



Massage Roller



for massaging yourself
and others

Dear Customer

Muscle pain and tension in your back, arms and legs can often be traced back to sticky or hardened fasciae.

What are fasciae?

Fasciae are connective tissues that run through and connect all parts of the body, and surround all parts such as bones, muscles and organs. Pain is mainly caused by the elastic fasciae that surround our muscles and keep the fibres together. If these become sticky or hard, the muscle can no longer stretch properly and its movement becomes restricted.

In such cases, a massage, e.g. with the massage roller, can help to loosen these fasciae again and restore their elasticity. This can relax and stretch your muscles, thus promoting circulation and a free flow of oxygen, which ultimately benefits your sense of well-being. Massaging with the massage roller is also ideal for warming up before sport or to help with regeneration after sport.

We hope you enjoy using your new massage roller!

Your Tchibo Team

www.tchibo.de/instructions



Product number: 742 280

Tchibo GmbH D-22290 Hamburg · 155942AB4X4XVI · 2026-01

For your safety

Read the safety warnings carefully and only use the product as described in these instructions to avoid accidental injury or damage. Keep these instructions for future reference. If you give this product to another person, remember to also include these instructions.

Intended use

The massage roller is suitable for performing massage exercises by yourself or with a partner in order to increase your feeling of well-being in daily life.

The massage roller is intended for private use. It is not suitable for commercial use in the sports sector or in medical/therapeutic institutions.

Important information

Consult your doctor!

- **If you already have pain or discomfort, consult your doctor before starting the massage and ask whether and where this kind of massage is suitable for you.**
- Discontinue the massage exercises immediately if you begin to feel pain or discomfort.
- If you have any special physical impairments, such as if you suffer from inflammation of the joints or tendons, have water retention in your arms or legs or orthopaedic complaints, or if you have just had an operation, you must have the massage exercises approved by your doctor.
- Stop massaging immediately and see your doctor if any of the following symptoms occur: nausea, dizziness, excessive shortness of breath or chest pain. You should also stop the massage immediately if you experience pain in joints and muscles.
- Not suitable for therapeutic massages or exercise!
- In the case of vein or connective tissue weakness, or varicose or spider veins, the leg massage exercises should only be performed with light pressure and not over the entire length of the muscle at once, but rather in smaller sections. Discuss the type and extent of the massages with your doctor.

Do not use the massage roller ...

- ... on your face, directly on your head, **on bones or joints**, on the front of your neck, or in the areas around genitals or kidneys. Be particularly careful around your neck. Do not use the massage roller on your neck if you have already had health problems in this area. Ask your doctor if necessary.
- ... on areas with thrombosis, bruises, joint pain, swollen or irritated skin, or other skin diseases, burns, varicose veins, open wounds, implants (e.g. pacemaker).
- ... if you suffer from blood coagulation disorders or are taking blood-thinning medication (e.g. Marcumar). Consult your doctor before use.
- ... while you are pregnant.
- ... on babies or small children! Children, people in need of care, or disabled or frail persons must only use the massage roller under adult supervision.
If you allow children to use the massage roller, instruct them on how to use it correctly and supervise them when using it. The massage roller is not a toy. If it is misused, damage to health cannot be excluded.

Consult your doctor before use if you have any doubts.

Note the following

- Always inspect the massage roller before every use. Do not use it if it shows any signs of damage.
- Do not use any massage oils with the massage roller as this could damage its material.
- Do not bend the massage roller with too much force (max. 15°) as doing so could permanently damage the axle inside.
- Pay attention to your body! Move the roller over your muscles in such a way that the pressure feels good. Do not roll it over your bones or joints!
- We recommend having someone help you massage your back and arms. Discuss how much pressure is comfortable for you beforehand. Tell the other person immediately if you feel uncomfortable or experience pain.
- Do not massage one area for too long at any one time as this can cause your muscles to tense again. A few minutes are enough.

