

Nobol



www.nobol.com

Customer Support

cs@nobol.com



Place and Track New Orders

Help place new orders and work with shipping carriers.



Billing Solutions

Help with billing issues.



Product Knowledge

Get answers to your questions about your device.



Troubleshoot

Help troubleshoot and solve issues with your device.



Initiate Returns

Help with returns, refunds, or repairs.

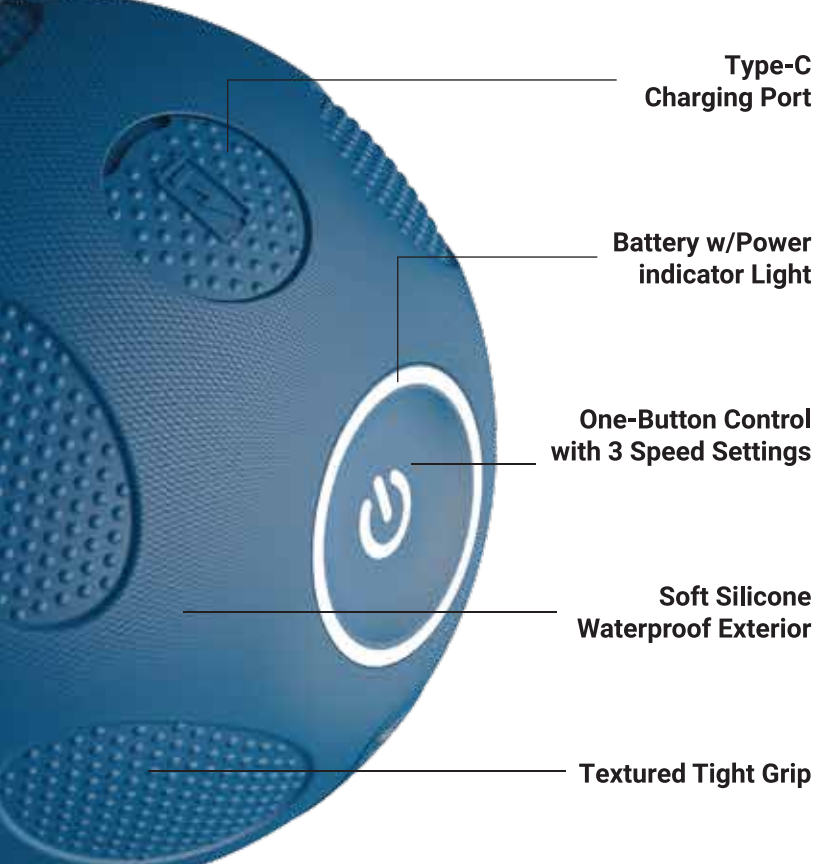
Designed in Irvine, California, Manufactured in China
Nobol, Inc.

Quick Start

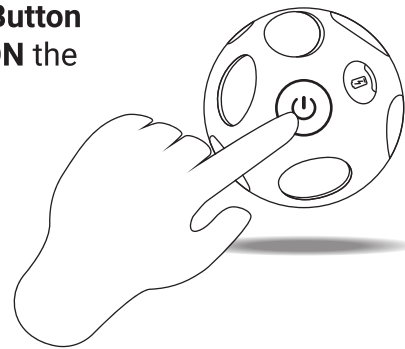
Full control of your device with just one Button.



MYOSPHERE[™] by **Nobol**[®]



Push and hold **Power Button** for 5 seconds to turn **ON** the Massage Ball



3 Light Colors indicate Battery Level and Speed Modes

GREEN

Charged at **80%** indicates Light Speed intensity.

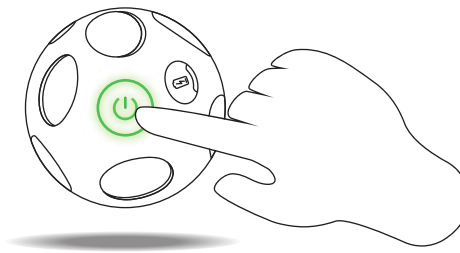
YELLOW

Charged at **50%** indicates Middle Speed intensity.

RED

Charged less than **20%** indicates High Speed Intensity.

