



User Manual



FitRx™





Taking Charge of Your Health and Well-being.

Your purchase of the **FitRx Shiatsu Massager** is a big first step when you're getting serious about improving your physical fitness and overall wellness.

Chronic muscle pains? Hardcore gym junkie? Office job with long hours? Recovering from an accident? Whatever your situation, **the FitRx Shiatsu Massager** provides customized massage therapy in the comfort of your own home, without the need to visit luxury spas or physiotherapists. This massager will suit various purposes from simply waking up your muscles to decreasing lactic acid and accelerating muscle recovery after exercising.

Welcome to the **FitRx** fam.

Are you ready?



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Better Results For Your Fitness Goals.

Included in your package

FitRx Shiatsu Massager
Protective Fabric Covering
Wave Massage Head
Roller Shaped Massage Head
Ball Shaped Massage Head



Use it the way you want

Mobility & flexibility
Pre-workout warm-up
Post-workout recovery
Sore muscle relief
Better blood circulation

Athletic performance
Joint pain relief
Myofascial release
Trigger point massage
Relaxation

CUSTOMER SUPPORT

If you have any questions about setting up your FitRx Massager, we are here to help! Call or email us and an experienced customer support representative will be happy to assist you: **1-855-60-TZUMI** or **support@tzumi.com**

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指圧

The Shiatsu Experience

In Japanese, the word “shiatsu” means “finger pressure.”

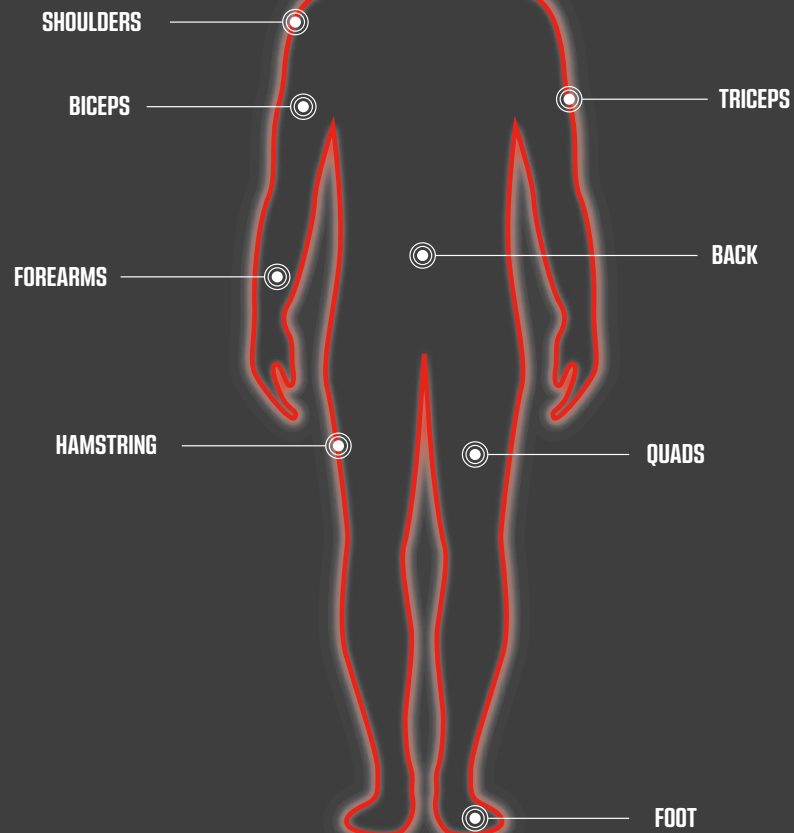
It’s a unique style of bodywork that includes massages with fingers, thumbs, feet, and palms. Acupressure is involved – as is assisted stretching, joint manipulation and mobilization.

And sometimes, even pulse diagnosis is thrown into the mix to get an overall sense a person’s well-being.

The **FitRx Shiatsu Massager** comes with specially designed attachments giving you the benefit of a “true” Shiatsu experience.

