

FitRx[®] PRO



**precision
multi-angle
massager**

USER GUIDE



***relieve.
recover.
relax.***

Congratulations!

You're now one step closer to improved physical fitness and overall wellness. Created with your health in mind, the FitRx PRO Precision Multi-Angle Massager delivers results everyone can benefit from. Whether your goal is relief from workout fatigue or chronic joint pain, improved athletic performance and blood circulation, or just a relaxing massage, percussive massage therapy is the perfect solution. We couldn't be happier to be taking this journey together while helping promote a healthier you from the inside out.

Welcome to FitRx.

Are You Ready?



Better Results For Your Fitness Goals

WHAT'S INCLUDED

- FitRx PRO Precision Multi-Angle Massager
- Charging Cable
- Seven Massage Heads
- Carrying Case
- User Guide



BENEFITS

- | | |
|----------------------------|-------------------------------|
| Mobility & flexibility | Enhanced athletic performance |
| Pre-workout warm-up | Joint pain relief |
| Post-workout recovery | Myofascial release |
| Sore muscle relief | Trigger point massage |
| Improved blood circulation | Increased relaxation |

CUSTOMER SUPPORT

If you have any questions about setting up your FitRx PRO Precision Multi-Angle Massager, we are here to help. Call or email us, and an experienced customer support representative will be happy to assist you: **1-855-GO-TZUMI** or **support@tzumi.com**.

Get to Know Your FitRx PRO Precision Multi-Angle Massager

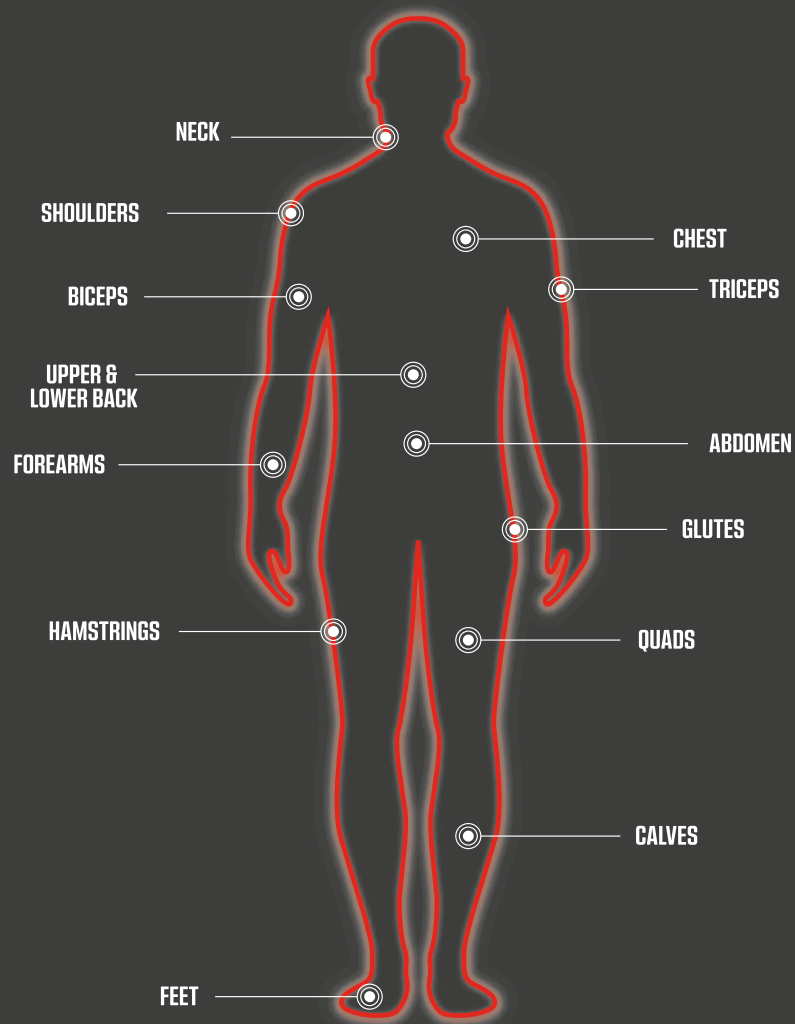
Multi-level percussive frequencies penetrate deep into your muscles and fascia (connective tissue) to help provide long-lasting pain relief, decrease tension, improve blood circulation, and reduce inflammation. Equipped with seven head attachments that target specific areas of your body, the FitRx PRO has the precision you need.

Multipurpose Performance and Power

- ➡ **Elevate your workouts:** Reduce muscle tension, improve your flexibility, and reduce your chances of injury.
- ➡ **Recover faster and better:** Decrease inflammation, loosen up tight joints, and break down scar tissue.
- ➡ **Relieve your pain:** Effectively treat trigger points, sore muscles, and chronic pain caused by tendinitis, bursitis, carpal tunnel, and more.
- ➡ **Relax more:** Boost your blood circulation and immune function, reduce stress levels, and get better sleep.

