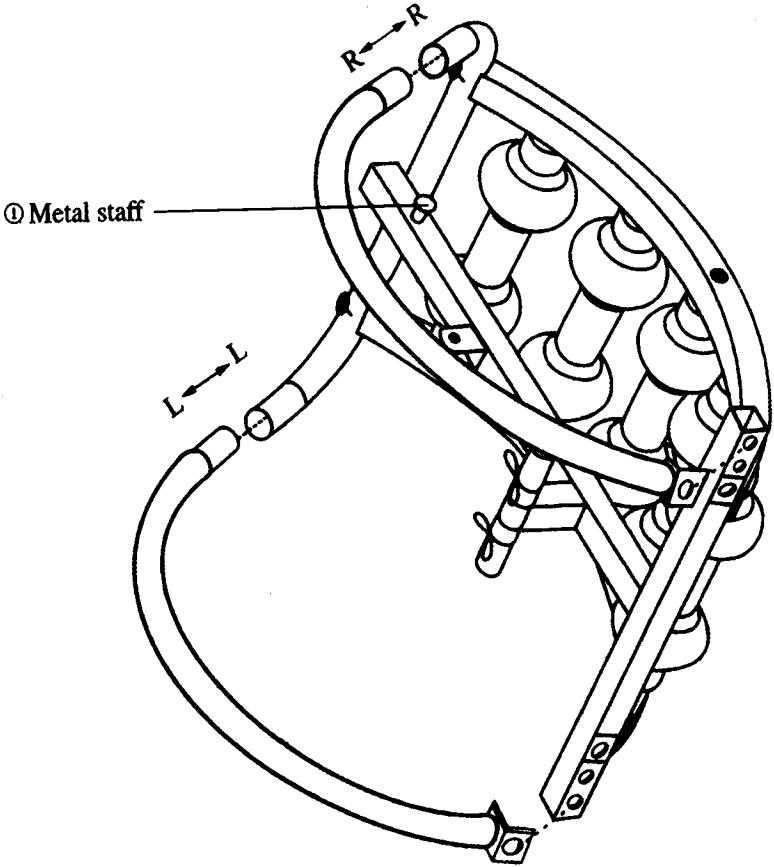


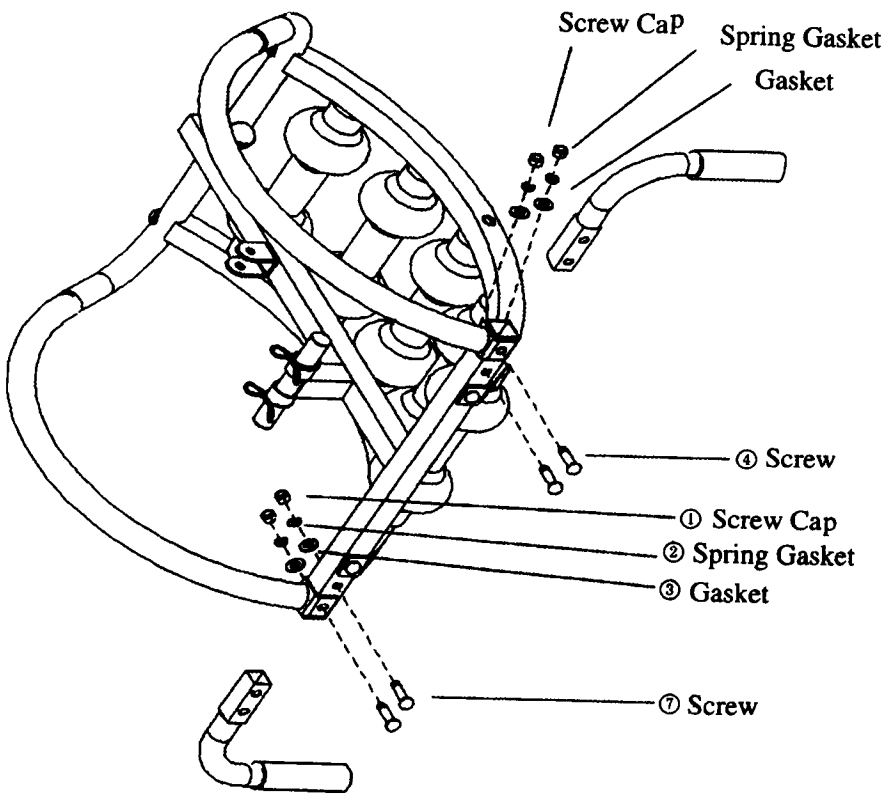
# Bun & Thigh Roller

*Operation instructions*

For Maximum Effectiveness  
and safety, Please Read This  
Owner's Manual Before  
Using Your Bun & Thigh Roller







