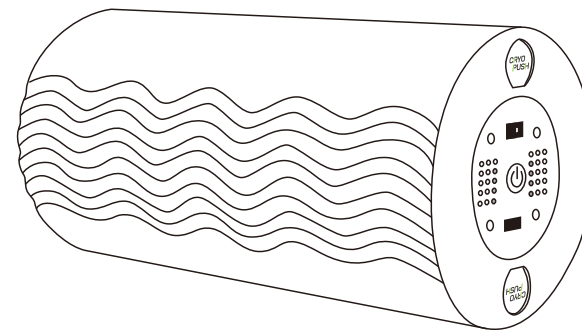


**CRYOPUSH**



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**VIBRATING FOAM ROLLER PLUS  
USER MANUAL**

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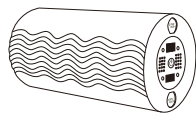
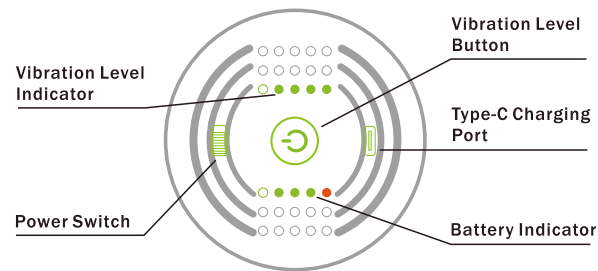
## / Cautions

1. Please fully charge prior to first use.
2. The charging cable supplied by manufacturer is applicable to common and home use 5V 2A adaptor, please ensure the right choice of qualified adaptor before charging.
3. Do not use nor store the product near water source or in moist environment such as kitchen and bathroom.
4. Keep liquid away from vent holes, charging port, switch and buttons.
5. Do not use or store the product near heat source, in high temperature or dusty environment.
6. Do not operate continuously over an hour, after one hour use, allow 30 minutes rest before re-using.
7. Do not use directly on hard surface, it is suggested to use on a carpeted floor or fitness mat.
8. Do not disassemble or repair by yourself, if product malfunctions or charging cable is damaged, timely contact the dealer or retailer to repair.
9. Please consult a doctor before using the product, if any of the below condition applies:
  - \* Pregnancy, diabetes, cancer, pacemaker wearer, postoperative, epilepsy, migraine, herniated disc, spondylolisthesis, spondylolysis, spondylopathy, or any condition which will interfere your physical health.
  - \* Frail individuals and children should be accompanied by an adult when using any vibration device.
  - \* Stop using immediately if you feel any discomfort.

## / Product Specifications

Product Name	Vibrating Foam Roller Plus
Model No	A02-M-007
Input	5V 2A
Battery Capacity	7.4V/4000mAH
Charging Time	4-6 Hours
Battery Life	Around 5 hours
Vibrating Control	4 Levels
Size	150*150*300mm
Net Weight	Around 1.2kg
Weight Capacity	≤140kg
What's Included	Vibrating Foam Roller Plus *1 Type-C Charging Cable *1 User Manual *1 Wireless Remote *1(Optional)

## Product Introduction



Vibrating Foam  
Roller Plus



Wireless Remote  
(Optional)



Type C  
Charging Cable

## Use Instructions

1. With the power switch at "ON" position, and battery indicators light up, the roller is turned on.
2. Press the vibration level button once, it starts to work. The vibration level shifts once with each button pressing, it cycles as level 0-1-2-3-4-0.
3. After using, toggle the power switch to "OFF" position to turn it off.

### Remote Connection

1. Turn the roller on and it is at level 0 then. Press the vibration level button for 3 seconds when its 4 vibration indicators light up in sequence.
2. Long press the remote "S" button, when its level indicators light up and flash 3 times, the connection is made.
3. Press the remote "S" button once to control the roller, vibration level shifts by each button pressing.

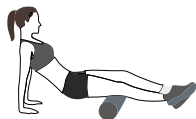
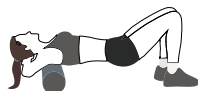
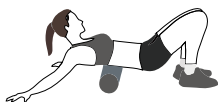
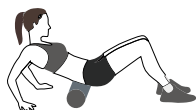
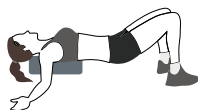
### Charging Instructions

1. Connect both ends of the charging cable separately with a 5V 2A adaptor and the Type-C charging port; plug the adaptor to power source to charge.
2. Do not use the product when it is charging.
3. After each use, or when the red battery indicator flashes, charge the product.
4. When product is working normally, press and hold the remote control for 3 seconds to switch vibration level to 0 (stop working).

### Technical Settings

1. After 10 minutes continuous use, it will automatically shift to level 0 and stop working. To continue using, shift vibration level to re-start it.
2. When it is on and stays at level 0 for more than 10 minutes, it will enter Standby Mode. To re-start the product, toggle power switch to OFF position, and then to ON position to turn it on.

## / Usage example



## / Storage & Maintenance

- Keep the product surface clean when using; use towel or tissue to wipe off any water or dirt.
- Store the product in packing box or somewhere safe and clean; Do not place it near heat source, high temperature, moist or places susceptible to shocks; Avoid direct sun light, keep it out of children's reach.
- Charge it every 2 or 3 month for battery integrity if you do not use it for a long time.

## / Warranty Information

The Cryo-Push warrants that, if properly used, the Vibrating Foam Roller Plus will be free from defects in material and workmanship for a limited period of one (1) year after the date of original purchase. If the product which subjects to this limited warranty malfunctions during the valid warranty period, Cryo-push offers free repair services.

This warranty does not cover damages due to external causes, including but not limited to normal wear, accident, usage or maintenance against product instructions, unauthorized disassemble or repair.

To obtain warranty service, please return the defected product with Warranty Card to the dealer or distributor for repair.

## **/ Warranty Registration Card**

Cryo-Push Warranty Registration Card  
Please fill out and return upon purchase of Cryo-Push product.

**Date:** \_\_\_\_\_

**Model No.:** \_\_\_\_\_

**Series No.:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Company or Organization:** \_\_\_\_\_

**Your Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Purchase from:** \_\_\_\_\_

**Purchase date:** \_\_\_\_\_

### FCC Statement

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, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

### RF Exposure Information

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