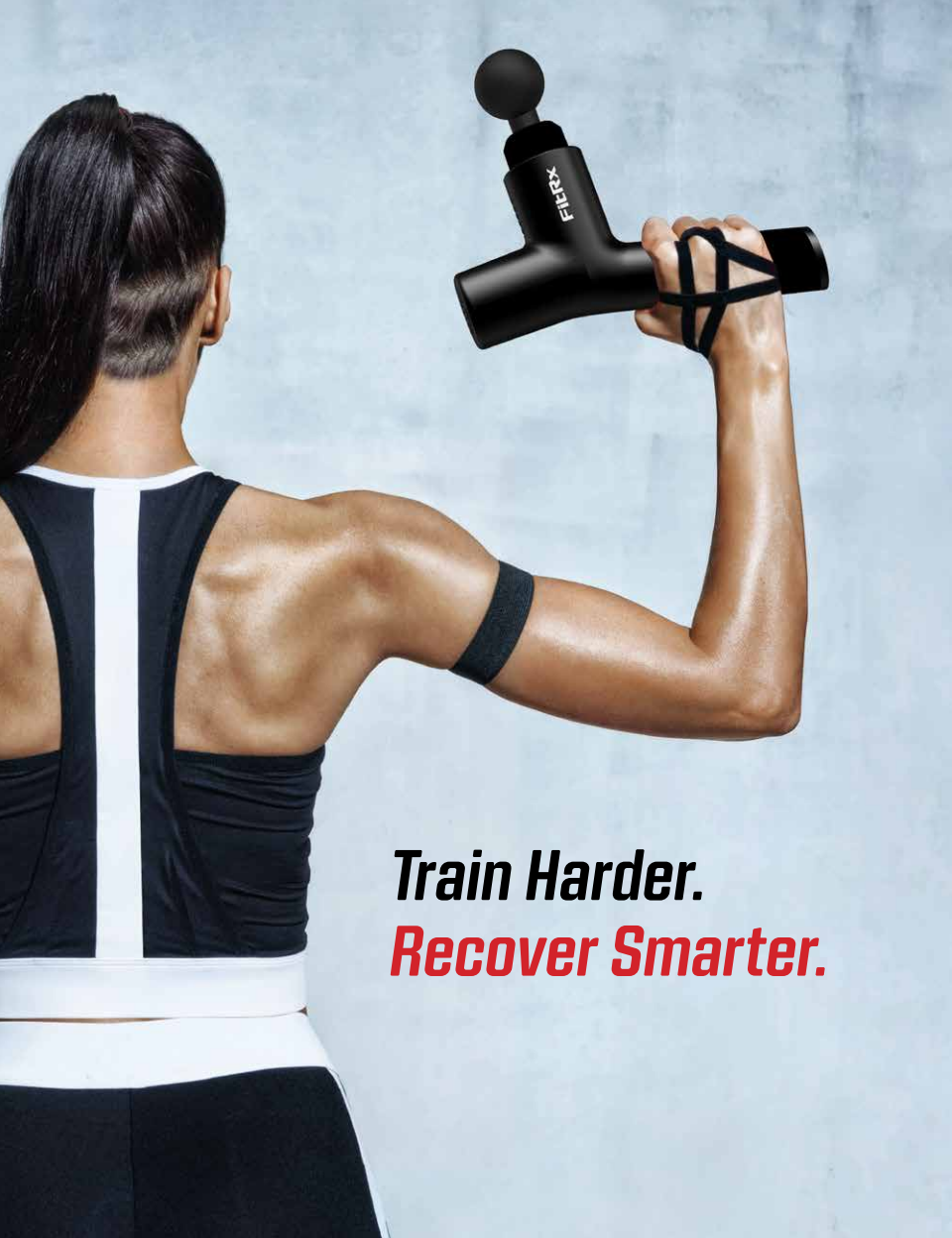


User Guide



FitRx



***Train Harder.
Recover Smarter.***



Congrats!