- Wear comfortable clothing. Make sure you have a comfortable environment and that the atmosphere is relaxed.
 - Do not make any modifications to the massage roller.
 - The massage roller must not come into contact with food in any way as the material of the massage roller is not food-safe. The massage roller must also not be used for rolling out any other materials or for anything other than its intended purpose.
-

Care

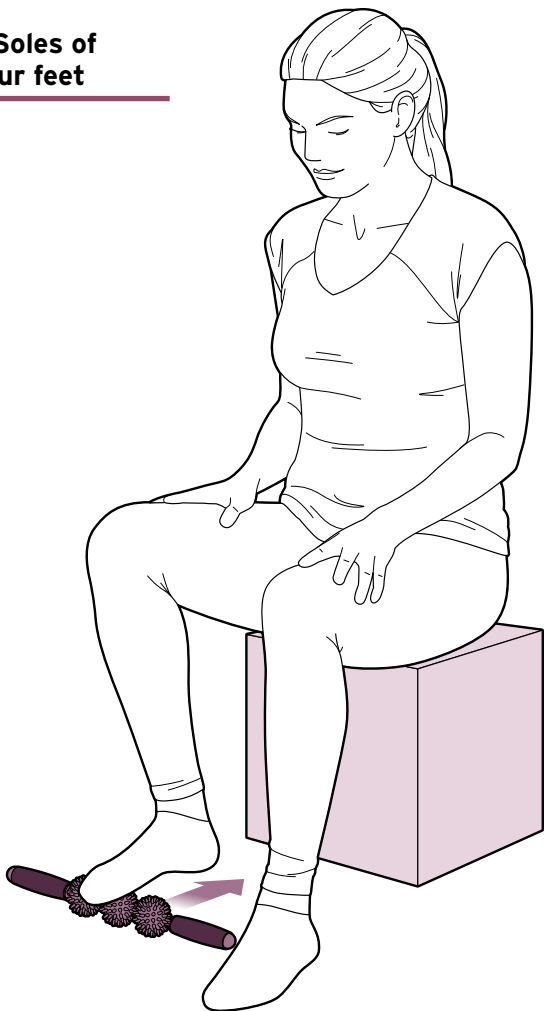
- Clean the massage roller with a dry or slightly damp cloth as needed. Do not immerse it in water or rinse it under running water. Do not use any chemical products (bleach, oils, etc.) as these could soften, discolour or deform the massage roller. Also refrain from using any aggressive cleaning products, or sharp or abrasive objects.
- Store the massage roller in a cool, dry place. Protect it from sunlight and pointed, sharp or rough objects and surfaces.
- Do not leave the product on sensitive furniture or floors. Some varnishes, synthetic substances and furniture/floor care products may react adversely with the material of the product and soften it. To avoid unwanted marks, store the product in a suitable container, e.g. a box.



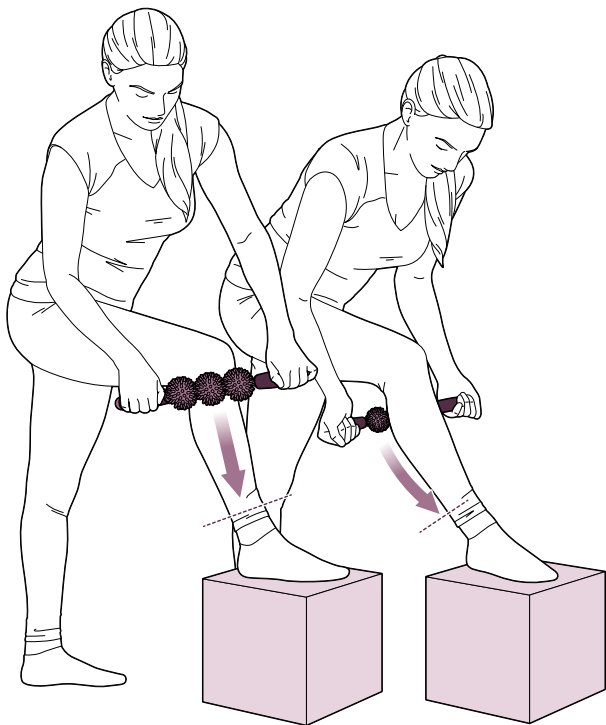
Due to manufacturing processes, there may be a slight odour when you first remove the product from its packaging. However, this is completely harmless. Unpack the product and leave it to air out well. The odour will disappear after a short while. Make sure there is sufficient ventilation!

