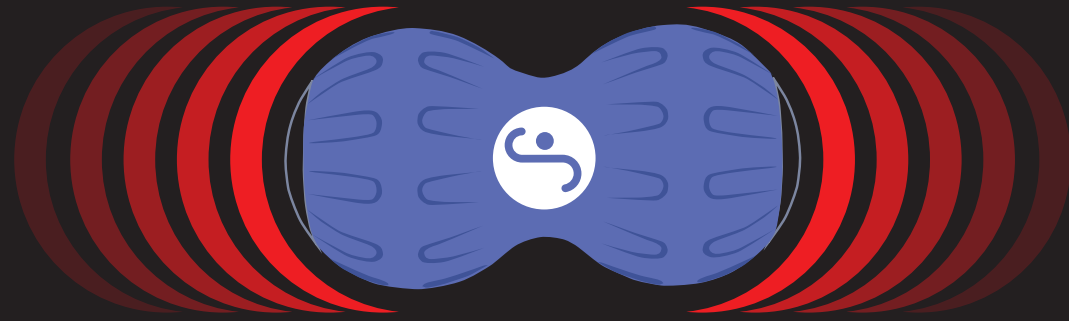


VIBE 2X

POWER PEANUT



USERS GUIDE

WHY USE A MASSAGE PEANUT?

ONE OF THE BIGGEST MISTAKES PEOPLE MAKE IN FITNESS ISN'T THE EXERCISES THEY ARE DOING. BUT THE EXERCISES THEY AREN'T DOING. WHEN PEOPLE ENTER THE GYM THE FIRST THING THEY DO IS HEAD TO THE CARDIO MACHINES FOR A 5 MINUTE WARM UP. THEY FOLLOW THAT WITH SOME WEIGHTS AND THEN IT'S QUITTING TIME. HOWEVER THE SINGLE MOST IMPORTANT THING MISSING IN ALMOST EVERY TRAINING PROGRAM IS FLEXIBILITY TRAINING.

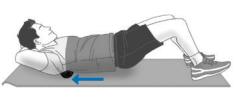
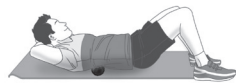
NECK RELEASE

Place the Power Peanut under the head and apply slight pressure to move the neck slowly to the left and right. Be careful not to lift your chin up.



UPPER BACK RELEASE

Place the Power Peanut between scapulas and apply slight pressure to move your body slightly.



LOWER BACK RELEASE

Place the Power Peanut on the upper waist just above your hips and give a little pressure. Give pressure from waist to neck and release uncomfortable area.



CHEST RELEASE

Place the Power Peanut on the side of the chest next to the chest and press it slightly.



SHOULDER RELEASE

Give the Power Peanut a little pressure between your neck and shoulders and press it.



LATISSIMUS DORSI RELEASE

Lie sideways, put the Power Peanut to the side of the arm and press slightly.



QUADRATUS LUMBORUM RELEASE

Lay it sideways and place the Power Peanut at an angle and apply some pressure to move your body slightly.



PSOAS RELEASE

Place the Power Peanut under the pelvic bone and gently press it down and breathe comfortably.



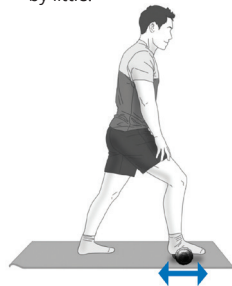
TIBIALIS ANTERIOR RELEASE

Place the Power Peanut on the front part of the shin and put weight on it and move your body little by little.



PLANTAR RELEASE

Press the Power Peanut against the inside of the thigh and put weight on it and move your legs little by little.



ABDOMINAL RELEASE

Place the Power Peanut on the lower part of the solar plexus on the floor, lightly press it and breathe comfortably.



GLUTEUS RELEASE

Place the Power Peanut under the hips and put weight on it and move your body little by little.



HAMSTRING RELEASE

Place the Power Peanut under the thighs and put weight on it and move your body little by little.



POPLITEUS RELEASE

Place the Power Peanut on the back of your knees and put weight on it and press lightly.



FOREARM RELEASE 1

Press the Power Peanut against the inside and outside of the forearm.



FOREARM RELEASE 2

Press the Power Peanut against the inside of the forearm.



QUADRICEPS RELEASE

Lay down the Power Peanut above your knees and put your weight on it and move your body little by little.



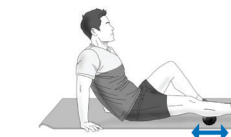
ABDUCTOR RELEASE

Place the Power Peanut on the outside of the thigh and put weight on it and move your body little by little.



CALF RELEASE

Place the Power Peanut on the calf and put weight on it and move your body little by little.



• **Do not** place in or drop into water or other liquid.

• **Close supervision** is necessary when this unit is used by/on children under 10 years old, invalids, or disabled persons.

• **The unit should not** be used by persons under medical care without first consulting a physician.

• Use this unit **only** for its intended use as described in this manual.

• **Always unplug** the unit after charging prior to use. Do not continuously use for more than one hour.

• **Recommended to stop** for 20 minutes then restart to ensure **LONGER LIFE** of the unit.

DIMENSIONS

- Length 18cm
- Height 9cm
- Joint Height 5.5cm
- Weight 650g

ADVANTAGES OF SILICONE

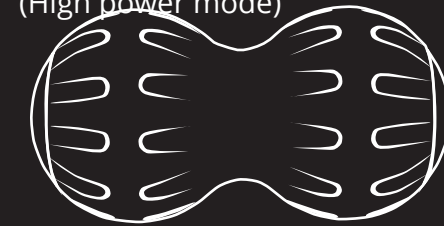
- High temperature stability
- Resistance to aging & chemical assault.
- High thermal insulation
- More durable than rubber or elastomers.

FUNCTIONS OF BUTTON

- Press once: Shows battery remaining.
- Press one more time: Vibration starts.
- Press again to change vibration intensity level.
- Hold 2-3 seconds to turn off.
- The timer will automatically stop after 10 minutes of operation.

RPM

- 1st level 2,200 RPM (Low power mode)
- 2nd level 3,700 RPM (Medium power mode)
- 3rd level 4,700 RPM (High power mode)



We offer a one year warranty on the Body Back Star Roller. If you should have a problem with the massager for any reason, please contact us at shipping@bodyback.com. Should your roller be in need of replacement or repair, please be prepared to show proof of purchase. All misuse, unauthorized repair, or damage from abuse will not be covered by the warranty.

WE STRIVE TO PROVIDE 100% CUSTOMER SATISFACTION. QUESTIONS? COMMENTS? PLEASE EMAIL: shipping@bodyback.com BODYBACKCOMPANY 280 E. Hersey St. #19 Ashland, OR 97520 bodyback.com

