

SHARPER IMAGE®

**POWERBOOST®**  
**MOVE SMART**  
PERCUSSION MASSAGER

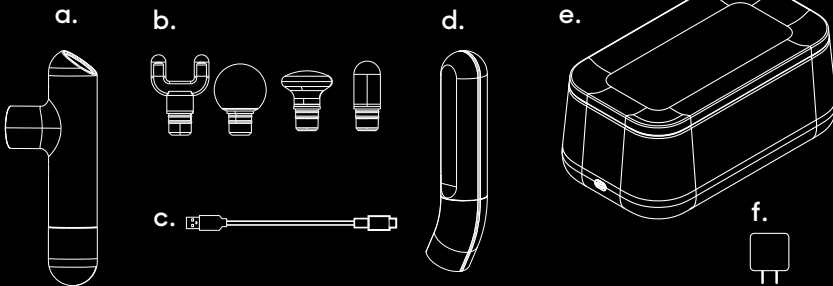
**CONGRATULATIONS ON YOUR NEW  
POWERBOOST® MOVE SMART.**

Please read all instructions and warnings prior to use.  
Keep this manual as it contains important information for future reference.



**WHAT YOU GET**

- a. PowerBoost® Move Smart
- b. Interchangeable attachments (x4)
- c. USB charging cable
- d. Extension handle
- e. Carrying case
- f. USB charging cable+ Adapter



**THE FUTURE OF  
RECOVERY**

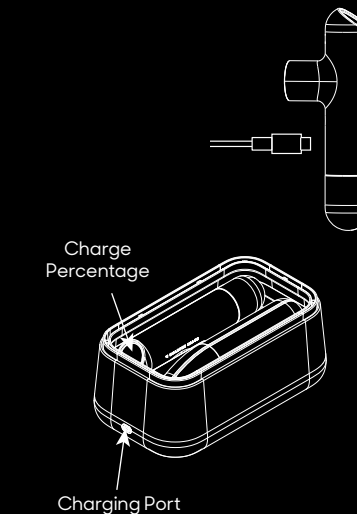
**01**

To charge using the case, plug the USB-C charging cable into the input port on the case and place the massager in the case.

To charge separately, plug the USB-C charging cable into the input port on the bottom of the massager.

Next, plug the other end of the charging cable into the power adapter and then plug the power adapter into a wall outlet. The massager will light up display the charge percentage.

**IMPORTANT:** Charging with the included power adapter is recommended. If you use a different power adapter and the display does not light up, the power adapter may operate at an incompatible voltage. Unplug the massager immediately and use a different power adapter. Only charge with compatible power adapters.



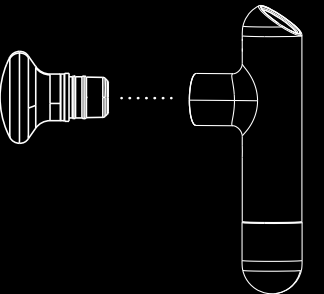
## 02

Select an attachment and firmly press it into the front of the massager. Make sure the attachment is securely inserted before beginning your massage.

To remove an attachment, grip the attachment firmly and gently twist and pull it out of the massager.

To use the extension handle, remove the metallic cap from the massager handle by gripping the cap firmly and gently pulling it straight off the handle – do not twist. Line up the grooves on the inside the extension handle with the ridges on the end of the massager handle and then press the extension handle firmly and fully onto the massager. Replace the metallic cap on the massager handle if you remove the extension handle.

Always power off or pause the massager before changing the attachments or handles. Always operate the massager with an attachment and either the handle cap or extension handle securely installed.



## 03

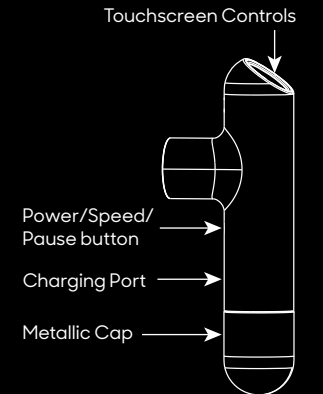
To power on the massager, press and hold the power button at the front side of the massager. The massager will start at the lowest speed.

To cycle through the 5 massage speeds, quick press the power button repeatedly, waiting slightly between each press. The fifth press will bring up the ready screen. Press the power button again to cycle back to speed 1. You can also adjust the settings using the touchscreen or app.

