



ROLLTECH

PROFESSIONAL LYMPHATIC MASSAGE DEVICE

INSTRUCTION MANUAL



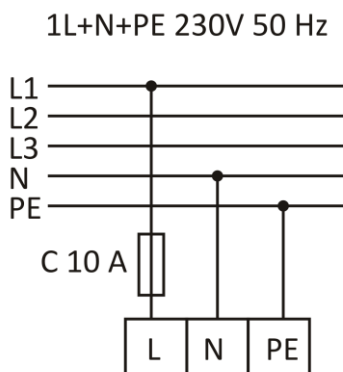



1. TECHNICAL INFORMATION

| | |
|------------------------------|---------------------|
| Type: | Body Roll |
| Power supply voltage: | 230 V, 50 Hz |
| Power consumption (maximum): | 700 W |
| IR emitter (Infra Red): | 500 W |
| Motor's power: | 140 W |
| Electrical protection: | C 10 A |
| Weight: | 75 kg |
| Number of bannisters: | 20 pcs |
| Massage drum capacity: | 120 kg |
| Dimensions (w x h x d): | 1100 x 780 x 750 mm |

2. CONNECTING THE DEVICE TO THE ELECTRICAL SYSTEM

The diagram shows how the Body Roll device shall be connected to the electrical system:



Due to the use of a frequency converter in the Body Roll device's construction, it is recommended to use the type B RCD protection against electric shock (for use in networks with sinusoidal alternating current, pulsating direct current, pulsating direct current with smooth direct current) with sensitivity of $I_{\Delta N}=30\text{mA}$. Such protections are labeled with a symbol:  Use of any other type of protection (mismatch with the device type) may cause unnecessary power supply inclusions or lack of its exclusion should a leakage current occur. The type C characteristics circuit overcurrent breaker should be used to protect the power supply circuit.

Furthermore, no more than 2 Body Roll devices shall be connected to the power supply circuit constructed as described above.

Too many Roll Body devices connected to a circuit controlled by a single RCD electric shock protection device may cause the RCD to identify such situation as current leakage, and so cause unnecessary power supply circuit inclusions.



3. GENERAL INFORMATION

The owner's obligation is to inform and instruct the user about the possibility of any potential risks or contraindications to use the Body Roll device.

4. DEVICE USE SAFETY



The exercises should be performed in a close-fitting (adjacent to the body) clothes and long hair must be tied back to prevent them from being pulled by the moving parts of the device.

The Body Roll device is equipped with an electrical cord with ground wire, and can only be plugged in a socket with an earthing pin (protective).

The device is equipped with an emergency stop button (immediate safety stop) which protects the pieces of clothing or body parts of the user from being pulled by the moving parts of the device.

Having finished exercising, unplug the unit by removing the plug from the socket. When unplugging the device, pull on the entire plug instead of just pulling on the cord.

Do not hit nor expose the wooden massage rollers of the drum to excessive pressure, as it may damage the rollers and causes risk of injury for the user.

The Body Roll device may only be used by one person of no more than 120kg at a time.

The exercises involving Body Roll equipment should only be performed by adults or minors after obtaining the consent of their legal guardians.

5. INTENDED USE OF THE BODY ROLL DEVICE

The Body Roll device is intended to provide the user with body massage, which involves exposing it to infrared radiation. This treatment aims to support elimination of cellulite and obtaining slender body shape. There is a number of other functionalities of the device - it activates the lymphatic system, boosts fatty tissue breakdown, assists post-traumatic rehabilitation, preparation for sports training, skin firming etc.

6. MAINTENANCE

6.1. TURNING THE DEVICE ON



Before connecting the device to an electrical outlet, make sure that the electrical parameters of a power supply are in accordance with those recommended for this device, i.e. 230 V, 50 Hz. Make sure that the power plug fits into your socket, which should have a grounding pin to provide shock protection.

Insert the plug into the socket, after a while the LCD will display the Body Space logo. The device is now ready to operate. To go to the main menu, press the "**START/PAUSE**" button.



