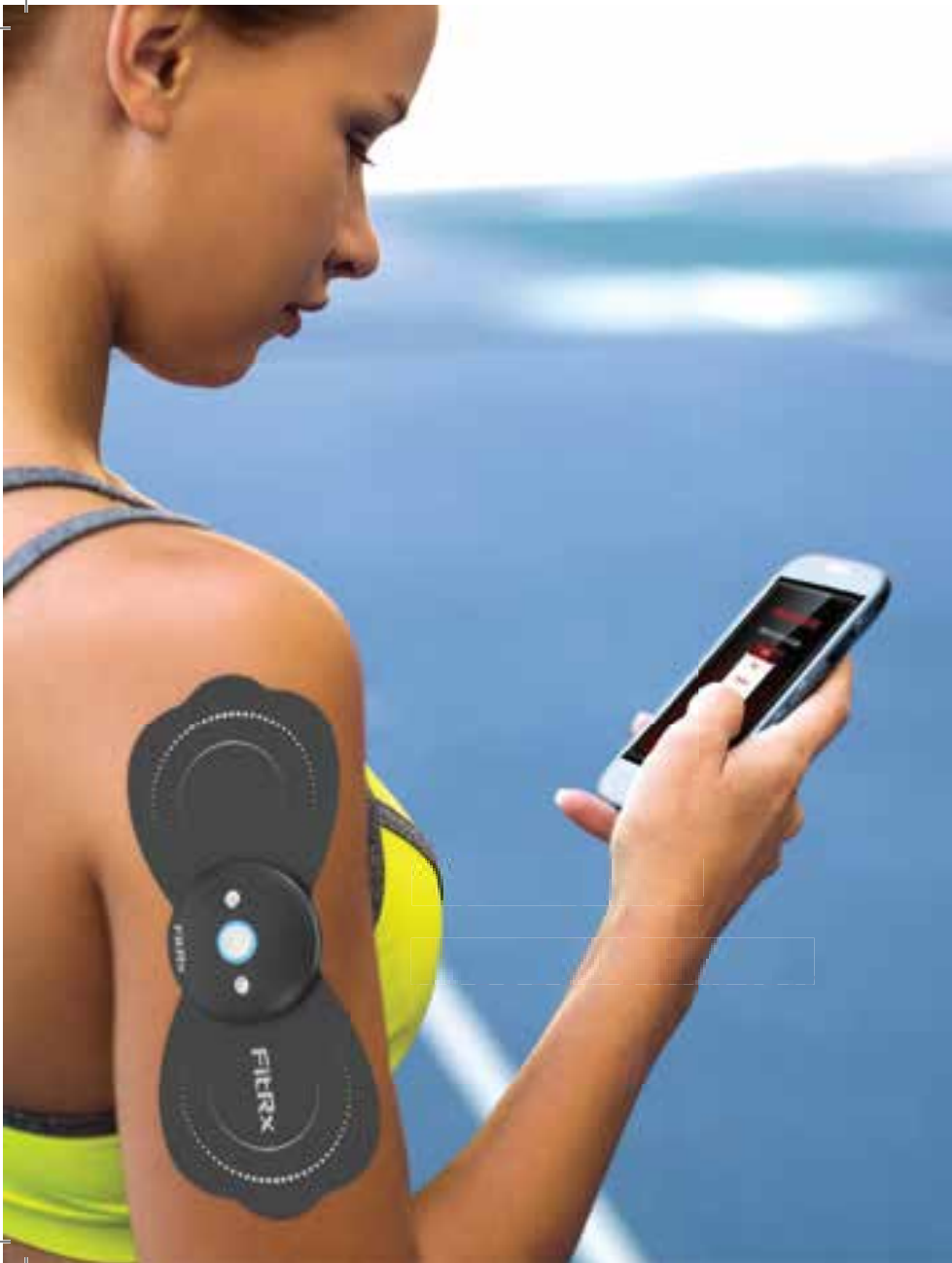


User Guide



FitRx



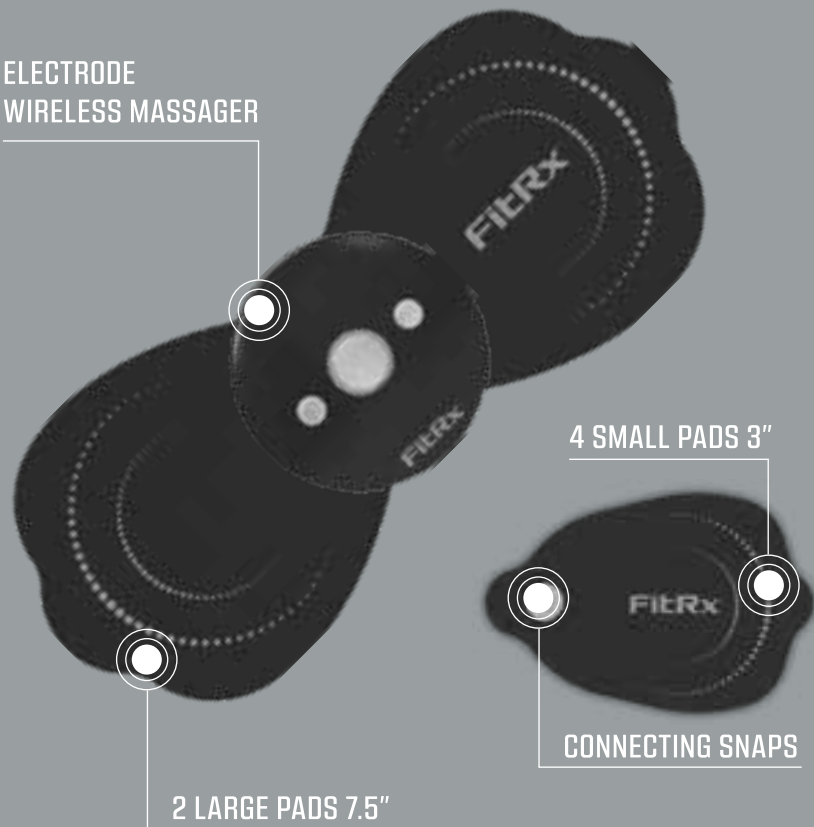
Congratulations!

You're now one step closer to improved physical fitness and overall wellness. The **FitRx Electrode Wireless Massager System** helps speed up your recovery time after routine workouts, reduces stress, tension, and provides several invigorating massage modes for you to incorporate with your everyday schedule. Stimulating currents loosen connective tissues and can reduce inflammation in your most troublesome areas. In addition to increasing blood flow, electrode massage therapy increases mobility and flexibility for your muscles while facilitating healing. We couldn't be happier to take this journey together while helping promote a healthier you from the inside out.

Welcome to the FitRx fam.

Are you ready?

ELECTRODE WIRELESS MASSAGER



Better Results For Your Fitness Goals

Included in your package

FitRx Snap-On Electrode
Wireless Massager
4 Electrode Wireless Pads
2 Re-Stick Pads

