

User Manual



FitRx

Train Harder.
Recover Smarter.





Congrats!

You're now one step closer to improved physical fitness and overall wellness.

Bring a powerful massage tool anywhere you go with the FitRx Mountable Massage Ball! This portable massager can be suctioned to virtually any smooth surface, offering you a relieving massage experience with ultimate convenience. Now, anytime you need to ease muscle tension, fatigue, and stress in a pinch—the FitRx Mountable Massage Ball has got your back!

Welcome to the **FitRx** fam.

Are you ready?

**SMOOTH
360 ROLLING
MASSAGE BALL**



SUCTION LEVER



**HEAVY-DUTY
SUCTION GRIP**



FITRx

Get the Help You Need to Achieve your Fitness Goals

What's in the box?

FitRx Mountable Massage Ball

This Manual



Features

Ultra-portable design

Strong suction pad with clamp latch

Removable precision ball attachment

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

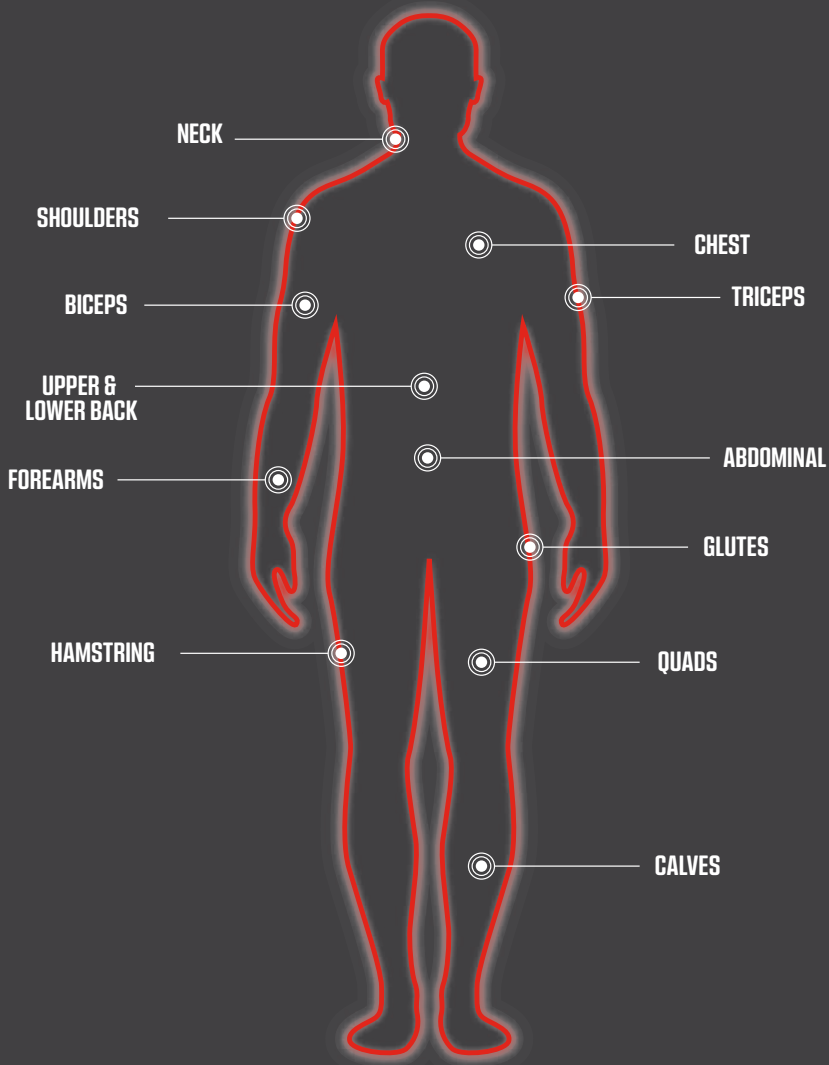
Myofascial release

Trigger point massage

Relaxation

CUSTOMER SUPPORT

If you have any questions about setting up your FitRx Mountable Massage Ball, we are here to help! Call or email us and an experienced customer support representative will be happy to assist you: **1-855-GO-TZUMI** or **support@tzumi.com**



The Quickest Most Effective Massage Ever!

The **FitRx Mountable Massage Ball** stays in place, allowing you to control the massage by the way you move. You get ultimate portability, while still getting a relieving massage that helps correct muscle tension, fatigue, and soreness. This massage ball is perfect for use at home, in the office, or on the go!

User Instructions

Please read the user instructions before using FitRx Mountable Massage Ball.

HOW TO MOUNT

Remove the suction pad cover.

Push down the latch on the mounting system.

Remove the massage ball attachment from the mounting system by sliding it up.

Find a suitable wall to use (remember: the suction will only work on flat, smooth, sealed surfaces.)

Pull the latch back to release suction.

Set the suction pad against a suitable surface, holding the mounting station in place

Push the latch back down to activate the suction seal.

Slide the massage ball attachment back onto the mounting system. You should hear a click to let you know it is locked in place.

HOW TO DISMOUNT

Push down the latch in the mounting system

Remove the massage ball attachment from the mounting system by sliding it up.

While holding the mounting system in place, pull the latch back to release the suction.

Lift the suction pad off the surface.

Important Safeguards

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.

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 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.

Warning: 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

Size: 4.88 x 4.21 x 5.07 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 damages or loss caused by inappropriate use of the device.

Do not use the massager without 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 the it immediately and consult your doctor or physiotherapist.

FitRx Mountable Massage Ball Item No. 8285. Distributed by tzumi Inc. NY, NY, 10016. ©Copyright 2021 tzumi Inc. All Rights Reserved. Made In China. All other trademarks and tradenames are the property of their respectful owners. All pictures shown are for illustration purpose only. Actual product may vary due to product enhancement. Subject to change without prior notice.



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

tzumi®
live awesome.