IZ-030C Vibrating Massage Roller

Operating Manual

Thank you

Thank you for your confidence in the purchase of your iZen product! For best use and quality of experience, please read the following information carefully detailing use and care of the product.

Device and Controls

Connection for power supply

Function button

Battery charging

4 LED lights for indication of intensity of vibrations

1st Level

Auto Mode

2nd Level

3rd Level
Connect the device for charging only in that way, so that the power plug is freely accessible.

Always switch off the appliance after use with the function button.
To disconnect the unit from the power supply, always pull the plug itself out of the socket. Do not pull on the cable!
Do not carry, pull or twist the device from the cable or the power supply unit.

Stop using the unit if the lead or the main adaptors are 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 center.
Ensure that the cable will not cause tripping. The cable must not be kinked, trapped or twisted.

Specific Groups of People
This appliance can only be used by children 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they are being supervised or have been given instructions on the use of the appliance in a safe way and understand the hazards involved.

Children must be supervised around the device.
Do not use this unit to supplement or replace medical treatment.
Chronic symptoms may be made worse.
Do not use the appliance near organs or near any other sensitive areas.
If you experience any pain or discomfort during the massage, stop immediately and consult your doctor.
Before using the device, consult your doctor regarding any unexplained pain if you are undergoing medical treatment or using medical equipment.

Before Use
Check the power supply unit, cable and device carefully for damage before each use or charge. Do not attempt to use a defective unit.
Do not use the appliances 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 becomes damp. In order to prevent hazards, always send the unit in to the service center.

Operating the Unit
The device is not to be used for commercial use or medical purposes.
If you have health concerns, consult your doctor before using the Rechargeable Sports Fitness Roller.
For indoor use only!
Do not use the device in damp rooms (e.g. when bathing or showering)

The device must only be used for its intended purpose as described in the instruction manual.
Using the unit for any other purpose invalidates warranty.
Only use the appliance in the proper places, as described in the exercise card.
Do not use the appliance while you are asleep or when you are lying in the 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 product automatically switches off.
Safety Information

- Let the motor cool-down for several minutes before you switch the product on again.
- Never leave the unit unattended if it is connected to a 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 – this risks fire, electric shock and injury.
- If applied to head, neck or upper back we recommend switching off the vibration massage.
- Do not exchange or remove the designated batteries. If problems with the power supply occur, contact the service center.
- Although you may clean the device yourself, if the device malfunctions please do not attempt to repair it yourself as this results in automatic expiry of all guarantee rights. Ask your specialist dealer and have repairs carried out by the service.
- Cleaning and user maintenance shall not be executed by children without supervision.
- Do not immerse the device in water or other fluids.
- If 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 to use again.

Useful Information

Items Supplied and Packaging

Upon purchase, check 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 center.

The following parts are included:

- 1 Rechargeable Sports Fitness Roller
- 1 power supply (for charging) with cable
- 1 instruction manual

The packaging may 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 before using the product.

⚠️ WARNING
Please ensure that polythene packing bits are kept away from the reach of children! Risk of suffocation!

How does the Rechargeable Sports Fitness Roller Work?

The Rechargeable Sports Fitness Roller is a massage roll with a vibration motor for the deeply efficient vibration massage. It helps prevent muscle tensions and helps muscles recover more quickly (e.g. after an intense workout). The Rechargeable Sports Fitness Roller combines the deep vibration massage with a pressure massage (by your own weight), to effectively loosen the tensed muscles.

⚠️ CAUTION
Make sure that the maximum operating time of 10 minutes is not exceeded.
Operation

Charging the Battery
Before first use, the lithium battery should be completely charged (1 x lithium battery 7.4V, 2200mAh). To charge the batteries fully, charge-time should be approximately 3 hours. While charging, the 3 LED-lights 3 will flash. After the batteries have been charged fully, the LED - lights will glow continuously. You may disconnect the power supply when the LED lights are no longer flashing. With fully charged batteries, the device lasts approx. 5 hours (level 1) and approx. 60 minutes (level 3). If the massage intensity suddenly stops, stop the application and recharge.

**Warning**: If three battery indicators haven’t flash after six hours continuously charging, unplug mains adapter to avoid danger.

Massage Function Application
The Rechargeable Sports Fitness Roller provides massage modes and massage intensities 1 2 and 3, which can be selected by pressing the function button 1.

1st Level: Press the button, machine begins to vibration massage, the speed is in first level, one strength light on.

2nd Level: Press the button again, vibration speed adds to second level, two strength lights on.

Auto Mode: Press the button for the third time, vibration enters auto mode.

3rd Level: Press the button for the fourth time, vibration speed turns into the most intense, four strength lights display. Press the button for the fifth time, machine shutdown. (Tips: A long-press of this button can turn the massage roller and indicator lights off at any mode or level.)

Cleaning and maintenance
Before cleaning the appliance, make sure that the appliance is switched off and the power supply unit is disconnected. Allow the unit to cool down.

- Clean the device with a slightly damp sponge only. Never use brushes, aggressive cleaning agents, petrol, thinners or alcohol. Rub the unit dry with a clean dry cloth.
- Never immerse the appliance in water to clean it.
- Wait until the device is complete dry before using it again.
- Undo any kinks in the cable.
- You should ideally store the device in its original packaging and keep it in a clean, dry place.

Disposal
This product must not be disposed of together with domestic waste. All users are obliged to hand in all electrical or electronic devices, regardless of whether or not they contain toxic substances, to a municipal or commercial collection point so that they can be disposed of in an environmentally safe manner. Consult your municipal authority or your dealer for more information about disposal.

Technical specifications

<table>
<thead>
<tr>
<th>Name and model</th>
<th>Rechargeable Sports Fitness Roller</th>
</tr>
</thead>
<tbody>
<tr>
<td>Voltage supply</td>
<td>Input: 9V =&gt; 1000 mA</td>
</tr>
<tr>
<td>Power consumption</td>
<td>9 watts</td>
</tr>
<tr>
<td>Battery specifications</td>
<td>DC 7.4V 2200mAh</td>
</tr>
<tr>
<td>Charging time</td>
<td>Approx. 3 hours</td>
</tr>
<tr>
<td>Automatic switch-off</td>
<td>After approx. 10 minutes</td>
</tr>
<tr>
<td>Operating conditions</td>
<td>Only use in dry rooms</td>
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<tr>
<td>Storage conditions</td>
<td>Clean, dry and cool</td>
</tr>
<tr>
<td>Dimensions</td>
<td>Approx. ø 12.5 x L 44 cm</td>
</tr>
<tr>
<td>Weight</td>
<td>Approx. 1.2 kg</td>
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</tbody>
</table>

In accordance with our policy of continual product improvement, we reserve the right to make technical and optical changes without notice.