6.2. SETTINGS

6.2.1. PROGRAMME SELECTION

The main menu contains three items:

STANDARD

CUSTOM

RUNTIME COUNTERS

Select the appropriate item 1 ÷ 3

The selection of the parameters is made with "**PLUS**" and "**MINUS**" buttons and the "**START/PAUSE**" button is used to confirm the choice.

6.2.2. EXERCISE TIME SELECTION

The display shows the items:

Back

Add 15 minutes

Subtract 15 minutes

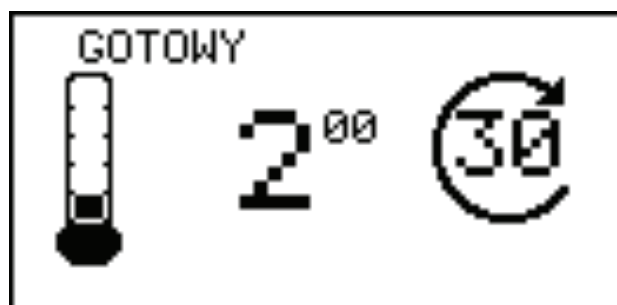
START

The selection of the parameters is made with "**PLUS**" and "**MINUS**" buttons and the "**START/PAUSE**" button is used to confirm the choice. By pushing **Start** the duration of exercise session is confirmed and the device goes into standby mode.

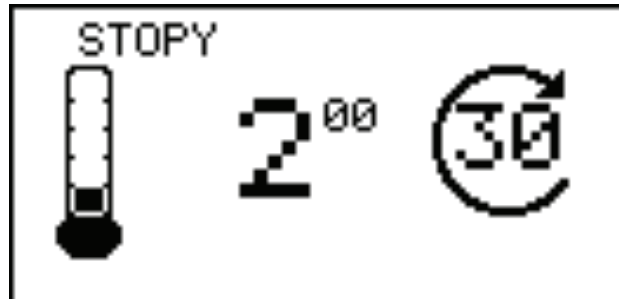
NOTE: The last setting is stored in the programme's memory.

A detailed description of the programmes and exercises can be found in the last section of this user's guide.

6.2.3. STANDBY MODE



6.2.4. In the standby mode the drum rotation is stopped, and the infrared emitter is off. The countdown timer is stopped. To start the selected program, press "START/PAUSE" button. THE DISPLAY SCREEN DURING OPERATION



While the device is running, the screen displays the following data:

- the current position during massage (in standard programme)
- the thermometer icon showing the intensity of the infrared radiation setting
- the time remaining until the end of the exercise session (or standard programme cycle)
- the speed and direction of the massage drum rotation

STANDARD programme consists of 16 cycles (exercise positions):

1. FEET
2. CALVES
3. THIGHS BACK
4. BUTTOCK - LOWER PART
5. THIGHS FRONT
6. LEFT THIGH OUTER PART
7. RIGHT THIGH OUTER PART
8. LEFT THIGH INNER PART
9. RIGHT THIGH INNER PART
10. BUTTOCK - UPPER PART
11. STOMACH
12. WAIST LEFT SIDE
13. WAIST RIGHT SIDE
14. BACK
15. LEFT HAND
16. RIGHT HAND

The programme always starts from position No 1.

Each programme cycle (exercise position) takes a certain amount of time (1-6 minutes, depending on the selected exercise time). After each cycle is completed the device stops for 5 seconds, which is to allow the position change.

During that time the word "PAUSE" will be shown at the bottom of the display .

After 5 seconds the device will start running again with the previously programmed massage drum speed.



6.2.5. MESSAGE DRUM ROTATION SPEED REGULATION

The default massage drum rotation speed is 30 rpm., however, it can be adjusted depending on the individual preferences of the user within the range of: 30 - 99 rpm.


The adjustment of the drum rotation speed can be done using **"PLUS"** and **"MINUS"** buttons on the control panel.

The drum rotation speed set during the first cycle is implemented also in subsequent cycles.

6.2.6. CHANGING THE DIRECTION OF THE DRUM ROTATION

During operation it is possible to manually change the direction of rotation of the massage drum.

