

## Setup, Workout Tips and Care & Safety Guide

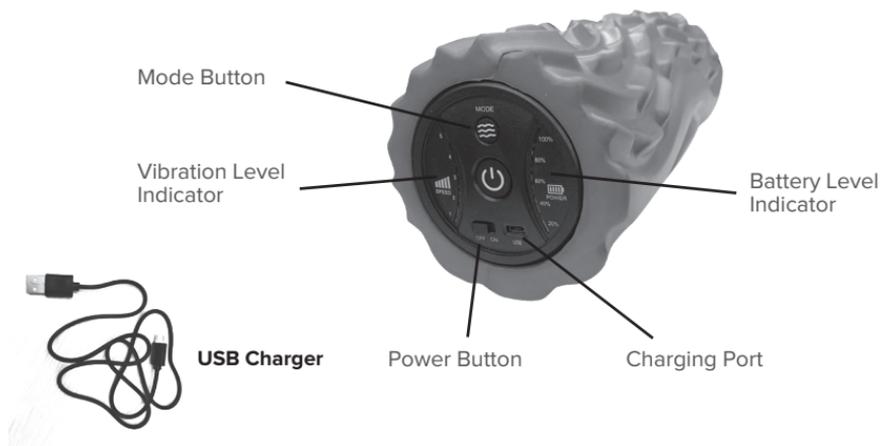
Please read before setting up or using.

### SETUP, CHARGING & DISCHARGING

1. Remove Vibrating Foam Roller from box and check for shipping damage (scratches, gouges or tears).
2. To charge, plug the USB into the charging interface and connect the power supply.
3. It is best to not wait until the battery is completely empty to charge the device,
4. The average charging time is 1.5 hours with the average run-time of 2 hours at level 5 and 6 hours at level 1. Please turn the device OFF prior to putting the device away for storage or traveling.

### OPERATING

1. Turn the power switch to on, press the power button to start vibration on level 1.
2. To adjust the vibration speed, press the power button again. The device changes speed each time you press the power button. Press the mode button to switch vibration frequency.
3. The device automatically turns off every 15 minutes during use. Press the power button again to continue using device.



## WORKOUT TIPS

1. Follow the massage guide provided.
2. Use a smooth and steady motion when performing each massage.
3. Perform massage routines to the best of your ability without strain.
4. Always use the Vibrating Foam Roller in an open area free of furniture or other items that could get in the way while exercising.

## CARE & MAINTENANCE

1. Dry the Vibrating Foam Roller with a towel after use. Check for nicks or tears.
2. Spot clean roller with a damp cloth. Air dry.
3. Avoid exposing the Vibrating Foam Roller to sharp or abrasive surfaces, or to heat or excessive sunlight.
4. The integrated batteries are not designated for exchange or removal by the users. If problems with the power supply should occur please contact customer service.
5. If the device malfunctions, please do not try to repair or to fix it by taking the device apart yourself. Contact customer service

## IMPORTANT SAFETY CAUTIONS!

1. Not all massage is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any massage program or before using this or any other massage equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your doctor before beginning the workout.
3. Perform massages in a slow and controlled manner.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as intended and demonstrated.
6. Before charging, make sure that the supply voltage is the same as the input voltage of the device.
7. **DO NOT** put the device in water or in other liquids.
8. **DO NOT** use the device for more than one hour at a time. Wait 30 minutes prior to using the device again following a one-hour session with the device.
9. If applied to head, neck or upper back, using the device without vibration is recommended.
10. This device should not be used in water.
11. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

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