

User Guide



FitRx™



Train Harder.
Recover Smarter.

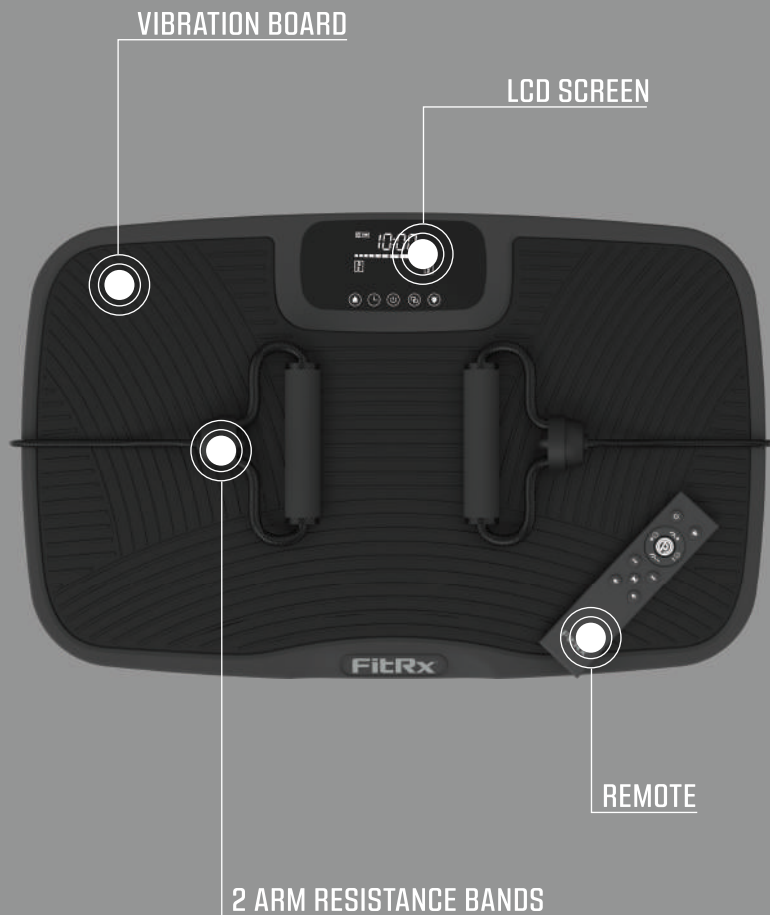


Take Charge of Your Health and Well-Being

The **FitRx Vibration Board** increases balance, flexibility, and coordination by generating strong vibrations that stimulate and intensify muscle activity. Turn your board into an upper body toning and strengthening machine by adding the arm resistance bands and your favorite tunes. A perfect addition to your workout routine, the vibration board can help improve your metabolic rate and daily calorie burn as you balance, tone, and strengthen your body. Accelerating your fitness results has never been easier.

Welcome to the FitRx fam.

Are you ready?



Better Results For Your Fitness Goals

Included in your package

FitRx Vibration Board
Remote Control
AC Power Cord
2 Arm Resistance Bands
User Guide

Use it the way you want

Increased metabolic rate	Healthier endocrine system
Pre-workout warm-up	Stronger bone density
Lymphatic system stimulation	Fat and cellulite loss
Cortisol level decrease	Faster calorie burn
Better flexibility & balance	Muscle toning
Improved coordination	Muscle strengthening

CUSTOMER SUPPORT

If you have any questions about setting up this product, 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**

SHOULDERS

BICEPS

UPPER &
LOWER BACK

FOREARMS

HAMSTRINGS

CHEST

TRICEPS

ABDOMEN

GLUTES

FEET

ANKLES

Total Body Fitness

The FitRx Vibration Board is the perfect fitness addition to your everyday workout regimen or body energizer to your daily routine. Vibration therapy has been proven to enhance flexibility, blood flow, and improve strength for your whole body. Get a boost on your daily workouts and recharge your everyday schedule.