To enable dynamic response mode, quickly triple press the power button. The massager will start at the lowest speed and will increase massage speed automatically in response to the pressure applied – ideal for quickly switching body areas.

To pause the massager, quickly double press the power button or swipe down on the touchscreen. Tap the play icon on the touchscreen or quick press the power button to resume.

To power off the massager, press and hold the power button.



## 04

To use touchscreen controls, simply swipe and tap the touchscreen to navigate the massager functions.

The manual menu is used to manually adjust massage speeds or enable dynamic response mode.

The sessions menu offers guided massage programs that recommend attachments to use and body areas while automatically adjusting massage speeds.

The patterns menu offers different massage experiences with automatically adjusted massage speed and rhythms.

To pause the massager at any time, swipe down on the touchscreen. Tap resume to continue your massage with the same massage settings.

To return to a previous menu, swipe to the return option and tap return.

## 05

To pair with a smart device, download the SI Wellness app from the App Store or Google Play. Enable Bluetooth® wireless technology on your smart device and follow the pairing instructions in the app.

From the SI Wellness app, you can control the massager, watch additional guides, create custom massage programs and update the massager if updates are available.

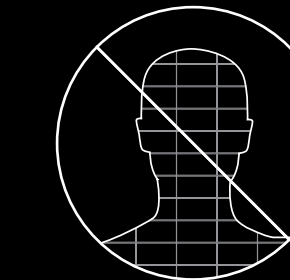
To pair with your Apple Watch, install the SI Wellness app on the smart device paired with your Apple Watch and pair the massager to the smart device. On your Apple Watch, navigate to the SI Wellness app. Audio instructions are available for the guided massage programs.

## 06

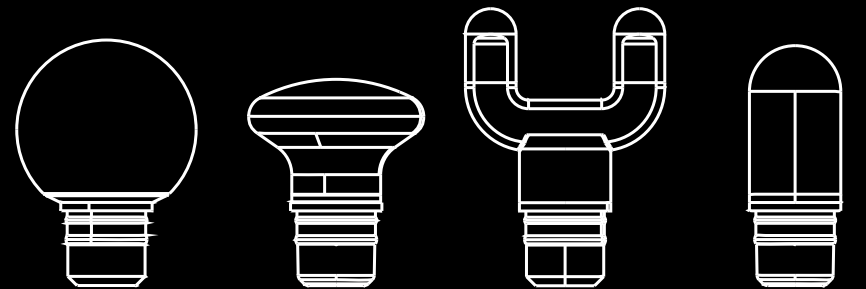
Always follow the guided massage instructions or limit use of the massager to 60 seconds per body area.

Enjoy your massage for up to 10 minutes total.

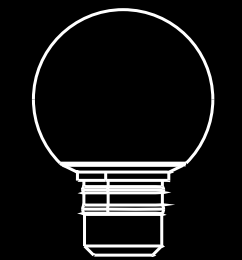
Do not use on neck, head or any hard or bony areas of the body.



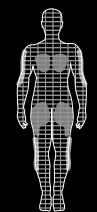
# CHOOSE YOUR ATTACHMENT



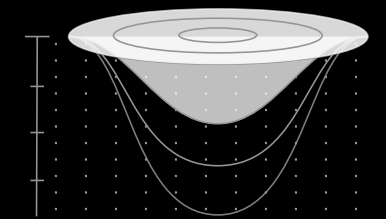
**ROUND**  
Impact large areas for overall comfort.



**GOOD FOR**  
Glutes, Arms,  
Thighs, Back



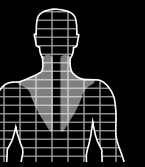
**MUSCLE IMPACT**  
Low



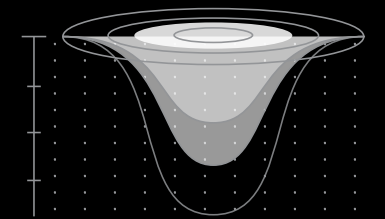
**FLAT**  
Hammer-like impact for deeper recovery.



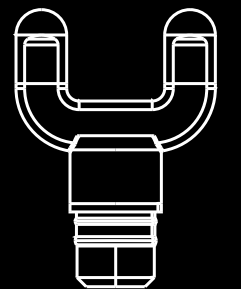
**GOOD FOR**  
Chest,  
Shoulders,  
Back



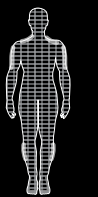
**MUSCLE IMPACT**  
Medium



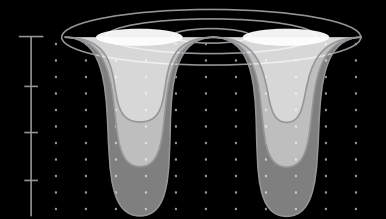
**FORK**  
Dual impact to rock from side to side on muscle knots.



