

MASTERKRAFT

COMMERCIAL RECOVERY

RECOVERY ROLLER

A motorised infrared roller bed for gyms that want recovery to be a room rather than a corner. Hands-free, touchscreen controlled, built for commercial floors.



HANDS-FREE

MOTORISED ROLLERS

INFRARED

BUILT-IN HEAT

15.6"

TOUCHSCREEN

200 RPM

MAX ROLLER SPEED

100-240 V

UNIVERSAL SUPPLY

ARE YOU TAKING RECOVERY SERIOUSLY? YOUR MEMBERS ARE.

Recovery has moved from the stretching mat to the membership tier. The Recovery Roller is commercial gym equipment for that room: one machine, one footprint, no therapist required.

RECOVERY BECAME A TIER

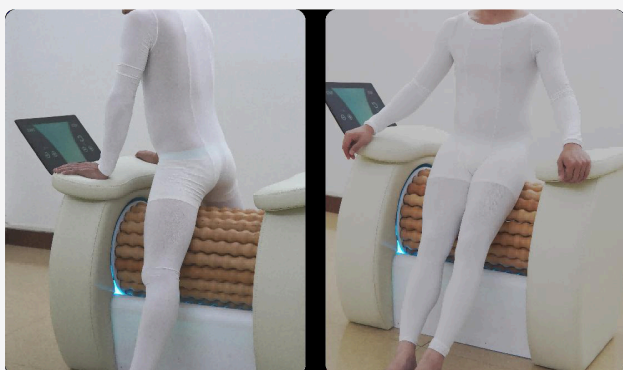
Across the big networks, recovery now sits behind the top membership rather than alongside it. Members are choosing it and paying for it.

MOST GYMS ANSWER WITH A CORNER

A mat, two foam rollers and whatever was left in the fitout budget. It is the most asked-about part of a floor and the least specified.

THE GAP WAS THE EQUIPMENT

Consumer products built for a lounge room on one side, fleet contracts built for national chains on the other. Very little engineered as commercial gym equipment.



HANDS - FREE

THE ROLLERS DO THE WORK

The member stands, leans or sits against the roller drum and the motor does the rest. Nobody gets down onto the floor and back up again, and nobody needs to hold a device.

Speed, direction and session time are set on the touchscreen. Staff set a program once; members run it themselves.

THE BENEFITS

WHAT MEMBERS GET

EASES MUSCLE TENSION AND
TIGHTNESS

INFRARED HEAT WARMS THE
MUSCLES AS THEY ARE WORKED

REDUCES SORENESS AFTER
HEAVY TRAINING

COVERS ALL MAJOR MUSCLE
GROUPS IN ONE SESSION

HELPS WITH RELAXATION AND
STRESS RELIEF

FIXES FOAM ROLLING PROBLEMS:
NO AWKWARD POSITIONING, AND
THE ROLLER STAYS IN PLACE

BUILT FOR THE FLOOR, NOT THE LOUNGE ROOM



01

PROFILED ROLLER DRUM

Multiple rollers with a raised, nodular profile turn together inside the drum, working a wide contact area at once.

02

TWO-WAY ROTATION

Rollers run in either direction at multiple speeds, so one machine covers arms, legs, back, sides and glutes.

03

15.6" TOUCHSCREEN

Speed, direction and timer on one screen, with the session ending automatically when the time is up.

04

INFRARED HEAT

Infrared heat is built in beneath the rollers, warming the muscles as they are worked. It can be switched off from the screen.

05

COMMERCIAL HOUSING

Upholstered, scratch-resistant shell with padded arm rests to brace against. Wipe-clean finish in colours to suit the room.

