



Begleri

SMART FOAM ROLLER



Instruction Manual

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1. About Begleri

At Begleri, we are committed to empowering people to take care of their body by designing innovative self-massage products and education that enhance muscle recovery, improve mobility, and help you move and feel better. Begleri's products are designed to mimic a massage therapist's hands for safe and effective release. We believe that combining innovative products with education is the key to helping people achieve better movement.

The Begleri Smart Foam Roller is intended for a combined vibration-/pressure (by own weight) - massage application on adults to attain a relaxation deep down the muscle and to loosen tensions. Therefore, the suitable exercises for this device (see exercise instructions on Smart FoamRoller APP or training poster) have to be conducted.

2. Safety Instruction

Please read the instruction manual carefully before using this device, especially the safety instructions, and keep the instruction manual for future use.

Should you give this device to another person, it is vital that you also pass on these instructions for use.

2.1 About the Power Supply

- Before connecting the device to your power supply, please ensure that the supply voltage stated on the rating plate is compatible with your mains supply. Only insert the power supply unit into a socket when the appliance is switched off.
- To charge the integrated batteries, only use the power supply unit supplied for the device.
- Keep the power supply unit, cable and appliance well away from heat, hot surfaces, moisture and liquids.
- Do not touch the power supply unit when you are standing in water and always take hold of the plug with dry hands.
- Do not take hold of a device if it falls into water. Pull out the power plug and the power supply unit from the socket immediately.
- Connect the device for charging so that the power plug is freely accessible.
- Always switch off the appliance after using with the function button.
- To disconnect the unit from the power supply, always pull the plug out of the socket. Do not pull on the cable!

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- Always switch off the appliance after using with the function button.

- To disconnect the unit from the power supply, always pull the plug out of the socket. Do not pull on the cable!

- Do not carry, pull or twist the device on the cable or the power supply unit.

- You must not continue to use the unit if the lead or the mains adaptor is damaged. For safety reasons, these parts may only be replaced by authorized service personnel. In order to prevent hazards, always send the unit in to the service centre.

- Ensure that the cable will not cause tripping. The cable must not be kinked, trapped or twisted.

2.2 Before Using the Unit

- Check the power supply unit, cable and device carefully for damage before each use or charging. Do not attempt to use a defective unit.
- Do not use the appliance if it, or the power cord show signs of damage, if it is not in perfect working order, or if it has been dropped or become damp. In order to prevent hazards, always send the unit in to the service centre.

Operating the Unit

- The device must only be used for its intended purpose as described in the instruction manual.
- Using the unit for any other purpose invalidates the warranty.

- Only use the appliance in the proper place, as described in the exercise card.

- Do not use the appliance while you are asleep or when you are lying in bed.

- Do not use the appliance before going to sleep. The massage has a stimulating effect.

- Never use the appliance while driving a vehicle or operating a machine.

- The maximum operating time for one session with vibration is 10 minutes. After this time is exceeded, the Smart Foam Roller automatically switches off.

- Never leave the unit unattended if it is connected to the power supply (for charging the batteries).

- Do not allow the appliance to come into contact with pointed or sharp objects.

- Do not cover up the appliance when it is switched on. Never use it under blankets or cushions. There is a risk of fire, electric shock or injury.

- If applied to head, neck or upper back we recommend to switch off the vibration massage.

Maintenance and Cleaning

- The integrated batteries are not designated for exchange or removal by the end user. If problems with the power supply should occur, contact the service centre.

- You may only clean the device yourself. If the device malfunctions please do not repair it yourself as this leads to the automatic expiry of all warranty rights. Ask your specialist dealer and have repairs carried out by the service.

- Cleaning and user maintenance shall not be made by children without supervision.

- Do not immerse the device in water or other fluids.

- If, nonetheless, liquid should penetrate the device, switch it off immediately and unplug the mains cable if it was connected. Wait until the appliance has dried completely.