To change the direction of rotation, press the **"FORWARD/REVERSE"** button.

The current direction of rotation is visualised on the display by using the corresponding icons.  for forward rotation,  for reverse rotation.

6.2.7. CHANGING THE INTENSITY OF INFRARED RADIATION

During operation it is possible to manually change the intensity of the infrared radiation.

Pressing the **"INFRA RED"** button will increase the intensity of radiation by one degree.

The current setting is visualised using a thermometer icon.

When the maximum value is reached, the next step sets the minimum (zero) intensity of the infrared radiation - this means that the infrared emitter is turned off. The regulation cycle starts again.

6.2.8. PAUSE - A SHORT BREAK DURING THE DEVICE'S OPERATION

While the device is in use it can be stopped for a moment.

During that time the infrared emitter is also off, and the screen displays "PAUSE".

In order to temporarily stop the device press **"START/PAUSE"** button.

After restarting the infrared emitter is automatically switched on.

6.2.9. RUNTIME COUNTERS

The Body Roll device has two runtime counters:

- a) The A counter - a counter which can be reset (return to 0)
- b) The B counter - total runtime counter, cannot be reset

The A counter can be reset by using the appropriate option from the device's menu.



6.2.10. FINISHING THE EXERCISE SESSION MANUALLY

In order to manually end the exercise session, before the preset time has elapsed, press and hold the „**START/PAUSE**” button for a few seconds - you will be required to confirm the end of exercise session.

Press the "**PLUS**" button to confirm or the "**MINUS**" button to return to the exercise session.

NOTE: After leaving the programme to the Main Menu it is not possible to continue the previous exercise programme.



7. MASSAGE TECHNIQUE

7.1. SUPPORTING THE PROCESSES WITHIN THE BODY

The revitalising health and cosmetic body massage with the use of an infrared radiation aims at i.a. helping to shape the selected body parts, with the stress on hips, thighs, waist and abdomen. It boosts slimming, helps fight cellulite and loss of skin firmness, prevents stretch marks. Furthermore, it generally improves the user's wellbeing.

7.2. CONTRAINDICATIONS TO THE MASSAGE

There are certain contraindications to the use of the Body Roll device therapy. One must not use the device shall any of the following occur:

- neoplastic disease
- epilepsy
- heart diseases
- skin diseases
- advanced osteoporosis
- unregulated and untreated hypertension
- advanced osteoporosis
- varicose vein (locally)
- pregnancy

7.3. DIET DURING THE BODY ROLL THERAPY

There are undoubted advantages arising from eating according to a professionally prepared dietary plan, developed individually for each person, in parallel with the Body Roll device therapy.

Rational nutrition in conjunction with an appropriate amount of exercise (in this case the exercise is done by the Body Roll device) allows to achieve outstanding results in a short period of time.

Statistics on weight loss show that every obese person has had one or more slimming treatments, as a result of which he/she has lost at least a few/dozen kilograms, but unfortunately very often quickly returned to the previous weight. The major cause of this state of being was avoiding regular physical exercise, which very often resulted from lack of time to do sports. The Body Roll device is an excellent remedy to this problem. It allows to activate the muscles in a stationary manner during a massage. Furthermore, drinking herbal tea prior or after each session supports the functioning of the user's digestive system. It is also recommended to spread some slimming cream over the body about 20 minutes prior to each session. It will activate during the massage.

The Body Roll device massages treatment may be an incentive to change the lifestyle. During and after the Body Roll therapy it is recommended to eat more vegetables, drink one coffee a day less - it can be replaced with red tea, which also contains caffeine. To reduce the number of cookies eaten each day, one may consider choosing yoghurt, low-fat cottage cheese or fruit instead. It is not recommended to use water-only diets, since they lead to



fatigue and gorging in the evenings.

It can be beneficial to engage the whole family in this new lifestyle. Both - children and husband will happily join you, if they notice visible effects after some time. The Internet is a great source of dietary ideas and recipes, and can be a wonderful inspiration for those willing to add some new, healthy dishes to their everyday diets. Especially if they want their families to enjoy them as well.