Screw with inner 6 angle

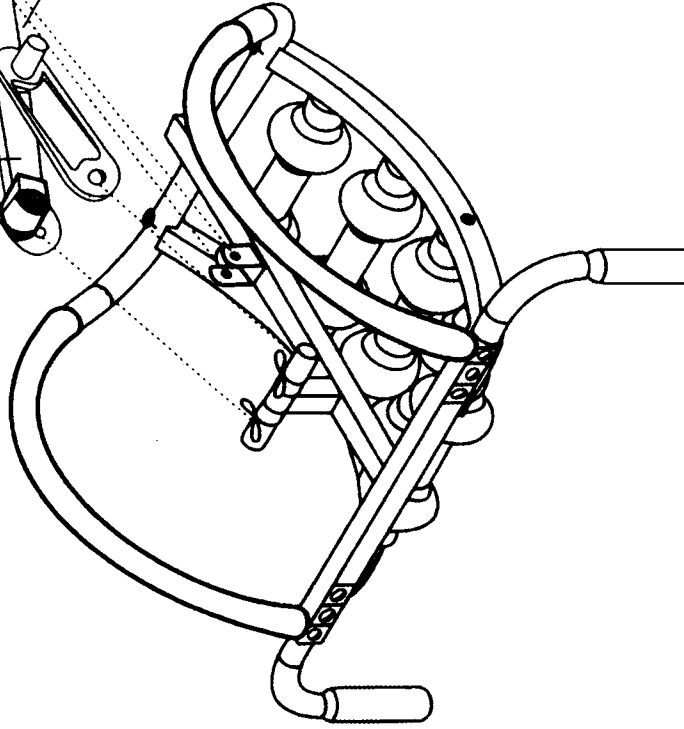
Gasket

Frame Stand

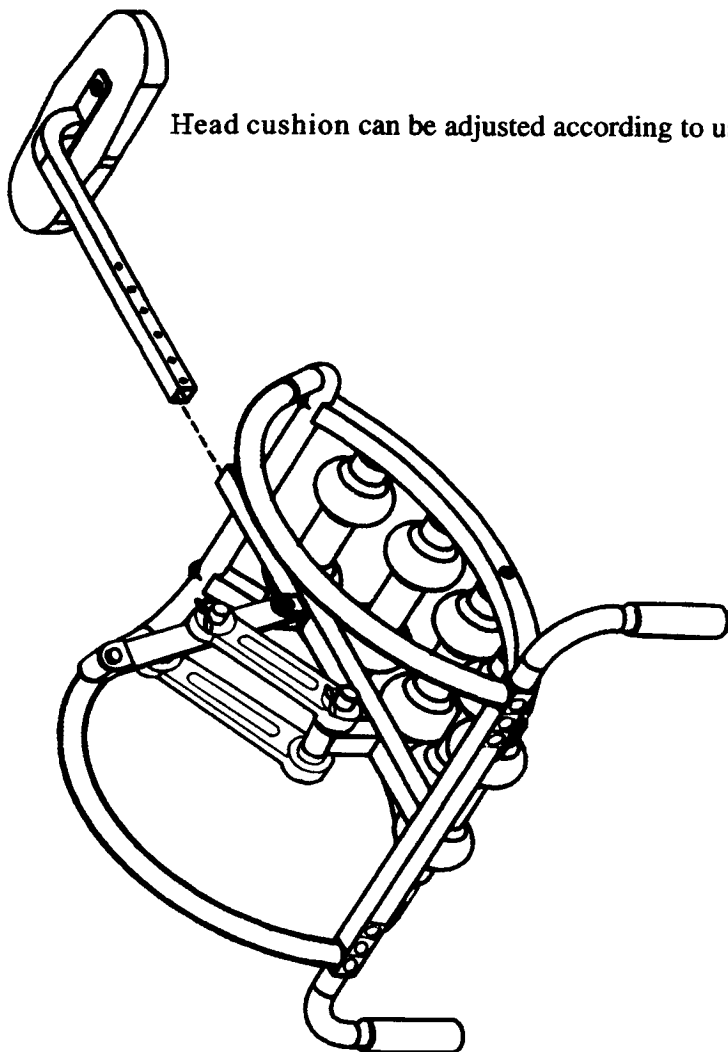
Screw Cap

Absorber

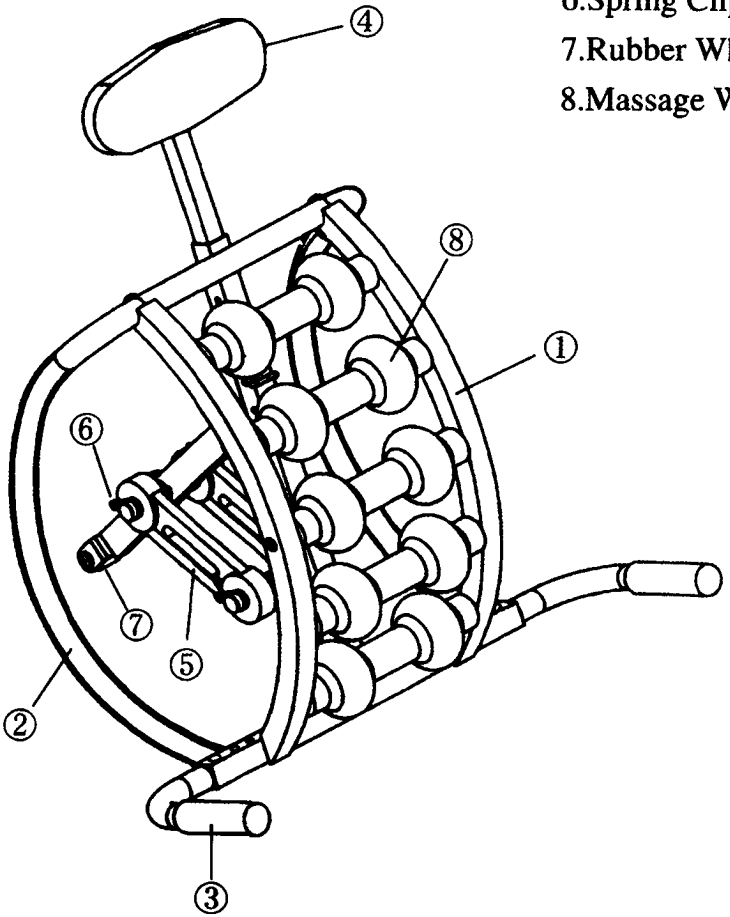
Motion Stand



Head cushion can be adjusted according to user's height



1. Bended Stan
2. Bended Pipe
3. Handle
4. Head Cushion
5. Rubber Band
6. Spring Clip
7. Rubber Wheel
8. Massage Wheel



# Bun & Thigh Roller

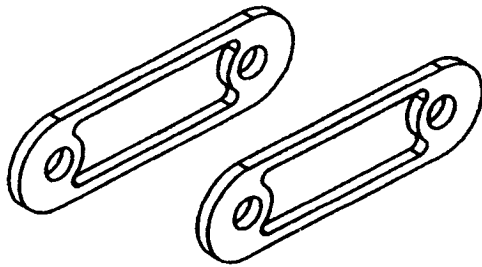
## User's Manual

Please read carefully this manual before using this product

- Patients with chronic back pain or lumbar pain should consult a physician before using this product. For those already using the product, consult a physician before continuing.
- Do not use this product if you have heart disease or high blood pressure.
- Pregnant women or women in their periods should not use it.
- Do not use it if you have a fever or you are extremely tired.
- Refrain from using it within one hour after a meal.
- Do not use it if you are shorter than 1.4 meter or heavier than 100 kg. Injuries causing accidents may occur.
- Seniors should have non senior adults' company when using it.
