

vive®



# **VIBRATING FOAM ROLLER**

Owner's Manual  
RHB2019BLK

## OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Vibrating Foam Roller as easy as possible. Check out the included links and QR codes to help you through the process.

## WHAT'S INCLUDED

1x Vibrating Foam Roller

1x Charging Cable

1x Carry Bag



### Name and Function of Device Parts



# OPERATION INSTRUCTIONS

## Charging the Battery:

1. Fully charge the device before using for the first time.

- a. Insert the included USB charging cable into the charging port on the front of the device.



- b. Insert the other end into a USB port.



- c. The bottom red light will illuminate to indicate that the device is charging.



- d. The level of charge will be indicated by the green LED lights next to the battery percentages. A light will flash to indicate that the battery is charging at that level. Current battery level will be indicated by a solid light next to the percentage.

- e. When fully charged, remove the USB charging cable from the device.
- f. The device is fully charged when all green LEDs are constantly illuminated.

**Note that it will take approximately 3.5 hours to fully charge the device. On the highest setting, the battery will last approximately 60 minutes, and on the lowest setting, the battery will last approximately 5 hours.**

**Warning:** If the LED battery indicator lights haven't stopped flashing after 5 hours of continuous charging, unplug the Charging Cable from the device and power supply to avoid danger and damage to the device.

## APPLICATION AND FUNCTION

This device provides 5 different modes, which may be selected by pressing the Function Button. For best results on each setting, place the device against a surface and only contact the device where you need treatment.

To begin, toggle the switch from the OFF position to the ON position.

### Mode 1

When the device is turned on, the default mode is Mode 1. Press the Function Button to start this mode. On Mode 1, the device operates at 900 RPM. A blue LED light will illuminate next to this mode.

### Mode 2

Press the Function Button a second time. Mode 2 is faster than Mode 1 and operates at 1,800 RPM.

### Mode 3

Press the Function Button a third time. Mode 3 is faster than Mode 2 and operates at 2,700 RPM.

### Mode 4

Press the Function Button a fourth time. Mode 4 is faster than Mode 3 and operates at 3,600 RPM.

## Mode 5 (Auto Mode)

Press the Function Button a fifth time. Mode 5 begins at 900 RPM and advances to 1,800 RPM, 2,700 RPM, then 3,600 RPM before going back down to 900 RPM.

**Tip:** To turn the device off, switch the toggle switch from the ON position to the OFF position. The device can also be turned off by holding the Function Button down for two seconds.

### AREAS OF THE BODY FOR USE

Hips



Waist



Back



Arms



Thighs



Calves



## TROUBLESHOOTING

Symptom	Cause	Solution
The device has stopped working.	The device was not charged.	Fully charge the device before using.
	The weight limit was exceeded.	The device has a weight limit of 440 lbs. (200 kgs.).

## CARE INSTRUCTION

- Cleaning
  - Before cleaning, ensure that the device is off and the Charging Cable has been removed from the device.
  - Use a clean, damp cloth to wipe down the foam.
  - Use a clean, dry cloth to dry the foam.
- Maintenance
  - Keep the device clean.
  - Keep the device away from liquids, moisture, direct sunlight, and humidity.

## WARNINGS

- Do not use harsh cleaners or chemicals to clean the device. Harsh cleaners can cause damage to the device.
- Do not attempt to charge the device if the Charging Cable has been damaged or modified.
- Do not leave the device unattended when it is plugged in.
- Do not operate under a blanket or pillow.
- Do not carry the device by the Charging Cable.

- Do not insert objects into any openings on the device.
- Do not use where aerosol products are being used, or where oxygen is administered.
- Keep the Charging Cable away from heated surfaces.
- This device is not intended for use by:
  - i. Children
  - ii. People with impaired physical, sensory, or mental capabilities
  - iii. People lacking in experience and knowledge about the device

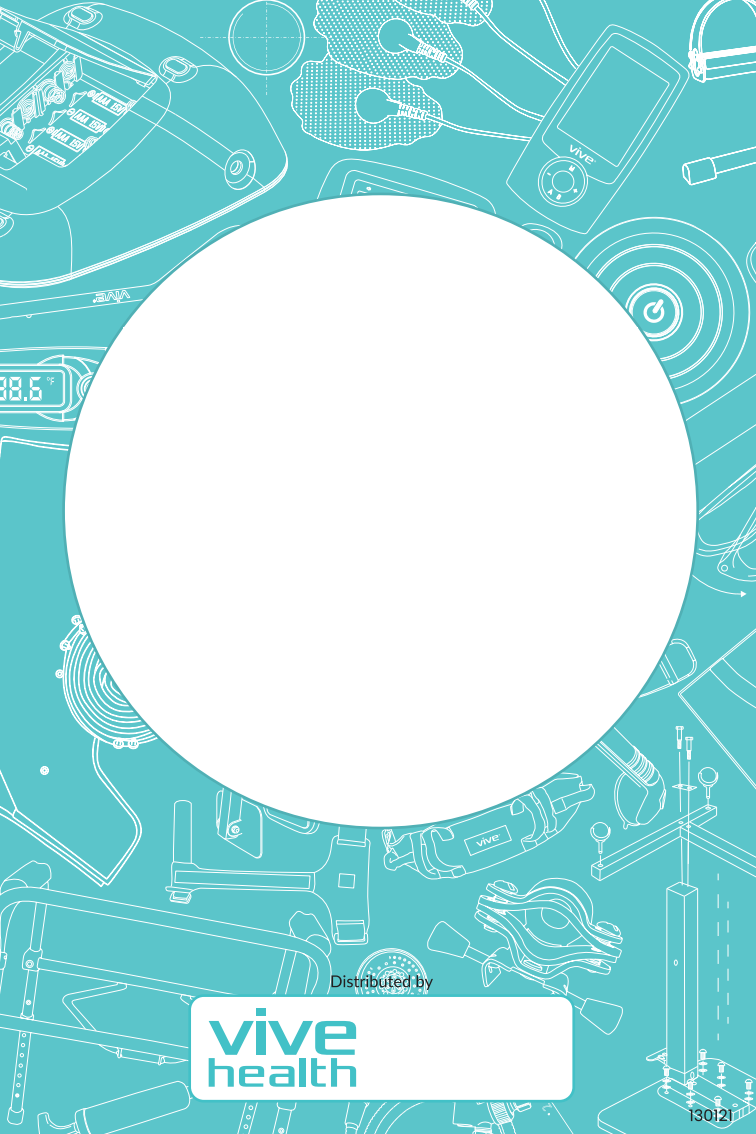
The above individuals may only safely use this device if they are supervised or have been given instructions concerning proper use of the device by a responsible adult. Closely supervise the use of this device by or near children, the elderly, or disabled persons to prevent misuse of the device.

#### Technical Parameters

<b>Name:</b>	Vibrating Foam Roller
<b>Rated Voltage:</b>	3.7V 6,600 ma/H
<b>Input:</b>	100-240V ~50/60Hz 0.28A
<b>Output:</b>	DC 5V-2,000 mA

## PROPER DISPOSAL

This product should not be disposed of with other household waste. To prevent harm to the environment or human health from uncontrolled waste disposal, recycle this product responsibly to promote the sustainable reuse of material resources.



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