GB PowerRoll

德國 medisana 震動按摩滾筒 TW



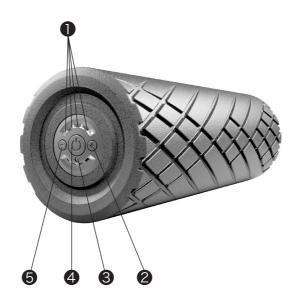
Art. No. 79532 / 48361 / 99078



Training video / 教學影片

Instruction Manual 產品說明書

Please read carefully! 請詳閱!



GB from page 3

- 4 LED indicators to indicate vibration intensity and the charging status
- 2 "+" button (increase vibration intensity)
- Charging port
- On / off button
- **5** "-" button (decrease vibration intensity)

TW 自第 9 頁起

- 4組 LED 顯示燈顯示震動強度及充電狀況
- ② "+" 按鈕 (加強震動按鍵)
- 3 充電孔
- 4 開關按鍵心
- **⑤** "-" 按鈕 (減弱震動按鍵)

1. Safety information

- After using the product, leave it for at least 30 minutes and ensure that the motor has cooled down completely before switching it back on.
- Do not leave the product unattended when it is charging.
- Do not allow the product to come into contact with sharp or pointed objects.
- Do not cover the product when it is switched on, otherwise it may overheat and cause a fire, electric shock or other injuries. Do not use the product on a carpet or cushion.
- It is recommended that you disable the vibration function when using the product on your head, neck or back.

Maintenance and cleaning

- A free maintenance service is provided for this product. In the event of a fault, check that the power
 adapter is connected properly. If necessary, contact the customer service center for assistance.
- You may clean the device yourself. In the event of a fault, do not attempt to repair the device yourself, as this will void the warranty. Contact your dealer to arrange a repair.
- Children must not clean or carry out maintenance work on this product unless they are supervised.
- Do not immerse the product in water or other liquids.
- If liquid gets inside the product, switch it off immediately and disconnect it from the power supply.

2. Useful information

Introduction

Thank you for purchasing the **medisana PowerRoll**. To ensure that you get the most out of your purchase and prolong the product lifespan, we recommend that you read the following information carefully.

Inspect the product for any signs of damage before use. If you have any queries, please contact your dealer or the customer service center.

2.1

1 x medisana PowerRoll

Package contents

- 1 x power adapter (for charging the built-in battery)
- 1 x training plan (with key training exercises)
- 1 x instruction manual

The packaging that comes with this product can be reused or recycled. Dispose of used packaging appropriately.

If you suspect that any of the parts were damaged during transport, please contact your dealer immediately.



WARNING

Keep all packaging film out of the reach of children! Choking hazard!



2.2 How to use the medisana PowerRoll

The **medisana PowerRoll** features a built-in vibrator that provides a deep and effective massage. It helps to prevent muscle stiffness and quickly regenerates your muscles (e.g. after an intense workout). The massage roller has a powerful motor with 8 different vibration intensities. In addition to the deep vibration function, you can also use a pressure massage (by placing the massage roller under your body) to effectively relax your muscles.



WARNING

Do not use the product continuously for more than 15 minutes.



WARNING

Only use the power adapter provided to power the product.



WARNING

This product is not suitable for use by people (including children) with reduced physical, sensory or mental capabilities, or a lack of experience and knowledge, unless they are supervised or have been instructed how to use the product safely by a person responsible for their safety.



WARNING

Children should be supervised to ensure that they do not play with the device.



WARNING

Before removing the battery, unplug the power adapter from the mains. Dispose of the battery in a safe manner.

Equipment name	Type designation (Type): POWERROLL						
	Restricted substances and its chemical symbols						
Unit	Lead (Pb)	Mercury (Hg)	Cadmium (Cd)	Hexavalent chromium (Cr+6)	Polybrominated biphenyls (PBB)	Polybrominated diphenyl ethers (PBDE)	
Power adapter	0	0	0	0	0	0	
Internal cables, trunk	0	0	0	0	0	0	
Circuit board components	0	0	0	0	0	0	
Voltage adapter module and inductor	0	0	0	0	0	0	
Fuse and temperature protection device	0	0	0	0	0	0	
Y-capacitor, opto-isolator	0	0	0	0	0	0	
Motor module	0	0	0	0	0	0	
Plastic parts	0	0	0	0	0	0	

- Note 1. "Exceeding 0.1wt%" and "exceeding 0.01wt%" indicate that the percentage content of the restricted substance exceeds the reference percentage value of presence condition.
- Note 2. "O" indicates that the percentage content of the restricted substance does not exceed the percentage of reference value of presence.
- Note 3. " " indicates that the restricted substance corresponds to the exemption.

3. Usage instructions

3.1 Charging the battery

The product contains a 7.4 V, 2200 mAh li-ion rechargeable battery. Charge the battery before using the product for the first time.