- Do not drink alcohol before or after using it.
- To prevent injuries, warm up your body before using it.
- This product is for family use, not designed for a large number of people such as in a commercial establishment.
- This product is made of metal and needs to be handled with care to prevent injuries causing accidents.
- Do not use or store the product under the following conditions:
  - 1) Extreme high or low temperatures
  - 2) Outdoors or under direct sunlight
  - 3) Dusty and humid places
  - 4) Smoking environment
  - 5) Slopes or unlevelled surfaces where the machine can slide down.
  - 6) Places where the machine gets easily bumped into, causing damages.
  - 7) On wooden floors, use anti-slipping mats.

**Benefit health, build strength, and sculpt your body**

**The Bun and Thigh Roller will be a faithful and strong partner of your life!**



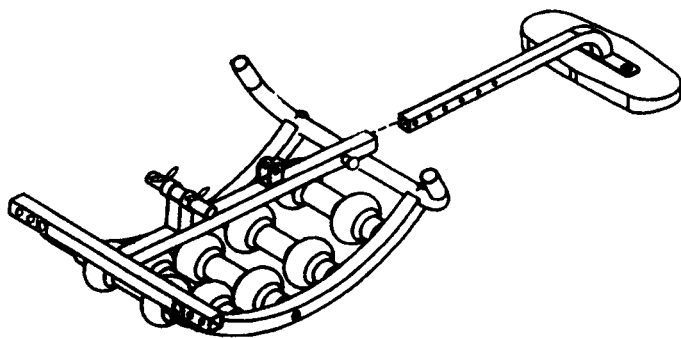
**The accessories contain 2 rubber bands, please do not scratch them with metal parts.  
The life span of a rubber band is about 50,000 times of use.**

- A For those whose purpose is to burn fat and calories, 10 to 20 times of exercise can tighten stomach, and continued use will shrink it.