Note: Please consult with your doctor or physician before using this device if you have any injuries or medical conditions that may be of concern. This is not a medical device.





Total Body Fitness & Recovery

The FitRx PRO is an absolute game changer in rehabilitation and sports performance. Massage guns are proven to significantly boost athletic performance and reduce muscle soreness. The FitRx PRO's benefits are for everyone—from office workers and laborers to professional athletes, weightlifters, and endurance athletes. Take advantage of this product's versatility to achieve total body recovery!

Adjusting the Arm Angle



Make sure the massager is off before adjusting the arm angle. Press and hold the arm angle adjustment button, adjust the arm to the desired position, and release the button. There are three angle adjustment options: 0°, 45°, and 90°.

Versatile Precision Therapy

Seven massage heads are included to target specific areas of the body, ensuring a specialized recovery and relief.



User Instructions

Please read the user instructions before using the FitRx PRO Precision Multi-Angle Massager. Keep this user guide for future reference.

CHARGING

1. The battery should be fully charged before using the massager.
2. To charge the battery, plug one end of the USB-C cable into the charging port, and the other end into a USB power source.
3. The LED will flash while the massager is charging, and turn solid white once it is fully charged.
4. The average running time of the massager is up to 10 hours, depending on the speed and pressure levels.

NOTE: Some USB-C to USB-C cables are not compatible with the FitRx PRO Precision Multi-Angle Massager. Use a USB-A to USB-C cable instead.

USING THE FITRX PRO

1. Select the massage head you would like to use and insert the connecting end of the massage bit into the massager's stem.
2. To turn the unit ON, press and hold the power button.
3. Each press of the power button will increase the speed of your massager up to level 5 max. The LED lights on the massager will indicate the intensity level.
4. Press the power button again to stop the massager.
5. Press and hold the power button for 3 seconds at any point to turn the massager OFF.
6. The massager will automatically turn OFF after 15 minutes of continuous use.

FREEZE HEAD

Place the freeze head in your freezer for at least 3 hours before using it.

Safety Instructions

To reduce the risk of electric shock, fire, and injury, follow these instructions carefully:

- This device is recommended to be used by adults only.
- Do not use the massager directly on the surface of your skin. To avoid injury, the massaged area should be covered by clean clothes or a dry towel.
- Gently press and move the massager; do not massage the same part of the body for more than 60 seconds.
- Use high speed on soft body tissue only. Do not use high speed and/or pressure on your head, bones, or joints.
- Always choose the right massage head for the respective body part.
- Frequent use of high pressure may cause abrasions. If you experience pain or discomfort, stop using the massager immediately.
- The massager should not be submerged in water. Do not allow water or other liquids to enter the vent of the massager.
- Do not modify or make changes to the device's equipment.
- Do not charge or leave the device ON unattended.

Warning: Please avoid using this device to massage an injured part of your body without consulting with your doctor first.

MAINTAINING THE FITRX PRO

To keep this device in pristine condition, wipe its surface with a slightly damp towel and dry it with a soft cloth. Keep the device away from liquids and heat sources.

USING THE HEAT HEAD

1. Be sure the heat head is fully charged before use.
2. Plug one end of the USB-C charging cable into the heat head, and the other end into a USB power source.
a. A red indicator light will turn on while the heat head is charging, and turn off when it is fully charged.
3. Insert the connecting end of the heat head into the massager's stem.
4. Turn the heat head ON by pressing the power button.
5. Each press of the power button will cycle through the three heat settings.
a. 1 light: 104°F b. 2 lights: 113°F c. 3 lights: 122°F
6. Press the power button again to turn the heat head OFF.

Warning: The heat head can get very hot. Gently touch the heat head to test the temperature before applying it to your body.



SPECIFICATIONS

Speed: 1800-3000 RPM

Seven Heads:

Round, Precision, Dual, Flat, Freeze, Absorber, and Heat

Size: 9.6 x 9.4 x 4.1 in.

Working Time: Up to 10 hours

BATTERY

Type: Lithium-ion

Capacity: 14.8V/2000mAh/29.6Wh

Input: 5V/2A

Charging Time: 5 hours

HEAT HEAD

Battery: 900mAh

Running Time:

Level 1 - 3 hours

Level 2 - 2 hours

Level 3 - 1 hour

Charging Time: Up to 2 hours

Disclaimer

Read these instructions carefully before using the massager. The use of this device is subject to following its instructions closely. tzumi is not liable for any damages or losses caused by the inappropriate use of this device.

Do not use the massager without the approval of your doctor if you are: pregnant, diabetic, have a pacemaker, recovering from surgery or if you suffer from migraines, neuropathy disorders, disc protrusions or spinal inflammation. If you feel any pain or discomfort while using the massager, stop using it immediately and consult your doctor or physiotherapist.

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