Material: PVC, PP, PU

1. Soles of your feet



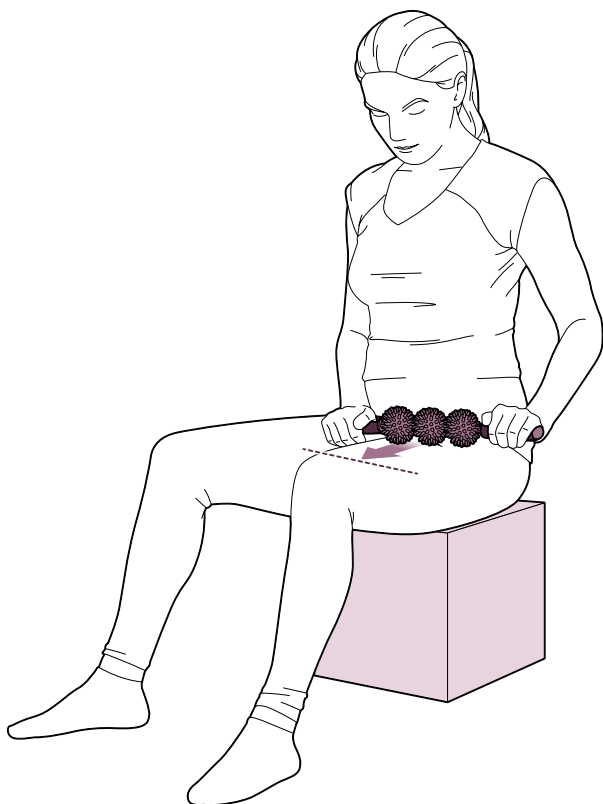
2. Lower legs / calves



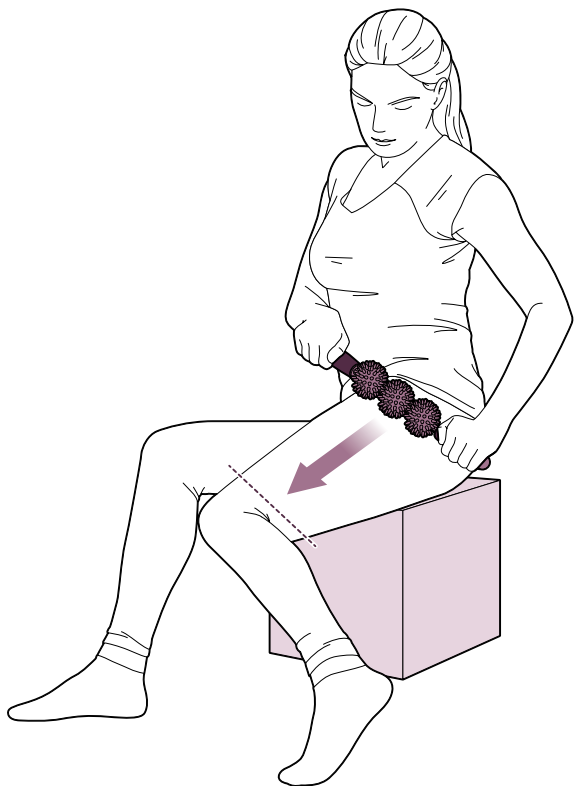
3. Back of thighs



4. Front of thighs

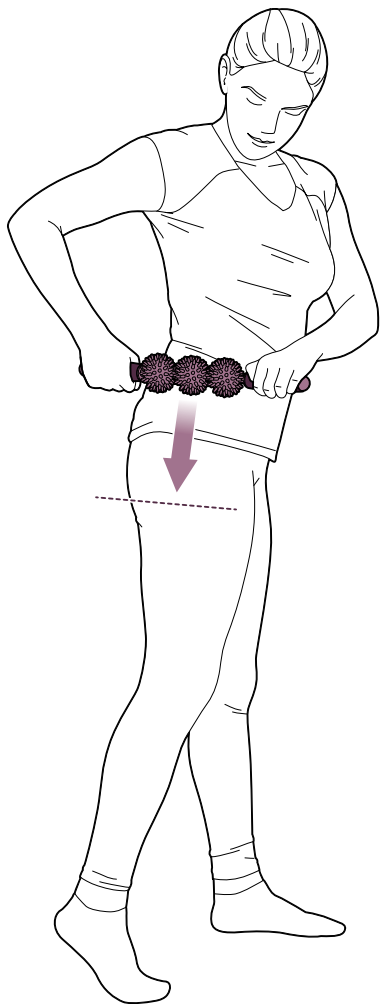


5. Outer thighs



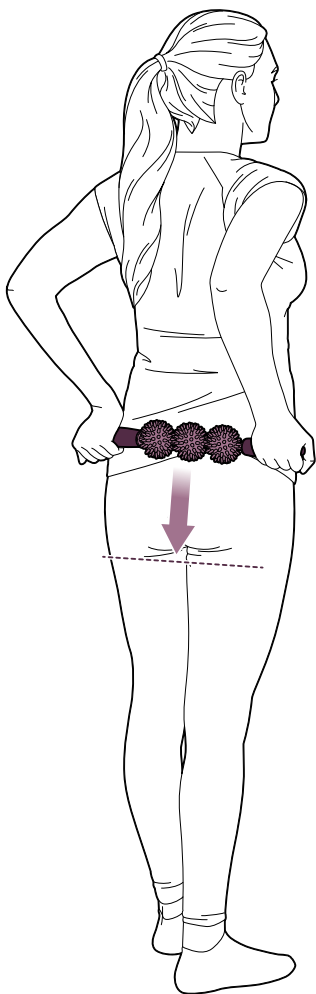
6. Inner thighs





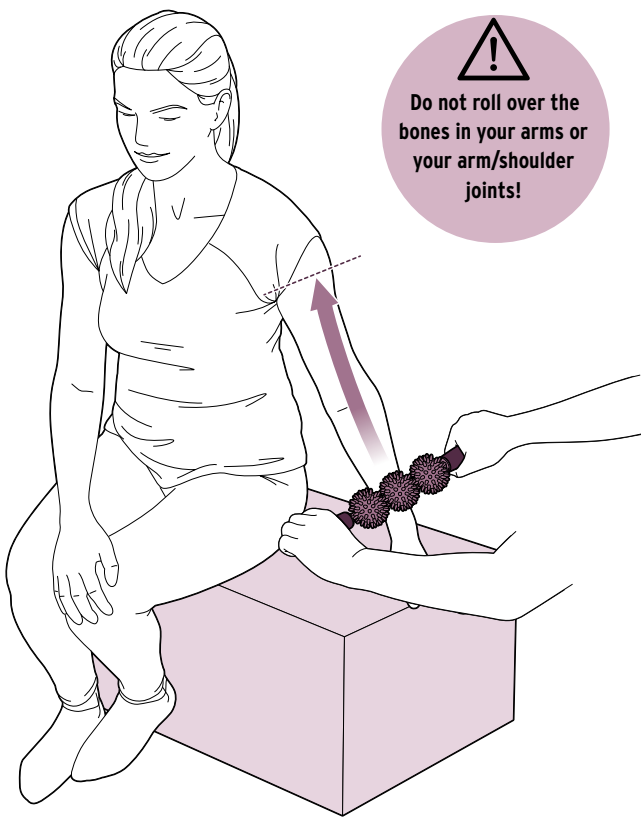
**Do not roll over
your hip bone!**

