

IMPORTANT SAFETY INFORMATION

To prevent personal injury or damage to your KoreSphere, read the following guidelines carefully to ensure proper usage:

1. Use caution when taking KoreSphere in and out of the freezer or hot water.
2. Always test KoreSphere's temperature through a layer of clothing before using it on your bare skin.
3. Do not use KoreSphere on open wounds.
4. Clean KoreSphere with a disinfectant wipe after every use.
5. Do NOT heat KoreSphere by microwave.

Warning: This device is not a toy. Keep away from children.

TIPS FOR USE:

- KoreSphere can be used for hot or cold therapy:
 - Use hot therapy to treat muscle tension, stiffness, and soreness
 - Use cold therapy to reduce inflammation and numb pain
- Once activated, KoreSphere will remain hot or cold for 3 – 6 hours.
- Apply gentle pressure and breathe deeply when using KoreSphere on sensitive areas.
- Follow the 20/20 rule: 20 minutes of massage followed by 20 minutes of rest.

FOR COLD ACTIVATION:

1. Place KoreSphere in the fridge or freezer depending on your temperature preference.
2. Allow KoreSphere to sit for 1 – 2 hours.

3. Grab KoreSphere by the handle when removing it from the fridge or freezer.

FOR HEAT ACTIVATION:

1. Fill a bowl with hot water. You can adjust the water's temperature to your comfort level.
2. Remove the KoreSphere handle and place the steel ball in the water.
3. Allow KoreSphere to soak for 15 – 20 minutes.
4. Carefully remove KoreSphere using tongs or a ladle and place it back in the handle.

HOW TO USE:

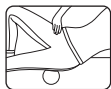
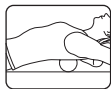
With Handle: Grip KoreSphere in the palm of your hand and apply pressure as you roll it over your body.

- Shoulder / Rotator Cuff
 - Sit or stand with your shoulder loose and relaxed.
 - Gently roll KoreSphere in a circular motion from your armpit to your outer arm.
- Knee / ACL
 - Sit on the floor with your knee slightly bent.
 - Roll KoreSphere around your knee joint, hitting the inside and outside muscles.
- Neck
 - Relax your shoulders and tilt your head slightly forward.
 - Roll KoreSphere across the nape of your neck from shoulder to shoulder.



Without Handle: Place KoreSphere on a mat or carpeted floor and lean into it with your bodyweight.

- Back
 - Place KoreSphere directly under the sore spot on your back.
 - Support your body with your arms and roll slowly back and forth.
- Foot
 - Stand with your feet shoulder length apart and place one foot on KoreSphere.
 - Roll KoreSphere from toe to heel, placing extra weight over the arch.
- Hip Flexors
 - Balance your outer thigh otop of KoreSphere.
 - Slide your body from side to side, rolling KoreSphere across your hip muscles.



SPECIFICATIONS:

Product Size	Ø73 x H64mm
Product Weight	170g
Materials	304 Stainless steel, ABS, thermal gel
Cold Activation Time	1 – 2 hours (in freezer)
Hot Activation Time	10 – 15 minutes (in hot water)
Manufacturing Origin	China