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SPORTKING DELUXE MASSAGE STICK

INSTRUCTION MANUAL



The Ultimate Deep Pressure Myofascial Release Therapy Tool

- ▲ FIRM STEEL ROD SURPASSES OTHER STIFF STICKS IN MASSAGE EFFICACY
- ▲ ULTRA SMOOTH AND SILENT ROLLING ACTION ENSURES EXTRA COMFORT
- ▲ DEEP PRESSURE FOR MUSCULAR PHYSIQUES AND LARGER BODY TYPES
- ▲ THE TOOL FOR WARMING UP BEFORE OR COOLING DOWN AFTER EXERCISE

instructions

PRODUCT WARNING

- This product should not be used to treat any physical or medical ailment, medical condition or sports or other related injuries.
- Please consult a licensed physician prior to use.
- Do NOT use this product if you are suffering from chronic back pain, have open wounds, internal injuries, bone fractures or similar.
- Do NOT use this product following exercise resulting in muscle injury.
- Do NOT use this product in any manner not mentioned herein.
- Do NOT use this product if you are consuming alcohol, medication, drugs, pregnant or while operating a vehicle or heavy machinery.
- If pain or discomfort is experienced during use, cease immediately and consult a licensed physician.

IMPORTANT

- Always store this product in a safe, cool, dry location. This is not a toy. Keep out of the reach of children.
- Do NOT overuse. Limit to 10 to 20 firm short strokes at a time on any one location on the body.
- Be careful when using over bone. Use softer pressure and slow strokes.
- It is recommended that the product is used in a seated position. A yoga mat or soft carpet over firm surface is best.

introduction

The Ultimate Tool for Myofascial Release Therapy

The Sagittary SportKing Deluxe Massage Stick



Free handy carry bag
Two convenient sizes
Ultra quiet & smooth

The SportKing Deluxe Massage Stick provides deeper pressure and is most appropriate for:

- More muscular physiques**
- Larger body types**
- Those that especially enjoy deep pressure**

Improve work-out experience: The deep pressure self-myofascial release tool promotes circulation across the body, improves flexibility, and decreases the risk of cramps during and after exercise.

Assist with recovery: Use the SportKing Deluxe Massage Stick following exercise to reduce soreness, enhancing the recovery process that is needed to build new cells.

neck, shoulders and arms



Drop chin and while facing down, use short firm strokes on the back of the neck from base of skull to base of neck. Please avoid extreme pressure over bone to prevent injury or pain.

Turn your head to the right while still facing downward. Employ longer strokes from just behind the ear to above collar bone. Be careful to avoid bone. Repeat on other side.



This exercise requires some flexibility. If you are unable to reach in this position, consider asking a friend to assist. Anchor with one hand from behind above the waist. Move other hand to and fro to work the shoulder muscles.

To massage arms, again anchor with one hand behind the back while scanning with the other above in an up-down action from top of shoulder toward elbow. If a lack of flexibility prevents a comfortable massage, consider asking a friend.



back and sides



For this exercise, please enlist the help of a friend. Start from just below the shoulder blades and with short firm strokes, work the back muscles all the way down to the waist. Be careful not to exert too much pressure over the backbone to avoid discomfort or injury.

Hold the product behind your back in the crook of your arm. With short and firm motions shrug shoulders to self-massage the area under the shoulder blades. Avoid extreme pressure over the backbone. Repeat at an angle on both sides.



Continue self-massage by holding the stick behind your back and again with short firm motions, massage from as high as possible, slowly working down towards and over the buttocks. Repeat at an angle on either side.

While anchoring the stick in the crook of one arm, use other hand to stroke the sides of the back. Take care to avoid hitting the hip bone. Repeat on both sides.



leg massage

It is recommended that the massage stick is used in seated position as the muscles should be totally relaxed. A yoga mat or low bench is most suitable.



Start with short movements from above the knee moving upwards along the thigh. Continue with short strokes on either side of the hip below the belt. Proceed on outside of leg to knee. Maintain weight on opposite leg if standing. Follow same procedure for other leg.

While seated on firm, level surface such as carpet or yoga mat, spread knees out with feet pulled in. With short strokes roll at an angle to thoroughly work the muscles from just behind the knee up to the groin area. Repeat at different angles for best results. Repeat same procedure on other leg.



When massaging the shin, use less pressure around bone. In a seated position, use soft slow motions along the front and sides of the leg, from just below the knee all the way to the ankle. If any pain or discomfort is experienced, proceed to next area. Repeat on other leg.

It is imperative that the large calf muscle is totally relaxed when using the massage stick. In a seated position, start from just below the knee and slowly working downwards toward the ankle in short, firm strokes. Repeat at 45 degree angle on either side of the muscle. Follow same procedure for other leg.



buttocks and stomach



Hold the massage stick firmly in front of you in both hands. With firm downward motions, stroke from just below the rib cage toward the pelvis. Repeat on either side while taking care to avoid hitting the hip bones. This should be done in a standing position.

Start from lower back - just below belt line - and with deep pressure strokes, move the massage stick over the buttocks towards the thighs. Be careful over bone. Repeat at a slight angle over each buttock.



Again start from just below the hip bone / belt line. At a 45 degree angle, employ short and firm strokes to massage the side of the buttocks. Repeat on either side.

Elevate one leg by placing on a bench or stool. Anchor with one hand behind back and then with firm up and down motions, scan the buttocks from below the belt line towards the top of thigh. Repeat on other side.