Micro-USB Charging Cable
Portable Case
User Guide

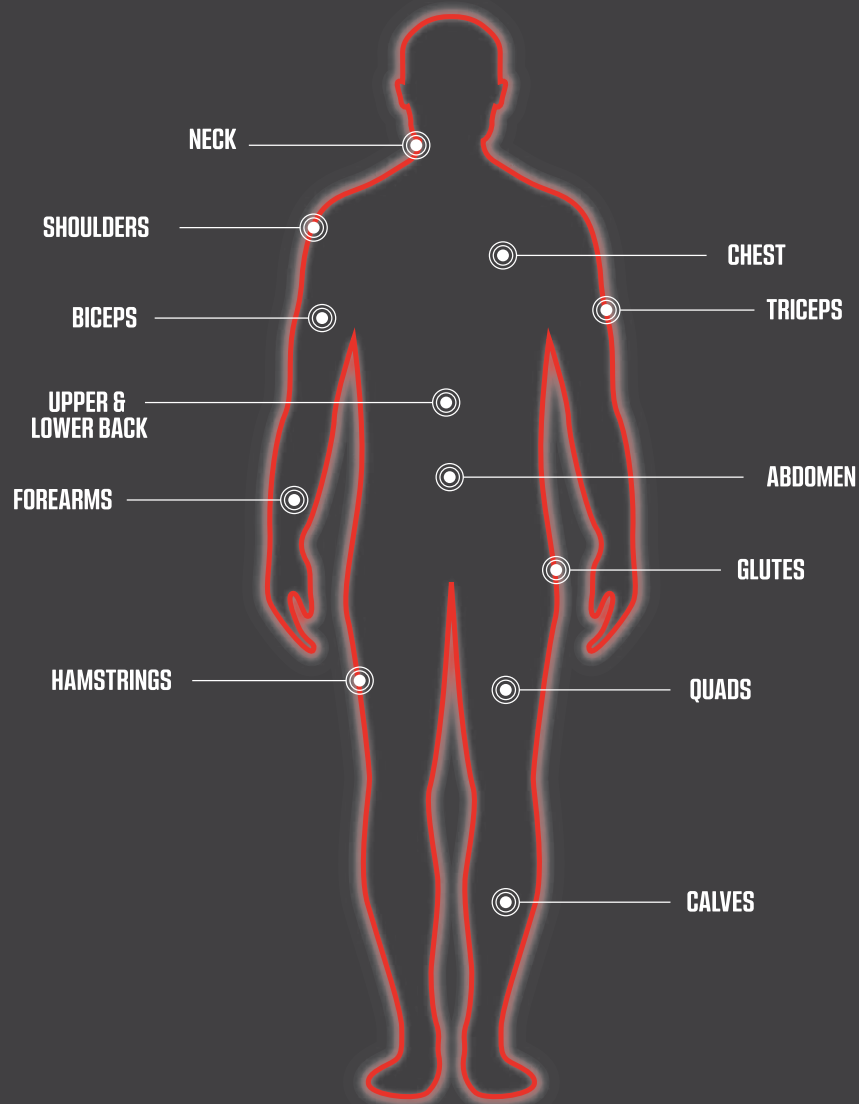
Benefits

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 this product, 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**



Activate your Body's Natural Response System

Get your endorphins flowing with electrode currents that create natural responses in your endocrine system. The consistent use of electrode pulsation can enhance local blood flow, reduce muscle aches, and tension all throughout the body. The FitRx Electrode Wireless Massager accommodates every level of sensitivity with eight different massage modes, nine strength levels, and eight different adjustable time settings.

How To Use

Please read the user instructions before using the FitRx Electrode Wireless Massager. Keep this user guide for reference.

NOTE: Do not turn on the electrode wireless massager before applying to the body.

CONTROLLING THE ELECTRODE WIRELESS MASSAGER MANUALLY

1. Snap Wireless Massager onto electrode patches using metal snaps.
2. Choose the body part you want to place the patches on, remove protective plastic from sticky patch, and place on desired area.
3. Once secure, press the Power button to turn the device on.
4. Press the power button to cycle through the different massage modes.
5. Press "+" or "-" to adjust the strength of the massage.
6. Press and hold the Power button again to stop the massage.

CONTROLLING THE ELECTRODE WIRELESS MASSAGER VIA THE "FITRX" APP

1. Search for the "FitRx" APP in either the Apple or Google Play Store on your mobile device.
2. You can also scan the QR code to download and install the APP.
3. Snap on the Wireless Massager to the desired Electrode pads.
4. Place the Electrode Wireless Massager on selected area of your body.
5. Once secure, press the Power button to turn on the device.
6. Open the "FitRx" app and select "Connect".
7. Choose the Electrode Wireless Massager version you have.
 - Square
 - Circular
8. Make sure to read safety cautions before selecting "Continue" on the warning prompt.



How To Use

Continued...