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

The **FitRx** Percussion Massage Gun delivers results everyone can benefit from. Whether your goal is relief from workout fatigue or chronic joint pain, improved athletic performance and circulation, or a relaxing massage, percussive therapy is the perfect solution. We couldn't be happier to take this journey together while helping to promote a healthier you from the inside out.

Welcome to the **FitRx** fam.

Are you ready?



MASSAGE GUN

ROUND HEAD

BIT POUCH

DUAL HEAD

PRECISION HEAD

FLAT HEAD

FREEZE HEAD

CHARGING CABLE

HARD CARRYING CASE

Better Results For Your Fitness Goals

What's Included:

- Percussion Massage Gun
- Bit Pouch
- Five Massage Heads
- Hard Carrying Case
- Charging Cable
- User Guide



Benefits:

- | | |
|--------------------------|-----------------------|
| Mobility & flexibility | Athletic performance |
| Pre-workout warm-up | Joint pain relief |
| Post-workout recovery | Myofascial release |
| Sore muscle relief | Trigger point massage |
| Better blood circulation | Relaxation |

CUSTOMER SUPPORT

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

Get to Know Your Percussion Massage Gun

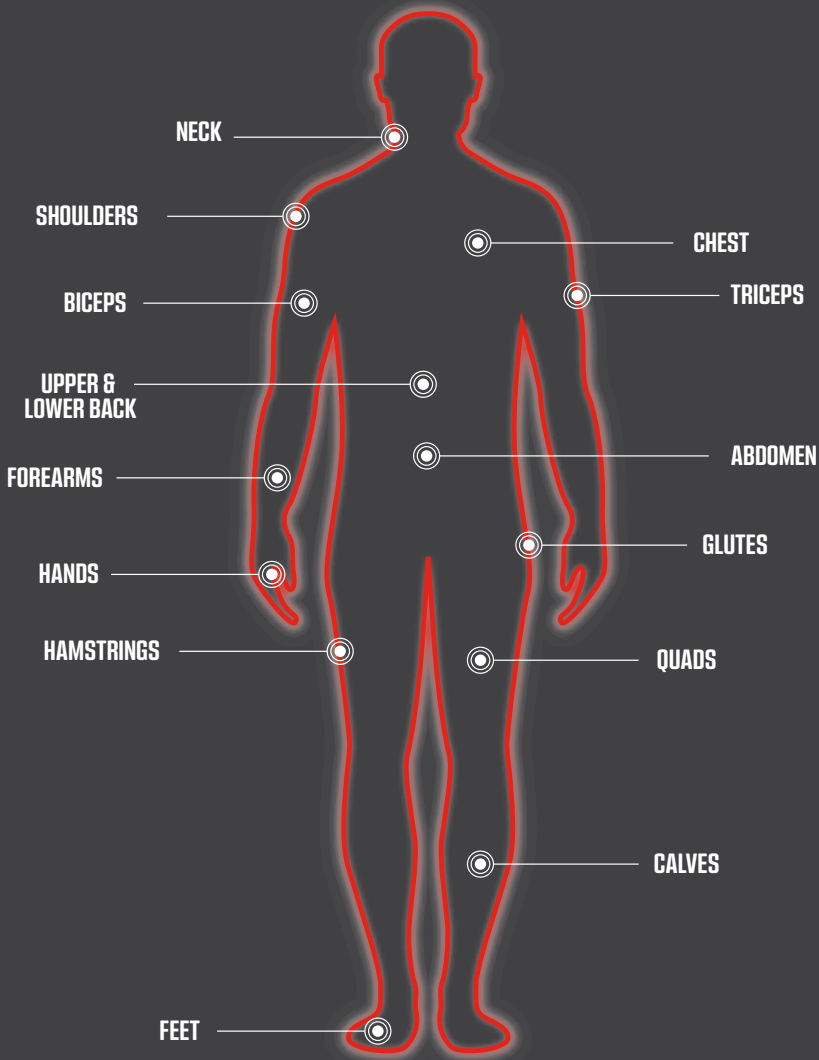
Your new massager is the portable solution for personal fitness, relaxation, and physical therapy needs. Multi-level percussive frequencies penetrate deep into muscles and fascia (connective tissue) to help with long-lasting pain relief, decreasing tension, improving blood circulation, and reducing inflammation. Equipped with five head attachments to target specific areas on your body for personalized recovery.