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2.3 Contraindications

The Begleri Smart Foam Roller should not be used if problems with the musculoskeletal system or with the organs are present. Check with your physician before using the device.

Consult your doctor as well if:

- a pregnancy, implants or pacemakers are present
- you have circulatory disorders, wounds, bruises, inflammations or varicose veins.

3. Operating Instruction

Device and controls



*More choices in Smart Foam Roller Application wirelessly connected

- One Button Control- Function button; button for increasing and decreasing the intensity level; button for turning on and off.
- Three Message Textures-EVA-3 different ways to relax
- Four LED lights for indication of intensity level or battery capacity
- Wave Vibration-more effective to relax

Please read prior to use:

CHARGING:

Fully charge for four hours before first use. Subsequent charges for three hours, or until the charging indicator LED above the power button has all four lights continuously lit, which indicates your unit is fully charged.

- To charge, connect the adapter to the charging port and plug into wall charger.
- After powering the unit on or off the Power Level LED lights will momentarily illuminate to show the battery level.

Unit may be recharged at any time and at any battery level. It is not recommended to fully deplete the battery.

- Toggling the power switch to OFF isolates power from the circuitry and is recommended during storage and travel.

OPERATING:

- Press the power button once and LED lights will show the volume of batteries. Press the power button again to turn unit on at the first level of vibration. Pressing the power button again will increase to the next level of the four vibration levels. Pressing the power button six times or holding the button for 2-3 seconds will turn the unit off.

- It will stop automatically in every 10 minutes.

- Do not operate continuously for more than one hour. After one hour use, allow unit to rest for 30 minutes before re-using.

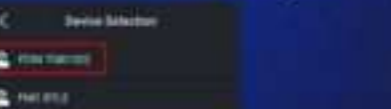
Product Specifications	
Product Name :	Begleri Smart Foam Roller
Product Model :	YJ-788
Charging Parameters :	5V / 20000A
Battery Capacity:	7.4V / 2000mAh
Charging Time :	3 hours
Product Size :	13*5.5*5.5 inches
Product Weight :	4.4 pounds

4.App Connection

- Please scan the following QR code and download the Smart Foam Roller APP according to your phone system.



- Open the Smart Foam Roller APP and turn on your phone bluetooth.(Android system : please turn on both phone bluetooth and phone location)Find the device connection: ITON TGB1202 and join it.



- Choose the suitable language and select sex.



- Click the suitable button which shows the different parts of body.It works in different vibration frequency, different from the way by the hand-button.Start enjoying your exercises with Smart Foam Roller.



Attention: Open the Smart Foam Roller App, and click the button to connect the device. When it works under the APP Mode, the color of level of vibrating is all blue. And it can't be searched for and connected by the bluetooth while charging.

5. Product Package

Please check first of all that the device is complete and is not damaged in any way. In case of doubt, do not use it and contact your dealer or your service centre.

- The following parts are included:
- 1* Begleri Smart Foam Roller
 - 1* TPC-Charger
 - 1* Training Poster with the most important exercises
 - 1* Professional Bag
 - 1* Using Instructions

The packaging can be reused or recycled. Please dispose properly of any packaging material no longer required. If you notice any transport damage during unpacking, please contact your dealer without delay.

To access online videos on product information,benefits, and how to use product, please visit Begleri video portal- www.begleri.net

6. Warranty

One Year Limited Guarantee: Begleri warrants that all of the products we manufacture will be free of defects for up to one year from the original date of purchase. This does not include or cover damage caused by transit, accident, normal wear and tear or lost merchandise. Product must be purchased through Begleri Smart Foam Roller, directly. If, within one year of purchase you feel you may have received a product that is not functioning as expected,please contact our Customer Service Department for a Return Authorization to ensure that your issue is resolved in a timely manner. Shipping charges are the responsibility of the buyer and will not be paid by Begleri Smart Foam Roller. Customer Service is available Monday - Friday, 8 am to 5 pm Eastern Standard Time at Smart-Roller@begleri.net.

