

User Manual



FitRx™



*relieve.
recover.
relax.*



It's "Go" Time!

Improving your physical fitness and overall wellness is now in the palm of your hand.

FitRx On-the-Go delivers results that can benefit anyone. Anywhere. Whether your goal is relief from workout fatigue or chronic joint pain, improved athletic performance and blood circulation, or you just want a relaxing massage, we believe the solution should be simple, efficient, and inclusive. We couldn't be happier to be a part of your wellness journey—a healthier you from the inside out.

Welcome to the **FitRx** fam.

Versatile Precision Therapy

Four massage heads are included to target specific areas of the body, ensuring specialized recovery and relief.



Better Results For Your Fitness Goals.

Included in your package

FitRx On-The-Go Massager
Round Head
Wedge Head
Wide Round Head

Precision Head
USB Power Cord
User Manual

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

CUSTOMER SUPPORT

If you have any questions about setting up your FitRx On-The-Go, we are here to help! Call or email us and an experienced customer support representative will be happy to assist you: **1-855-GO-TZUMI** or **support@tzumi.com**

Get to Get To Know Your FitRx On-the-Go Muscle Massage Gun

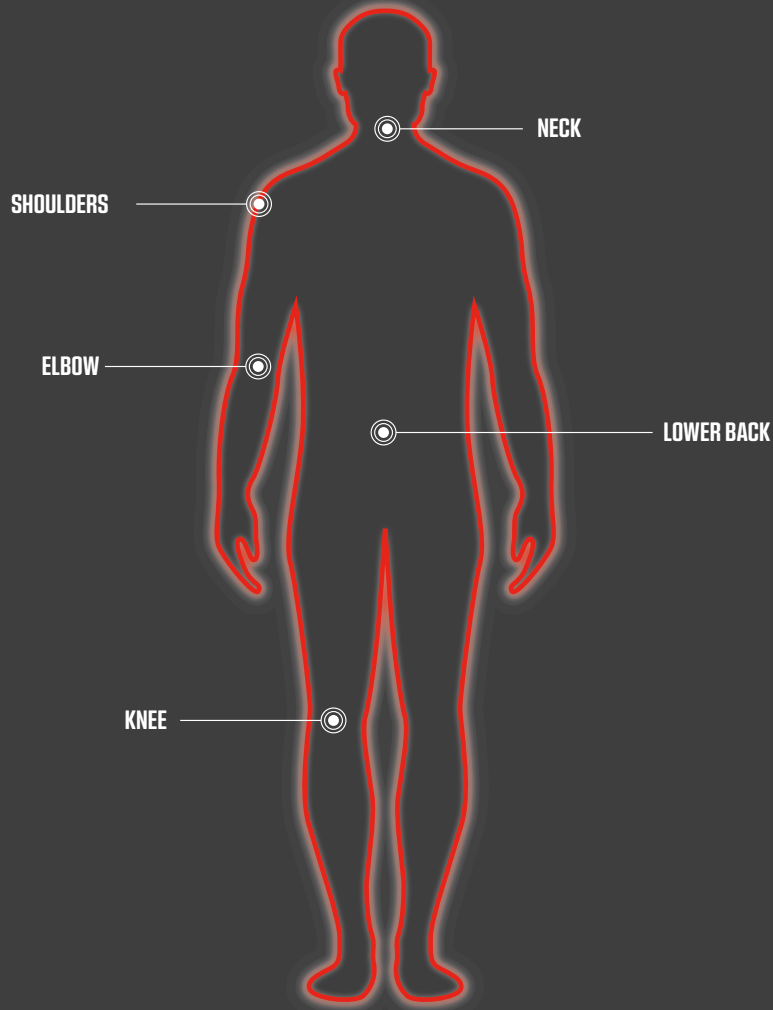
FitRx On-the-Go is our most compact design ever—easy to throw in your backpack, purse, or gym bag without missing a beat. It strikes a near-perfect balance between power and size, making it a convenient option for getting optimal **FitRx** quality relief anywhere. Equipped with speeds of 1600-3200 RPM, **FitRx On-the-Go** can be calibrated to deliver amazing therapeutic benefits to your body.

Multipurpose Performance and Power

- ⚡ **Elevate your workouts:** Reduce muscle tension, improve flexibility, and reduce your chances of injury.
- ⚡ **Recover faster and better:** Decrease inflammation, loosen tight joints and break down scar tissue.
- ⚡ **Relieve your pain:** Effectively treat trigger points, sore muscles and chronic pain caused by tendinitis, bursitis, carpal tunnel and more.
- ⚡ **Relax more:** Boost your circulation and immune function, reduce stress levels, and get better sleep.

Note: Please consult with your doctor or physician before use of **FitRx On-the-Go** if you have any injuries or medical conditions that may be of concern. This is not a medical device.