Plug the power adapter provided into a standard mains socket, and insert the other end of the cable into the charging port (3). Ensure that the battery is fully charged before disconnecting the power adapter.

A full charge takes approximately 3.5 hours. The 4 LED indicators () indicate the charging status:

Disconnect the power adapter when the battery is fully charged. After a full charge, the battery lasts for approximately 50 minutes at the highest vibration intensity (level 8), or 180 minutes at the lowest vibration intensity (level 1).

3.2 Using the massage function

- 2. Press the function button again (): The vibrating massage function will start (intensity level 1).

The **medisana PowerRoll** features 8 different intensity levels. Press the " + " (2) or " - " button to change the intensity level.

Refer the training video or training plan for instructions on how to train. When exercising, take your time to ensure that you perform each exercise correctly. Do not use the product continuously for more than 15 minutes.

The device switches off automatically after 10 minutes of use. To manually switch off the device, press the on/off button (4 🖒).

3.3 Using the device without the massage function The **medisana PowerRoll** can also be used without the massage function. You can roll the device using the pressure from your body (refer to the training video or training plan for detailed instructions). This type of training is designed for more sensitive parts of the body, including the neck and back. If you do not wish to use the vibration function, you can switch it off and use the roller to massage different areas of your body.

3.4 Recommendations

We recommend drinking plenty of fluids (e.g. mineral water) before and after use. This helps to maintain your body's water balance and make the massage more effective. Drinking water also helps to loosen connective tissue and prevent stiff muscles and ligaments.

4. Miscellaneous

4.1 Cleaning and maintenance

- Before cleaning the product, switch it off and unplug the power adapter from the mains and the charging port. Allow it to cool down completely.
- Use a damp sponge to clean the product. Do not use a brush, aggressive cleaning detergents, petrol, thinners or alcohol. Use a clean, dry cloth to wipe the product dry.
- Do not immerse the product in water. Ensure that water and other liquids cannot enter the product.
- Allow the product to dr should store the device in its original packaging and place it in a y completely before using it again.
- · Ideally, youcool, dry and secure location.

4.2 Disposal



Do not dispose of the product in household waste. As the end user, you are required to take all used electrical and electronic devices (regardless of whether they contain toxic substances) to a municipal or commercial collection facility so that they can be disposed of in an environmentally friendly manner.

For more information on the disposal of electrical and electronic devices, contact you local authority or dealer.

5. Warranty and support

Please contact your local dealer or distributor in case of a claim under the warranty. The following warranty terms apply:

- The warranty period for medisana PowerRoll is one year from date of purchase. In case of a
 warranty claim, the date of purchase has to be proven by means of the sales receipt or invoice.
- 2. Defects in material or workmanship will be corrected free of charge within the warranty period.
- Repairs under warranty do not extend the warranty period either for the unit or for the replacement parts.
- 4. The following is excluded under the warranty:
 - Any losses or damages caused by improper treatment.
 - Any losses or damages caused by acts of God, civil commotion, wars, any accidents or any other beyond medisana's reasonable control.
 - c. All damage which is due to repairs or tampering by the customer or unauthorized third parties.
 - d. Damages caused by external connection with other equipment.
 - e. Accessories which are subject to normal wear.
- If there is any specific service terms and conditions for a particular Repair Service provided by medisana, such specific service terms and conditions shall prevail in case of any discrepancy with these Terms of Repair Services.
- The company is not responsible for any direct or indirect damage caused by the machine, even if the loss is within the warranty.

If you need further information or support, please contact the local dealer or distributor in your country.

Product name	medisana PowerRoll				
Model no.	POWERROLL XT	POWERROLL XT	POWERROLL XT ULTRASOFT		
Article no.	79532	48361	99078		
EAN code	40155 88 79532 9	40155 88 48361 5	40155 88 99078 6		
Hardness grade	Standard	Standard	Ultrasoft		
Color	Black	Blue	Pink		
Battery type	Built-in lithium battery				
Power supply	Input: 100–240 V~, 50/60 Hz, 1.0 A Output: 9 V, 1000 mA Power adapter: GQ15-090100-AU				
Battery specifications	7.4 V, 2200 mAh				
Charging time	Approx. 3.5 hours				
Automatic power-off	After 10 minutes of use				
Operating conditions	Dry, indoor locations only				
Storage conditions	Store the product in a clean, cool and dry location.				
Dimensions (Ø x L)	Approx. 150 x 450 mm	Approx. 150 x 450 mm	Approx. 150 x 450 mm		
Weight	Approx. 900 g	Approx. 900 g	Approx. 900 g		

