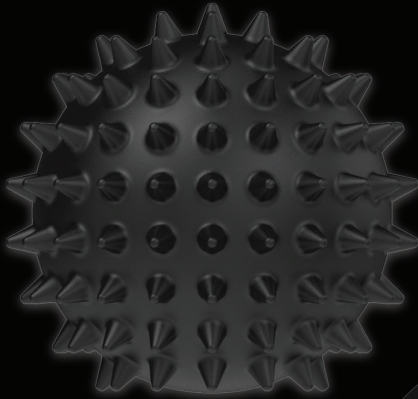




User Manual



FitRx™





*relieve.
recover.
relax.*



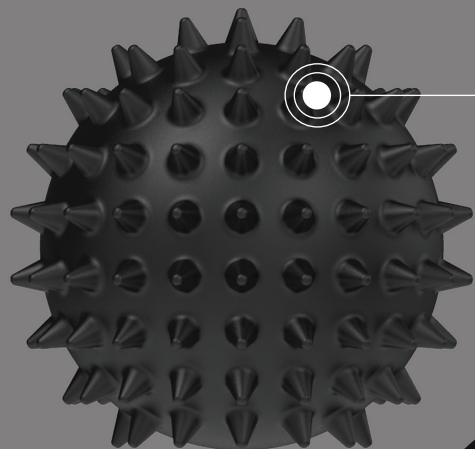
Hot and Cold for Everyday Use

The **FitRx Hot & Cold Massage Therapy Kit** is a simple, yet effective muscle relief tool that is versatile and portable. You can use it in a variety of ways with different temperatures and massage techniques to suite your needs. Maximize your fitness and wellness goals with pin-point muscle relief on the go anywhere you need it, the way you need it.

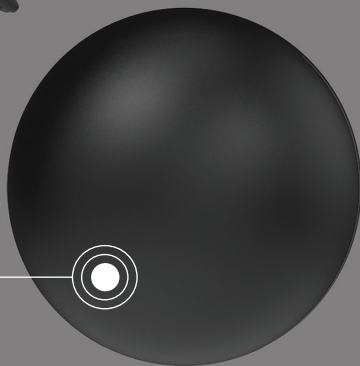
Welcome to the **FitRx** fam.

Are you ready?

The FitRx Hot & Cold Massage Therapy Kit



Textured Massage Ball



Smooth Massage Ball

Better Results For Your Fitness Goals.

Included in your package

FitRx Textured Massage Ball
FitRx Smooth Massage Ball
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 Hot & Cold Massage Kit, 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**



User Instructions

Before use, please read this instruction manual carefully.

SETUP

Your massage kit is ready to use right out of the box! Remove the massage balls from the box and check for any damage such as scratches, gouges, or tears. Do not use the massage balls if there is any damage present.

USING THE FITRX HOT & COLD MASSAGE THERAPY KIT

Note: Be sure to always use the massage ball on non-skid surface like a carpet, fitness mat, or wall.

1. Body Therapy

- a. Roll underneath the massage ball to massage the affected area.
For areas like the upper back or shoulders, you may roll the massage ball between a wall and the affected area.

2. Foot Therapy

- a. Place the arch of your foot on top of the massage ball and move it back and forth.

3. Cooling Therapy

- a. Place the massage kit in the freezer for 4-6 hours. The product will stay cold for about 15-20 minutes after freezing (refreeze as necessary).
Cooling therapy works wonders for treating moderate inflammation.

User Instructions

Continued...

4. Heat Therapy

- a. Place the massage kit in hot water (about 120°) for 7-10 minutes.
Be sure to test before applying to skin. The product will stay hot for about 10 minutes (reheat as necessary).

CAUTION: Do not use other heating methods to heat the massage kit. Over heating could cause injuries caused by burning. We do not recommend placing the massage kit in boiling water, which could potentially damage the seals on the product.



Important Safeguards

To reduce the risk of injury:

If you are in the care of a physician, consult with your physician before using this product.

The use of this device for massaging an injured part of the body should be avoided without consulting your doctor.

If you experience any discomfort while using this product, stop immediately.

Only heat the massage ball with hot water (about 120°). Other heating methods could cause injury and/or damage the product.

Do not use this product if it is damaged or impaired. Do not attempt to disassemble or repair this product.

Do not apply heavy amounts of pressure to this product to avoid injury.

Do not use on damaged skin.

Do not over-massage sensitive skin.

This device is not intended for use by children.

Do not use this product on the head, chest, or joints.

If there are any abnormal pains during massaging, stop using immediately.

Important Safeguards

Continued...

PRECAUTIONS:

1. Avoid exposing the massage kit to sharp surfaces.
2. Do not strain yourself while performing exercise movements.
3. Avoid holding your breath while massaging or stretching.
4. It is best to perform exercises in an open room.
5. Do not leave this product exposed to hot or cold temperatures for longer than recommended.

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

Osteoporosis

Issues with blood circulation or thrombosis

Skin infection of any kind

Abnormal blood pressure



SPECIFICATIONS

Weight: 3.4-3.5oz

Diameter: 2.4-5 in



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 innovations visit
tzumi.com

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