7.4. EXERCISE FREQUENCY

In order to ensure optimal effects of the Body Roll treatment, it is important to take regular exercise sessions.

It is recommended to schedule 3 massages a week, 1 hour each, in the first 4 weeks of treatment.

Buying season tickets offered by the fitness studio will help reduce the the treatment costs.

Week 1 - this week the body gets used to the touch, after the first massage session the user often feels muscle sores, which are caused by the organism's standstill. It is recommended to use lower speed of the massage drum within the first week of treatment. The effects of massage are dependent on the customer's individual predispositions, but after the first massage the acceleration of the metabolism and general stimulation of the body should be experienced.

2 and 3 WEEK - Massage sessions on the Body Roll device help to burn fatty tissue, stimulate and regulate the digestive processes from the very first week of treatment. In the second and third week the massage stimulates the removal of toxins and harmful products of metabolism. We can gradually increase the massage drum rotation speed and adjust it to fit our individual preferences.

4 WEEK - In the fourth week the stabilisation of the body takes place. The effects are visible, i.a. smooth skin, significant loss of inches around the waist, hips and thighs. The body becomes firmer, and the skin is better nourished. Generally, 95% of clients experienced visible and long-lasting positive changes in appearance and wellbeing after 4 weeks of treatment.



8. GENERAL INFORMATION ABOUT LYMPHATIC MASSAGE

8.1. WHAT IS LYMPH?

Lymph, contrary to blood, does not have the organ that would pump it around the body (in case of the circulatory system the heart is such an organ).

The passage of lymph depends on muscular movement. Through lymphatic vessels the primary lymph enters the lymph nodes, and is there filtered to remove viruses and bacteria.

The purified lymph leaves the node through efferent vessels. If you have a sedentary lifestyle, this circulation is disrupted and slowed down.

8.2. WHAT IS THE INFLUENCE OF LYMPHATIC MASSAGE ON THE HUMAN BODY?

The massage performed on the Body Roll device stimulates the lymphatic system to work, which in turn stimulates the organs' demand for oxygen and nutrients.

An increase of the lymphatic vessels capacity stimulates the lymph's circulation, which accelerates and facilitates the elimination of toxic substances and waste products from the body. Building substances and vitamins return into the bloodstream and toxins are excreted with urine. The nutrients delivered to the fat cells enable their faster burning and weight reduction.



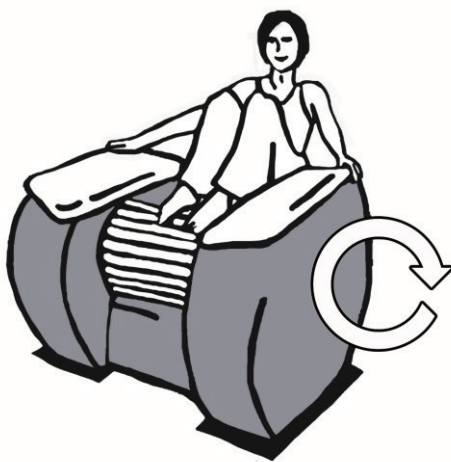


8.3. ACHIEVING OPTIMAL RESULTS ON BODY ROLL

In order to achieve optimal effects it is important to maintain a specific order of exercises during sessions, i.e. the massage should start from feet and end with arms and hands.

The direction of massage should be consistent with the direction of the flow of lymph in the body (same as the blood circulation, i.e. to the heart).

9. THE MASSAGE SESSION AND POSITIONS IN SAMPLE PROGRAMME



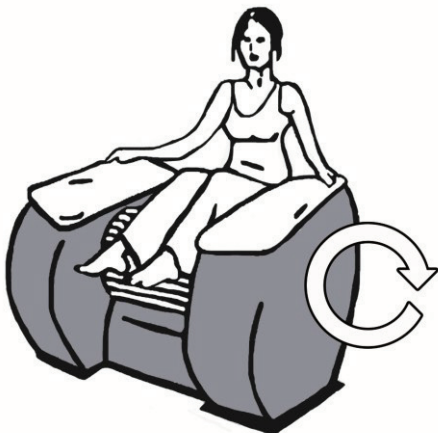
POSITION 1 - FEET

The massage:

The massage on the Body Roll device must always start from the feet, as they are covered with receptors responsible for the internal organs. We sit comfortably on a stool and gradually accustom the body to the massage. The reflective zones, which can be found on feet, are responsible for various parts of the body, and therefore it is important to start each massage session from feet.

