



Roller Original

Are you ready to get rid of cellulite and shape your body? Important: Be aware of the rotation direction. The whole exercise procedure should be approx. 1 hr.



Feet

Massaging soles of feet has a beneficial effect on all parts of body. The only time limited massage – 4 minutes max.



Calves

Relieves tension and muscle fatigue, shapes calf muscles. Duration 2 – 6 min.



Thighs
rear side

Degrades fat pads and helps to remove cellulite. Shapes figure by firming buttock and thigh muscles. Duration 4 – 10 min.



Buttocks
rear part

Removes cellulite, firms buttock muscles causing lifting of buttocks. Duration 4 – 10 min.



Buttocks
side part

Removes cellulite, firms buttock muscles causing lifting of buttocks. To be performed on both sides symmetrically. Duration 4 – 10 min.



Thighs
outer side

Degrades fat pads and cellulite, shapes figure by firming thigh muscles. To be performed on both sides symmetrically. Duration 4 – 6 min.



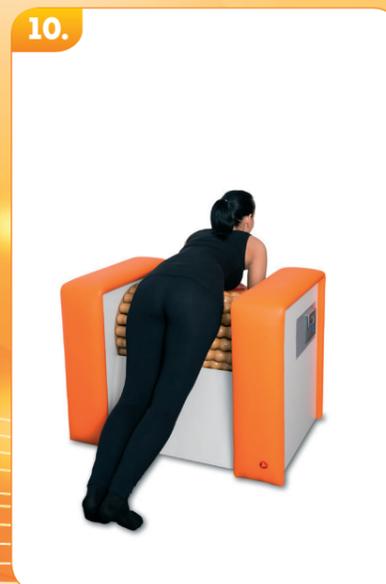
Thighs
inner side

Important massage for firming groups of inner thigh muscles. Caution! Always massage only the leg on the side of drum rotating upwards! To be performed on both sides symmetrically. Duration 2 – 4 min.



Thighs
front side

Shapes front side of thighs. Can be combined with shaping of abdomen (lower part only!). Duration 4 – 8 min.



Front side of thighs + abdomen

Shapes the front side of thighs together with the lower part of abdomen. Caution! Do not massage upper abdomen! Duration 4 – 8 min.



Abdomen

Firming massage of abdomen muscles loose after diets or childbirth. Various gynecological problems are often improved by firming these muscles. Caution! Do not massage upper abdomen! Duration 4 – 6 min.



Hips

Removes fat pads. Rapid effect on shaping figure – hips. To be performed on both sides symmetrically. Duration 4 – 8 min.



Back

Relieves pain and back muscle fatigue. Very pleasant and relaxation massage. Possible of turning on both lateral sides. Duration 2 – 4 min.



Arms

Firms flaccid arm muscles tissue. To be performed on both sides symmetrically. Duration 2 – 4 min.