



**ACUPRESSURE MAT & PILLOW**  
Instruction Manual & Therapy Guide



## Disclaimer, Terms and Conditions

### IMPORTANT

Please read this entire manual before using the ProsourceFit Acupressure Mat & Pillow. Failure to follow these instructions can lead to significant injury and/or property damage.

ProsourceFit recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using ProsourceFit Acupressure Mat & Pillow discontinue use & consult your physician.

Please use caution & carefully follow all therapy instructions and use proper technique when using our Acupressure Mat & Pillow. Always modify poses as needed for your fitness level.

### Use & Safety Instructions

1. Take caution when getting on & off of the mat, the pressure points are very sharp.
2. You may experience some initial discomfort. Breathe deeply and relax, the discomfort should diminish within a few minutes, allowing you to experience the healing benefits of acupressure. If discomfort continues, stop use immediately and consult your physician.
3. For best results, lie on the mat with bare skin. You can also wear light clothing or use a thin sheet on top of the mat until your body gets accustomed to the sensation.

### Care Instructions

1. Do not machine wash or dry, as this may damage the pressure point buttons. Drip dry only.
2. Remove the foam core and gently hand wash the cotton cover. You may also turn the cotton cover inside-out to clean.
3. Store your Acupressure Mat and Pillow in a cool, dry place.

### Acupressure Therapy Relief Made Easy at Home

The ProsourceFit Acupressure Mat and Pillow set activates pressure points along the body's meridian lines, providing vast self-healing benefits including:

Stimulates feel-good  
endorphins

Promotes  
blood circulation

Reduced pain &  
muscle tension

Stress  
relief

Increased  
energy

Improved  
sleep

# THERAPY GUIDE

## NECK & BACK



**Soothes back pain, neck/shoulder tension, and headaches. Reduces stress, promotes relaxation and sleep.**

- 1.** Lie on a flat surface with your back on the mat and pillow directly under your neck.
- 2.** For more lower-back contact, bend knees with feet flat on the floor in front of you.
- 3.** Time: **Beginners** = 10 - 20 minutes. **Intermediate/Advanced** = Up to 45 minutes

## CHEST & ABDOMINAL



**Facilitates recovery after workouts, aids digestion, and promotes circulation in respiratory muscles.**

1. Lie on your stomach with head off of the mat, resting on hands.
2. You may move up or down for the most comfortable position.
3. You may also lie with one cheek on the mat or accompanying pillow at the same time to relax the face and jaw.
4. Time: 10–20 minutes

## LOWER BACK & BUTTOCKS



**Relieves lower body tension, facilitates recovery after lower-body workouts, promotes good posture. Great for using at the office or traveling on a plane.**

### **CHAIR:**

1. Place the mat on a chair with a slight fold, so your gluteus and lower back are both in contact with the mat.
2. Carefully sit fully against the mat and back of the chair.
3. Time: 10–30 minutes

### **FLOOR:**

1. Place mat on the floor and sit with legs crossed or extended in front of you
2. Time: 10–15 minutes

# LEGS



**Targets various lower body pain, promotes recovery after workouts.**

## **HAMSTRINGS:**

1. Sit on the edge of the mat and extend legs out in front of you.
2. To increase flexibility and stimulate circulation, reach forward toward your shins or toes and hold for 20 – 30 seconds at a time.
3. Time: 10 –15 minutes



## **QUADRICEPS:**

1. Lie face down on the floor, with the mat under your hips and front of legs.
2. You may prop yourself up slightly to stretch through your abdomen and hips for 10 seconds at a time, or relax fully onto the floor.
3. Time: 10 –15 minutes



## **OUTER THIGHS:**

1. Sit sideways on the mat with legs together and knees bent.
2. Place arm on the ground for support.
3. Time: 10–15 minutes

## FEET



**Relieves tired feet and provides a sense of rejuvenation and increased energy – a great way to start your day.**

- 1.** Stand on the mat or sit in a chair with feet on the pillow
- 2.** Time: 5–10 minutes.

## **WARNING:**

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

## **LIMITED LIFETIME WARRANTY**

Covers manufacturing defects including any defects in materials and workmanship. ProsourceFit has sole discretion to determine manufacturing defects. This Lifetime Warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Lifetime Warranty applies to all types of defects or failure during standard use.

## **QUESTIONS, CONCERNS OR COMMENTS**

Contact Customer Support by email: [support@prosourcefit.com](mailto:support@prosourcefit.com) or by phone at **1 (855) 552-2637** and we will be happy to help you.



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