



User Manual



FitRx™





You Want the Best Heated Massage of Your life? You GOT the BEST Heated Massage of Your Life!

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

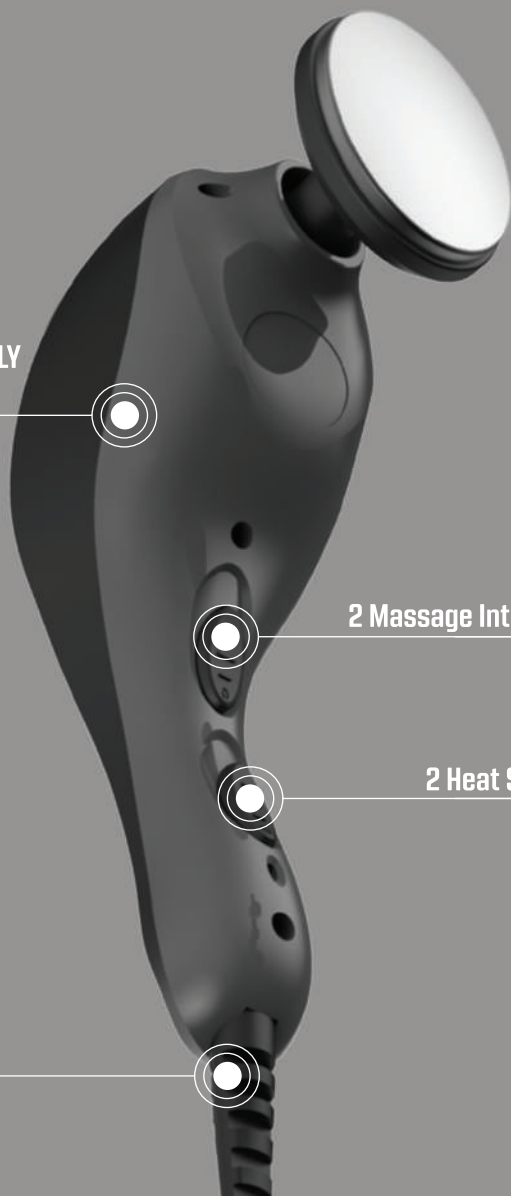
Chronic muscle pains? Hardcore gym junkie? Office job with long working hours? Recovering from an accident? Whatever your situation, the FitRx Heat Therapy Massager provides customized massage therapy in the comfort of your own home, without the need to visit luxury spas or physiotherapists. This massager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

Welcome to the **FitRx** fam.

Are you ready?



ERGONOMICALLY
DESIGNED



2 Massage Intensities

2 Heat Settings

9' CORD

3

Better Results For Your Fitness Goals.

Included in your package

FitRX Heat Therapy Massager
Heat Soothing Head
Facial Vitalizer Head
Scapular Stimulator Head
Spot Precision Head
User Manual



Use it the way you want

Penetrating heat soothes stiff, aching muscles.

Provides fast comfort by increasing blood circulation to speed-up healing or fitness recovery

Ergonomic design for comfortable use on the lower and upper back, legs, arms, and feet

9' power cord for maximum power and freedom of movement

Two speeds allow you to dial in from a gentle relaxing massage to a deep invigorating massage depending on your condition or needs

CUSTOMER SUPPORT

If you have any questions about setting up your **FitRx Heat Therapy 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**

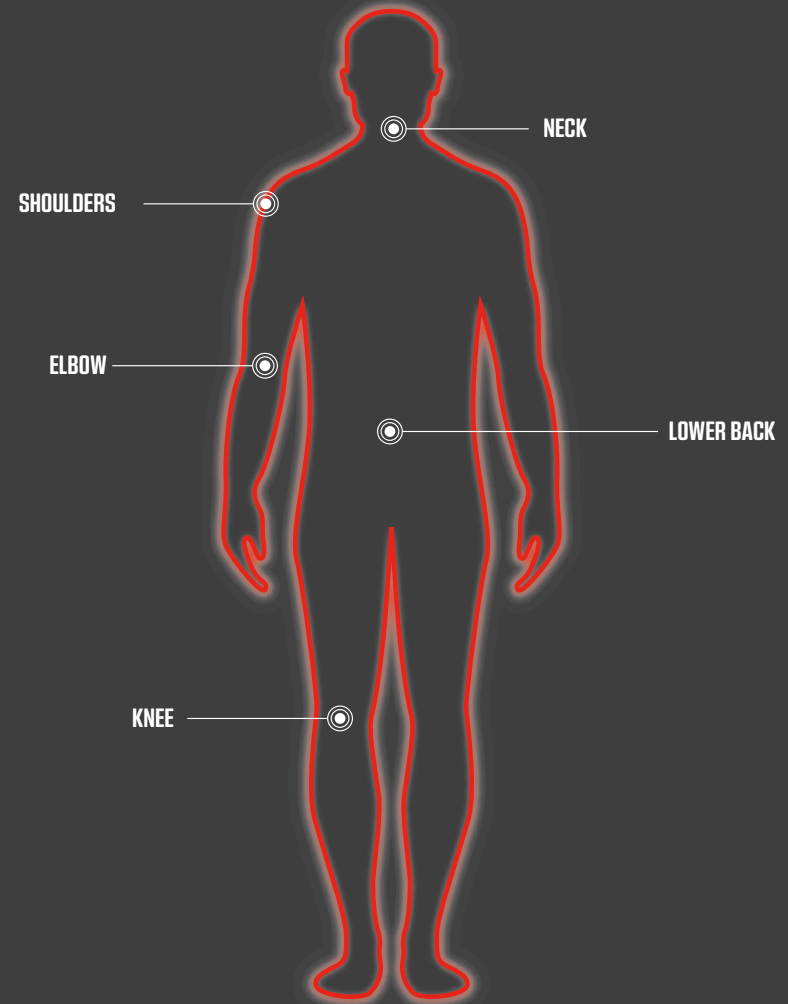
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The Last Word for Body Fitness and Recovery

