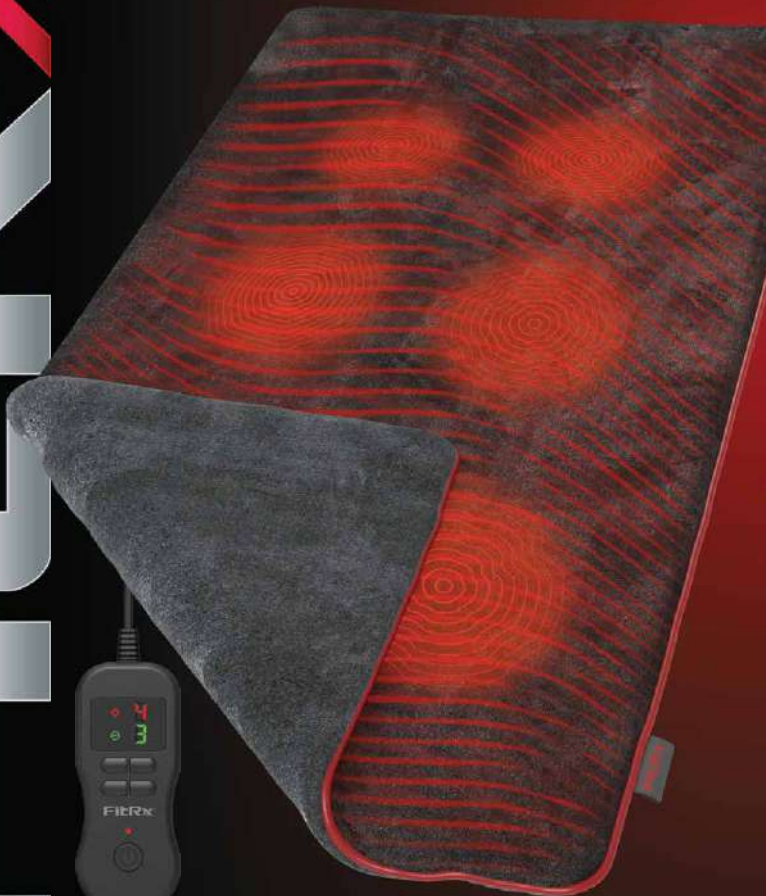


[®]
FitRx

RecoveryHeat+ massage therapy weighted heat pad



User Guide



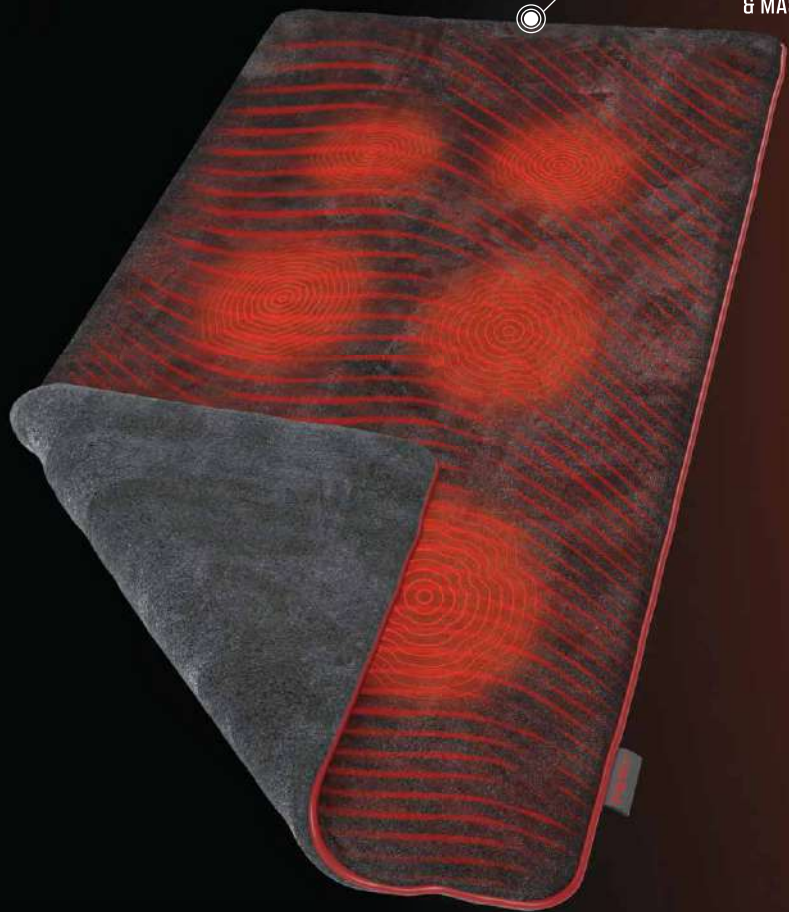
Congratulations

You're now one step closer to improved physical fitness and overall wellness. The **FitRx RecoveryHeat+** 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, heated massage therapy is the perfect solution. We couldn't be happier to be taking this journey with you while helping promote a healthier you from the inside out.

