



## OUR MISSION AT BEGLERI IS TO KEEP YOU MOVING FREELY AND WITHOUT PAIN.

At Begleri, we are committed to empowering people to take care of their body by designing innovative self-massage products and education that enhance muscle recovery, improve mobility, and help you move and feel better. Begleri's products are designed to mimic a massage therapist's hands for safe, effective self-myofascial release. We believe that combining innovative products with education is the key to helping people achieve better movement.

### VIBRATION DELIVERS:

- Increased circulation and enhanced mobility to help muscle recovery
- Vibration frequencies of 40 hertz, 50 hertz, 60 hertz, 70 hertz for muscle relaxation
- Reduced pain and discomfort of foam rolling
- Quicker results in muscle recovery and enhanced mobility

### IMPORTANT SAFETY INSTRUCTIONS

**When using an electrical appliance, basic precautions should always be followed, including the following:**

Read all instructions before using (this appliance).  
This product is for both commercial and home use.

#### **⚠ DANGER – To reduce the RISK OF ELECTRIC SHOCK:**

- Always unplug this appliance from the electrical outlet immediately after charging and before cleaning.

#### **⚠ WARNING – To reduce the risk of BURNS, FIRE, ELECTRIC SHOCK, OR INJURY to persons:**

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts. Make sure hands are dry when plugging and unplugging.
- **DO NOT** immerse unit in water. Keep liquids away from ventilation ports, buttons and switches.
- **DO NOT** remove screws or attempt to disassemble.
- **DO NOT** operate continuously for more than one hour. After one hour use, allow unit to rest for 30 minutes before re-using.
- For adult use only and keep out of reach of children.
- Do not use if injured and seek the advice of a physician or other medical professional.
- Unplug the unit after charging or prior to use.
- For storage or travel, toggle power switch to OFF position.
- **DO NOT** use attachments not recommended by the manufacturer.
- **NEVER** operate this appliance 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. Return the appliance to the manufacturer for examination, repair, or replacement if within the warranty period.
- **DO NOT** carry this appliance by supply cord or use cord as a handle.
- Keep unit and cord **AWAY** from heat sources and surfaces.
- **NEVER** drop or insert any object into any opening.
- **DO NOT** use outdoors.
- **DANGER- DO NOT** reach for an appliance that has fallen into water. Unplug immediately.
- **DANGER - DO NOT** use while bathing, in a shower, or swimming pool.
- **DANGER - DO NOT** place or store appliance where it can fall or be pulled into a tub, sink or swimming pool. Do not place in or drop into water or other liquid.

### SAVE THESE INSTRUCTIONS

### OPERATING INSTRUCTIONS

Please read prior to use:

#### CHARGING

- Fully charge for four hours before first use. Subsequent charges for three hours, and remember when charging, the indicator light green went flashing continuously. When the light green stops flashing, it means the Smart Foam Roller is fully charged.
- To charge, connect the adapter to the charging port and plug into AC charger.
- After powering the unit on or off the Power Level LED lights will momentarily illuminate to show the battery level. Unit may be recharged at any time and at any battery level.
- It is not recommended to fully deplete the battery.
- Toggling the power switch to OFF isolates power from the circuitry and is recommended during storage and travel.

#### OPERATING

- Press the power button once and LED lights will show the volume

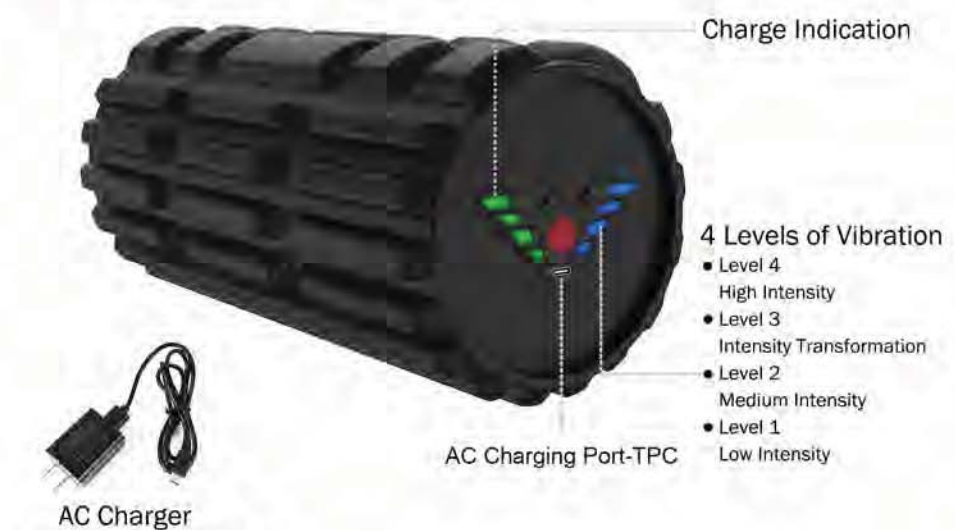
of batteries. Press the power button again to turn unit on at the first level of vibration. Pressing the power button again will increase to the next level of the four vibration levels. Pressing the power button six times or holding the button for 2-3 seconds will turn the unit off.

- Do not operate continuously for more than one hour. After one hour use, allow unit to rest for 30 minutes before re-using.
- After 10 minutes of continuous use, the unit will shut down automatically.

### MAINTENANCE, CLEANING, AND STORAGE

- Use a dry towel or soft dry cloth to wipe any moisture from unit.

### USAGE INSTRUCTIONS



### SPECIFICATIONS

- AC Charger: Input: 100-240V 50/60Hz
- The Begleri Smart Roller should only be used with the provided, AC charger.
- Output: DC 5V/2A
- Frequency: 40Hz, 50Hz, 60Hz, 70Hz
- Weight: 3.96lbs [1.8kg] – Smart Roller with AC Charger
- Manufactured in China

### PRODUCT DISCLAIMER

This product is not intended to diagnose, treat, cure or prevent any injury or disease. Not to be used as a substitute for medical care or consultation or as care for injuries or pain. Always seek the advice of your physician or medical professional regarding any injury or disease or use of this product in connection with prescribed treatment prior to using this product. Consult with your health care provider about any questions you may have regarding any existing medical conditions. Begleri does not assume responsibility of any kind of improper use or manipulation not provided herein of its products.

### WARRANTY INFO

One Year Limited Guarantee: Begleri, we warrants that our products will be free of defects for up to one year from the original date of purchase. This does not include or cover damage caused by transit, accident, normal wear and tear or lost merchandise. Product must be purchased through Begleri, directly, or from an authorized reseller. If, within one year of purchase you feel you may have received a product that is not functioning as expected, please contact our Customer Service Department for a Return Authorization to ensure that your issue is resolved in a timely manner. Shipping charges are the responsibility of the buyer and will not be paid by Begleri.

## **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.

(2) This device must accept any interference received, including interference that may cause undesired operation.

2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.