

User Manual

Welcome to the FitRx fam!

**Let's get started with using
your new Handheld Therapy Ball Kit:**

- 1.** Choose the therapy ball with your desired resistance level (resistance levels are represented by each ball's individual color).
 - a. White is soft, Red is medium, and Black is firm.
- 2.** There are many ways to grip the ball for the exercise, from holding it in your entire hand or between two fingers.
 - a. Be sure to try out different grips and see which ones suit your hand therapy exercise regimen goals better!
- 3.** Holding the ball in one hand with your desired grip, squeeze the ball and release to complete the exercise. You can adjust how hard you grip the ball as you go along.

Features

- Three massage balls with different resistances (soft, medium, firm)
- Easy to use therapy and strengthening tool
- Compact and portable

Benefits

- Alleviates stress and joint pain
- Enhances your grip and strengthens fingers, hands, wrists, and forearms
- Prevents stiffness and increases circulation

relieve. recover. relax.

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.

**For more details on
the FitRx family of products
or to check out
more brilliant innovations visit
tzumi.com**



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