With two speed settings, two heat settings, and a lightweight, ergonomic design, the **FitRx Heat Therapy Massager** allows you to relieve aches and muscle pain in the comfort of your own home without the pricey spa appointments. For a customized experience, the massager includes four separate attachments providing different types of massage, from a light touch for facials to a deep massage using two heat settings.

A contoured, multi-grip handle provides a sure grip and easy maneuverability. Enjoy all the benefits this handheld two speed heat therapy body massager has to offer: A Heat Soothing head for quieting aching muscles, a Spot Precision head for pin-point muscle massages, a Scalp Stimulator head for accelerating healthy blood flow, and a Facial Vitalizer head for gentle facial massages. The **FitRx Heat Therapy Massager's** increased cord length gives you greater flexibility during usage and the sleek, elongated handle helps you achieve all-over muscle comfort for the back, neck, shoulder, legs, hands, and feet.

Adding a daily massage with the **FitRx Heat Therapy Massager** to your pain management regiment for injury recovery or chronic pain will help decrease inflammation, help relieve pain and discomfort, relieve muscle tension, tightness, and stress and get you well on the way to recovery and healing!



Versatile Precision Therapy

Four massage heads are included to target specific areas of the body. Ensuring specialized recovery and relief

Heat Soothing

Smooth wide heat applicator for all-over heat therapy.



Power Disc

Large surface and prongs massage deep to stimulate blood flow.



Spot Applicator

Lets you apply deep, pinpoint massage action to the excat body area needing relief



Facial Vitalizer

Provides beneficial, revitalizing facial massage.(Apply cold cream or lotion to face prior to use. Keep massager away from eyes.)





How to Use the FitRx Heat Therapy Massager

Before use, please read this instruction manual carefully.

To reduce the risk of electric shock, the **FitRx Heat Therapy Massager** has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit completely into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not alter or bend the plug in any way.

With both of the massager switches in the **OFF** position, plug the power cord into an AC outlet. (Make sure the voltage of power supply is the same as that indicated on massager.)

Place the desired massage attachment on the stem of the massager. The attachments easily press on and pull off. If heat is desired, the heat attachment must be used. (See special instructions below for using the Deep Heat Attachment.)

Slide the top switch between the 2 massaging speeds:

1 - Low—for soothing massage.

2 - High—for vigorous, deep-penetrating action.

- Slide the bottom switch to the desired heat setting: I - LOW or II - HIGH. Use heat only with the Heat Soothing Head. Heat may be applied alone or with the massaging feature.
- Apply the massager to the targeted area, using continual movement. A circular motion is often most effective.

How to Use the FitRx Heat Therapy Massager

Continued...

To insert the Heat Soothing Head, simply align the special track bar with the grooved section in the massager stem then press firmly onto stem. To detach, use thumb and two fingers and pull away from stem.

When Heat Soothing Head is correctly aligned and pushed on the stem, the electrical heat element is automatically connected. If using the massager for the first time, begin with the lowest heat setting. Test the surface for a comfortable temperature. The massager will heat to the desired level within four minutes.

NOTE: When using heat, always check temperature before placing massager against skin. Every person reacts differently to certain temperatures. We suggest the following before use — check temperature by lightly touching with fingertips the silver heat plate on the massager.

If uncomfortable to your touch, reduce temperature by:

- rubbing massaging surface on soft cloth.
- moving the **HEAT** button to a lower setting.
- turning off unit for a short period before applying to your skin.

