



Rolling With It™
VIBRATING PEANUT
MASSAGE BALL



OPERATING INSTRUCTIONS

Please read prior to use.

CHARGING

- Fully charge for two hours before first use.
- To charge, connect the adapter to the charging port and plug into wall charger.
- LED lights will illuminate to show battery level and indicate active charging.
- LED lights will remain illuminated when fully charged while adapter is plugged in.
- Unit may be recharged at any time and at any battery level.

OPERATING

- To turn on, press down once on the power button for level one, twice for level two, three times for variable speed, and four times for level three. The blue LED lights will indicate the corresponding intensity level.
- To turn off, press down and hold the power button for three seconds.
- The unit will turn off after 10 minutes of use. To continue use, turn unit on again and set to desired level.
- Do not use directly on a hard surface. Use only on a carpeted floor or a fitness mat.

MAINTENANCE, CLEANING, AND STORAGE

- Use a damp towel or soft cloth to wipe any moisture from unit.
- Keep unit away from heat sources, liquids, and children.

WARNINGS AND CAUTION

- Do not immerse unit in water. Keep liquids away from power button and charging port.
- Do not remove label or attempt to disassemble.
- Do not operate continuously for more than 30 minutes. After 30 minutes of use, allow unit to rest for 30 minutes before reusing.
- Unplug the unit after charging or prior to use.
- Do not use directly on a hard surface. Use only on a carpeted floor or a fitness mat.
- This is not a toy. For adult use only. Do not use if injured. Consult your doctor before using this product.

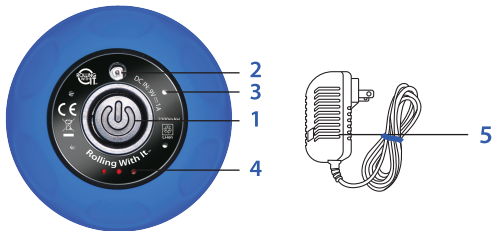
■ USAGE INSTRUCTIONS

- Rolling With It Vibrating Peanut Massage Ball is a cutting-edge fitness and recovery device that uses pressure and vibration to improve the body's overall performance. Our Vibrating Peanut Massage Ball is manufactured using industry best components, providing just the right amount of pressure and vibration.
- Rolling With It Vibrating Peanut Massage Ball offers people of all ages and fitness levels the combined benefits of compression (pressure) and vibration to improve the body's overall performance and enhance recovery, flexibility, and range of motion to prevent injury and thus improve overall well-being.



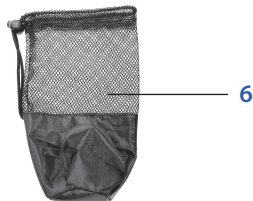
USAGE INSTRUCTIONS

1. Power Button
2. Charger Port
3. Intensity Level Indicator LED (blue)
4. Battery level indicator LED (red)
5. AC Wall charger
6. Carry Bag



SPECIFICATIONS

- AC Charger: 100-240V~50/60Hz 0.5A - DC 9V $\overline{\text{---}}$ 1.0A
- Rechargeable Lithium Ion Battery 2200mAh
- RPMs: Low: 1200rpm, Medium: 2000rpm, High: 3600rpm, Variable: 1200 – 2700rpm
- Size: 6.75 Inches x 3.75 Inches
- Weight: 2 lbs (including charger)
- Designed in USA. Assembled in China.



LIFETIME WARRANTY

At Rolling With It, we stand behind the quality of our products. We take great pride in delivering the best fitness and recovery equipment to our customers. If this product fails due to a defect in material or workmanship, Rolling With It will replace the product free of charge.

THIS WARRANTY EXCLUDES:

- (a) damage caused by abuse, mishandling, or transport;
- (b) units subjected to unauthorized repair;
- (c) units not used in accordance with Rolling With It care instructions;
- (d) damage exceeding the cost of the product;
- (e) deterioration of the delivered product resulting from abnormal storage and/or safeguarding conditions on the client's premises, and
- (f) failure to provide the dated proof of purchase.

CONTACT:

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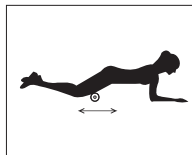


HOW TO USE:

There are endless ways to use your Rolling With It Vibrating Peanut Massage Ball. Below are 10 of the most common techniques to bring soothing relief. Select a vibration setting to suit your comfort level and begin.

