



RecoveryHeat

soothing heat pad



User Guide





Congratulations!

You're now one step closer to improved physical fitness and overall wellness. The **FitRx® RecoveryHeat Soothing Heat Pad** delivers results everyone can benefit from. Whether your goal is relief from workout fatigue or chronic joint pain, improved athletic performance and circulation, heated therapy is the perfect solution. We couldn't be happier to be taking this journey together while helping to promote a healthier you from the inside out.

Welcome to the FitRX fam.

Are you ready?

IN-LINE REMOTE

FitRx

6

LCD DISPLAY

6 - HIGH 1 - WARM



HOLD BUTTON
FOR 3 SECONDS
TO TURN ON-OFF

2 Hours
Auto-off

POWER & MODE
CONTROL BUTTON

FITRX RECOVERYHEAT PAD

Better Results For Your Fitness Goals.

What's Included

FitRx® RecoveryHeat
Power Cord with Controller
User Guide

Benefits

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

Improved blood circulation
Joint pain relief
Myofascial release
Relaxation

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**.

FitR^x



Total Body Fitness & Recovery

No matter where you're aching, the **FitRx® RecoveryHeat** is designed to target pain and tension in nearly every muscle group. Enjoy flexible treatment, even when you're not feeling very flexible. With 6 heat levels, personalize your relief, whether you're recovering from a marathon, or just looking to get warm and cozy. Use it to reduce muscle fatigue, soreness, and improve circulation.



User Instructions

Please read the following user instructions before using the FitRx® RecoveryHeat. Keep this user guide for future reference.

SETTING UP YOUR HEAT PAD

1. Before each use, always inspect the product to ensure there is no damage to the power cord, the controller, or the heat pad. The pad connector and controller connector are designed to connect only one way.
2. Plug one end of the adapter into the heating pad and the other end into an AC outlet.

USING YOUR HEAT PAD

1. To turn the controller on, press the Power button. When the controller is powered on, it will automatically start at heat level 6. The default auto-shutoff time is 120 minutes.
2. Press the Power button to cycle through the heat levels. There are 6 heat levels in total. The current heat level is shown on the LCD screen.

NOTE: The controller will go into standby mode once the timer reaches 120 minutes. To use the heat pad again, press and hold the Power button for 3 seconds, and the heat will turn on again.

Cleaning & Care

1. Disconnect the power cord from the electrical outlet.
2. Disconnect the heating pad from the controller connector, by pulling the controller connector from the pad connector.
3. Machine or hand-wash the pad using a mild detergent, cool water, and a gentle/delicate cycle.
4. Line dry or lay the pad flat to dry. Do not tumble dry.
5. Do not iron or dry-clean this product. Cleaning solvents may have a deteriorating effect on the insulation of the heating element.
6. Do not bleach or use a wringer.
7. Make sure the product is completely dry before use.
8. To store the product, loosely roll the heating pad together, loop the cord over the rolled ends, and then store it in a cool, dry, dark location after each use. Avoid sharply folding the heating pad.

Do not use if you have any of the following conditions below:

Swollen, infections, or burned skin

Suffering from cancer

Pacemaker or other medical implants

Heart disease

Fragile or broken bones

High blood pressure

Osteoporosis

Pregnancy

Important Safeguards

If you have any of the following pre-existing conditions, please consult with your doctor before using the heat pad:

- Pacemaker or a similar implanted electronic device.
- Heart disease.
- Skeletal damage or fragility, especially in the spine or back.
- Recent surgery or operation.
- Currently or recently pregnant.
- Diagnosed with a malignant tumor.
- Osteoporosis.
- Issues with blood circulation or thrombosis.
- Skin infection of any kind.
- Abnormal blood pressure.

Warning: Consult with your doctor before using the heat pad on an injured part of the body.

Please stop using the heat pad immediately if any of the following occurs:

- The power cord is damaged.
- The heat pad was dropped or damaged in any way.
- The heat pad has been submerged in water.
- The heat pad is not operating correctly.

Safety Instructions

To reduce the risk of electric shock, fire, or injury, follow these instructions carefully.

- This device is recommended to be used by adults only.
- This device is for household use only.
- Give the heat pad time to cool down in between sessions.
- Do not use the heat pad in damp or humid environments, such as in the bathroom or near a pool.
- Exposure to water may cause the heat pad to short circuit.
- Do not use the heat pad in direct sunlight or near an open flame.
- Exposure to high heat may cause the heat pad to overheat.
- Do not cover the heat pad with anything while it is in use.
- Do not attempt to disassemble or modify the heat pad to avoid product malfunction.
- Do not use the cord as a handle.
- Only use the heat pad with an AC 120V power outlet.
- Only use the accessories provided with this heat pad.
- Make sure the heat pad is turned off when setting up or cleaning it.

SPECIFICATIONS

Input: 120V

Power: 90W

Weight (heat pad + switch): 1 lb. (0.454kg)

Size: 23.6 x 11.8 in.

Working Time: 2 hours (automatic shut-off)

Disclaimer

Read the instructions carefully before using the heat pad. 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 heat pad without the approval of your doctor if you are: pregnant, diabetic, have a pacemaker, recovering from surgery, suffer from migraines or neuropathy disorders, disc protrusion or spinal inflammation. If you feel pain or discomfort while using the heat pad, stop using it immediately and consult your doctor.

For more products and innovation
visit FitRxRecovery.com.

The logo for FitRx, featuring the word "FitRx" in a bold, sans-serif font. The "Fit" is in white, and the "Rx" is in red with a white outline.

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