Massage effect:

The feet massage contributes to reduction of numbness, and helps eliminate the so called "cold feet" effect.



POSITION 2 - CALVES

The massage:

The next body part to be massaged are the calves. In order to increase the massaged area we can move the calves over the rollers, joining the legs together and then spreading alternately.

The areas of legs which are affected with varicose veins should not be massaged.

Massage effect:

The rollmassage of calves helps reduce the muscle tension and has a soothing effect on legs after a day of work, shapes the calves.



POSITION 3 - THIGHS BACK

The massage:

The massage of the back sides of thighs is one of the most pleasant massages. You can prop up on your hands to make this exercise easier and more comfortable.

Massage effect:

The rollmassage of the back sides of thighs helps to improve the skin colour and structure. Regular massages visibly reduces the "orange peel" effect and stretch marks on the skin.



POSITION 4 - BUTTOCKS LOWER PART

The massage:

The position during this cycle is very comfortable and effortless. Simply move your buttocks to the left and right, and gently upwards and downwards. Using a stool can be helpful.

Massage effect:

This massage increases the firmness of buttocks, smooths the skin, and if taken regularly - allows to visibly "raise" the buttocks.

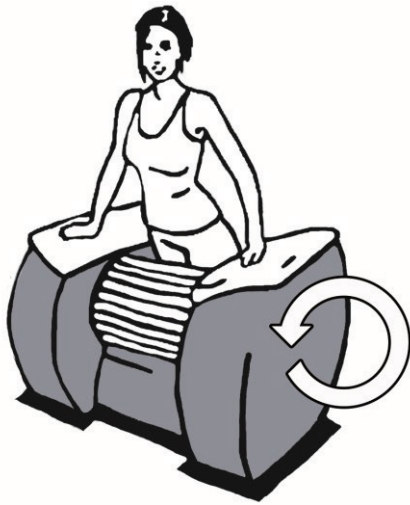
POSITION 5 - BUTTOCKS UPPER PART

The massage:

One of the most pleasant positions. The area massaged during this cycle is a common problem for those working in sedentary position.

Massage effect:

Reduces skin flabbing, removes coccyx pains, increases muscle strength, eliminates the so called "orange peel".



POSITION 6 - THIGHS FRONT

The massage:

A small stool will be useful in this position - kneel on the stool and push your thighs against the rollers. You may also choose to stand during this cycle.

Massage effect:

Massaging this area improves the thighs muscles strength and slims.



POSITION 7 -LEFT THIGH OUTER PART

The massage:

Lean the outer part of the thigh on the massage drum - there is a lot space to move here, which helps massage the thigh areas, which usually need it the most.

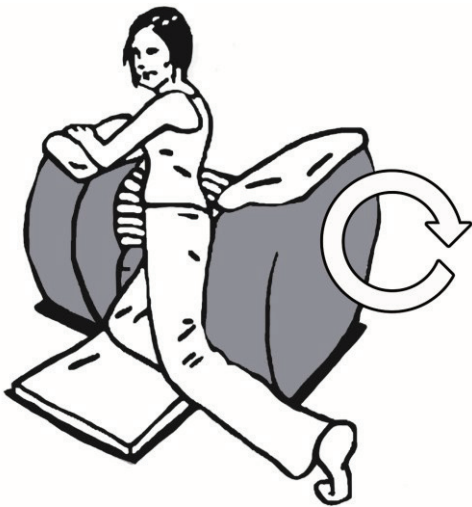
Massage effect:

Visibly slims the silhouette reducing the fatty tissue on thighs. Massaging this part of thighs helps change the clothes size to smaller in a short period of time.

