



PULSE FOAM ROLLER

Quick Start Guide



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1 Turn the on/off switch into the "on" position to power on the Vibrating Foam Roller



2 Press the power button to select 1 of the 5 vibrating levels. Turn the on/off switch to "off" when finished.

| | |
|---------------------|---|
| Lithium Battery | 3.7V 6600ma/H |
| Working Level | Total 5 levels, working last for 360 minutes at 4th level |
| Charger | Input: 100-240V 50/60Hz 0.28A |
| | Output: DC 5V-2000mA |
| USB Recharging Time | 3.5 hours |

| | |
|---------|--|
| Level 1 | 2.0V-900RPM (23.83Hz) |
| Level 2 | 3.0V-900RPM (30.67Hz) |
| Level 3 | 4.0V-900RPM (44.33Hz) |
| Level 4 | 5.0V-3600RPM (51.67Hz) |
| Level 5 | 1,2,3,4 levels reciprocating every 3 seconds |

Need Help? We Care! If you have any questions or issues get in touch with us at Support@URBNFit.com

FOAM ROLLER

Workout Guide

WANT
THIS ON
YOUR
PHONE?

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Calf Muscles

Peroneals

Hamstrings

1



2



3



Piriformis

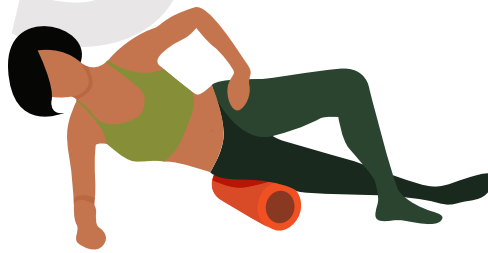
It-Band

Rectus Femoris

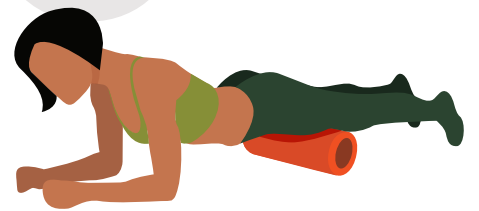
4



5



6

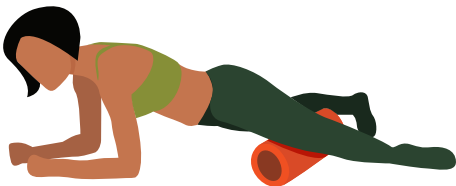


Adductors

Latisimuss Dorsi

Thoracic Spine

7



8



9

