

USER GUIDE



FitRx™

A side-profile photograph of a person wearing a grey long-sleeved shirt and grey athletic pants. They are holding a black resistance band handle in their right hand, which is positioned near their waist. The handle has a red button. The background is solid black.

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



Congratulations!

The **FitRx VibraBand** offers 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, lateral and percussion therapy are the perfect solution to your fitness needs.

We couldn't be happier to be taking this journey together while helping promote a healthier you from the inside out.

Welcome to the FitRx fam.

Are you ready?

CARRYING CASE

Easy on-the-go storage

2 POINTED
Deep Tissue

2 ROUNDED
Palms & Feet

PERCUSSION MASSAGER
5 Speeds: 1600-3100 RPM

ROUND
Larger Muscles

FLAT
All Body Parts

VIBRATING BELT
Extends up to 37.2 in.

ARROW
Palms & Feet

TEXTURED ATTACHMENT
Back & large surfaces

DUAL
Neck & Back

ACUPRESSURE
Shoulders

PRECISION
Deep Tissue

BAND LOCK
One-button Lock

HANDLE ANCHOR
Extends up to 38.5 in.



Better Results For Your Fitness Goals

What's Included:

Percussion Massager with 6 Massage Heads:

Round Head
Flat Head
Arrow Head
Precision Head
Dual Head
Acupressure Head

Vibrating Belt with 3 Attachments:

2 Rounded
2 Pointed
Textured

Carrying Case

USB-C Charging Cable

User Guide

Benefits:

Mobility & flexibility
Pre-workout warm-up
Post-workout recovery
Sore muscle relief
Improved blood circulation

Enhanced athletic performance
Joint pain relief
Myofascial release
Trigger point massage
Increased relaxation

CUSTOMER SUPPORT

If you have any questions about using the FitRx VibraBand, 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**.

Get to Know Your FitRx VibraBand

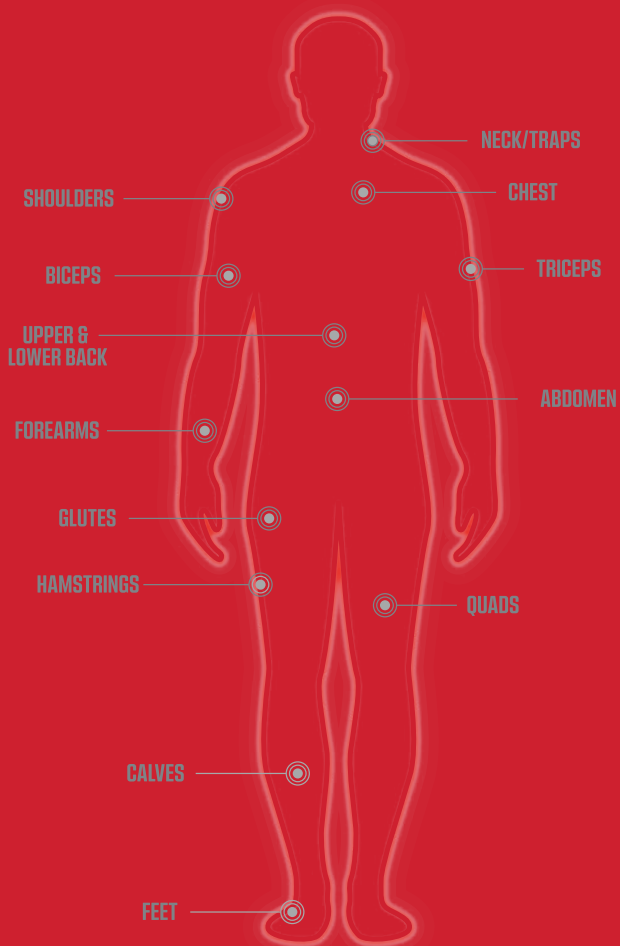
The **FitRx VibraBand** is the perfect portable solution to your personal fitness, relaxation, and physical therapy needs. The powerful side-to-side Vibrating Belt and the percussion massager's multi-level frequencies penetrate deep into your muscles and fascia (connective tissue) to help provide long-lasting pain relief, decrease tension, improve blood circulation, and reduce inflammation. The percussion massager is also equipped with 6 head attachments to target specific areas of your body for a 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 up 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 using the 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 VibraBand** 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 workers and laborers to professional athletes, weightlifters, and endurance athletes.