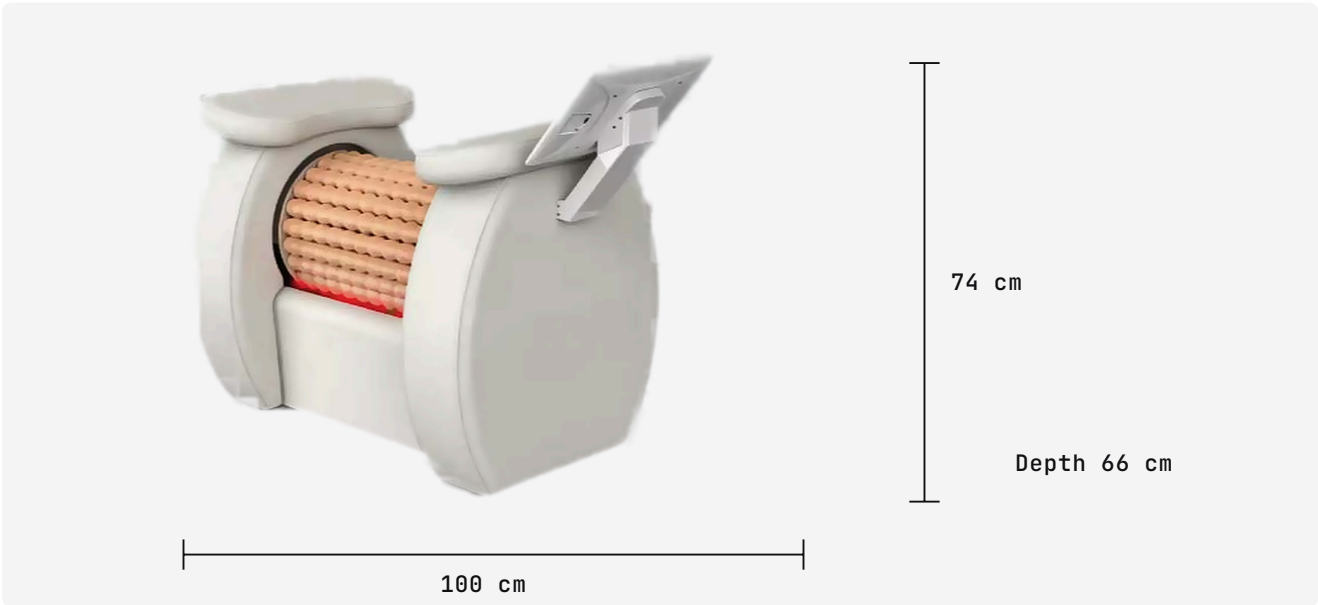
06

YOUR BRAND ON IT

Housing colour and branding can be specified for networks and franchise groups, as on our showroom unit.

THE DATA SHEET

PRODUCT	MasterKraft Recovery Roller
TYPE	Motorised roller bed, hands-free
CONTROL	15.6" touchscreen: speed, direction, timer
ROLLER SPEED	Multi-speed, up to 200 rpm, two-way rotation
HEAT	Infrared, beneath the rollers
POWER	500 W
SUPPLY	100–240 V
UNIT DIMENSIONS	100 L × 66 W × 74 H cm
PACKED DIMENSIONS	114 L × 77 W × 88 H cm
PACKED WEIGHT	93 kg
USER CAPACITY	One user at a time
WARRANTY	12 months, main unit



Specifications are the manufacturer's and may change without notice. Confirm with MasterKraft before planning a room.

AREA BY AREA

Start every new user on the lowest speed and step up from there. Rollers always work toward the centre of the body: limbs toward the torso.

AREA	TIME	ROTATION & DIRECTION	NOTES
ARMS	5–6 min / side	Clockwise, wrist toward shoulder	Forearm, then upper arm. Keep clear of the armpit.
CALVES	8–10 min / side	Clockwise, ankle toward knee	Roll in sections, 3–5 passes each.
THIGHS	8–10 min / side	Clockwise, knee toward hip	Roll in sections, 3–5 passes each.
GLUTES	8–10 min	Anticlockwise, upper thigh toward waist	Very light pressure.
WAIST SIDES	8–10 min	Clockwise, hip toward lower ribs	Muscles either side of the spine only. Very light pressure.
ABDOMEN	5–8 min	Clockwise around the navel	Gentle pressure. Not within an hour of a meal.
BACK	8–10 min	Anticlockwise or alternating, low to high	Either side of the spine, never on it.