Push the **Power Button** once. **Green Light** will appear indicating it's in low mode



To change between **Pulse Modes**, Double click the Power Button

There are three **Pulse Modes**:

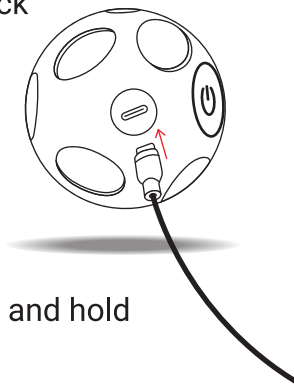
Green Light
(Low Speed)

Yellow Light
(Medium Speed)

Red Light
(High Speed)

To return to **Single Mode**, double click the Power Button

To charge your Massage Ball, simply plug the charging cable to the **Type-C Charging Port**



To **Turn OFF** the Massage Ball Push and hold the Power Button for **5 seconds**

Features & Benefits

- Accelerates warm up and recovery
- Improves range of motion and flexibility
- Reduces muscle soreness and stiffness
 - Enhances muscle performance
 - Targeted Trigger Point Therapy



One-Button Control



3 Levels of Intensity



High Capacity Battery



Type-C Charging Port



Silicone Exterior



Vibration Motor



Water Resistant



Quiet Sound

Quick Start

MYOBELT™



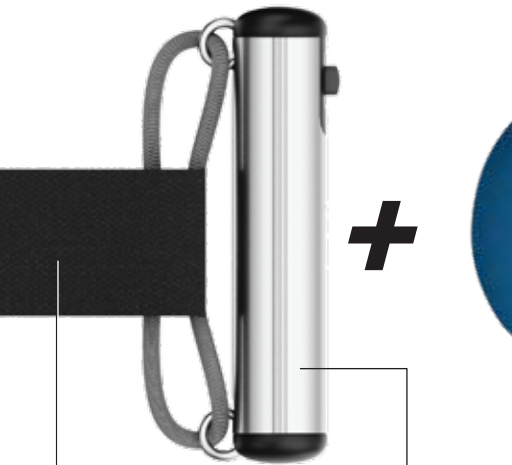
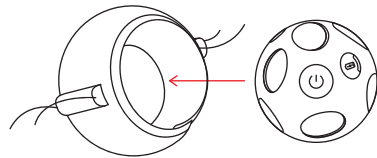
Accessory
for MyoSphere™ Massage Ball

by **Nobol**



Nobol.com

Place the MyoSphere inside the MyoBelt harness and strap it down.



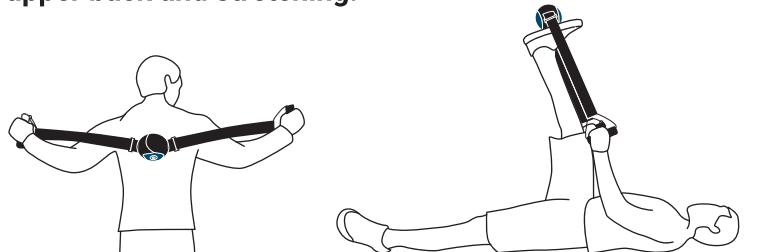
Stretching Strap

Wireless Controller

MyoBelt™ Remote

MyoSphere™

Use in hard to reach places like the lower and upper back and stretching.

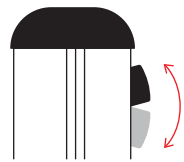
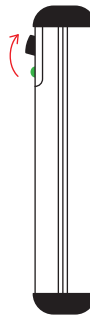


To use MyoBelt with MyoSphere follow the instructions below.

Turn ON the MyoSphere.
(Please refer to the Quick Start brochure of MyoSphere)

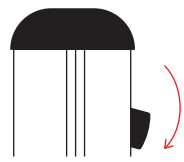
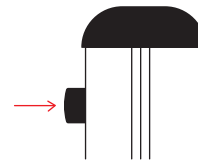
To enter Pairing Mode.

- Push and hold the **Control Button** upward on the MyoBelt Remote for **7 seconds**.
- A **Green Light** will flash **3 Times** indicating successful device pairing.
- After it is paired, a solid **Green Light** will appear.



