



User Manual



FitRx™





*relieve.
recover.
relax.*



Taking Charge of Your Health and Well-Being

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

Effectively targeting sore, aching muscles, the **VibraRoller** vibrating massage ball combines a textured massage surface, and therapeutic vibrations to relieve pain, tension, and fatigue. This fabulously invigorating massage ball features three intensity levels and an auto mode that varies the intensity level throughout a massage session for optimal relief. Perfect for self-massage at home or on the go, the **VibraRoller** is compact for easy portability and rechargeable for greater convenience.

Welcome to the **FitRx** fam.

Are you ready?

FitRx VibraRoller Diagram

Battery Indicator

High Efficiency
2000 mAh battery

Power Button

Long press for ON/OFF

Level 2 intensity

3000 rpm/min

Level 1 intensity

1900 rpm/min

Pulsation Mode

1900-3900 rpm/min

Level 3 intensity

3900rpm/min

Charging Port

Charging time: 240 min
Working time: 240 min

Better Results For Your Fitness Goals.

Included in your package

FitRx VibraRoller
USB-C Power Cord
User Manual



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 using your FitRx VibraRoller, we are here to help! Call or email us, an experienced customer support representative will be happy to assist you: **1-855-60-TZUMI** or **support@tzumi.com**



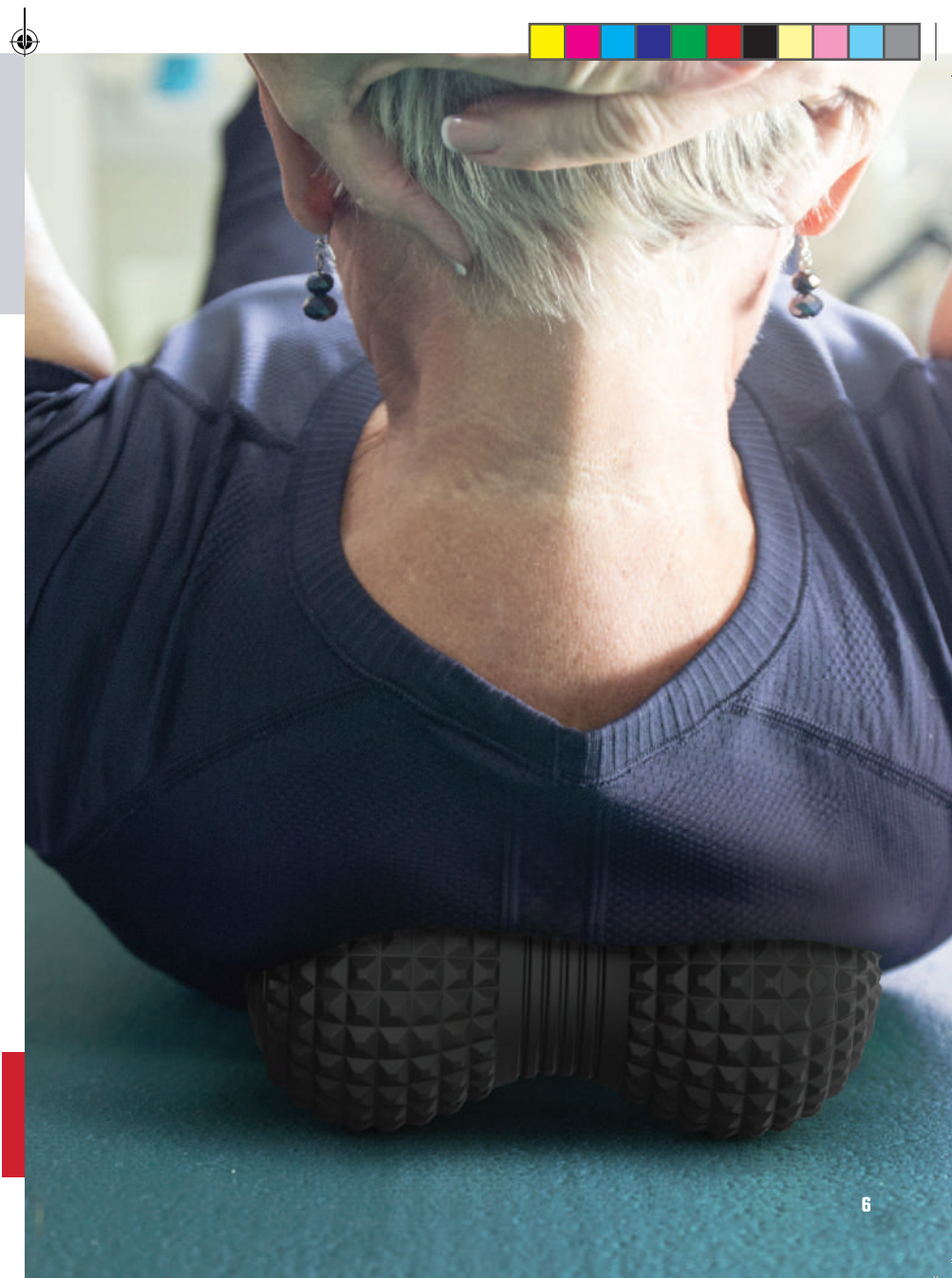
Get to Know your FitRx VibraRoller Vibrating Roller