POSITION 8 - RIGHT THIGH OUTER PART

The massage:

Lean the outer part of the thigh on the massage drum,
- there is a lot space to move here,
which helps massage the thigh areas,
which usually need it the most.



POSITION 9 – LEFT THIGH INNER PART

The massage:

The inner part of thighs is most prone to loose firmness. The skin in this areas is very sensitive, and so massaging it causes the greatest sensation.

Massage effect:

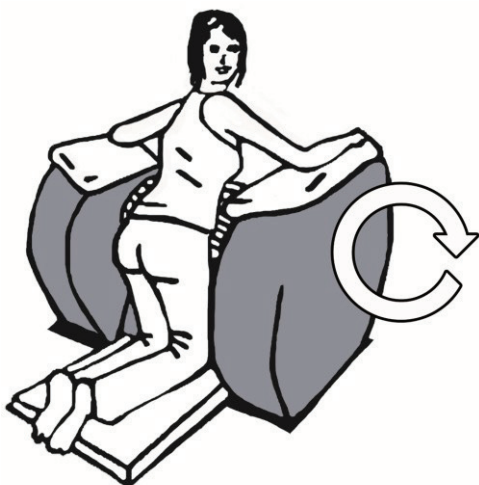
Reduces skin flabbing, creates a slender silhouette, increases muscle strength, eliminates so called "orange peel".



POSITION 10 – RIGHT THIGH INNER PART

The massage:

The inner part of thighs is most prone to loose firmness. The skin in this areas is very sensitive, and so massaging it causes the effects of such treatment to be the most visible.



POSITION 11 - STOMACH

The massage:

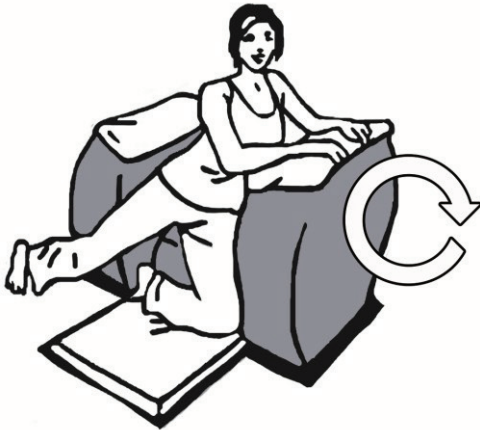
During massaging the abdomen area one must pay attention to the area close to the stomach, especially after a meal. Gentle massage of this area is suggested. Otherwise the user may experience temporary gastrointestinal disorders.

Massage effect:

Smooths the abdomen, reduces the "love handles", raises the boost, despite the lack of direct contact with the massage drum rollers.



POSITION 12 – WAIST LEFT SIDE



The massage:

The most problematic area to massage, because the position might feel a bit uncomfortable. One may choose to use a stool.

Massage effect:

The massage helps eliminate the fatty tissue on the hips, reduces the waist's circumference, improves the body shape.

POSITION 13 – WAIST RIGHT SIDE

The massage:

The most problematic area to massage, because the position might feel a bit uncomfortable. One may choose to use a stool.

Massage effect:

The massage helps eliminate the fatty tissue on the hips, reduces the waist's circumference, improves the body shape.



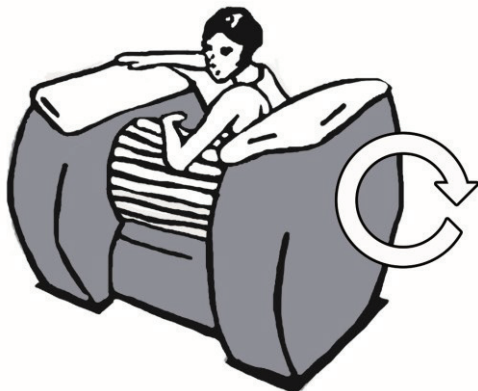
POSITION 14 - BACK

The massage:

A very comfortable position. Back massage is particularly pleasant for those working in a seated position, who are more vulnerable to injuries of muscles around the spine. In this position it is useful to use a small stool.

