

# Massage Rub Machine



## INFORMATION FOR USE / EXERCISE PROGRAMME

Exercise for legs: Hold onto the handle firmly. Place the leg turned facing the machine on the massage roller: the lower roller for the calf and the upper roller for the thigh.

Option 1 "Upper massage roller": Move the leg on the upper massage roller forwards and backwards by slowly pulling your whole body towards the handle and pushing it away again. Take care that the leg and foot remain relaxed. Enjoy the massage. Change the supporting leg.

Option 2 "Lower massage roller": Move your calf on the lower massage roller slowly forwards and backwards. Slightly bend the knee of your supporting leg. Never bend the knee more than 90°, and ensure that you have sufficient strength. If you wish to strengthen your leg muscles, try and manage 10-20 gentle knee bends. Change the supporting leg. Exercise for hands and arms: hold the handle firmly with one hand. Place the other palm on the rotating wheel and carry out circular movements with gentle pressure. Change the direction of rotation and the side.

Option 3 "for both hands and arms": Stand with your feet slightly apart and with slightly bent knees lengthways to the massage wheels. Place a hand on each rotating wheel and move both wheels in the same direction. Change the direction of rotation. Finally, carry out a circular movement of the wheels in opposite directions.

Option 4 "Combination of exercises for hands, arms and legs": Assume a steady position and combine the exercise for the legs with the exercise for hands and arms. Hold onto the handle firmly and massage one leg. At the same time carry out circular movements on one rotating wheel applying gentle pressure. Change the direction of rotation and the supporting leg.

Option 5: When you feel steady, you can challenge yourself by training both hands and arms at the same time as one leg.

Duration:  
As desired

### Recommendation:

Carry out the four or where applicable five options in the order stated. Continue exercising for as long as it is doing you good and you are enjoying it. Push yourself but do not overexert yourself.

With Option 2 try and carry out 10 – 20 knee bends if possible.

## MAIN FUNCTIONS

A challenge for fine motor skills, coordination and balance. The small but brisk turning of the wheels mobilises the wrists, elbows and shoulder girdle. The arms are put under a pleasant amount of tension and at the same time the palms are massaged. Circulation is stimulated and a pleasant sense of tension is created in the body. The supporting leg is strengthened and the other leg is relaxed by means of the massage roller.

### **... according to old Chinese tradition:**

Improves coordination and with it concentration and, through the stimulating massage, creates a gentle flow of energy in the whole body. On the back of the leg, above all the kidney and bladder meridians are addressed and these positively influence the vegetative nervous system and the hormonal balance. It also stimulates lymph flow and circulation. At the same time, the studs on the rotating wheels press on the acupuncture points on the palms. Has an energizing effect and opens up all energy pathways. .