1安全提示

- 再次開啟產品使用時,請確保距離上次使用時間最少間隔30分鐘以上,務必等產品馬達溫度冷卻後再重新開機使用。
- 在產品連接開關電源充電時,請不要在無人看管的情況下讓產品持續充電。
- 請勿讓產品接觸尖銳,鋒利的物體。
- 產品在開啟時,請勿覆蓋產品,以避免因過熱導致走火,觸電、或造成傷害。請勿將產品置於毛毯或坐 墊下操作。
- 如果將產品用於頭部,頸部或者背部時,建議將震動功能關閉。

保養和清潔

- 如果發生故障,請檢查電源插頭是否正確連接並聯繫服務中心。
- 您可自行擦拭、清潔產品表面。如果產品出現故障,請不要自行修理,因為這會導致保固權利自動失效。請諮詢您的專業經銷商,並進行維修服務。
- 兒童不得在沒有監督下對產品進行清潔和維護。
- 請勿將產品浸入水中或其他液體中。
- 如果有液體滲入產品,請馬上關機,並請立即拔除電源。

2 使用資訊

感謝購買

感謝你對我們的信任和選購了 medisana 震動按摩滾筒。 為了讓你可以更長時間使用以 及享受此產品,我們建議你仔細閱讀以下訊息,以便更好使用和保養本產品。

在使用本產品前,請先檢查產品,確保沒有任何損壞。如有疑問,請與經銷商或服務中 心臟擊。

2.1

1 medisana 震動按摩滾筒

產品包裝明細

- 1 電源供應器(用於充電)
- 1訓練卡(包括了最重要的運動訓練)
- 1 使用說明書

本產品包裝可以重複使用或回收。 請妥善處理不再需要的包裝材料。 如果您在開箱時發現任何運輸過程中的損壞,請立即聯繫您的經銷商。



警告

請確保所有包裝薄膜遠離兒童們的觸及範圍! 以避免窒息風險!

2.2 如何操作 medisana 震動按摩滾筒 medisana 震動按摩滾筒是一款帶有震動效果的按摩滾筒,具有深度有效的震動按摩功效。它能夠幫助預防肌肉緊繃,迅速有效地助你肌肉舒緩恢復 (例如在激烈的運動後)。 產品具有極其強大的電動功率,提供了獨一無二的8種震動強度。medisana 震動按摩滾筒結合深度震動按摩和壓力按摩(來自你身體本身重量的壓力),使緊張的肌肉得到有效放鬆。



警告

請確保每次使用產品不要超過15分鐘。



警告

本產品僅可由本產品隨附之電源供應器供電。



警告

本產品不預期供生理、咸知、心智能力、經驗或知識不足之使用者 (包含孩童) 使用,除非在對其負有安全責任的人員之監護或指導下安全使用。



警告

孩童應受監護,以確保孩童不嬉玩電器。



警告

電器報廢前應取出電池。 取出電池前電器應切斷電源。 應安全地丟棄電池。

設備名稱	型號 (樣式): 震動按摩滾筒						
	限用物質及其化學符號						
單元	鉛 (Pb)	汞 (Hg)	鎘 (Cd)	六價鉻 (Cr ⁺⁶)	多溴聯苯 (PBB)	多溴二苯醚 (PBDE)	
電源供應器	0	0	0	0	0	0	
內部配線、 中繼線	0	0	0	0	0	0	
電路板組件	0	0	0	0	0	0	
變壓器組件、 電感	0	0	0	0	0	0	
電流保險絲、溫度保護器	0	0	0	0	0	0	
Y電容、 光耦合器	0	0	0	0	0	0	
馬達組件	0	0	0	0	0	0	
塑料	0	0	0	0	0	0	

備考 1. "超出 0.1wt%"及"超出 0.01wt%"係指限用物質之百分比含量超出百分比含量基準值。

備考 2. "〇"係指該項限用物質之百分比含量未超出百分比含量基準值。

備考 3. "-"係指該項限用物質為排除項目。

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3產品操作

3.1 電池充電 首次使用前,應將產品進行充電(鋰離子電池 7.4 V, 2200 mAh)。

請將包裝盒隨附之電源供應器(一端連接到常規電源插座,另一端連接到產品的插電孔

3 務必將產品完全充電。

充電所需時間約 3.5 小時。 4 個 LED 燈 ❶ 顯示充電狀態:

●○○○ = 充電大約 25%

●●○○ = 充電大約 50%

●●●○ = 充電大約 75%

●●●● = 充電大約 95% - 100%

電池充滿電後,您可以移除電源供應。產品充足電後,在最高強度下使用(8級強度), 連續使用時間為大約50分鐘。如果將產品調到最低強度(強度1)下使用,產品可以使用 時間為大約180分鐘。

