

medisana®



Hardness grade/軟硬度/gred kekerasan

STANDARD/標準/STANDARD

VARIOROLL

筋膜舒緩花生球

Art. No. 79516



Extension mechanism * 可伸縮 * mekanisme tambahan

1.



- Press and hold button
- 按住按鈕
- Tekan dan kekal butang

2.



- adjustable distance between the spheres (20/22/24 cm)
- 調整球體間的距離 (20/22/24 厘米)
- Jarak yang boleh dilaraskan antara sfera (20/22/24 sm)



Dimensions: approx. 20 x 10 x 10 cm, ø10 cm / Weight: approx. 130 g

體積: 約 20 x 10 x 10 厘米, ø10 厘米 / 重量: 約 130 克

Dimensi: lebih kurang. 20 x 10 x 10 sm, (ø 10 sm) / Berat: lebih kurang. 130 g

EN

- Ensure that you do the exercises correctly and use a soft mat.
- Before starting the self-massage consult your doctor. Ask him to what extent the exercises are appropriate for you.

! Stop the exercises immediately if you experience pain or discomfort.

ZH

- 使用軟墊並確保運動的姿勢正確。
- 使用本產品進行按摩前，請先諮詢您的醫生意見，以了解哪些運動組合適合您。

! 如感到疼痛或不適，請立即停止運動。

MS

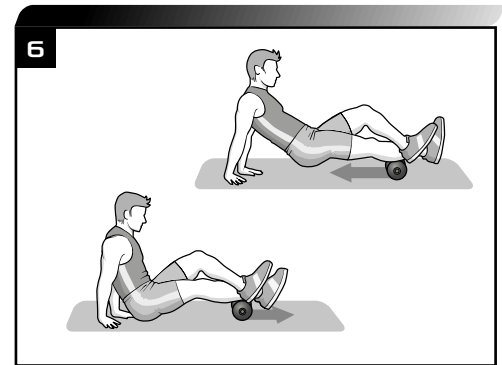
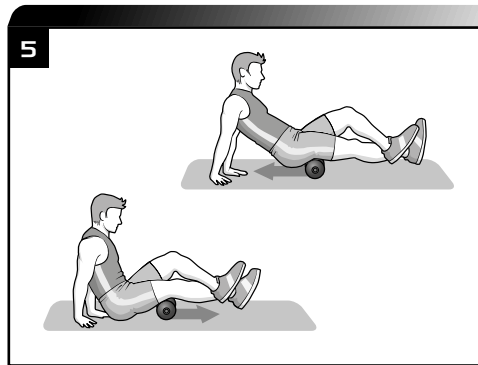
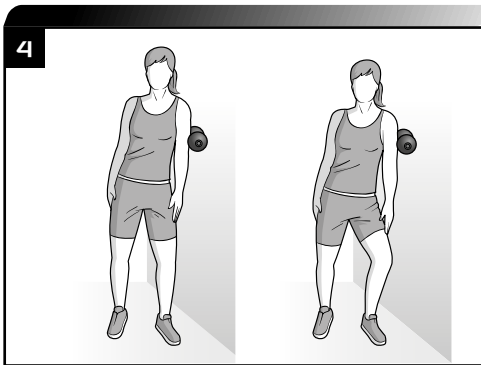
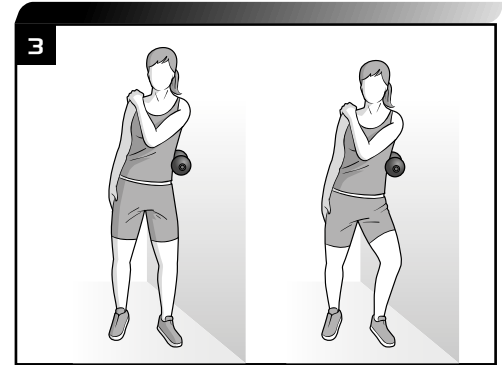
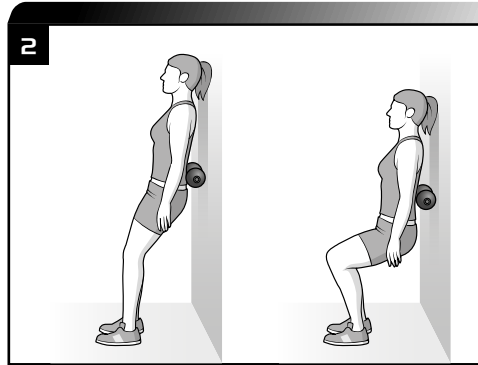
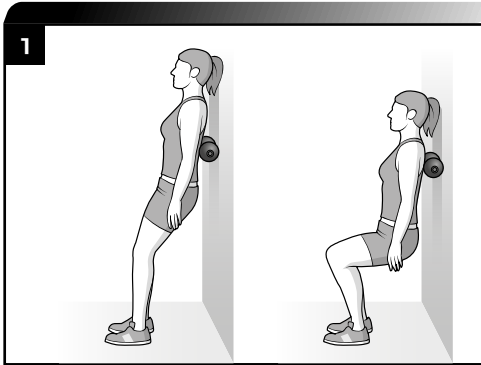
- Pastikan anda bersenam dengan betul menggunakan tikar yang lembut.
- Sebelum memulakan urutan sendiri sila rujuk pada doktor anda. Tanya beliau tahap senaman yang sesuai untuk anda

! Berhenti berlatih dengan segera jika anda mengalami kesakitan atau ketidakselesaan.