User Instructions

Please read the user instructions before using the FitRx Vibration Board.
Use this user guide as reference.

NOTE: Vibration board is only to be used indoors and on hard surface flooring.

Powering ON/OFF

Make sure your board is properly placed on a flat and hard surface before using.

Plug AC cord into unit and then into wall outlet.

Turn ON the main power switch located on the back of the Vibration Board; the display will light up when ON.

To turn vibration board OFF flip main power switch OFF, unplug from AC outlet and unit.

Turning ON Vibrations

Turn vibrations ON and OFF by using the LCD touch screen display or use remote.

- Press ON/OFF button to start and stop.

Use the "up" and "down" ARROWS on LCD display to increase and decrease speeds.

- Vibration intensity starts at 1 and goes up to level 99.

To use remote control, press the PAUSE/PLAY button to start vibrating.

- Use the vertical "+" and "-" symbols on the remote control to increase and decrease speeds.

User Instructions

Continued...

Timer Functions

To choose time duration on LCD screen press the CLOCK symbol.

- Choose from 1 -20-minute durations.
- Time can also be increased or decreased while in use.
- Once time duration is over the board will slowly come to a stop.

To choose time duration on remote control use the "+" and "-" symbols to increase and decrease the time duration.

- Time can also be increased or decreased while in use.

Program Settings

Each program interchanges vibration levels to create a unique exercise and is preset to last for 10 minutes.

To start preprogrammed modes press the  button on LCD display or use remote control by pressing the P button to cycle through programs.

- Press the middle P button to cycle through programs.

Choose from 5 different modes:

- P1: Relaxed mode
- P2: Gentle mode
- P3: Fast paced mode
- P4: Moderate paced mode
- P5: Intermediate paced mode

User Instructions

Continued...

Arm Resistance Bands

Make sure to securely hook on one or both arm resistance bands underneath platform before use.

WARNING: Can result in injury if not properly secured.

Use one or both arm resistance bands to exercise upper body and arms.

Bluetooth Pairing

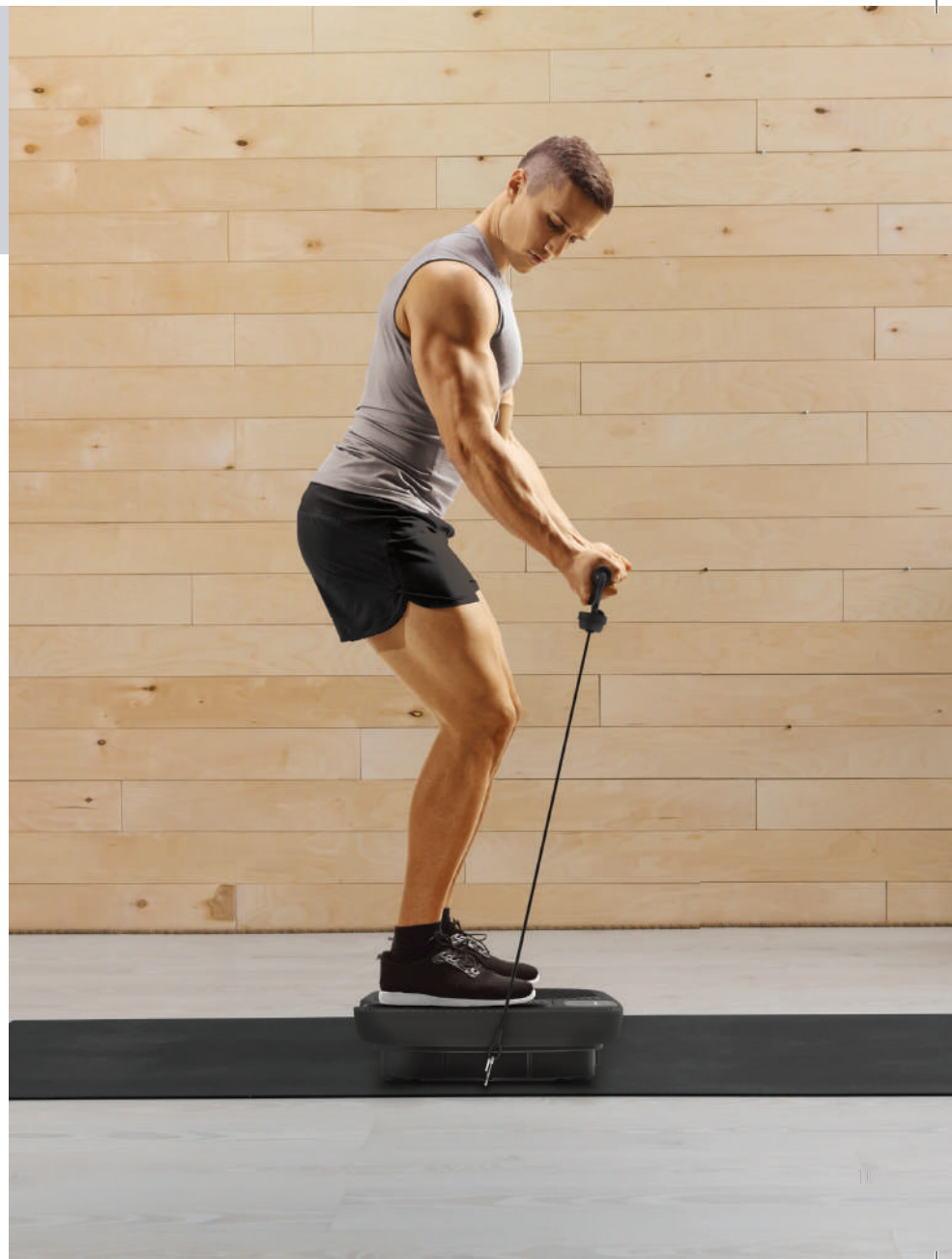
Go into your device Bluetooth settings and select "Tzumi Board".

