



User Manual



FitRx™





Train Harder.
Recover Smarter.



Taking Charge of Your Health and Well-Being

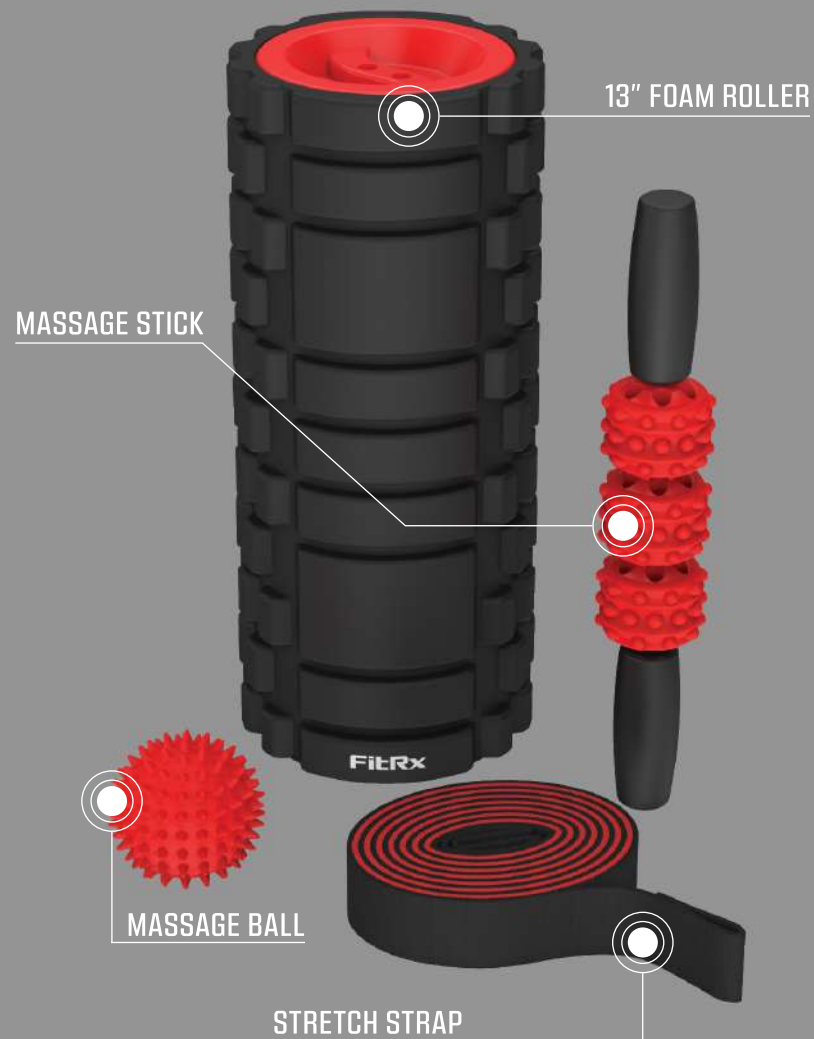
Your purchase of the **FitRx Recovery Fitness Set** is a big first step when you're getting serious about improving your physical fitness and overall wellness

Four different tools to customize your very own full-body recovery routine! Mix and match the right stretch and massage equipment to your needs and comfort. Pain, aches, pre-workout or post-workout recovery, whatever your fitness situation is the **FitRx Recovery Fitness Set** provides key massage therapy components. Use each piece in the comfort of your own home, or take on the go with their transportable designs.

This wellness set will suit various purposes from mobility and circulation improvement to simply waking your muscles and decreasing lactic acid, even accelerating muscle recovery after exercising.

Welcome to the **FitRx** fam.

Are you ready?



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Better Results For Your Fitness Goals.

Included in your package

13" FitRx Foam Roller
FitRx Massage Ball
FitRx Massage Stick
Multi-Grip Stretch Strap
This Fabulous Manual