7. Hip muscles



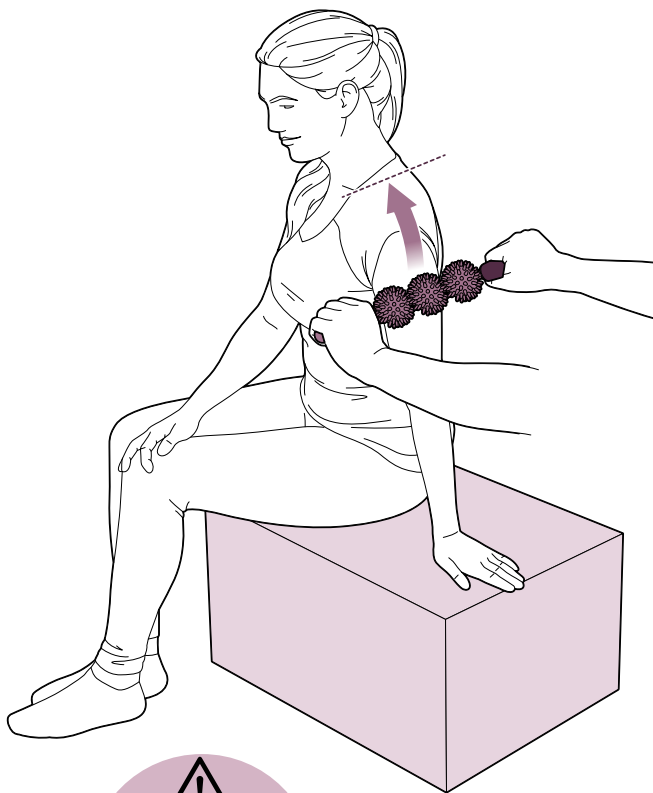
8. Bottom

9. Lower arm + biceps



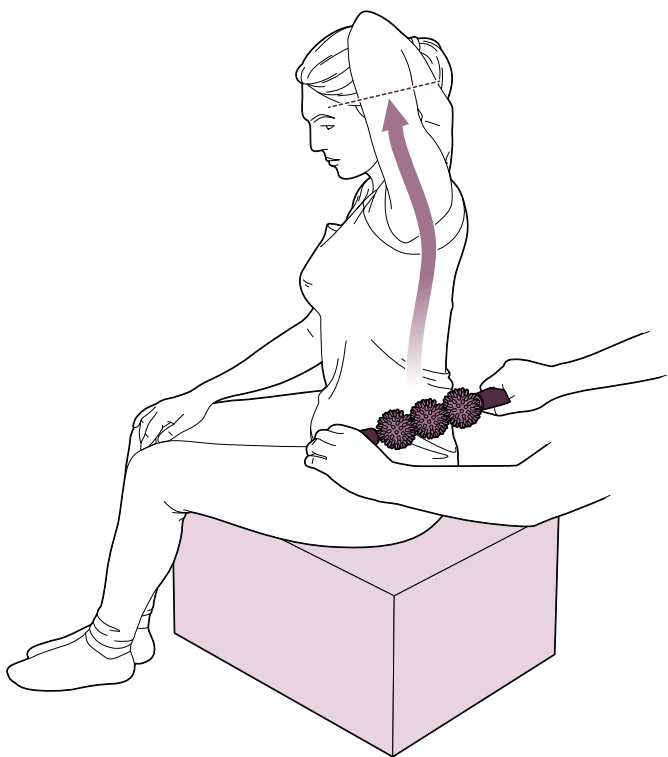
**Do not roll over the
bones in your arms or
your arm/shoulder
joints!**

10. Shoulders + deltoids



**Do not roll over the
bones in your arms or
your arm/shoulder
joints!**

11. Side core muscles + triceps



12a.
Back to the left + right