Versatile Precision Therapy

One vibrating belt and six massage heads target specific areas of your body, ensuring specialized recovery and relief.

Double Acupressure

Used to release tension in the shoulders and neck



Dual

Effective for trigger points, neck, and the lower back



Arrow

Suitable for impacting deep tissue and thicker muscles



Flat

Great for full body massages and relaxation



Round

Multi-purpose use for large and small muscles



Precision

Pinpoint treatment for joints, deep tissue, hands, and feet



Vibrating Belt

Ideal for soft tissue areas, including the neck, arms, shoulders, upper back, lower back, hips, glutes, thighs, calves, and feet.



Vibrating Belt Attachments

Enhanced massage effects



2 Pointed
Deep Tissue



2 Rounded
Palms & Feet



Textured Attachment
Back & Large Surfaces

User Instructions

CHARGING

- The battery should be fully charged before using the massager.
- To charge the battery, plug one end of the USB-C charging cable into the massager's charging port, and the other end into a USB power source.
- The LED indicator will flash white while the massager is charging, and turn solid white once it is fully charged.
- The average running time of the massager is up to 3 hours, depending on speed and pressure levels.

NOTE: Some USB-C to USB-C cables are not compatible with the FitRx VibraBand. In that case, use a USB-A to USB-C cable instead.

USING THE VIBRATING BELT

The vibrating belt reaches every body part with its powerful lateral (side to side) vibrations, and can be applied to soft tissue and muscles, as well as to hard tissue like joints and bones. The adjustable length provides a comfortable massage in any position.

1. Thread the vibrating belt through the handle, adjust it to the desired length, and insert the connecting end of the belt into the massager stem.
2. If desired, apply the belt attachments to the vibrating belt.
3. To turn the unit ON, press the ON/OFF button.
4. Each press of the power button will increase the speed of your massager up to level 5 max. The LED lights on the massager will indicate the intensity level.
5. Press the power button again to stop the massager and turn it OFF.
6. Press and hold the power button for 3 seconds at any point to turn the massager OFF.
7. The massager will automatically turn OFF after 15 minutes of continuous use.
8. To remove the belt head, firmly press both buttons on either side of the head and pull it out.

User Instructions (continued)

USING THE PERCUSSION MASSAGER

1. Select the massage head you would like to use and insert the connecting end of the massage bit into the massager stem.
2. To turn the unit ON, press the ON/OFF button.
3. Each press of the power button will increase the speed of your massager up to level 5 max. The LED lights on the massager will indicate the intensity level.
4. Press the power button again to stop the massager and turn it OFF.
5. Press and hold the power button for 3 seconds at any point to turn the massager OFF.
6. 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 or pressure on the head, bones, or 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 other 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: Avoid using this device to massage an injured part of the body without consulting with your doctor first.

MAINTAINING THE FITRX VIBRABAND

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 sources.

SPECIFICATIONS

Speed (RPM):
1600-3100RPM

Speed Settings:
5 levels

Six Interchangeable Heads:
Round, Precision, Dual, Flat, Arrow,
Double Acupressure

Three Belt Attachments:
2x Spherical Stickers, 2x Taper
Stickers, Elastic Belt Pad

Max Stall Force:
22 lbs.

Size:
6.77 x 6.38 x 2.21 in.

Weight:
1.01 lbs.

BATTERY

Type:
Lithium-ion

Capacity:
7.4V/2000mAh/14.8Wh

Input:
5V/2A

Charging Time:
Up to 4 hours

Running Time:
Up to 3 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 damages or losses caused by the inappropriate use of the device.

Do not use the massager without the approval of your doctor if you are: pregnant, diabetic, have a pacemaker, are recovering from surgery or suffer from migraines, neuropathy disorders, disc protrusions or spinal inflammation. If you feel any pain or discomfort while using the massager, stop using it immediately and consult your doctor or physiotherapist.

For more products and innovations,
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