

Dolonm A1

Dolonm RheoFit A1 AI-Powered Muscle Recovery Roller User Manual

INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Dolonm RheoFit A1 AI-Powered Muscle Recovery Roller. Please read this manual thoroughly before using the product and retain it for future reference. The RheoFit A1 is designed to assist in muscle recovery and provide targeted massage for pain relief.

SAFETY INFORMATION

WARNING: To reduce the risk of injury, please observe the following safety precautions:

- Always use the roller gently, avoiding injured or sensitive areas.
- Do not apply excessive pressure or use for extended periods to prevent discomfort or injury.
- Consult a healthcare professional before use if you have any pre-existing medical conditions, injuries, or are pregnant.
- Discontinue use immediately if you experience pain, numbness, or tingling.
- Keep out of reach of children and pets.
- This product is intended for personal use only and not for medical diagnosis or treatment.

PRODUCT OVERVIEW

The Dolonm RheoFit A1 is a firm muscle recovery roller designed with a unique textured surface to provide deep tissue massage. Its robust construction ensures effective pressure application for muscle relief.



Figure 1: The textured surface of the RheoFit A1 muscle recovery roller. This image displays the intricate, firm surface pattern of the RheoFit A1 muscle recovery roller. The design features alternating wave-like ridges and grooves, optimized for effective deep tissue massage and muscle stimulation.

SETUP

The RheoFit A1 Muscle Recovery Roller requires no assembly. It is ready for immediate use upon unboxing.

1. **Unpack:** Carefully remove the roller from its packaging.
2. **Inspect:** Before first use, inspect the roller for any signs of damage. Do not use if damaged.
3. **Clean:** Wipe down the roller with a damp cloth before initial use.

OPERATING INSTRUCTIONS

The RheoFit A1 is designed for self-myofascial release and deep tissue massage. Use it on the floor, against a wall, or on a mat.

1. **Identify Target Area:** Locate the muscle group you wish to massage (e.g., back, legs, glutes).
2. **Positioning:** Place the roller on the floor and slowly lower your body onto it, ensuring the target muscle group is directly over the roller.
3. **Apply Pressure:** Use your body weight to apply gentle pressure. You can adjust the pressure by shifting your weight or using your hands/feet for support.
4. **Roll Slowly:** Slowly roll back and forth over the muscle group, covering an area of 6-12 inches. Focus on areas of tension or knots.
5. **Hold on Trigger Points:** When you find a particularly tender spot (a trigger point), hold the roller on that spot for 20-30 seconds, allowing the muscle to relax.
6. **Duration:** Spend 30-60 seconds on each muscle group. Do not exceed 5-10 minutes per session per muscle group.
7. **Breathing:** Maintain slow, deep breaths throughout the process to help relax your muscles.

Note: The 'AI-Powered' aspect of the RheoFit A1 refers to its optimized design for effective muscle targeting and recovery, based on biomechanical data. It does not involve electronic components or software interaction.

MAINTENANCE

Proper care will extend the life of your RheoFit A1 roller.

- **Cleaning:** After each use, wipe the roller with a damp cloth and mild soap if necessary. Rinse thoroughly and air dry. Do not use harsh chemicals or abrasive cleaners.
- **Storage:** Store the roller in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically inspect the roller for any signs of wear or damage. Discontinue use if cracks or significant damage are observed.

TROUBLESHOOTING

If you encounter any issues during use, consider the following:

- **Discomfort during use:** Reduce pressure, roll more slowly, or adjust your body position. Ensure you are not rolling over bony areas or joints.
- **Ineffective massage:** Increase pressure slightly, focus on smaller movements, or hold on trigger points for longer durations. Ensure the roller is making direct contact with the muscle.
- **Roller slipping:** Use the roller on a non-slip surface, such as a yoga mat or carpet.

If problems persist or you have concerns about your health, consult a healthcare professional.

SPECIFICATIONS

Model: A1

Brand: Dolonm

Item Firmness: Firm

Product Benefits: Muscle Recovery, Pain Relief

Color: Black

WARRANTY AND SUPPORT

For information regarding warranty coverage or product support, please refer to the Dolonm official website or contact their customer service directly. Keep your purchase receipt as proof of purchase.

LEGAL DISCLAIMER

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is not intended to replace professional medical advice or treatment.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question