

[Manuals.plus](#) /

> [Body Sport](#) /

> Body Sport Therapeutic Dual Speed Professional Vibrating Massager ZRM100 User Manual

Body Sport ZRM100

Body Sport Therapeutic Dual Speed Professional Vibrating Massager

Model: ZRM100
Manufacturer: Body Sport

PRODUCT OVERVIEW

The Body Sport Therapeutic Dual Speed Professional Vibrating Massager is designed to provide targeted relief for muscle tension and discomfort. It operates at two distinct speeds to accommodate various massage needs, from relaxing muscle relief to more intense deep tissue massage. This device is intended for use on various body parts to promote myofascial release and increase blood flow to affected areas.



Image: The Body Sport Therapeutic Dual Speed Professional Vibrating Massager, showcasing its handles and padded base.

SAFETY INFORMATION

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons:

- Do not use on injured or inflamed areas.
- Avoid use on the face, head, or genitals.
- Exercise caution when using near the heart or on individuals with heart conditions.
- Always follow standard electrical safety precautions.
- This device is not intended to diagnose, treat, cure, or prevent any disease or health condition. Consult a healthcare professional for medical advice.

PRODUCT FEATURES

- **Dual Speed Switch:** Offers two distinct speeds for varied massage intensity.

- **High-Powered Motor:** Designed to maintain performance even under pressure, facilitating deep tissue work.
- **Comfortable Easy-Grip Handles:** Ergonomically designed for secure and comfortable handling during use.
- **Comfortable Urethane Pad Cover:** Provides a soft contact surface for user comfort.
- **Lightweight and Portable:** Suitable for use at home or in professional settings.

Features



Image: An annotated diagram highlighting the key features of the massager, including handles, motor, pad cover, and speed switch.

SETUP AND OPERATION

Initial Setup

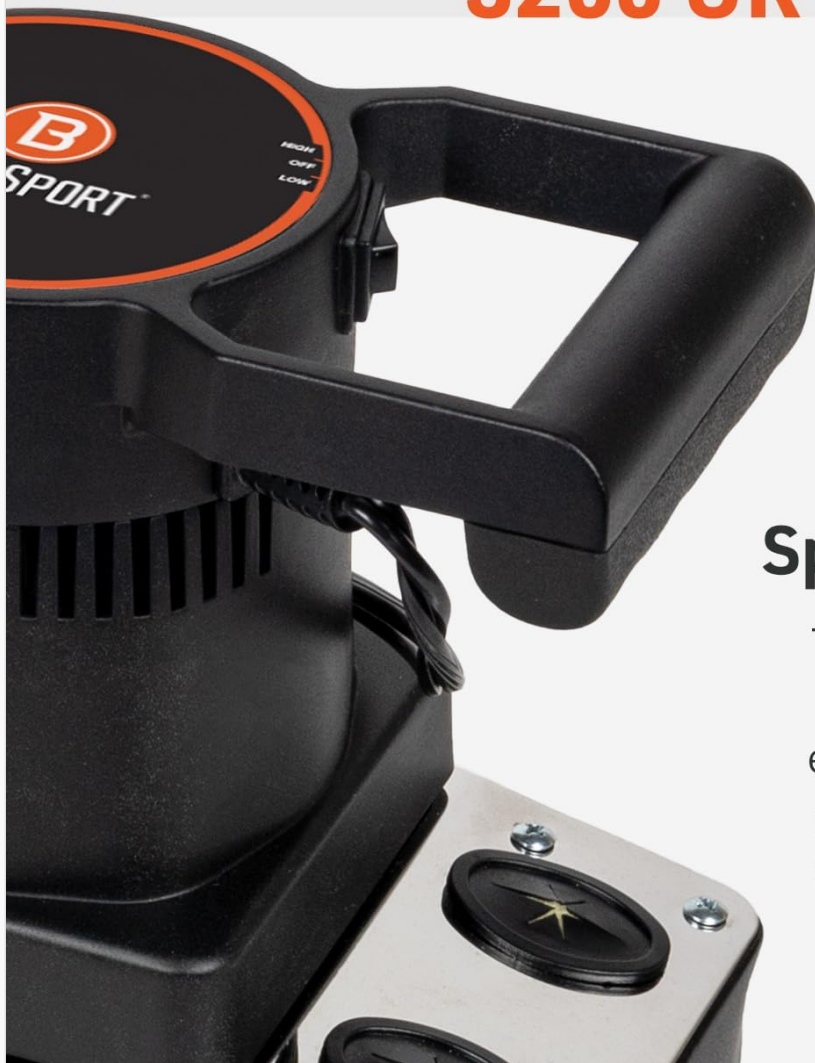
1. Unpack the massager and inspect it for any damage.
2. Ensure the power cord is free from kinks or damage.
3. Plug the massager into a standard 120-volt electrical outlet.