FitRx Level Treatment— Anytime, Anywhere

Boasting the power, precision, and quality **FitRx** is known for, **FitRx On-the-Go** makes accessing those benefits even more convenient for anyone. Its circular design provides a smooth, ergonomic grip that's easy to hold while minimizing strain on your hands and wrist. Capable of up to 240 minutes of sustained operating time, **FitRx On-the-Go** is always ready when you need it most, setting a new standard for true portability.

User Instructions

Please read the user instructions before using the FitRx On-The-Go. Keep this manual for reference.

CHARGING INSTRUCTIONS

- The battery should be fully charged prior to use.
- To charge the battery, plug the USB C cable into the charging port and the other end into a USB power source.
- When the unit is charging, the battery indicator will flash.
- When the battery is fully charged, the battery indicator will stay lit.
- The average running time of the massager is 120-240 minutes depending on speed and pressure levels.

USING THE MASSAGER

- To turn on the **FitRx On-the Go**, firmly press and hold for two seconds the multi-functional power/speed button on the right side of the device.
- Glide the device across areas in need of treatment, gradually applying light to moderate pressure as needed.
- Press the power/speed button again to toggle between three speeds (2400-3200 RPM).
- To turn off the **FitRx On-the Go**, firmly press and hold the power/speed button until the device shuts off.

User Instructions

Continued...

CONNECTING ATTACHMENTS TO THE FITRX ON-THE-GO

Align one of the three attachments that come with the massager (Round, Wide Round, Precision, and Wedge) with the tip of the rotating arm and push in to connect.

To remove, grip the attachment, placing one finger on each side of the plastic connector. Pull off the attachment.

DO NOT USE MASSAGER ON:

1. Sensitive skin.
2. Swollen or inflamed areas, in the presence of poor circulation, where skin blemishes are present or unexplained calf or abdominal pain.
3. Varicose veins.
4. The front of the neck.
5. Genital areas.
6. Sleeping or unconscious persons.

Important Safeguards

To reduce the risk of injury or electric shock:

- In case of pregnancy, diabetes or illness, consult your physician before using this massager.
- When using a massage attachment, be sure to secure the attachment fully onto the stem and keep it on while massaging.
- This **FitRx On-the-Go Massager** should never be left unattended when plugged in.
- Always unplug the **FitRx On-the-Go Massager** from the electrical outlet immediately after charging and before cleaning.
- Keep the cord away from heated surfaces.
- Do not reach for the **FitRx On-the-Go Massager** if it has fallen into water. Unplug immediately.
- Do not use while bathing or in the shower.
- Never drop or insert any object into any opening on the **FitRx On-the-Go Massager**. Do not use outdoors.

WARNING:

If the **FitRx On-the-Go Massager** is used incorrectly and carelessly, long hair can become tangled in the massager.

Important Safeguards

Continued...

Close supervision is necessary when the **FitRx On-the-Go Massager** is used by, on, or near children or disabled persons.

This massager contains an electromagnetic motor. To avoid risk of injury, it must not be used within six inches of an implantable cardiac device.

Use the **FitRx On-the-Go Massager** only for its intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.

Keep long hair away from massager while in use.

Do not use the **FitRx On-the-Go Massager** without attachments.

Do not carry the **FitRx On-the-Go Massager** by supply cord or use cord as a handle.

Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

Do not use massager in close proximity to loose clothing or jewelry.

Never operate the **FitRx On-the-Go Massager** if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water.

Do not place or store the **FitRx On-the-Go Massager** where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

Do not use this massager for more than 20 minutes at one time.



SPECIFICATIONS

Speed: 2400-3200 RPM

Stroke Length: 12mm

Motor Type: 40-20

Weight: 1.51lbs.
(without attachment)

Weight: 1.76lbs.
(with attachment)

Product size:
6.5" x 5.51" x 2.13"
(154 x 140 x 54mm)

BATTERY

Type: Lithium Ion Battery

Capacity: 7.4V, 2000mAh/14.8wh

Input: 5V/2A

Time to fully charge: 240 min

Working Time: 240 min

Disclaimer

Read the instructions carefully before using the massager. The use of this equipment is subject to following its instructions closely. Tzumi is not liable for any damage or loss caused by inappropriate use of the device.

Do not use the massager without the approval of your doctor if you are: pregnant, diabetic, have a pacemaker, recovering from surgery, suffer from migraines, neuropathy disorders, disc protrusion or spinal inflammation. If you feel pain or discomfort while using the massager stop using it immediately and consult your doctor or physiotherapist.

tzumi® FitRx On-The-Go Massager Item No. 7773, Distributed by tzumi Inc. NY, NY, 10016
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For more details on
the FitRx family of products
or to view more home
and phone innovation visit
tzumi.com

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