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› MOBOT Portable Travel Foam Roller Water Bottle User Manual

## MOBOT BB-JUICY

# MOBOT Portable Travel Foam Roller Water Bottle User Manual

Model: BB-JUICY

## INTRODUCTION

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This manual provides essential information for the safe and effective use of your MOBOT Portable Travel Foam Roller Water Bottle. This innovative 2-in-1 product combines a durable, insulated stainless steel water bottle with a functional foam roller, designed to support your hydration and muscle recovery needs during various physical activities.

Please read this manual thoroughly before first use and retain it for future reference.

## PRODUCT OVERVIEW

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Image: The MOBOT Portable Travel Foam Roller Water Bottle in Juicy color, shown next to its product packaging. The bottle features a stainless steel body with a vibrant, multi-colored foam exterior and a black sip straw lid. A person is shown in the foreground using a foam roller.

# Dimensions



40 oz. / 1.2 L



11 x 4.5 inch / 28 x 11.5 cm



High density nontoxic EVA



13.7 oz / 388 g



350 lbs / 160 kg



FDA approved  
Recycled Stainless Steel  
18/8 304 BPA Free



Image: A graphic illustrating the dimensions and key specifications of the MOBOT bottle. It highlights the 40 oz / 1.2 L capacity, 11 x 4.5 inch / 28 x 11.5 cm dimensions, high density nontoxic EVA foam, 13.7 oz / 388 g weight, 350 lbs / 160 kg weight capacity, FDA approval, and construction from recycled 18/8 304 BPA-free stainless steel.

The MOBOT bottle is designed for dual functionality:

- **Hydration:** An insulated stainless steel water bottle to keep your beverages at desired temperatures.
- **Muscle Recovery:** A durable foam roller exterior for self-myofascial release and muscle massage.

## Key Features:

- 2-in-1 portable foam roller and water bottle.
- Durable stainless steel construction.
- Sip straw for convenient hydration.
- Optimal comfort and support for post-workout recovery.
- Compact and portable design.
- Eco-friendly, made with recycled stainless steel.
- BPA-free materials.

## SETUP

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Your MOBOT bottle comes pre-assembled and ready for use. Before first use, please follow these steps:

1. **Unpack:** Carefully remove the bottle from its packaging.
2. **Wash:** Hand wash the bottle and lid thoroughly with warm, soapy water. Rinse completely. Refer to the "Maintenance" section for detailed cleaning instructions.
3. **Fill:** Fill the bottle with your desired beverage. Ensure the lid is securely screwed on to prevent leaks.

The sip straw is integrated into the lid. To use, simply flip up the straw mouthpiece. To close, push the mouthpiece down until it clicks into place.

## OPERATING INSTRUCTIONS

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### Using as a Water Bottle:

- Open the sip straw by flipping up the mouthpiece.
- Drink directly from the straw.
- Close the sip straw by pushing the mouthpiece down to prevent spills.
- The insulated design helps maintain beverage temperature.

### Using as a Foam Roller:

The foam exterior of the MOBOT bottle is designed for self-myofascial release. Use it to target various muscle groups for recovery and tension relief.

# RECOVERY TIME

Hydration and foam rolling are the most effective ways to restore your muscles!



Image: A person demonstrating the use of the MOBOT bottle as a foam roller for the outer thigh. The bottle is positioned under the thigh while the person supports themselves with their arms.

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Image: A visual guide illustrating different foam rolling techniques using the MOBOT bottle. Examples include rolling the neck, upper back, hips, quads, calves, and thighs to optimize performance and aid recovery.

### General Foam Rolling Guidelines:

- Position the foam roller under the muscle group you wish to target.
- Slowly roll back and forth over the muscle, applying gentle pressure.
- When you find a tender spot, pause and hold pressure for 20-30 seconds.
- Breathe deeply throughout the process.
- Avoid rolling directly over joints or bones.
- Consult a healthcare professional or fitness expert for specific rolling techniques or if you experience pain.

## MAINTENANCE

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### Cleaning Instructions:

- **Hand Wash Only:** The MOBOT bottle is not dishwasher safe. Hand washing is required to preserve the integrity of the foam exterior and the bottle's insulation.
- **Disassemble:** Unscrew the lid from the bottle. If possible, remove the sip straw components for thorough cleaning.
- **Wash Bottle:** Use warm water and mild dish soap. A bottle brush may be helpful for reaching the bottom.
- **Wash Lid & Straw:** Clean the lid and straw components with warm, soapy water. Ensure all parts of the straw are free of residue. Small brushes designed for straws can be useful.
- **Rinse Thoroughly:** Rinse all components completely with clean water to remove any soap residue.
- **Dry:** Allow all parts to air dry completely before reassembling or storing. Store with the lid off to prevent odors.

### Storage:

Store your MOBOT bottle in a clean, dry place away from direct sunlight and extreme temperatures. Ensure the bottle is completely dry before storage to prevent mold or mildew growth.

## TROUBLESHOOTING

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Problem	Possible Cause	Solution
Bottle leaks	Lid not screwed on tightly; Sip straw mouthpiece not fully closed; Gasket/seal damaged or missing.	Ensure lid is securely tightened. Push mouthpiece down firmly until it clicks. Check lid gasket for proper placement and damage; replace if necessary.
Unpleasant odor in bottle	Improper cleaning; Bottle not dried completely before storage.	Thoroughly hand wash bottle and lid with warm, soapy water. Use a mixture of baking soda and water, let it sit overnight, then rinse. Ensure bottle is completely dry before storing.
Foam exterior feels less effective	Normal wear and tear over time.	The high-density EVA foam is designed for durability, but like all foam rollers, it may show signs of use over time. Continue to use as directed.

If you encounter issues not listed here, please contact MOBOT customer support.

## SPECIFICATIONS

- **Model Name:** BB-JUICY
- **Capacity:** 27 Ounces (0.8 Liters)
- **Material:** Stainless Steel (18/8 304), High Density Nontoxic EVA Foam
- **Dimensions:** Approximately 4"W x 11"H (10.16 cm W x 27.94 cm H)
- **Weight:** 1.1 pounds (0.5 kg)
- **Weight Capacity (Foam Rolling):** Up to 350 lbs (160 kg)
- **Care Instructions:** Hand Wash Only
- **BPA Free:** Yes
- **UPC:** 850010796062

## WARRANTY AND SUPPORT

For information regarding product warranty, returns, or customer support, please visit the official MOBOT website or contact their customer service directly. Details are typically available on the product packaging or the brand's official online channels.

**Manufacturer:** MOBOT

**Official Website:** Visit the MOBOT Store on Amazon

