

## VIBRATING RECOVERY ROLLER

The Bionic Body Vibrating Recovery Roller massages and alleviates muscle tension to help you warmup or recover from a workout. Use the roller before a training session to help increase your range of motion, and after your routine to shorten recovery times. The 6 vibration speeds allow you to choose the intensity that's right for you. Easily increase the speed of vibration by using either the button on the side of the roller, or the included remote.



INCLUDES: VIBRATING ROLLER, REMOTE, AND CHARGING ADAPTER

### BEFORE FIRST USE

READ ALL INSTRUCTIONS AND WARNINGS BEFORE FIRST USE

- 1 Turn the On/Off Switch to "Off".
- 2 Connect your adapter to the "Adapter Port" and outlet.
- 3 Charge battery for a max of 10 hours.

### ROLLER INSTRUCTIONS

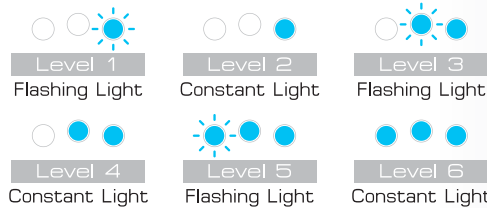
Use the instructions below to learn how to properly operate your roller and read the indicator lights on each side of the product.

SIDE 01



Roller Intensity • Has 6 levels of intensity which are displayed through 3 lights:

- A FLASHING light indicates 1 level of intensity per bulb
- A CONSTANT light indicates 2 levels of intensity per bulb



Power Button • Each button press increases the intensity level by one up to 6 times. The roller stops vibrating on the 7th button press.

SIDE 02



Battery Charge • Lights below indicate how full the battery is



Once the unit indicates a "Low Battery" charge, it is time to turn off the unit. Turn the On/Off Switch to "Off", and connect your adapter to the "Adapter Port".



Adapter Port • Turn the On/Off Switch to "Off" when connecting the adapter to this port. Connect your adapter to the "Adapter Port" and outlet to charge the roller. Charge battery for a max of 10 hours.

*\*\*Disconnect the adapter from the roller & outlet before using, and when charging is complete.*



On/Off Switch • Use to turn unit on and off. Turn the roller off when not in use, charging, and transporting.

### RUNTIME

The roller will run for 10 minutes and then turn off automatically. To continue using the vibrating feature, turn the On/Off Switch to "Off" and then "On" again. Push the power button to select the level of intensity and the roller will run for another 15 minutes.

### WARNING

- Consult your physician before using this product or starting any exercise program.
- Keep out of reach of children.
- Disconnect the adapter from the roller and outlet before using.
- Do not attempt to disassemble roller or adapter.
- Keep all parts away from liquids and wipe any moisture on unit with a dry cloth before storage.
- Allow roller to rest 10 minutes if continuously used for 1 hour.

# Kim Lyons

# BIONIC BODY B

## VIBRATING RECOVERY ROLLER

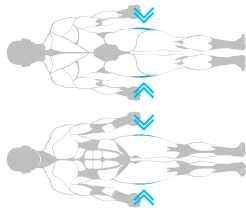
### ROLLER INSTRUCTIONS

General rules when using a roller:

1. Perform each exercise 10 to 15 times or for 60 to 120 seconds.
2. If you find places that hurt, either ease the amount of weight you put on that body part, or roll slowly and gently until the pain subsides.

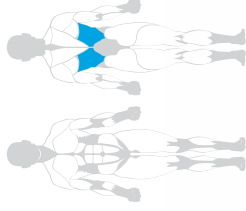
#### IT BAND

Place the roller as shown below under your hip and use the opposite leg to help maintain balance. Roll along the side of the leg to work the IT Band.



#### LATS

Use the image below to help you position the roller under your back. Lift your hips and roll your body up and down. Lower your hip to ease the pressure off your lats.



#### UPPER BACK

Position the roller under your upper back as shown below. Use your legs to help you roll your upper body slowly down to your mid back.