Operating Instructions

The massager features a simple switch for controlling its operation and speed.

- **Power On/Off:** Locate the switch on the device. Move the switch to the 'Low' or 'High' position to turn the unit on. Move it to the 'Off' position to turn it off.
- **Speed Selection:** The massager offers two speeds:
 - **Low (3200 RPM):** Ideal for relaxing muscle relief and gentle massage.
 - **High (3600 RPM):** Provides a more intense vibration for deep tissue massage and trigger point therapy.
- **Application:** Hold the massager by its comfortable handles. Apply the padded base directly to the desired muscle area. You can apply pressure as needed to target specific points.
- **Targeted Areas:** This massager is effective for various body parts, including the back, buttocks, hamstrings, quadriceps, calves, feet, shoulders, and arms.

TWO SPEEDS SWITCH 3200 OR 3600 RPM



LOW POWER: 3200 RPM



HIGH POWER: 3600 RPM

Speed and Power

Two speeds make this massager ideal for either relaxing muscle relief or more intense deep tissue massage.

Image: A detailed view of the dual speed switch, indicating 'High', 'Off', and 'Low' settings.



**RELIEVE TENSION &
RELAX MUSCLES**



**INCREASE
CIRCULATION**



**MYOFASCIAL
RELEASE**

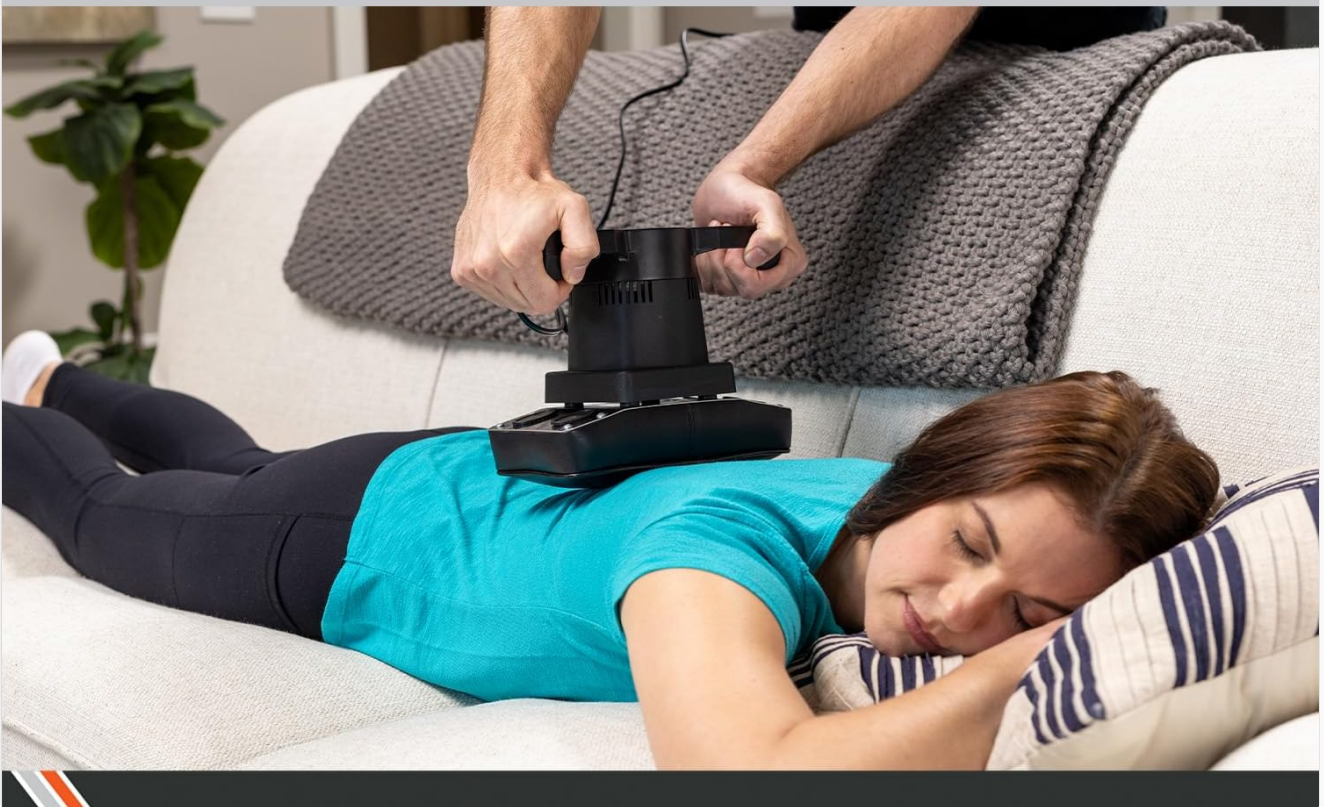


Image: A person lying face down, receiving a massage on their lower back with the Body Sport massager.

MAINTENANCE AND CARE

- **Cleaning:** Disconnect the massager from the power outlet before cleaning. Wipe the exterior surfaces with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Storage:** Store the massager in a cool, dry place, away from direct sunlight and moisture. Avoid wrapping the power cord tightly around the unit, as this can cause damage.