**GOOD FOR**  
Shoulders,  
Biceps,  
Calves, Feet



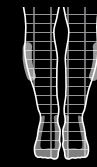
**MUSCLE IMPACT**  
High



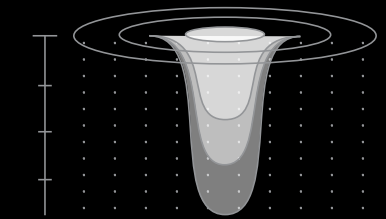
**CONE**  
Pinpoint impact for intense muscle penetration.



**GOOD FOR**  
Feet, Calves,  
Trigger Spots



**MUSCLE IMPACT**  
High



## IMPORTANT: MAINTAINING BATTERY HEALTH

- Your massager is designed with a lithium-ion battery pack for cordless convenience, increased massage duration per charge, and frequent use and recharging.
- To maintain charge capacity and prevent battery damage, all lithium-ion batteries must be regularly used and recharged.
- For optimal battery health, keep the battery at approximately 50% state of charge when not in use.
- All batteries naturally lose charge when not in use. If you will not be using the massager for an extended period, check the massager at least every 30 days to ensure the battery is at approximately 50% state of charge. Recharge as needed to maintain a 50% state of charge but do not overcharge.
- **IMPORTANT:** Do NOT store the battery for an extended period with above 60% or below 40% state of charge. An incorrect state of charge during storage could irreparably damage the battery and may result in reduced charge capacity, inability to maintain charge, failure to recharge, or complete inoperability of the massager.
- For the health of the battery, always store the massager in a cool, dry place. The storage location should have a consistent temperature between 40°F and 70°F (5°C and 20°C) as well as a relative humidity at 70% or lower.

## RECHARGEABLE BATTERY WARNINGS

- This product contains batteries that are non-replaceable.
- There is a risk of fire and personal injury if battery is punctured, damaged, or misused.
- Do not dismantle, crush, incinerate or short-circuit battery.
- Never expose battery to extreme temperatures or moisture.
- Keep away from flammable materials and direct sunlight.
- Only charge using the provided charger, cable, and/or adapters.
- Rechargeable battery is only to be charged by an adult.
- Adult supervision is required while charging the battery.
- Allow battery to cool to room temperature before charging.
- Charge on a non-flammable surface and keep away from flammable products.
- Discontinue charging if battery becomes hot, swells, smokes, or gives off a strong odor.
- Battery chargers used with the product are to be regularly examined for damage to the cord, plug, enclosure, and other parts. In the event of such damage, chargers must not be used until the damage has been repaired.
- Recycle or dispose of battery according to federal, state, and local laws.

## FCC STATEMENT

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: 1. This device may not cause harmful interference, and 2. this device must accept any interference received, including interference that may cause undesired operation.

**NOTE:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**WARNING:** Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

## SAFETY WARNINGS: PLEASE READ BEFORE USE

- Not a children's item. Keep out of the reach of children.
- Always wear a shirt/clothing when using. Do not use on bare skin to avoid possible irritation.
- As with any massage, bruising may occur. Test your comfort level and check targeted areas often. Stop massage immediately if you feel any increase in physical discomfort or pain.
- Do not use attachments of any kind other than those that may be included.
- Do not fall asleep while using.
- Do not leave this item unattended when it is plugged in.
- Always allow item to cool if it becomes too hot.
- Do not expose to extreme temperatures or moisture.
- Keep away from sources of water and heated surfaces.
- Never touch the charging cable or ports with wet hands.
- Do not carry this item by the charging cable or attachments.
- For indoor use only.
- Thoroughly inspect products before every use. If the product appears worn, frayed/splintered, cracked, or broken in any manner, discontinue use and discard immediately.
- This product is not intended to treat, cure, or prevent medical conditions.
- Do not use this item if you are pregnant or have an injury or illness. Consult your physician if you have a medical condition that may prevent safe use of this item.

## CARE INSTRUCTIONS

- Spot clean only. Unplug and wipe with a damp cloth.
- Air-dry only. Never place in a dryer.
- Allow to dry fully before charging.
- Do not submerge in water.
- Do not use detergent or soap when cleaning.

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