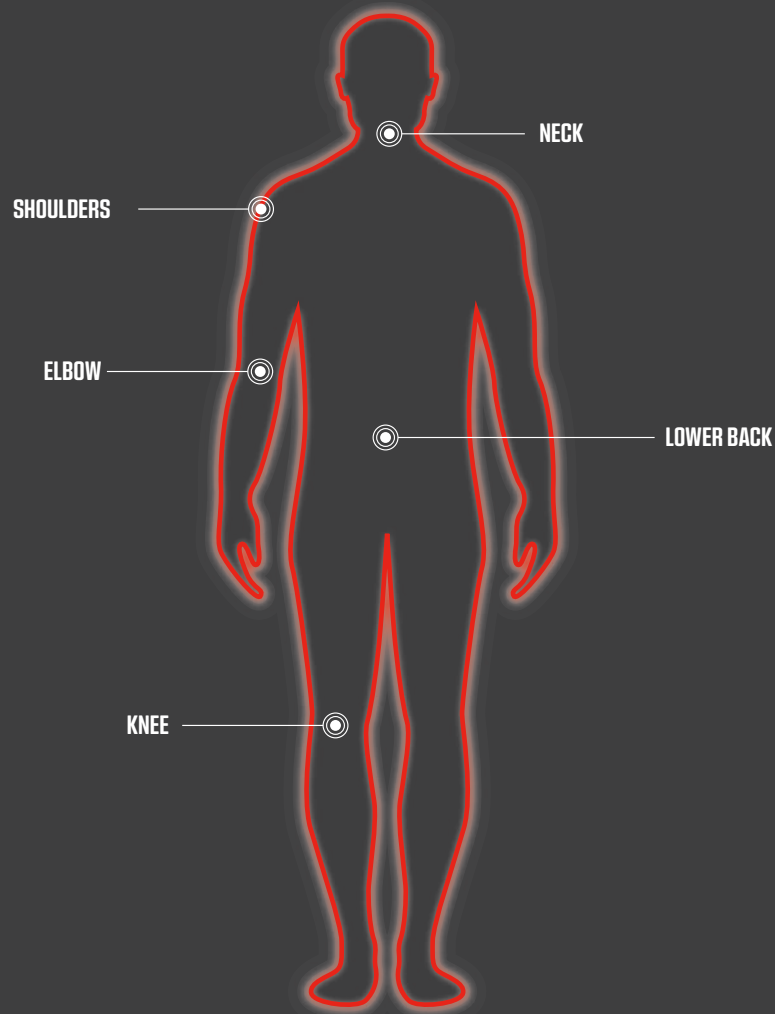
FitRx VibraRoller is our most compact design ever—easy to throw in your backpack, purse, or gym bag without missing a beat. It strikes a near-perfect balance between power and size, making it a convenient option for getting optimal **FitRx** quality relief anywhere. Equipped with speeds of 1900-3900 RPM, **FitRx VibraRoller** can be calibrated to deliver amazing therapeutic benefits to your body.