The Last Word for Body Fitness and Recovery

The **FitRx Shiatsu Massager** relieves pain and fatigue while providing a relaxing, all-over body massage. The variable speed feature allows you to adjust the massage intensity from light to intense. Four interchangeable massage heads and the red soothing heating light allows for a highly customizable professional quality massage at home. The 9' cord provides convenience and mobility to the overall massage experience. This high-quality therapeutic device is the perfect for those with active lifestyles or for those just searching for an alternative or compliment to other forms of physical therapy.



How to Use the FitRx Shiatsu Massager

USING THE MASSAGER:

choose the massage head you wish to use.

insert the desired massage head on the rotating platform.

cover with the Protective Fabric Cover and turn clockwise to lock.

To change the massage head, remove the Protective Fabric Cover by turning it counter-clockwise, pull out the massage head and replace with desired one.

Plug the FitRx Massager into an available wall socket.

Slide the switch to the "1" setting to start the massage functions, and then slide up to the "2" setting to activate the red soothing heat light feature.

By rotating the speed dial, you can adjust the intensity and/or power of the massage. A clockwise rotation (to the right), the massage intensity is gradually increased; a counter-clockwise rotation (to the left), the massage intensity is gradually decreased.

When you are finished with your massage, slide the switch to the "0" position and unplug the power cord.

MAINTAINING THE MUSCLE MASSAGE GUN

If necessary, clean the fitrx massager with a dry soft cloth. Do not use cleaning chemicals.

Versatile Precision Therapy

Three massage heads are included to target specific areas of the body - ensuring specialized recovery and relief.



WAVE
Massage head



BALL SHAPED
Massage head



ROLLER SHAPED
Massage head



Safety Instructions

If any of the following occur, please stop using the massager immediately:

- The power cord is damaged
- The massager is dropped, cracked, or damaged
- The massager has been submerged in water
- The massager is not operating properly in any way

Do not use the massager for long periods of time. It should be used at short intervals and given the proper amount of time to cool down before resuming use.

Do not use the massager in a damp or humid environment such as the bathroom or near a pool. Exposure to water may cause the massager to short circuit.

Do not use the massager in direct sunlight or near an open flame. Exposure to heat may cause the massager to overheat and/or explode.

Do not use the massager during an electrical storm. The massager does contain metal parts/components that should not be exposed during such a storm.

Do not cover the massager with anything while in use. This could lead to motor overheating and the massager will stop working.

In order to avoid overall product failure, do not attempt to disassemble/ reassemble the massager under any circumstances.

Important Safeguards

If you have any of these pre-existing conditions, please consult your doctor before use:

- Pacemaker or similar heart device/disease
- Skeletal damage and/or fragility, especially in the spine or back
- Recent surgery or operation
- Currently pregnant or just gave birth
- Diagnosed with a malignant tumor
- Osteoporosis
- Issues with blood circulation or thrombosis
- Skin infection of any kind
- Abnormal blood pressure

Use the massager under the standard voltage rating.

Do not pull on the power cord or use wet hands to pull out the plug.

Do not allow children to use the massager. The massager should be stored in a safe place and kept out of the reach of children.

Please use the massager's protective fabric covering correctly to avoid accidents/injury. If used incorrectly, long hair can become tangled in the massager.





SPECIFICATIONS

Voltage: AC 110/120V

Power: 25W

Rotary speed:
3000rpm+200/min

Product weight:

1.85lbs.(0.84 kg)

Product size:

11" x 3.75 x 6"
(279.4 x 95.25x152.4mm)

Disclaimer

Read the instructions carefully before using the massager. The use of this equipment is subject to following its instructions closely. Tzumi is not liable for any damage or loss caused by inappropriate use of the device.

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

tzumi® FitRx Muscle Massage Gun Item No. 7770, Distributed by tzumi Inc. NY, NY, 10016
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the FitRx family of products
or to view more home
and phone innovation visit
tzumi.com

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