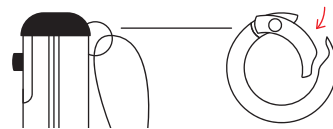
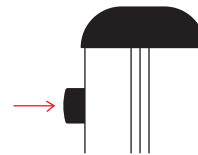
Adjust the vibration intensity by pushing the the **Remote Control Button** upwards to increase. Downwards to decrease.

To enter the **Pulse Mode**. Double click the **Center Button** on the remote control.



To **Pause** the MyoSphere. Push the button down until it stops.

To **Turn OFF** the device push and hold the center button on the remote control for **5 seconds**.

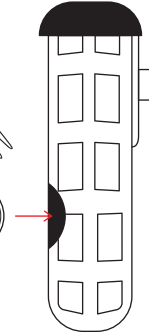
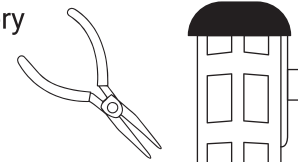


To use the **Remote Controller** separately, unclip the cord by pushing the **Hinge** on the metal ring inward.

To change the **Battery**, pull the battery section out.

Replace the battery by removing the old one using a pair of **Pliers**.

Install the battery section back inside the **Remote Control**.



WARNING ⚠

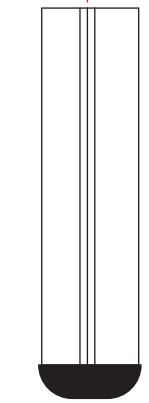
Only use batteries and chargers designated by the manufacturer. Do not take it apart or set on fire. Do not allow metal products to touch or short circuit electrodes. Avoid being placed in an overheated environment (over 60°C). Avoid use in humid or corrosive environments. Risk of personal injury - Keep children under the age of 13 away from machine.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

RF warning statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.



MYOSPHERE™

Massage Ball by **Nobol**®



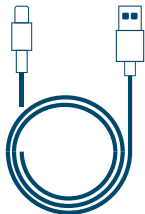
Nobol



Product Specifications

Product Model:	MS-0001NB
Battery Life:	2H
Battery Capacity:	11.4V/2500mAh
Charging Port:	Type-C, 5V2A
Product Weight:	709g/250z
Product Size:	102 mm diameter/ 4in diameter

Product Overview



The **Myosphere™** massage ball was designed to provide relief to tight and sore muscles, especially in hard to reach areas. The Myosphere Massage Ball helps relieve tightness in the neck shoulders, arms hips, glutes, and legs. Great for releasing knots in tight and sore muscles. It improves the mobility and function of major joints.

What's in the box

Massage Ball, Charging Cable, User Manual

Safety


1. It is advisable to use this product on dry and comfortable clothing when massaging specific areas.
2. Apply gentle pressure and roll slowly.
3. Only use this product on soft tissue areas of the body where there is no pain or discomfort, and avoid using on bones areas of the body.
4. Do not attempt to modify this product on your own.
5. Do not leave device unattended while charging.
6. This product is intended for adult use only.
7. Seek the guidance of a Doctor prior to starting any exercise program.
8. Avoid using this product in very hot or cold temperatures.
9. Store this product in a dry environment.
10. Keep this product out of reach of children and pets.
11. Ensure that the product is in a dry environment while charging.

Caution:

1. Prolonged operation or charging of this product may cause an increase in the surface temperature. Please handle with care.
2. Dropping or hard impact of this product may result in damage. If any abnormal operation occurs due to accidental impact, please contact Customer Support promptly.

Prior to starting any exercise program, contact your Doctor.

Instruction

1. To Power **ON**, press the **POWER BUTTON**  for 5 seconds. The device will enter standby mode after startup.
2. Briefly press the **POWER BUTTON** to activate the first level of operation. The default is continuous vibration mode. Press the **Power Button** again to cycle through levels 1-2.
3. To switch to **PULSE MODE**, double click the **POWER BUTTON**. While in **PULSE MODE** short presses adjust the level. Double-clicking again returns to continuous vibration mode.
4. To **POWER OFF** the device during the startup, press the Power Button for 5 seconds.
5. In the absence of user interaction, the default single operation time is **10 minutes**. The device will automatically power off after 2 minutes in standby mode.