Multipurpose Performance and Power

- ⚡ **Elevate your workouts:** Reduce muscle tension, improve flexibility, and reduce your chances of injury.
- ⚡ **Recover faster and better:** Decrease inflammation, loosen 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 circulation and immune function, reduce stress levels, and get better sleep.

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





FitRx Level Treatment— Anytime, Anywhere

Easily target tense or sore muscles and aching joints, the **VibraRoller** pulsing massage ball is great for self-massage, deep tissue massage and myofascial release, trigger point therapy and plantar fasciitis relief. Use this vibrating roller of massage energy to relieve tension and pain in the neck, shoulders, arms, waist, back, thighs, calves, and feet.

Providing gentle pressure to soothe sore, aching muscles, the **VibraRoller** also increases circulation to reduce pain and muscle recovery time. The exterior of the massage roller is constructed with a supple rubber that's layered with massage nodes for deep tissue massage and trigger point therapy.



How To Use the FitRx VibraRoller

Before use, please read this instruction manual carefully.

HOW TO USE THE FITRX VIBRAROLLER

Press and hold the **ON** button to turn the massager ON; it will start at the lowest strength/speed.

Press the **power button** again to increase the strength/speed to **level 2**.

Press the **power button** again to enter the pulsating mode, the **FitRx VibraRoller** will pulsate at different strengths/speeds.

Press the **power button** again to increase to **level 3**, this is the maximum strength/speed mode.

Press the **power button** again to stop the massager and put it into standby mode.

Press and hold the **power button** for three seconds to turn the massager completely OFF.

After five minutes of non-use, the **VibraRoller** will automatically power OFF.

The massager has a built-in protection mode that will turn the massager OFF automatically after 15 minutes of continuous use.

HOW TO MAINTAIN THE VIBRAROLLER

To keep the **VibraRoller** in pristine condition, wipe its surface with a slightly damp towel and dry it with a soft cloth.

Keep the **VibraRoller** away from liquids and heat.

User Instructions

Continued...

CHARGING INSTRUCTIONS

The battery should be fully charged prior to use.

To charge the battery, plug in the USB-C cable into the charging port and the other end into a USB power source.

When the **VibraRoller** is charging, the battery indicator will flash throughout the charging process.

When the battery is fully charged, the battery indicator will stop flashing and glow steadily.

The average running time of the massager is 100-240 minutes depending on speed and pressure levels.

WARNING:

If the FitRx VibraRoller is used incorrectly and/or carelessly, it can cause injury...so be careful when using it!



Important Safeguards

To reduce the risk of injury or electric shock:

This massager is recommended for use 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 clothing or a dry towel.

When using the massager, gently press and use it; do not massage the same part of the body for more than 60 seconds.

Only use at high speeds on soft body tissue. Do not use high speeds and/or pressure on the head, bones, and joints.

Frequent use of high pressure/speeds may cause abrasions. If you experience pain or discomfort stop using the massager immediately.

The massager should not be submerged in water.

Do not open, take apart, or modify the massager.

Do not charge or leave the massager unattended while ON.





SPECIFICATIONS

Battery Type: Lithium-Ion

Battery Capacity: 7.4V, 2000mAh/14.8Wh

Speed: 1900 - 3900 rpm

Charging Time: 240 min

Working Time: 240 min

Input: DC 5V/2A

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.

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

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the FitRx family of products
or to check out
more brilliant innovations visit
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