FULL-BODY SESSIONS: keep the total under 60 minutes, small areas before large ones and light before firm. Up to 3–4 sessions a week, with 2–3 days between sessions on the same area.

SEVEN STEPS, START TO FINISH

01 CHECK THE UNIT

Housing, power lead and roller drum undamaged; rollers turn freely without catching or unusual noise.

03 SET THE PROGRAM

Choose speed, direction and time on the touchscreen for the area and the user.

05 RUN THE SESSION

The user lines the area up against the drum and starts. The rollers run automatically; no hands needed.

07 SHUT DOWN

Switch off, unplug, and wipe down the rollers and contact surfaces before the next user.

02 POWER ON

Plug in and switch on at the main switch. The self-test runs and the unit goes to standby.

04 PREPARE THE USER

Close-fitting activewear, long hair tied up, water and a towel within reach.

06 NEXT AREA

The unit stops when the time is up. Reset the program for the next area and check in on how the user feels.

ON THE MACHINE

- Keep the area in full, even contact with the rollers. The feeling should be a firm roll, never forced pressure.
- Stay off bony points: kneecaps, spine, hip bones and collarbones.
- For sensitive areas, turn the infrared heat off or reduce the speed.
- Keep the body moving along the rollers; do not hold one spot for long.
- Stop straight away if anything stings, reddens badly or hurts, then lower the speed.
- One user at a time. Not for use by anyone under 18.

POSITIONS: standing against the drum for the glutes and the back of the legs; seated on it for the thighs. The arm rests are there to brace against.

BEFORE ANYONE GETS ON



HANDS AND FEET CLEAR

Never put hands or feet into the roller gap.



HAIR TIED UP

Long hair must be tied back so it cannot hang into the gap.

**CLOSE-FITTING
ACTIVWEAR**

WHO SHOULD NOT USE IT

Ask every new user. If any of these apply, they should not use the machine without clearance from their doctor.

- Pregnant or breastfeeding; menstruating (abdomen only).
- Broken, infected or inflamed skin, open wounds or recent injury in the area.
- Serious heart or circulatory conditions, uncontrolled high blood pressure, bleeding disorders or blood thinners.
- Pacemakers, metal stents, prostheses or other implants; cancer.
- Blood clots, varicose veins in the area, or active lymphatic conditions.
- Fever of 38°C or more, an active infection, or severe weakness or anaemia.
- Advanced osteoporosis, diabetes with nerve damage, or very low tolerance to pressure.
- Sensitive, thin or keloid-prone skin, or allergy to the contact materials.
- Surgery, liposuction or injectables in the area in the last 3 months; fillers or botulinum toxin in the last 6.
- Less than 3 months after a vaginal birth or 6 months after a caesarean.
- Undiagnosed lumps, cysts or nodules in the area.
- Abdomen: within an hour of alcohol, or when very hungry or very full.
- Do not use alongside high-frequency or RF devices on the same area.

LOOKED AFTER BY MASTERKRAFT

CARE

- Wipe down rollers and contact surfaces after every user.
- Check the drum turns freely before the first session of the day.
- Keep the power lead clear of traffic and the roller gap.
- Report any catching, grinding or unusual noise and stop using the unit.

WARRANTY & SUPPORT

- 12 months on the main unit from the date on your proof of purchase.
- Support and parts direct from MasterKraft, not a third party.
- Room planning with our fitout team when the roller is part of a fitout.



SEE IT IN THE
SHOWROOM.

CALL

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WEB

masterkraft.com/recovery-roller

MASTERKRAFT

ENGINEERED FOR FITNESS