Massage effect:

Relaxes, reduces heavy head feeling, relaxes the back muscles.



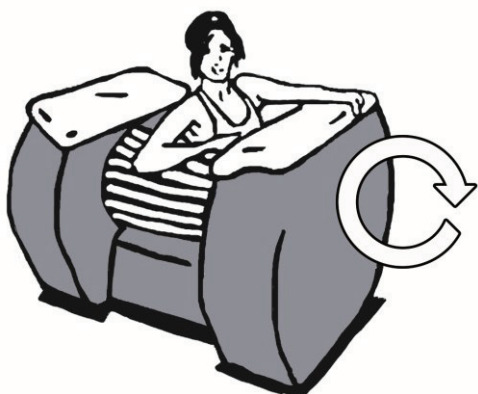
POSITION 15 – LEFT HAND

The massage:

The next part of the massage requires the user to put the arms and palms on the rollers and move them over the whole area of the massage drum.

Massage effect:

Reduces the flabbing of arms, massages the reflective areas on the inner part of palms.



POSITION 16 – RIGHT HAND

The massage:

The final part of massage requires the user to put the arms and palms on the rollers and move them over the whole area of the massage drum.



10. A DETAILED DESCRIPTION OF THE AVAILABLE PROGRAMMES

The professional lymphatic massage device Body Roll allows the user to choose from a wide range of programmes and functions, which can be freely configured and custom settings can be saved.

The Body Roll device's controlled allows you to select the following settings:

- Main programmes: 2 programmes (standard, custom)
- Programmes duration: 6 time programmes (15, 30, 45, 60, 75, 90 min.),
- Infrared emitter: 3 settings (on/off/smooth power adjustment),
- Drum reverse work mode: 2 reverse gear settings (on/off)
- Smooth adjustment of speed: YES (drum speed adjustable)
- Stopping the drum: YES (possible at any time)

In total, there are 72 configurations of the device available and the possibility of an independent massage drum rotation speed adjustment at any time.

For a detailed description of the main programmes, see the tables:

10.1. STANDARD PROGRAMME

| Order No | POSITION | POSSIBLE ADJUSTMENT OF THE DURATION TIME OF INDIVIDUAL POSITIONS [min] | | | | | | NUMBER OF POSITIONS |
|----------|--|--|-----------|-----------|-----------|-----------|-----------|---------------------|
| | | 1 | 2 | 3 | 4 | 5 | 6 | |
| 1. | FEET | 1 | 2 | 3 | 4 | 5 | 6 | 1 |
| 2. | CALVES | 1 | 2 | 3 | 4 | 5 | 6 | 1 |
| 3. | THIGHS BACK | 1 | 2 | 3 | 4 | 5 | 6 | 1 |
| 4. | BUTTOCKS LOWER PART | 1 | 2 | 3 | 4 | 5 | 6 | 1 |
| 5. | THIGHS FRONT | 1 | 2 | 3 | 4 | 5 | 6 | 1 |
| 6. | LEFT THIGH OUTER SIDE | 1 | 2 | 3 | 4 | 5 | 6 | 1 |
| 7. | RIGHT THIGH OUTER SIDE | 1 | 2 | 3 | 4 | 5 | 6 | 1 |
| 8. | LEFT THIGH INNER SIDE | 1 | 2 | 3 | 4 | 5 | 6 | 1 |
| 9. | RIGHT THIGH INNER SIDE | 1 | 2 | 3 | 4 | 5 | 6 | 1 |
| 10. | BUTTOCK - UPPER PART | 1 | 2 | 3 | 4 | 5 | 6 | 1 |
| 11. | STOMACH | 1 | 2 | 3 | 4 | 5 | 6 | 1 |
| 12. | WAIST LEFT SIDE | 1 | 2 | 3 | 4 | 5 | 6 | 1 |
| 13. | WAIST RIGHT SIDE | 1 | 2 | 3 | 4 | 5 | 6 | 1 |
| 14. | BACK | 1 | 2 | 3 | 4 | 5 | 6 | 1 |
| 15. | LEFT HAND | 0.5 | 1 | 1.5 | 2 | 2.5 | 3 | 1 |
| 16. | RIGHT HAND | 0.5 | 1 | 1.5 | 2 | 2.5 | 3 | 1 |
| | TOTAL TIME OF THE MASSAGE SESSION | 15 | 30 | 45 | 60 | 75 | 90 | |



11. DEVICE MAINTENANCE AND CLEANING



When preparing to clean the device, always disconnect the power cord from the socket!