Keep the massager moving constantly anytime heat is on. Never use heat on swollen or inflamed areas, or on areas with skin blemishes.

NEVER: use the heat applicator if the plastic housing is cracked or broken, or if the metal plate is loose, bent or lifted.

CAUTION: The two holes in the stem of the massager are like an electrical plug — electrical power is transmitted through them.

NEVER: allow water near the stem, and never insert anything into the holes.



Important Safeguards

To reduce the risk of death or electric shock:

Do not reach for the FitRx Heat Therapy Massager if it has fallen into water. Unplug immediately.

Do not use while bathing or in the shower.

Do not place or store the FitRx Heat Therapy Massager where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

Always unplug the FitRx Heat Therapy Massager from the electrical outlet immediately after using and before cleaning.

Do not use the FitRx Heat Therapy Massager without attachments.

WARNING

To reduce the risk of burns, fire, electric shock or injury to persons:

This FitRx Heat Therapy Massager should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.

Do not operate the FitRx Heat Therapy Massager under a blanket or pillow. Excessive heating can occur and cause fire, electric shock or injury to persons.

Close supervision is necessary when the FitRx Heat Therapy Massager is used by, on, or near children or disabled persons.

WARNING Continued...

This massager contains an electromagnetic motor. To avoid risk of injury, it must not be used within six inches of an implantable cardiac device.

Use heated surfaces carefully. May cause serious burns. Do not use over insensitive skin areas or in the presence of poor circulation. The unattended use of heat by children or incapacitated persons may be dangerous.

Use the FitRx Heat Therapy Massager only for its intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.

Never operate the FitRx Heat Therapy Massager if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return to tzumi for examination and repair.

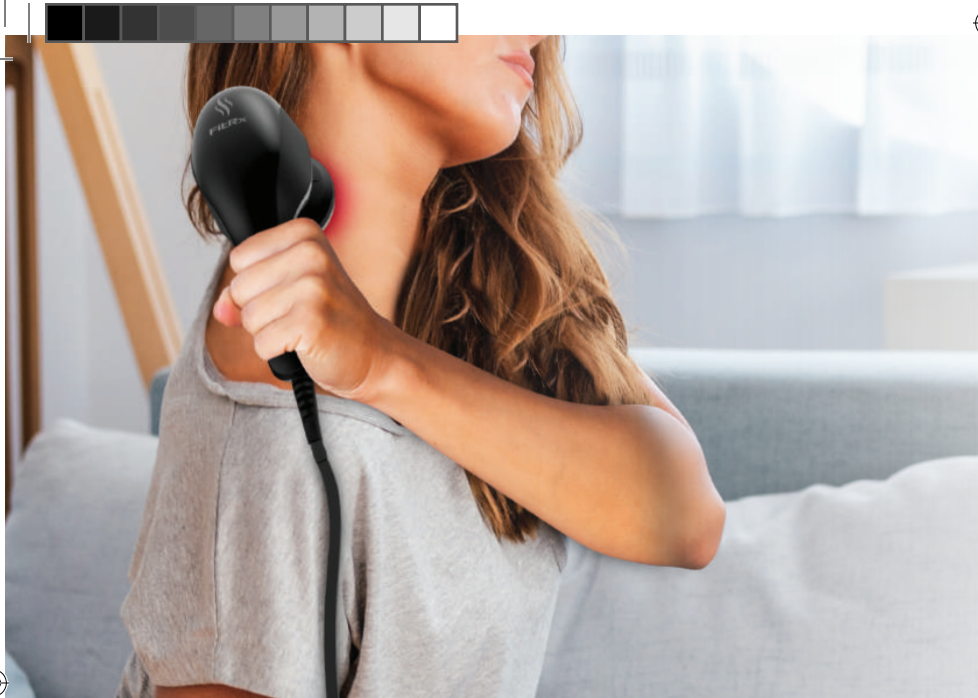
Do not carry the FitRx Heat Therapy Massager by supply cord or use cord as a handle.

Keep the cord away from heated surfaces.

Never drop or insert any object into any opening on the FitRX Heat Therapy Massager. Do not use outdoors.

Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

In case of pregnancy, diabetes or illness, consult your physician before using this massager.



SPECIFICATIONS

Product weight:

1.7lbs. (0.77 kg)

Voltage: AC 110/120V

Power: 17W

Product size:

9.6" x 6.5" x 3.1"

(243.84 x 165.1 x 78.74mm)

Frequency: 60Hz

MASSAGER VIBRATION FREQUENCY

Low (1) Setting: 120Hz (7200)

High (2) Setting: 120Hz (3600)

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.

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For more details on
the FitRx family of products
or to view more home
and phone innovation visit
tzumi.com

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