Multipurpose Performance and Power

- 🔧 **Elevate your workouts:** Reduce muscle tension, improve flexibility, and reduce your chances of injury.
- 🔧 **Recover faster and better:** Decrease inflammation, loosen tight joints, and break down scar tissue.
- 🔧 **Relieve your pain:** Effectively treat trigger points, sore muscles and chronic pain caused by tendinitis, bursitis, carpal tunnel, and more.
- 🔧 **Relax more:** Boost your circulation and immune function, reduce stress levels, and get better sleep.

NOTE: Please consult with your doctor or physician before use of massager if you have any injuries or medical conditions that may be of concern. This is not a medical device.





Total Body Fitness & Recovery

The **FitRx** Percussion Massage Gun is an absolute game changer in rehabilitation and sports performance. Percussive massage therapy is proven to significantly boost athletic performance and reduce muscle soreness. The benefits are for everyone—from office and labor workers to professional athletes, weightlifters, and endurance athletes.

Versatile Precision Therapy

Five massage heads are included to target specific areas of the body, ensuring specialized recovery and relief.

Flat

Great for full body massage and relaxation



Round

Multi-purpose use for large and small muscle



Dual

Effective for trigger points, neck, and the lower back



Precision

Pinpoint treatment for joints, deep tissue, hands and feet



Freeze

Relieves sore muscles





User Instructions

Please read the user instructions before using FitRx Percussion Massage Gun. Keep this user guide for reference.

CHARGING

- The battery should be fully charged before use.
- To charge the battery, plug the USB-C cable into the charging port and the other end into a USB power source.
- The LED will flash while charging and will turn solid red once fully charged.
- The average running time of the massager is up to 4 hours depending on speed and pressure levels.

NOTE: Some USB-C to USB-C cables are not compatible with the FitRx Percussion Massage Gun, use a USB-A to USB-C cabled instead.

USING THE FITRX PERCUSSION MASSAGE GUN

- Select the massage head you would like to use and insert connecting end of the massage bit into the massager stem.
- To turn the unit ON, press the ON/OFF button at the bottom of the massager.
- Each press of the power button will increase the speed of your massager up to level 6 max. The LED lights at the bottom of the massager will show the intensity level.
- Press again to stop the massager and to turn it OFF.
- Press and hold the power button for 3 seconds at any point to turn the massager OFF.
- The massager will automatically turn OFF after 15 minutes of continuous use.

Safety Instructions

To reduce the risk of electric shock, fire, and injury follow these instructions carefully:

- This device is recommended to be used by adults only.
- Do not use the massager directly on the surface of your skin. To avoid injury, the massaged area should be covered by clean clothes or a dry towel.
- Gently press and move the massager: do not massage the same part of the body for more than 60 seconds.
- Use high speed on soft body tissue only. Do not use high speed and pressure on the head, bones, and joints.
- Always choose the right massage head for the respective body part.
- Frequent use of high pressure may cause abrasions. If you experience pain or discomfort stop using the massager immediately.
- The massager should not be submerged in water. Do not allow water or liquids to enter the vent of the massager.
- Do not modify or make changes to the device's equipment.
- Do not charge or leave the device ON unattended.

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

MAINTAINING THE FITRX PERCUSSION MASSAGE GUN

To keep this device in pristine condition, wipe its surface with a slightly damp towel and dry it with a soft cloth. Keep the device away from liquids and heat.



SPECIFICATIONS

Speed Range: 1200 - 3200 RPM

Speed Settings: 6 levels

Four Interchangeable Heads:
Round, Precision, Dual, Flat, Freeze

Size: 10.4 x 7.5 in.

Weight: 1.12 lbs.

BATTERY

Type: Lithion Ion

Capacity: 7.4V/2000 mAh/14.8Wh

Input: 5V/2A

Running Time: Up to 4 hours

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.

Do not use the massager 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 massager stop using it immediately and consult your doctor or physiotherapist.

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