



GB PowerRoll

TW 德國 medisana 震動按摩滾筒



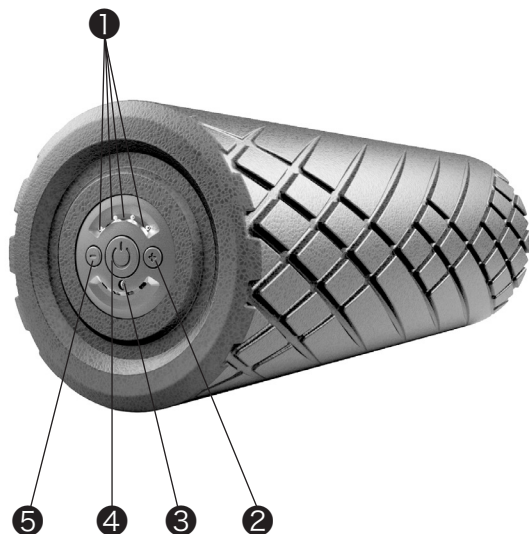
Art. No. 79532 / 48361 / 99078




Training video / 教學影片

Instruction Manual
產品說明書


Please read carefully!
請詳閱!



GB from page 3

- ① 4 LED indicators to indicate vibration intensity and the charging status
- ② "+" button (increase vibration intensity)
- ③ Charging port
- ④ On / off button 
- ⑤ "-" button (decrease vibration intensity)

TW 自第 9 頁起

- ① 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 
- 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	1 x power adapter (for charging the built-in battery)
contents	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					
Unit	Restricted substances and its chemical symbols					
	Lead (Pb)	Mercury (Hg)	Cadmium (Cd)	Hexavalent chromium (Cr ⁺⁶)	Polybrominated biphenyls (PBB)	Polybrominated diphenyl ethers (PBDE)
Power adapter	○	○	○	○	○	○
Internal cables, trunk	○	○	○	○	○	○
Circuit board components	○	○	○	○	○	○
Voltage adapter module and inductor	○	○	○	○	○	○
Fuse and temperature protection device	○	○	○	○	○	○
Y-capacitor, opto-isolator	○	○	○	○	○	○
Motor module	○	○	○	○	○	○
Plastic parts	○	○	○	○	○	○

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. “○” 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 (①) indicate the charging status:

●○○○ = Approx. 25%

●●○○ = Approx. 50%

●●●○ = Approx. 75%

●●●● = Approx. 95 - 100%

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

1. Press the function button (④ ⏻): The 4 LED indicators indicate the charging status.
2. Press the function button again (④ ⏻): 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.

●○○○ = Level 1

○●○○ = Level 2

○○●○ = Level 3

○○○● = Level 4

●●○○ = Level 5

○●●○ = Level 6

○○●● = Level 7

●●●● = Level 8

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 dry should store the device in its original packaging and place it in a dry completely before using it again.
- Ideally, you cool, 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 your 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:

1. 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.
3. 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:
 - a. Any losses or damages caused by improper treatment.
 - b. 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.
5. 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.
6. 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