9. Select which part of your body you want the Electrode Wireless Massager to focus on, prompted in the "Treatment Center" page on the APP.
 - Arms
 - Neck
 - Shoulders
 - Lower Back
 - Back
 - Legs
10. Once you've selected the chosen body part, a proper "Placement" page will prompt.
 - Make sure the Electrode Wireless Massager is positioned correctly.
11. Select "Begin" once finished placing your massager, you will then be prompted to "Massage Selection."

APP MESSAGE SELECTION

1. Choose from 8 massage modes by selecting your preferred massage. Massage modes can be changed at any time during the massage.

Acupuncture	Massage
Cupping	Shiatsu
Scrape	Strike
Knead	Fitness
2. Near the bottom of the page choose from 8 different time durations. Ranging from 5 to 40 minutes.
3. At the bottom of the "Massage Selection" page choose from 9 levels of intensity. The intensity level can be changed at any time during the massage.
 - Press the "+" and "-" icons to increase or decrease the strength.
4. To suspend the massage, press the "Back Arrow" icon, the "Connection" icon, or reduce the speed of your massage until it stops.
5. To restart massage increase speed again or follow through on the APP page's prompts.

How To Charge

CHARGING THE FITRX ELECTRODE WIRELESS MASSAGER

1. Battery should be fully charged before initial use.
2. To charge wireless massager plug the Micro-USB cable into its charging port and the other end into a USB power source.
 - A flashing red light will indicate the Electrode Wireless Massager is charging and will turn blue when fully charged.
3. It takes 2-3 hours to fully charge the FitRx Electrode Wireless Massager.
4. For best operation the Electrode Wireless Massager should be charged at least every three months if not used regularly.
5. Recharge Electrode Wireless Massager if massage strength decreases from normal usage.

Safety Instrutions

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

- Your skin should be free from dirt, oils, or lotions, before placing the pads.
- Do not overlap pads on skin.
- Never fold or bend electrode pads.
- Do not submerge Electrode Wireless Massager or allow excessive contact with water.
- The Electrode Wireless Massager is for stationary use only.

MAINTAINING THE FITRX ELECTRODE WIRELESS MASSAGER

- Make sure the Electrode Wireless Massager is turned off before attempting to clean.
- Gently wipe a moistened cloth to clean the Electrode Wireless Massager.
- To increase longevity, apply a few drops of water to sticky pads before and after use.
- Place pads on included re-stick pads to keep the gel moisturized.
- Be sure to properly store pads in case, away from excessive heat or moisture.
- The electrode pads should be disposed and replaced when adhesive is gone.

Important Safeguards

This massager is not for medical use.

Consult your doctor if you have any serious illnesses or medical concerns before using the FitRx Electrode Wireless Massager.

- For adult use only, do not use on children or pets.
- Do not use if you are pregnant.
- Do not use around cardiac monitors or ECG devices.
- Do not apply pads to injured skin, including open wounds, rashes, swollen, red, infected, inflamed, cancerous lesions, phlebitis, thrombophlebitis, and veins.
- Do not use while bathing, showering, sleeping, exercising, or sweating.
- Do not use while driving or operating machinery.
- Stop using the Electrode Wireless Massager immediately if you experience any pain or discomfort.
- Do not use pads on neck, could cause severe muscle spasms, closure of airways, difficulty breathing, adverse effects on heart or blood pressure.
- Do not use pads across your chest or near your heart could cause rhythmic disturbances of the heart.

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

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

Important Safeguards

Continued...

- Do not use Electrode Wireless Massager for more than 20 minutes, more than two times a day on any area of the body.
- Begin at the lowest level of strength before gradually adjusting strength to a comfortable level.
- Do not use massager with other electrode wireless therapy devices.
- Keep Electrode Wireless Massager out of reach of infants, toddlers, and children.
- Do not use on or near head, mouth, face, heart, or genitals.

WARNING



Do not attach massage pads on your face, head and heart.



SPECIFICATIONS

Power Input: 5V/1A

Battery: 3.7V/250mAh

Frequency: 0-15kHz

Pulse: 15-123uS

Weight: 1.76 lbs.

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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