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medisana GmbH
Carl-Schurz-Str. 2,
41460 NEUSS,
GERMANY

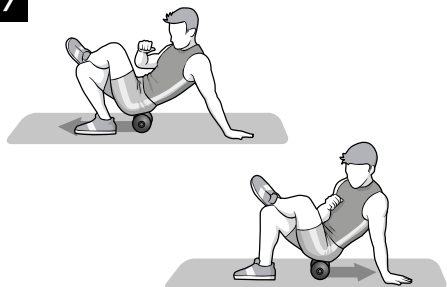


GB Ensure that you do the exercises correctly and use a soft mat

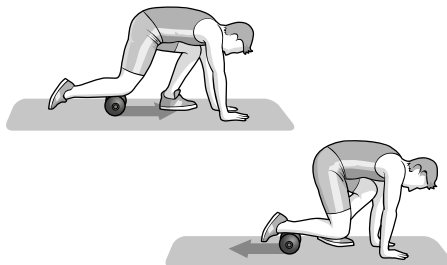
TW 請使用軟墊並確保運動的姿勢正確

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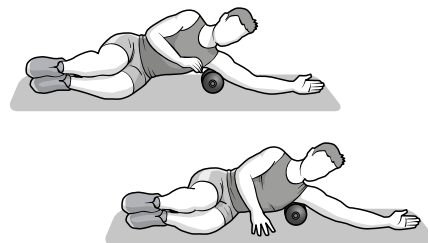
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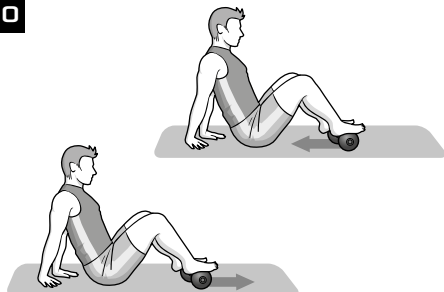
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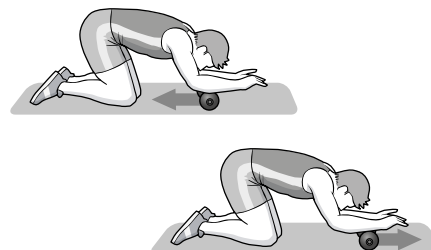
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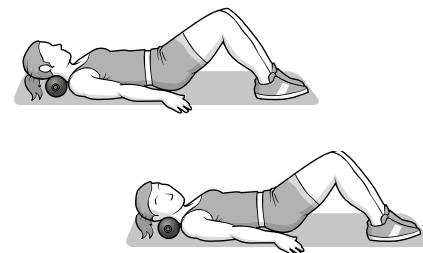
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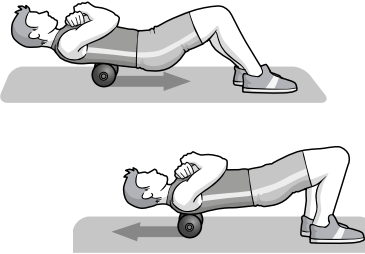
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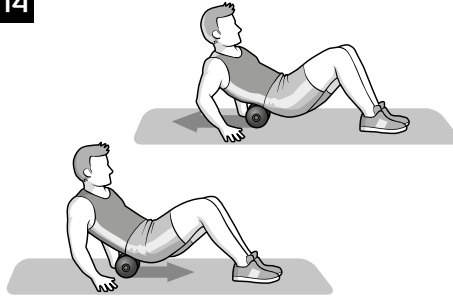
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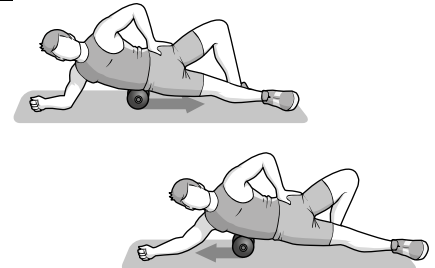
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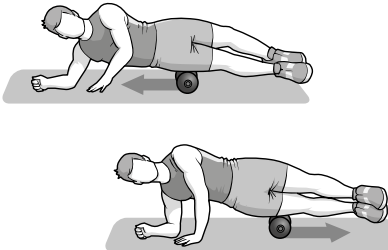
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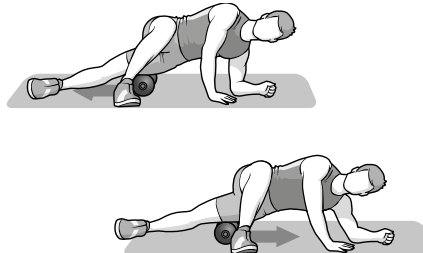
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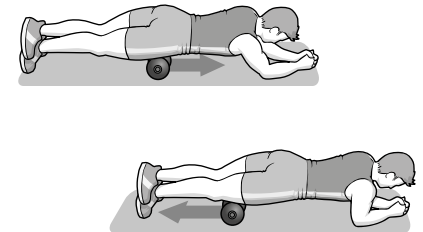
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