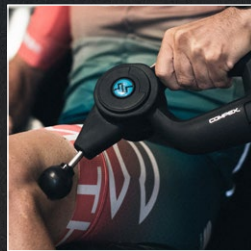
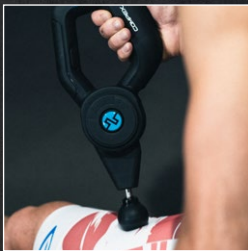







HOW TO USE THE FIXX 1.0 MASSAGER

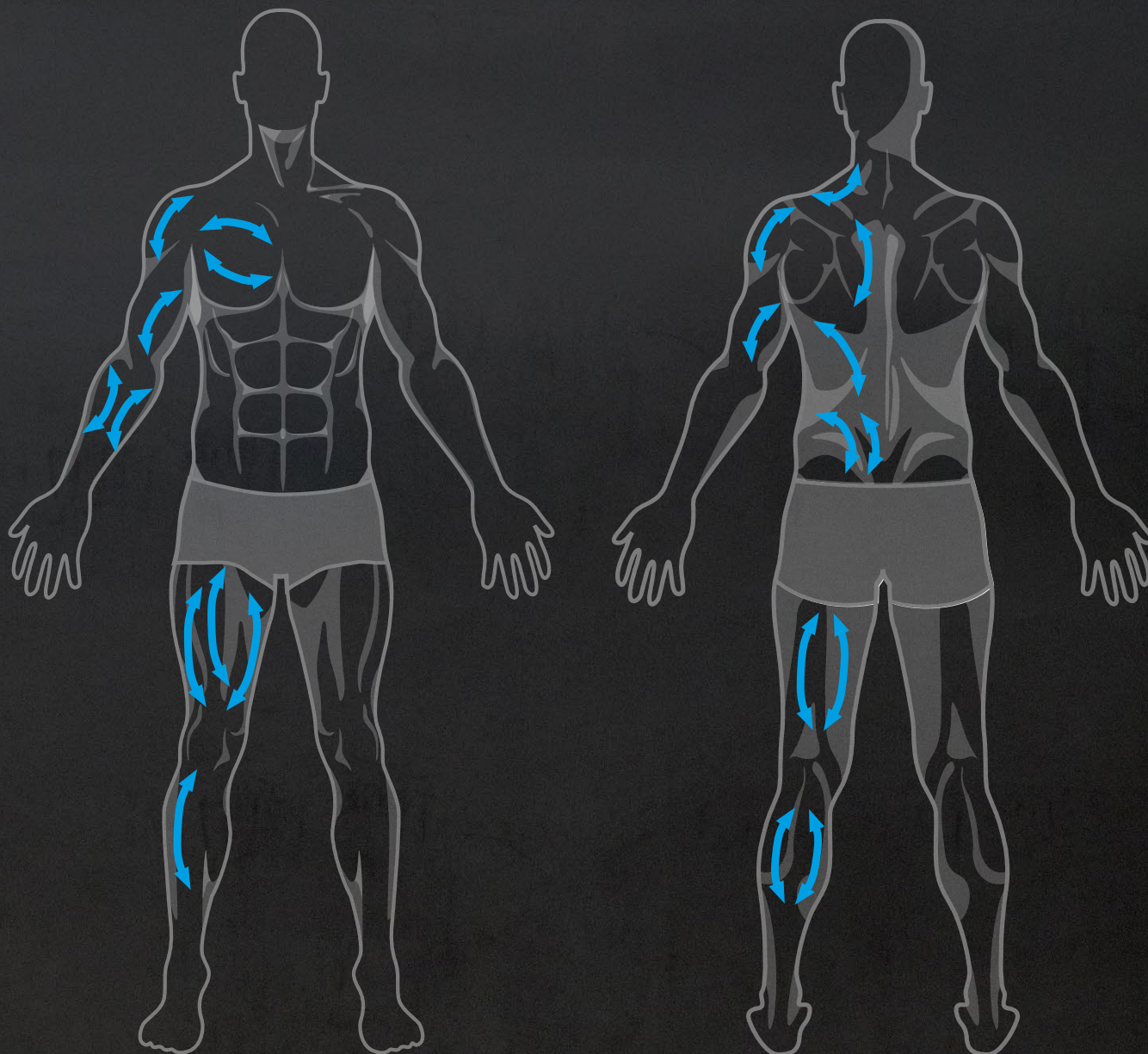
The CompeX® Fixx™ 1.0 massager provides the ultimate deep tissue massage for sore and overworked muscles. It can help reduce soreness, loosen tight muscles, and can be used for warm up prior to activity.



| TIPS |  |  |  |
|--------------|---|---|---|
| USE | BALL | PADDLE | CONE |
| | For general use | For large muscle group, IT bands | For small muscle and trigger points |
| ARM POSITION | 0°, 45°, 90° position the arm as you like | | |
| SPEED | Speed 1: SOFT For sensitive or sore muscles • Speed 2: MEDIUM For muscles that are not too small or sensitive Speed 3: FIRM For larger muscles that need something similar to a deep tissue massage | | |
| | Keep moving slowly over muscles and avoid bony areas. Apply the pressure that is comfortable for you. Use on body parts for no more than 1 minute per specific muscle group. Combining speed and hand pressure customizes the massage to meet your needs and requirements for recovery. | | |

HOW TO USE THE FIXX 1.0 MASSAGER

Refer to this chart to learn which muscle groups and body parts can benefit from the Fixx 1.0 massager.
Try to follow the muscle fibers from origin to insertion and back again.
Remember to use the device for both warm up and recovery to help take your training to the next level.



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