3.2

按摩功能的應用

- 1. 按下功能鍵 4 🖒 : 4個LED顯示充電狀態
- 2. 再次按下功能鍵 4 🖒:震動按摩會被開啟(強度等級1)

medisana 震動按摩滾筒提供8個級別的按摩強度可以涌過按 ② " + " 以及 " - " 來加強或者減少強度

●○○ = 強度1
○○●○ = 強度3
○○●○ = 強度4
○○●○ = 強度5
○○●● = 強度7
○●●● = 強度8

有關訓練說明,請參考訓練影片及教學計劃表。進行訓練運動前,請先了解如何使用產品,並確保正確地進行每項訓練。

運用產品的時間每次不應超過15分鐘。

產品每次操作10分鐘後會自動關機。如果想在10分鐘前關機,請按住功能鍵關機

4 🖒 °

3.3 不用按摩功能下 的應用 medisana 震動按摩滾筒也可以在不開震動按摩功能的情況下使用。運用來自你自己的身體的壓力,將產品在你身體下方滾動(詳情請參考訓練影片和教學計劃表 - 如何正確地訓練)。這個訓練適用於身體更敏感的部位,例如:背部和頸部。你也可以在關掉震動按壓的情況下,按摩身體的各個部位。

3.4 建議 我們建議使用 medisana 震動按摩滾筒訓練前後,飲用足夠的水份(例如礦泉水等)。 這會有效幫助體水份平衡並提升按摩效果,飲用足夠的水份更可能有助於鬆弛身體筋膜, 並保持肌肉,韌帶等的彈性。

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4 其他

4.1 清潔與保養

- 在清潔產品之前,請確認產品已經關機,電源供應器已經從電源插頭和充電孔拔出。務必讓產品先冷卻下來再開始清潔。
- 請使用微濕的海綿清潔產品。 切勿使用刷子,侵蝕性的清潔劑,汽油,稀釋劑或 酒精,並用乾淨的乾布擦乾產品。
- 切勿將本產品浸入水中進行清潔,並確保水或其他液體無法進入產品。
- 務必等到產品完全乾燥後才可再次使用產品。
- 理想情况下,您應該將產品放進原廠包裝中,並放置在一個安全,乾淨,涼爽和乾燥的地方保存。

4.2 電器或電子設備 的處置

請勿將本產品與生活垃圾一起處理。所有用戶都有義務將不用的電器或電子設備(無論 它們是否含有有毒物質)送到政府規定之廢棄物處理點或商業收集點,使它們在不危害 環境保護的方式下得到妥善處置。



請諮詢您的市政單位或您的經銷商如何妥善地處置不用的電器或電子設備。

5 維修保養及支援

如需維修保養或技術支援,請與所在國家或地區的銷售點或經銷商聯繫。 以下保養條款適用:

- 1. 自購買日期起計,顧客可憑本產品收據或發票,享有 1 年維修保養服務。
- 2. 保固期內,非人為造成之瑕疵可免費獲得保固處理。
- 3. 在保固期內進行修理之後,並不會延長機器或更換零件的保固期。
- 4 下列情況不包括在保養範圍內:
 - a. 使用不當、錯誤操作、疏忽使用或人為損壞而造成產品的損壞或故障
 - b. 因遇天災、內亂、戰事、任何意外或 medisana 無法控制之任何原因造成之損失或損毀
 - c. 經未授權之協力廠商或消費者擅自維修,或改裝產品內部、外部之任何部分
 - d. 因外接其他裝備所導致的故障和損壞
 - e. 正常損耗的配件(電池等)。
- 如 medisana 提供給個別產品之維修服務另有服務條款,而該個別服務條款與本服務條款有任何歧異,則以該個別服務條款為準。
- 6. 對於機器造成的直接或間接損失,即便該損失在保固範圍內,本公司也不負任何責任。

如需更多產品資料或支援,請與您所在國家或地區的經銷商或分銷商聯繫。

產品名稱	德國 medisana 震動按摩滾筒				
產品型號	POWERROLL XT	POWERROLL XT	POWERROLL XT ULTRASOFT		
產品貨號	79532	48361	99078		
EAN代碼	40155 88 79532 9	40155 88 48361 5	40155 88 99078 6		
軟硬度	標準	標準	舒柔		
顏色	黑色	藍色	粉紅色		
電池類別	內置鋰電池				
電源	輸入: 100-240 V~, 50/60 Hz, 1.0 A 輸出: 9 V, 1000 mA 電源供應器: GQ15-090100-AU				
電池規格	7.4 V, 2200 mAh				
充電時間	約 3.5 小時				
自動關機時間	每次使用約10分鐘後				
操作條件	僅在乾爽的室內環境使用				
儲存條件	清潔、乾燥和涼爽				
體積 (Ø x L)	約 150 x 450毫米	約 150 x 450毫米	約 150 x 450毫米		
重量	約 900 克	約 900 克	約 900 克		

medisana 臺灣代理

恆隆行貿易股份有限公司

地址: 11493臺北市內湖區洲子街88號7樓

客服專線: 0800-251209



medisana_®