Use it the way you want

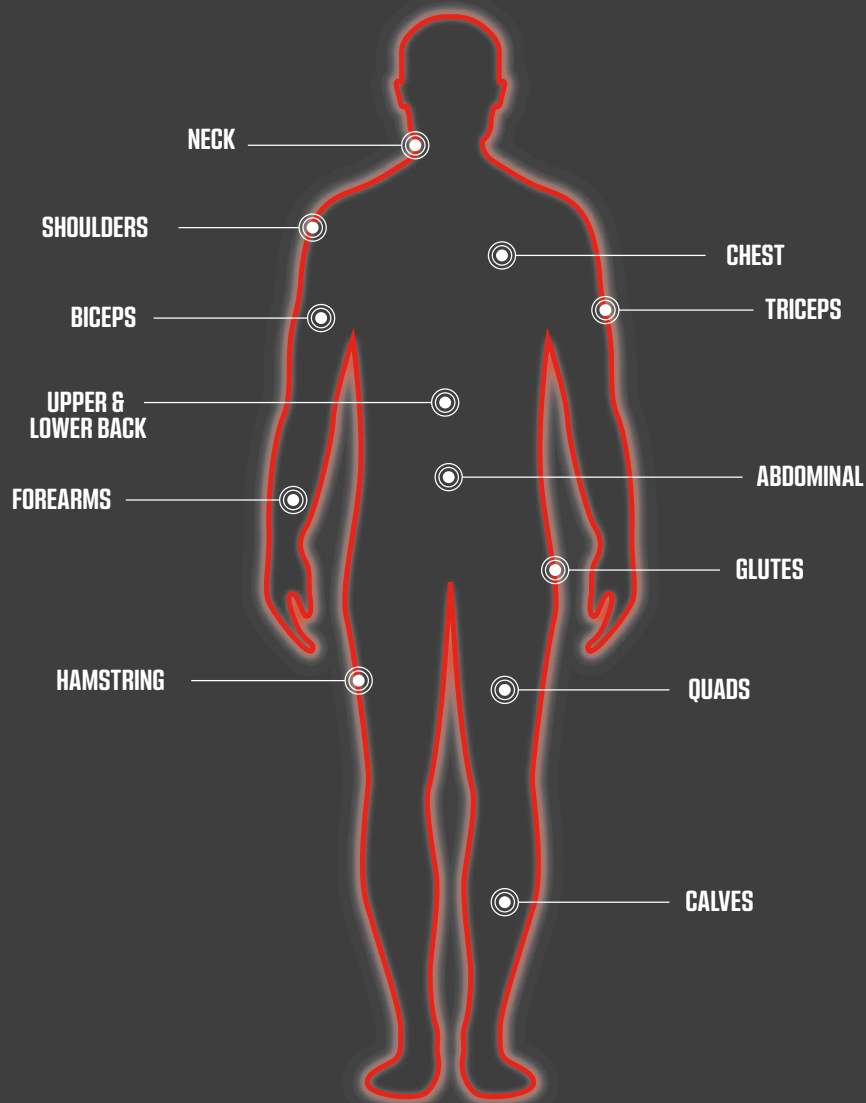
Mobility & Flexibility
Pre-workout warm-up
Post-workout recovery
Sore muscle relief
Better blood circulation

Athletic performance
Joint pain relief
Myofascial release
Trigger point massage
Relaxation

CUSTOMER SUPPORT

If you have any questions about setting up your FitRx Recovery Fitness Set, 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**

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Total Body Fitness & Recovery

The **FitRx Recovery Fitness Set** will relieve pain and fatigue while providing a relaxing full body self-massage and stretch. Four different fitness tools allow you to relieve and recover at your individual pace. Use the 13" foam roller to properly stretch before a busy day or intense workout. Easily stretch before your daily jog or workout regimen with the multi-grip stretch strap. Enjoy the massage stick and massage ball for comfortable self-massage at home or on-the-go!

These high-quality therapeutic devices are the perfect essentials for those with active lifestyles or for those searching for an alternative or compliment to other forms of physical therapy.



User Instructions

Please read the user instructions before using FitRx Recovery Fitness Set. Keep this manual for reference.

USING THE FOAM ROLLER:

Please Note: Please stretch and warm up before use

1. Roll soft issue areas of your body onto foam roller, that you want to relax and recover.
2. For maximum results roll each part of your body on foam roller several times for relieve from sore and achy muscles.
3. Do not directly place foam roller under bone or joints of your body.

USING THE MULTI-GRIP STRETCH STRAP:

1. Use any of the 10 fabric grip handles to pull on either arms or legs as leverage to stretch.

USING THE MESSAGE STICK:

1. Use dual handles to gently glide over soft tissues of your body.
2. Target pressures points on your upper body, knees, hamstrings, glutes, quads, neck, sciatica, trapezius, lumbar and shoulders.
3. Massage at your own comfort level.

USING THE MESSAGE BALL:

1. Firmly grip the massage ball in the palm of your hand and apply pressure to your desired strength.
2. Roll along the soft tissue parts of your body to target sore or achy trigger points.

Safety Instructions

If any of the following occur, please stop using the FitRx Recovery Fitness Set immediately:

Any pieces from the FitRX Recovery Set are cracked, or damaged.
The self-massager's are not operating properly in anyway.
These devices are recommended for adult use only.

WARNING: Do not use these self-massaging devices on injured parts of your body without first consulting your doctor.

SAFETY PRECAUTIONS

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

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

FITRX RECOVERY FITNESS SET STORAGE

The FitRx Recovery Fitness Set includes a self contained storage to keep the set together and easy portability. Simply turn the cover of the foam roller counterclockwise to open, insert the accessories inside and turn it back clockwise to secure.



SPECIFICATIONS

Foam Roller: Material: EVA+PVC , Size: 13*5.5 in

Massaging Ball: Material: PVC, Size: 3 in

Massage stick: Material: PVC+ PP + stainless steel, Size :12 in

Mesh bag: Size: 9.8*17.7 in

Stretch Strap: Made of 100% polyester. 2.0mm in thickness and 72 inches in length.

Disclaimer

Read the instructions carefully before using the FitRx Recovery Fitness Set. 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 FitRx Recovery Fitness Set 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 FitRx Recovery Fitness Set stop using it immediately and consult your doctor or physiotherapist.

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