



Shiatsu Pro

neck massager



User Guide



Congratulations!

You can now relieve, recover, and relax with the **FitRx® Shiatsu Pro Neck Massager**. This cordless, comfortable massager utilizes the power of shiatsu-style massage and heat relief to help reduce muscle soreness and stiffness, while also easing tension, fatigue, and stress. Shiatsu is a unique style of bodywork that includes massages with fingers, thumbs, palms, and feet (in Japanese, the word “shiatsu” means “finger pressure”). The **FitRx® Shiatsu Pro Neck Massager** replicates these techniques, relieving pain and fatigue while providing a relaxing massage for your shoulders, neck, back, arms, legs, waist, and more. Get a true shiatsu experience without catching the next flight to Japan!

Welcome to the FitRX fam.

Are you ready?





SPECIFICATIONS

Power: 20W

Size: 46.1 x 4.9 x 5.5 in.

Weight: 3.04 lbs.

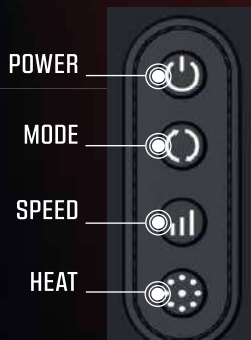
BATTERY

Capacity: 2000mAh

Input: 5V/2A

Charging Time: up to 4 hrs.

Usage Time: up to 180 min.



Better Results For Your Fitness Goals.

What's Included

FitRx® Shiatsu Pro Neck Massager
USB-C Charging Cable
User Guide

Benefits

Increased mobility & flexibility	Joint pain relief
Pre-workout warm-up	Myofascial release
Post-workout recovery	Trigger point massage
Sore muscle relief	Relaxation
Better blood circulation	
Improved athletic performance	

CUSTOMER SUPPORT

If you have any questions about using 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**.

Embrace a Healthy Lifestyle

Relieve sore muscles in minutes with the FitRx® Shiatsu Pro Neck Massager. This multi-purpose massager also helps improve your blood circulation, ease fatigue, reduce stress, soothe pressure, and promote relaxation!

You can use the FitRx® Shiatsu Pro Neck Massager in several different ways! You can place it over your shoulders like a scarf, or wrap it around your waist.



FitRx®



User Instructions

Please read the following instructions before using the FitRx® Shiatsu Pro Neck Massager. Keep this user guide for future reference.

CHARGING THE FITRX SHIATSU PRO NECK MASSAGER

1. Plug one end of the included USB-C charging cable into the massager, and the other end into a USB power source. The LED indicator light will glow red while the massager is charging, and turn off once the it is fully charged.
2. The massager will fully charge in approximately 4 hours.

USING THE FITRX SHIATSU PRO NECK MASSAGER

1. Place the massager on your body so it is comfortable and targets the desired muscles.
2. Wrap the buckle around your back and clip it together to achieve the ideal positioning for a Shiatsu massage. Unclip it by pressing down on the buckle.
3. Press and hold the Power button for 2 seconds to turn the massager ON. You can use the hand loops on the massager to control the pressure of your massage.
4. Press the Speed button to change the speed of the massage nodes. Each click of the button lets you cycle through three different speed levels: low, medium, and high.
5. The Heat button controls the heat of the massager. Press it once to turn the heat ON, and again to turn it OFF.
6. Use the Mode button to switch between the three massage modes available.
7. Press and hold the Power button for 2 seconds at any time to turn the massager OFF.
8. The massager will automatically shut off after 15 minutes.

Maintaining your Massager

- To keep this massager in pristine condition, wipe its surface with a dry, soft cloth.
- Keep the massager away from all liquids and heat sources.

Safety Instructions

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

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

Important Safeguards

- If you are in the care of a physician, consult with them before using this product.
- Do not use this massager for massaging an injured part of the body without consulting with your doctor first.
- If you experience any discomfort while using this product, stop using it 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 damaging the unit.
- Do not use this product when your body is wet to avoid electric shocks.
- Do not over-massage sensitive skin.
- This massager is not intended for use by children.
- Do not use this product on the head, chest, or joints.
- Only clean this product with a soft, dry cloth.
- Only store the massager in a dry, cool place, away from extreme temperatures, water, and high humidity levels.
- This massager is recommended to be used by adults only.
- Only use the massager in short intervals.
- Frequent use of high pressure may cause abrasions. If you experience pain or discomfort, stop using the massager immediately.
- Give the massager time to cool down between sessions.
- Do not use the massager in damp or humid environments, such as in the bathroom or near a pool. Exposure to water may cause the massager to

Important Safeguards (Cont.)

short circuit.

- Do not use the massager in direct sunlight or near an open flame. Exposure to high heat may cause the massager to overheat.
- Do not use the massager in close proximity to loose clothing, jewelry, or long hair.
- Keep the charging cable away from heated surfaces and heat sources.
- The massager contains an electromagnetic motor. To avoid the risk of injury, do not use it within six inches of an implanted cardiac device.

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

Please stop using the massager immediately if any of the following occurs:

- The charging cord is damaged.
- The massager was dropped or damaged in any way.
- The massager has been submerged in water.
- The massager is not operating correctly.

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 this device.

Do not use the massager without the approval of your doctor if you are: pregnant, diabetic, have a pacemaker, are recovering from surgery, suffer from migraines or 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.

For more products and innovation
visit myFitRx.com.

The logo for FitRx, featuring the word "Fit" in a bold, white, sans-serif font, followed by "Rx" in a stylized font where the "R" is white and the "x" is red.

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