulation will become.

**IT Band Release:** Stand or sit and place the Massage Bar on the upper side of the leg. Use the handles to gently move the balls so that they move up and down the length of the upper leg. The more pressure placed on the handles, the deeper the stimulation will become.



**Glute Release:** Standing erect, place the Massage Bar on the glutes. Use the handles to gently move the balls up and down the glute muscles. The more pressure placed on the handles, the deeper the stimulation will become.

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