of the spine



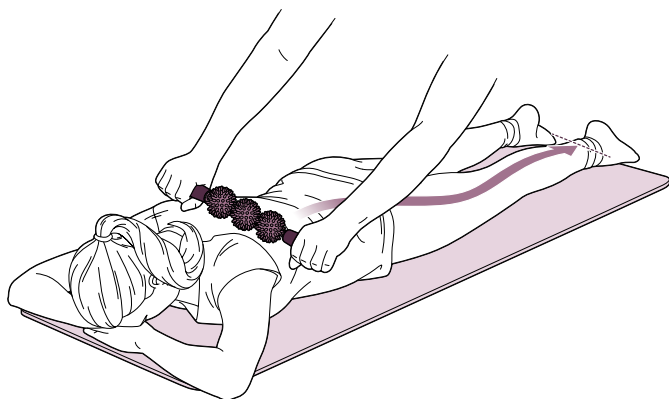
**Do not roll over
your spine!**



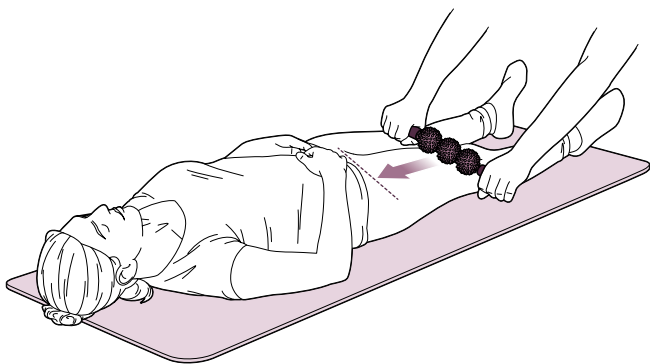
12b.
Back to the left + right
of the spine
+ back of thighs
+ calves



**Do not roll over
your spine!**



13. Front of thighs



**Do not roll over your
knees or shins!**

Made exclusively for:
Tchibo GmbH, Überseering 18, 22297 Hamburg, Germany