Welcome to the **FitRx** fam.

Are you ready?

FITRX RECOVERYHEAT+
WEIGHTED HEAT PAD
& MASSAGER



Product Overview & Diagram

Included in your package

- FitRx® RecoveryHeat+
- Power Cord with Controller
- User Guide

Configure it to fit your goals

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

CUSTOMER SUPPORT

If you have any questions about setting up or 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**.

HEAT INDICATORS

LCD DISPLAY

HEAT
BUTTON

MESSAGE
INDICATORS

HEAT- (LEFT), HEAT+ (RIGHT)

MESSAGE- (LEFT), MESSAGE+ (RIGHT)

MESSAGE
BUTTON

POWER BUTTON





User Instructions

Please read the following 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 weighted heat pad.
2. Connect the remote to the heat pad by pushing the two connector ends together until the locking tab snaps into place.
3. Plug the adapter into an AC outlet.
4. Place the pad on your desired body part.

Using Your Heat Pad

1. To turn the controller on, press the Power button.
2. Press the Heat+ button to turn the first heating level on.
Press the Heat+ button again to cycle through the 6 heating modes. Press the Heat- button to lower the heating setting.
3. Press the Massage+ button to turn the first massage mode on. Press the Massage+ button again to cycle through the 6 massage modes. Press the Massage- button to lower the massage level.
4. To turn the heat pad off, press the Power button. The LED indicator light will turn off.

Cleaning & Care

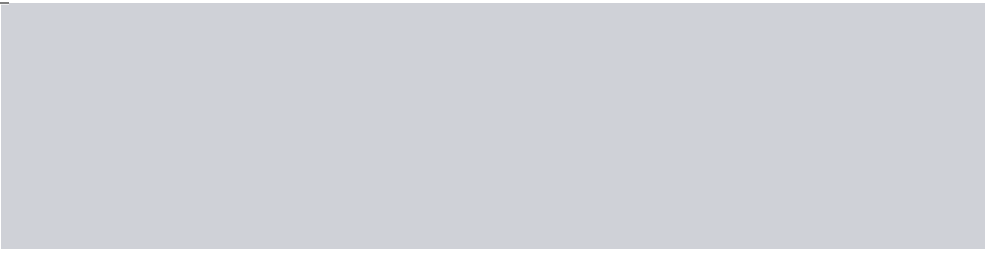
1. Disconnect the power cord from the electrical outlet.
2. Disconnect the controller from the heating pad before cleaning.
3. Hand-wash the pad using a mild detergent and a damp rag.
4. Line-dry or lay the pad flat to dry. Do not tumble dry.
5. Do not iron or dry-clean this product. Cleaning solvents 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.

NOTE: The heat feature will automatically turn off after 2 hours. The massage feature will automatically turn off after 15 minutes.

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.
- This device is for household use only.
- Frequent use of high pressure may cause abrasions. If you experience pain or discomfort, stop using the heat pad immediately.
- 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.
- Do not use the heat pad during a thunderstorm.

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- 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 120 power outlet.
 - Make sure the heat pad is turned off when setting up or cleaning it.
 - Only press the light gray side of the pad against your body, for maximum effectiveness.

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.

SPECIFICATIONS

- **Input:** AC 120/-60Hz
- **Power:** 90W
- **Weight:** 4.4 Lbs
- **Size:** 12 x 24 in.
- **Heating Temperatures:** 86°F/96.8°F/111.2°F/125.6°F/134.6°F/143.3°F
- **Working Time:** 2 hours (automatic heat shutoff)
- **Power Cord Length:** 5.42 ft.



Disclaimer

Read the instructions carefully before using the weighted 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 this device. Do not use the weighted heat pad without the approval of your doctor if you are: pregnant, diabetic, have a pacemaker, are recovering from surgery, suffer from migraines, neuropathy disorders, disc protrusion or spinal inflammation. If you feel any pain or discomfort while using the weighted heat pad, stop using it immediately and consult your doctor or physiotherapist.

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NO FIRE



NO TRASH CAN



NO WATER



NO MORE HANDS



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visit FitRxRecovery.com.

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