



FitRx Handheld Shiatsu Variable Instructions

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FitRx Handheld Shiatsu Variable



Included in your package

- FitRx Shiatsu Massager
- Protective Fabric covering
- Wave Massage Head
- Roller Shaped Massage Head
- Ball Shaped Massage Head



Use it the way you want

- Mobility & flexibility
- Pre-workout warm-up

- Post-workout recovery
- Sore muscle relief
- Better blood circulation
- Athletic performance
- Joint pain relief
- Myofascial release
- Trigger point massage
- Relaxation

The Shiatsu Experience

In Japanese, the word “shiatsu” means “finger pressure.”

It's a unique style of bodywork that includes massages with fingers, thumbs, feet, and palms. Acupressure is involved as is assisted stretching, joint manipulation and mobilization. And sometimes, even pulse diagnosis is thrown into the mix to get an overall sense of a person's well-being.

The FitRx Shiatsu Massager comes with specially designed attachments giving you the benefit of a “true” Shiatsu experience.

How to Use the FitRx Shiatsu Massager

USING THE MASSAGER:

choose the massage head you wish to use.

insert the desired massage head on the rotating platform.

cover with the Protective Fabric Cover and turn clockwise to lock.

To change the massage head, remove the Protective Fabric Cover by turning it counter-clockwise, pull out the massage head and replace with desired one.

Plug the FitRx Massagers' into an available wall socket.

By rotating the speed dial, you can adjust the intensity and/or power of the massage. A clockwise rotation [to the right), the massage intensity is gradually increased while counter-clockwise rotation decreases intensity.

When you are finished with your massage, slide the switch to the **ON/OFF** position and unplug the power cord.

We combined the power and speed as one switch. The intensity is increased accordingly while rotating speed dial from ON/OFF to Max. We can adjust the intensity of the massager by rotating clockwise to increase intensity and counter-clockwise to decrease intensity at anywhere.



Safety Instructions

If any of the following occur, please stop using the massager immediately:

The power cord is damaged

The massager is dropped, cracked, or damaged The massager has been submerged in water

The massager is not operating properly in any way

- Do not use the massager for long periods of time. It should be used at short intervals and given the proper amount of time to cool down before resuming use.
- Do not use the massager in a damp or humid environment such as the bathroom or near a pool. Exposure to water may cause the massager to short circuit.
- Do not use the massager in direct sunlight or near an open flame.
- Exposure to heat may cause the massager to overheat and/or explode.
- Do not use the massager during an electrical storm. The massager does contain metal parts/components that should not be exposed during such a storm.
- Do not cover the massager with anything while in use. This could lead to motor overheating and the massager will stop working.
- In order to avoid overall product failure, do not attempt to disassemble/ reassemble the massager under any

circumstances.

Important Safeguards

If you have any of these pre-existing conditions, please consult your doctor before use:

- Pacemaker or similar heart device/disease
- Skeletal damage and/or fragility, especially in the spine or back Recent surgery or operation
- Currently pregnant or just gave birth
- Diagnosed with a malignant tumor
- Osteoporosis
- Issues with blood circulation or thrombosis
- Skin infection of any kind
- Abnormal blood pressure

Use the massager under the standard voltage rating.


Do not pull the power cord or use wet hands to pull out the plug.

Do not allow children to use the massager. The massager should be stored in a safe place and kept out of the reach of children.

Please use the massager's protective fabric covering correctly to avoid accidently.



Documents / Resources

	<p>FitRx Handheld Shiatsu Variable [pdf] Instructions Handheld Shiatsu Variable, FitRx-Shiatsu</p>
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