- B The Bun and Thigh Roller can dissipate upper body fatigue and relax the entire body stretching daily strained back muscles and tendons.
- C The back and waist massaging effects are obvious through 5 rolling balls.
- D Lifting both feet when exercising can increase feet blood circulation and help relax the entire body.
- E To increase waist flexibility, exercise slowly with more repetitions.
- F Exercise gently for 3-5 minutes, avoid excessive or intense workout.

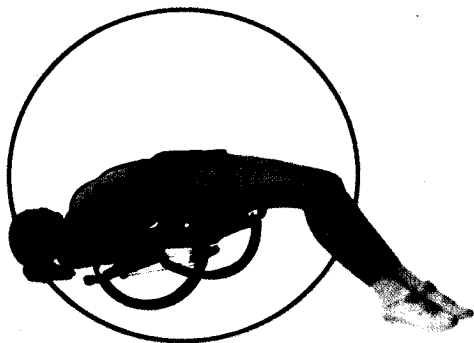
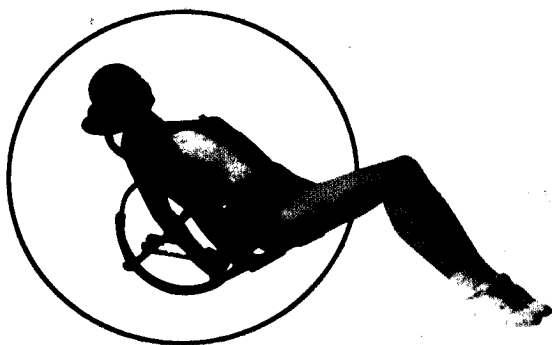
The Bun and Thigh Roller can be used for different levels of strength and physical condition. It is an ideal family fitness equipment for toning the entire body and fat burning.

The Bun and Thigh Roller will help you live a happy day every day by relaxing your muscles through waist and back exercise.

The Bun and Thigh Roller can effectively sculpt your body



The Bun and Thigh Roller is easily portable, and takes very little space for use or storage.



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