In order to ensure proper maintenance of the fabrics and to ensure its long-term use, care must be taken during cleaning operations.

The device should be cleaned using a dry or moistened with water, clean cloth. While cleaning, do not apply any kind of detergent directly on the upholstery. In order to remove stains from fabrics please prepare the cleaning solution in these proportions: 80% water + 20% chemically neutral detergent, lightly moist a clean cotton cloth and gently wipe the stained area. Before running the device after cleaning, one must make sure that all the cleaned surfaces are completely dry. Do not use harsh chemicals to disinfect the device. Do not use abrasive cleaners on the device. They can permanently damage the fabrics used.

12. MAINTENANCE AND REPAIR



When preparing to clean the device, always disconnect the power cord from the socket!

Owner of the equipment is responsible for ensuring that the device is used only if it is in perfect technical condition.

Maintenance and servicing of the device should be carried out systematically.

Each device should undergo technical inspections after a specified period of use, provided that the inspections are carried out not rarer than every 12 months, starting from the date of purchase. ***The 12-month service intervals should be considered the optimal maintenance plan for the Body Roll device.***

Proper servicing is required to ensure full safety and long-lasting operation of the device. Please do not ignore this important area of the device's maintenance.

13. DAILY DEVICE CHECK

To make sure the device is in perfect technical condition you should control the device daily. This way you can eliminate the risk of malfunction during everyday use and ensure the device's trouble-free operation.

The daily control scheme includes:

- checking the proper operation of the control panel,
- checking the IR (infrared) emitter functioning,
- visual check of the main power cord to confirm there are no mechanical damages,
- check the device to confirm there are no excessively warm areas, abnormal odors nor fumes,
- visual check of the upholstery.



14. ADDITIONAL INFORMATION



NOTE! If you notice any malfunction during the daily inspection of technical equipment or during its functioning, you should immediately contact the nearest Authorized Service Centre. Starting or continuing to use the faulty device may affect your safety. Please make sure you apply all the proper rules of maintenance and repair, which were described in section 1.1.

Only authorised qualified persons (in accordance with applicable local laws) are entitled to carry out any maintenance or repair services. In order to repair your device please contact the authorised dealer or the device's manufacturer.

NOTE! Any technical operations or repairs of the device carried out by unqualified and unauthorised persons may create safety risks and/or cause the device's irreversible damage. Such actions are strictly prohibited under penalty of losing the warranty.



It is recommended to use only original spare parts supplied by the manufacturer or by the Authorized Service Centre. If you are installing emitters or any other components, which are not original parts, the manufacturer does not assume any responsibility for incorrect operation of the equipment. The device, which was fitted with unoriginal spare parts can be a threat to your safety.



NOTE! The Body Roll devices manufacturer reserves the right to decline any claims resulting from damaging of the upholstery materials of the Body Roll device, caused by stains associated with using the device in clothing causing discolouration, such as jeans and other staining fabrics. During the massage session the user should be wearing cotton, light-coloured clothes.



NOTE! Electrostatic discharge occurring during the use of this device is a normal phenomenon arising due to mutual friction of clothing and massage drum while the wooden massage rollers are rotating. This phenomenon may be observed more commonly when using artificial garments or too high speed of the rotating drum.

In case the visible electrostatic discharge occurs it is recommended to reduce the speed of the drum to 45 rpm., decrease the infrared radiation or use clothes made from more natural fabrics.



NEW GENERATION FITNESS DEVICES