For more information on how to use The MyoSphere Massage Ball please refer to the “Quick Start” Guide

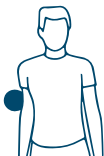
How to Use

To use this product, please refer to the illustrations.

Perform each exercise for approximately **15 minutes**, adjusting the duration according to your comfort level.



Neck



Arm



Hands



Chest



Lower Back



Side area



Shoulder



Side Chest



Bottom



Bottom



Calf



Sole

***For additional uses of the MyoSphere Massage Ball, a MyoBelt can be purchased seperately.**



*** Image shown is for illustrative purposes only
the look of the actual belt may vary**




Light Indicators

Battery (Standby Mode)	Description
Green	Sufficient battery
Yellow	Low battery
Red	Very low battery
Flashing red	Extremely low battery
Flashing red for 15 sec, then off	Requires charging
Gear Indicator (Operating Mode)	Description
Green	Level 1
Yellow	Level 2
Red	Level 3
Battery Status (Charging Mode)	Description
Flashing red	Low battery/start to charge
Flashing yellow	Low battery charged
Flashing green	Battery charged
Solid green	Fully charged

Note: When the battery is extremely low and the red light is flashing, please charge promptly. **The indicator light color only indicates the battery status and not the power level.**

Troubleshooting

If you have any issues while using this product, please refer to the following tips and troubleshooting methods. If the issue still cannot be resolved, please power off the device and contact Customer Support.

Product Issue	Possible Causes	Solution
The Ball is not working	<ol style="list-style-type: none"><li data-bbox="317 311 672 443">1. The product is not powered ON  Power Button Push and hold the Power Button for 5 sec to turn the Ball ON or OFF<li data-bbox="317 474 672 588">2. The product is out of charge  (Red light indicates the ball is out of charge)<li data-bbox="317 614 672 702">3. The product has reached its single-use time limit (10 min.)<li data-bbox="317 728 672 842">4. The product is currently charging  (Circle light is green when charging)	Ensure the Ball is powered ON Charge the Ball Wait for the single-use time limit to reset Allow the product to charge
The Ball stops working during use	The default single-use time limit has been reached (10 min.) The Ball needs to be restarted	Restart device by pressing Power Button to continue using it

Care

Cleaning and Storage

- Before cleaning, please ensure that the power is turned **OFF** and the Charging Cable is unplugged.
- Use a soft, dry cloth to wipe the surface clean.
- For surface dirt, use a dampened soft cloth for cleaning, then dry the surface with a dry, soft cloth to remove any moisture.
- If the product will not be used for an extended period, fully charge it and store in a dry environment.

Charging Procedures

- Do not use the product while charging.
- Please ensure that the Charging Cable is not damaged. Only handle the Charging Cable with dry hands.
- Only use a Type-C Charging Cable to charge MyoSphere Massage Ball.

After Sales Service

Dear Customer,

We sincerely appreciate your purchase and trust in Nobol products. To safeguard your rights, our after-sales service is rooted in adherence to the national "Regulations on the Repair, Replacement, and Return of Goods." To ensure your satisfaction with our service, we request that you read the Warranty Card carefully after your purchase and maintain it in a secure location.

Product Quality Assurance: Please note that only purchases made through Nobol authorized stores serve as valid Warranty Certificates.

Service Validity Period:

- The Warranty Period for this product commences from the date of purchase, as indicated on your purchase receipt.
- Within the Warranty Period, any defects in this product stemming from manufacturing processes or materials (subject to verification by professional assessment and found unrelated to improper usage or human factors) entitle you to free repair services.
- Damage resulting from improper product use is not covered by this product's Warranty.
- Unauthorized self-repair of the product is excluded from our warranty service.
- Your purchase receipt serves as the proof for warranty service. Free manufacturer warranty service cannot be extended without a valid purchase receipt.
- In the event that you wish to raise a complaint regarding this product during the warranty period, please return it to the manufacturer, along with the purchase receipt and its original packaging.

Post-Warranty Period: Even after the warranty period has lapsed, you can continue to benefit from our manufacturer's lifetime maintenance service, with reasonable material fees.

Designed in Irvine, California, Manufactured in China

Nobol, Inc.



cs@nobol.com

www.nobol.com