- You will hear an audio prompt from your board that the device was connected successfully.

Open your desired music app in your mobile device and chosen music.

- To start music, press the PLAY/STOP button on remote control or on your device.
- Use the PREVIOUS, NEXT, and VOLUME buttons on either your mobile device or remote control.

To disconnect from your board's Bluetooth, simply disconnect in Bluetooth settings on your mobile device.



Safety Instructions

To reduce the risk of personal injury, please follow user guide.

- Do not use this device if you are inebriated or have taken medication that impairs judgement.
- Do not use vibration board for more than one hour at a time.
- Keep away from pets and children.
- This product should not be used by persons weighing more than 260 lbs.
- If you experience pain or discomfort stop using the vibration board immediately.

WARNING: Consult your doctor before using vibration board if you have any injuries or health concerns.

Important Safeguards

To reduce the risk of electric shock:

- Do not modify or make changes to the vibration board.
- Do not leave the device ON unattended.
- Do not use the device where aerosol products are being used or where oxygen is being administered.
- Always unplug the power cord when the device is not in use.
- Use the vibration board under the standard voltage rating.
- Do not pull on the power cord or use wet hands to pull out the plug.
- Do not use if power cord is damaged.
- Do not use vibration board if dropped, cracked, or damaged.
- Do not use vibration board if it has been submerged in water.
- Do not allow water or liquids to enter any parts of the vibration board.
- Do not use vibration board if not operating properly in any way.

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

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



SPECIFICATIONS

Board Size: 21.6 x 13.7 x 4.7 in

Max Weight: 265 lbs

Rate Voltage: 110V - 220V/50-60Hz

Max Power: 180W

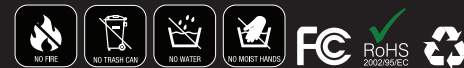
Remote Batteries: 2 AAA

Disclaimer

Read the instructions carefully before using the vibration board. 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.

Do not use the vibration board without the 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 vibration board stop using it immediately and consult your doctor or physiotherapist.

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