

Medivon Medivon RecoRoll Max

Medivon RecoRoll Max Electric Muscle Massage Roller

User Manual

1. INTRODUCTION

Thank you for choosing the Medivon RecoRoll Max Electric Muscle Massage Roller. This device is designed to provide effective muscle relaxation, recovery, and pain relief through a combination of rolling and vibrating massage. Please read this manual thoroughly before use to ensure safe and optimal operation.

Important Safety Information

- Do not use this device if you have any medical conditions such as heart disease, pacemakers, epilepsy, or are pregnant, without consulting a physician.
- Avoid using the roller on injured skin, open wounds, swollen areas, or areas with skin conditions.
- Keep the device away from water and high humidity. Do not immerse in water.
- Do not use the device while charging.
- Keep out of reach of children. This is not a toy.
- If you experience any discomfort or pain during use, stop immediately.
- Use only the provided charging cable or a compatible one.

2. PRODUCT OVERVIEW

Components and Controls

The Medivon RecoRoll Max features an intuitive control panel for easy operation.



This image displays the end cap of the Medivon RecoRoll Max, which serves as its control panel. It features an ON/OFF slider switch at the top, a central power button, and indicators for battery level (100%, 75%, 50%, 25%, 0%) on the left. On the right, there are indicators for vibration speed settings: 2250 RPM, 1900 RPM, 1550 RPM, and 1200 RPM. The 'medivon' logo is visible at the bottom, along with a 'Micro USB' label indicating the charging port.

Key Features

- **Muscle Relaxation Versatility:** Combines electric muscle massage, traditional rolling, and vibrating functions for comprehensive muscle relief and fascia stretching.
- **Personalized Massage Experience:** Offers 5 vibration frequency levels (1200 to 2250 RPM) to customize intensity for individual needs and preferences.
- **Precise Targeting:** Designed with 4 different types of bumps to ensure optimal contact and effectiveness across various muscle groups, including hard-to-reach areas.
- **Shiatsu Massage Stimulation:** Mimics deep and intense Shiatsu techniques with integrated vibrations for enhanced effectiveness and accelerated pain relief.
- **Long-lasting Battery:** High-quality lithium battery provides up to 2 hours of continuous use per charge, allowing for wireless operation anywhere.

3. SETUP

Charging the Device

Before first use, fully charge the Medivon RecoRoll Max.

1. Locate the Micro USB charging port on the control panel end of the roller.
2. Connect the provided USB charging cable to the roller and plug the other end into a compatible USB power adapter (not included) or a computer USB port.
3. The battery indicator lights on the control panel will illuminate to show the charging progress. When all lights are solid, the device is fully charged.
4. A full charge typically takes approximately 2-3 hours.

4. OPERATING INSTRUCTIONS

Powering On/Off

- To turn on the device, slide the ON/OFF switch on the control panel to the 'ON' position.
- Press and hold the central power button for 2-3 seconds until the vibration starts.
- To turn off the device, press and hold the central power button again for 2-3 seconds until the vibration stops. Then, slide the ON/OFF switch to the 'OFF' position.

Adjusting Vibration Intensity

- Once the device is powered on and vibrating, short press the central power button to cycle through the 5 vibration intensity levels (1200 RPM, 1550 RPM, 1900 RPM, 2250 RPM, and a rhythmic mode).
- The corresponding indicator light on the right side of the control panel will illuminate to show the current speed setting.

Recommended Usage

- Place the roller on the floor or against a wall, and gently position the target muscle group (e.g., back, legs, arms) over the roller.
- Slowly roll back and forth, allowing the roller's protrusions and vibrations to massage the muscle.
- Focus on areas of tension or soreness. Hold the roller on a trigger point for 20-30 seconds for deeper release.
- Use for 10-15 minutes per muscle group, or as needed. Do not over-massage any single area.
- Breathe deeply and relax during the massage.

5. MAINTENANCE

Cleaning

- Ensure the device is turned off and unplugged before cleaning.
- Wipe the surface of the roller with a soft, damp cloth. A mild soap solution can be used if necessary.
- Do not use abrasive cleaners, solvents, or harsh chemicals.
- Do not submerge the device in water or rinse it under running water.
- Allow the device to air dry completely before storing or next use.

Storage

- Store the Medivon RecoRoll Max in a cool, dry place, away from direct sunlight and extreme

temperatures.

- Keep it in its original packaging or a protective bag to prevent dust accumulation.
- Avoid placing heavy objects on top of the roller.

6. TROUBLESHOOTING

If you encounter any issues with your Medivon RecoRoll Max, please refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted. ON/OFF switch is off.	Charge the device fully. Ensure the ON/OFF switch is in the 'ON' position.
Vibration is weak or inconsistent.	Low battery. Incorrect speed setting.	Recharge the device. Cycle through speed settings to select a higher intensity.
Device stops unexpectedly.	Battery depleted. Overheating protection activated.	Recharge the device. Allow the device to cool down for 15-20 minutes before resuming use.
Charging indicator lights not working.	Charging cable or adapter issue.	Try a different USB cable or power adapter. Ensure connections are secure.

7. SPECIFICATIONS

Technical details for the Medivon RecoRoll Max:

Feature	Detail
Brand	Medivon
Model Number	Medivon RecoRoll Max
Color	Black
Vibration Frequencies	5 levels (1200 RPM, 1550 RPM, 1900 RPM, 2250 RPM, Rhythmic)
Battery Life	Up to 2 hours of continuous use
Charging Port	Micro USB
Package Dimensions	34 x 15 x 14 cm
Item Weight	2 kilograms
ASIN	B0D1YHTFNQ
Date First Available on Amazon.com.be	24 April 2024

8. WARRANTY AND SUPPORT

Medivon products are manufactured to high-quality standards. For information regarding warranty coverage, returns, or technical support, please refer to the product packaging or contact the retailer from whom you purchased the device. You may also visit the official Medivon website for further assistance.

Related Documents

 User manual PL EN DE FR ES PT IT CZ SK SL EE LT DA NL TR BG AR	<p>Medivon Halley User Manual: Features, Operation, and Safety Comprehensive user manual for the Medivon Halley massager. Learn about its features, how to operate it, safety precautions, and disposal information for this personal care device.</p>
 User manual PL EN DE FR ES PT IT CZ SK SL EE LT DA NL TR BG AR	<p>Medivon Horizon Lynx Massager User Manual Comprehensive user manual for the Medivon Horizon Lynx massager, detailing device operation, charging, Bluetooth connectivity, massage modes, safety warnings, and contraindications for use. Includes compliance information and importer details.</p>
 User manual PL EN DE FR ES PT IT CZ SK SL EE LT DA NL TR BG AR	<p>Medivon Perseus Foot Massager User Manual Detailed user manual for the Medivon Perseus foot massager, covering operation, features like heating and automatic modes, and important safety precautions.</p>
 TRANSCUTANEOUS ELECTRICAL NERVE STIMULATOR User manual PL EN DE ES IT FR NL SE	<p>Medivon KTR-2610 Transcutaneous Electrical Nerve Stimulator User Manual User manual for the Medivon KTR-2610 Transcutaneous Electrical Nerve Stimulator, detailing its features, functions, safety precautions, and maintenance.</p>