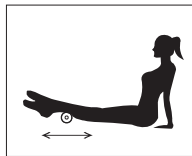
QUADRICEPS

Lay down on stomach using elbows for support, similar to a forearm plank position with Vibrating Peanut Massage Ball placed under left thigh. Bring right knee up and out to the side of your body to use knee for support. Using elbows and toes, slowly roll Peanut up and down the thigh. Pause on tender spots. Switch legs. Test out different intensity levels.



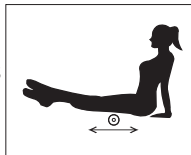
CALVES

Sit on floor. Stretch out left leg and bend right knee at 90-degree angle. Place the Vibrating Peanut Massage Ball underneath left calf. Extend both arms behind you and place hands on the floor to brace body. Move buttocks back and forth so the Peanut moves up and down calf muscle. Rotate left leg inward or outward to target other areas of calf. Switch legs. Test out different intensity levels.



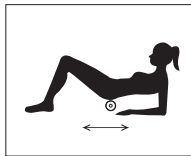
HAMSTRINGS

Sit on floor. Stretch out left leg and bend right knee at 90-degree angle. Put the Vibrating Peanut Massage Ball under left hamstring. Place hands on the floor behind you, keeping elbows straight. Lift buttocks off the ground and roll Peanut up and down hamstring. Adjust angle of left leg to massage entire muscle. Switch legs. Test out different intensity levels.



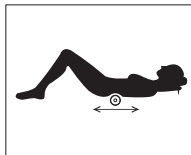
GLUTES

Sit on floor with knees bent and feet on the floor in front of you. Place hands down on the floor behind you for support with elbows straight. Put Vibrating Peanut Massage Ball under left glute. Use hands and feet to achieve desired level of pressure as you roll Peanut back and forth under glute. Switch sides. Test out different intensity levels.



BACK

Place the Vibrating Peanut Massage Ball on floor and lay back on it so that a ball will be on each side of your spine. Bend knees 90 degrees and place feet flat on floor. Then, slowly roll up and down while breathing deeply. Move the Peanut an inch or two at a time. Raise buttocks as needed for desired pressure. Pause at tender spots. Test out different intensity levels.



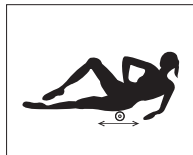
SHOULDERS

Hold the Vibrating Peanut Massage Ball in right hand and set desired intensity level. Slowly roll the Peanut over left shoulder. Pause at tender spots. Switch hands and roll the Peanut over right shoulder. For added pressure, perform this massage laying down on back. Tip: Be mindful of pressure against scapula.. Test out different intensity levels.



HIPS

Lay on left side using left forearm for support. Place the Vibrating Peanut Massage Ball under your hip. Extend left leg and bend right knee, placing right foot behind left knee. Bracing your abs and glutes for balance, slowly roll the Peanut along your hip. Make sure to adjust the Peanut so as to avoid direct contact with bone. Switch legs. Test out different intensity levels.



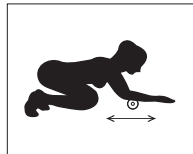
FEET

Set desired intensity level and place Vibrating Peanut Massage Ball on floor. Place foot on top of the Peanut. Use your foot to roll the Peanut back and forth while pushing into the ground to desired level of pressure. Adjust angle and direction of foot to target entire foot. Switch feet. Test out different intensity levels.



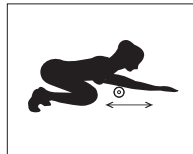
FOREARMS

Place the Vibrating Peanut Massage Ball on a table or, for more pressure, lay on floor in forearm plank position. Rest left forearm on top of Peanut. Press down with your forearm while rolling the ball from below elbow to wrist and adjust angle of left forearm to massage entire muscle. Switch arms. Test out different intensity levels.



TRICEPS

Place the Vibrating Peanut Massage Ball on a table or, for more pressure, lay on floor in forearm plank position. Use right forearm for support, extend left arm in front of you with Peanut under left triceps. Slowly roll up and down left triceps. Pause at tender spots and adjust angle of left arm to massage entire muscle. Switch arms. Test out different intensity levels.





ROLLING WITH IT

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