- **Inspection:** Regularly inspect the power cord and the unit for any signs of wear or damage. If any damage is observed, discontinue use and contact customer support.

TROUBLESHOOTING

If you encounter any issues with your Body Sport Therapeutic Dual Speed Professional Vibrating Massager, please refer to the following common solutions:

- **Unit does not turn on:**
 - Ensure the power cord is securely plugged into a functional 120-volt outlet.

- Check the power switch to ensure it is in the 'Low' or 'High' position.
- **Vibration is weak or inconsistent:**
 - Verify that the unit is set to the desired speed ('Low' or 'High').
 - Ensure there is no obstruction to the vibrating mechanism.
- If problems persist after attempting these solutions, please contact Body Sport customer support.

SPECIFICATIONS

Feature	Detail
Model Number	ZRM100
Product Dimensions	10.3 inches (Width) x 4.6 inches (Length) x 8.3 inches (Height)
Item Weight	3 Pounds
Power Source	Corded Electric (120 Volt Outlet)
Speed Settings	Low: 3200 RPM, High: 3600 RPM
Material	Plastic, Urethane Cover

Size Guide



MATERIAL	SPEED SETTINGS	CORD EXTENSION	POWER TYPE
URETHANE COVER	3200 OR 3600 RPM	8.2 FT (2.5 M)	120 VOLT OUTLET

Image: A visual size guide for the massager, detailing its width, length, and height, along with a table of specifications.

WARRANTY INFORMATION

The Body Sport Therapeutic Dual Speed Professional Vibrating Massager comes with a 1-year warranty from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. Please retain your proof of purchase for warranty claims. For detailed warranty terms and conditions, or to initiate a claim, please contact Body Sport customer support.