

**RENPHO**  
SMART HEALTHY LIVING

User Manual



Model: FT-YB-03  
**VIBRATING FOAM ROLLER**

# IMPORTANT SAFETY INSTRUCTIONS

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## **READ ALL INSTRUCTIONS CAREFULLY BEFORE USING.**

1. The device is intended for household use only and not intended for medical use.
2. The device is not a toy. Children should not play with the device. Cleaning and user maintenance should not be made by children.
3. The device is not intended for use by persons under 18.
4. DO NOT use the device for more than 1 hour at a time. If needed, please restart the device after a 30-minute interval.
5. If applied to the head, neck or upper back, it is recommended that the device be used without the vibration function activated.
6. Close supervision is necessary when this device is used by, on or near children, invalids, and disabled persons.
7. Keep the device away from heat and avoid using it in places where the surrounding temperature is relatively high.
8. If a high temperature or foul odor occurs while using the device, stop using the device immediately.
9. DO NOT place the device in water or other liquids.

10. DO NOT insert any objects into the roller as this may cause damage to the roller.
11. DO NOT attempt to repair, disassemble or modify the device. The device does not contain user-serviceable parts.

**DISCLAIMER:**

**Please consult your doctor before using the device if you are pregnant, have diabetes, migraines, herniated discs, spondylolisthesis or spondylolysis, epilepsy, have undergone surgery, are using joint replacements, IUD or other metal medical contents or if you have any unexplained discomfort.**

## **ABOUT THE PRODUCT**

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### **1. What's in the Box**

- 1 × RENPHO Vibrating Foam Roller
- 1 × Type-C Charging Cable
- 1 × Charger
- 1 × Storage Bag
- 1 × User Manual

## **2. Product Introduction**

### **(1) Features**

- ① Combines pressure and vibration massage to improve muscle recovery and performance.
- ② 5 Vibration speeds and frequency conversion.
- ③ Supports Type-C charging.
- ④ Rechargeable lithium-ion batteries allow you to use the device at the highest speed setting for over 2 hours.
- ⑤ It takes less than 5 hours to fully charge the device.
- ⑥ Reduces post-workout muscle soreness known as DOMS.
- ⑦ The percussive force is ideal for increasing blood flow and speeding up recovery.
- ⑧ The specialized waved pattern design can provide deep muscle stimulation.
- ⑨ Includes a durable storage bag for easy portability.

**Powerful and Precision Engineered**  
Highly-Penetrating Muscle Relief  
and Deep Stimulation

**3 Special Wave Textures**  
Different Massage Sensations  
and Deep Stimulation



**5-Speed Vibration Mode &  
Frequency Conversion**  
Warm-up, Cool-down, Functional  
Training and Physical Therapy

**Environmental & High-Density  
Textured EVA Foam**  
Excellent Durability and  
Vibration Transfer

## (2) Function Button Introduction



### **(3) 3 Unique Massage Textures**

The texture of this vibrating roller is designed by the massage master. There are 3 types of incremental pressing ripples design that provide different massage sensations from tension to relaxation, and the massage experience can be adjusted to suit your needs.

#### **TEXTURE 1**

##### **The thinner water ripples**

The thinner water ripples can stimulate the tense muscles for a more intensive massage experience.



#### **TEXTURE 2**

##### **The wider water ripples**

The wider water ripples increases the contact area between the roller surface and the body part so you can experience a gradual relaxation of the muscles.



### TEXTURE 3

#### The widest water ripples

The widest water ripples will relax the muscles completely for deep relaxation.



## USING THE PRODUCT

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### 1. Charging

- (1) Fully charge the device before the first use.
- (2) Charge the device using the provided Type-C charging cable and charger. It takes about 5 hours to fully charge the device.
- (3) Charge the device in time.

**Note:** Do not use the device while charging.

### 2. Operating

- (1) Turn ON the Power Switch and the device will enter standby mode with the power indicator on.
- (2) Press the Power Button, and speed level 1 will be activated by default and the corresponding indicator will be on.
- (3) Press the Power Button to cycle speed level through level 1/2/3/4/5.
- (4) Press the Mode Button to switch between constant speed and variable speed.



- (5) Press and hold the Power Button for 3 seconds, the device will enter standby mode.
- (6) Turn OFF the Power Switch after each use.

**Note:** The device will automatically shut off after 15-minute use. If needed, press the Power Button again to restart the device.

## **PRODUCT CARE & MAINTENANCE**

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1. Always turn off the device before cleaning. Wipe with a soft cloth slightly dampened with non-abrasive cleaners. Keep away from all solvents and harsh detergents. Do not rinse the device.
2. Never replace or remove the integrated batteries. If there is a problem with the power supply, please contact the service center.
3. If the device malfunctions, please do not try to fix it on your own. This may void the warranty.

# TROUBLESHOOTING

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<b>Problem</b>	<b>Cause</b>	<b>Solution</b>
The device does not work.	The plug is not inserted properly.	Insert the plug properly and safely.
	The Power Switch is not turned on.	Turn on the Power Switch.
	Auto-off timer: The device will shut off automatically after 15-minute use.	If needed, press the Power Button again to restart the device.
The device is hot or stops working suddenly during a massage.	Overuse the device.	Turn off the device and allow it to cool down.

## SPECIFICATIONS

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Product Name	Vibrating Foam Roller
Model	FT-YB-03
Input	5V $\overline{=}$ 1.5A
Rated Power	7.5W
Battery	3.7V/4000mAh
Weight	3lbs/1.36kg
Size	11.41x4.72x4.72inch/29x12x12cm
Frequency	Level 1: 1500 RPM Level 2: 1900 RPM Level 3: 2400 RPM Level 4: 2800 RPM Level 5: 3200 RPM

# WARRANTY POLICY

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## AUSTRALIA & NEW ZEALAND WARRANTY

This document details the terms and conditions of the warranty provided with this product.

Please disregard any other representations contained on this product's packaging or provided with this product, which constitute or appear to constitute a warranty.

Subject to the exclusions and limitations set out below, we warrant to you that if you purchase a product directly from us, or, from any of our authorized resellers, that it will not contain defects which are a result of faulty manufacturer workmanship or materials. This warranty subsists for 12 months from the date of purchase. This warranty is provided in addition to your rights under the Australian & New Zealand Consumer Law.

Subject to any rights you have under the Australian & New Zealand Consumer Law, we will not be liable for defects which are a result of damage or loss caused by factors beyond our control, any product which has not been maintained according to any care or maintenance instructions provided with the product, any alterations to a product which are not performed by us, or damage or defects caused to the product due to unusual or non-recommended use. We will not be liable for any special, indirect, consequential or economic loss or damage or loss of profits whatsoever suffered by you or any other person resulting from any act or omission by us. Our total liability in respect of this Warranty against Defects is limited to the replacement of the goods.

This Warranty against Defects is provided in addition to other rights and remedies that you may have at law. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

In order to claim the warranty, you must return the product to the retailer from which it was purchased or if that retailer is part of a National network, a store within that chain, along with satisfactory proof of purchase. The retailer will then return the goods to Directed Electronics Australia authorized by RENPHO. Directed Electronics Australia will repair, replace or refurbish the product at its discretion. The retailer will contact you when the product is ready for collection. All costs involved in claiming this warranty, including the cost of the retailer sending the product to Directed Electronics Australia, will be borne by you.

This warranty is offered by RENPHO.

# CUSTOMER SERVICE

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**Support number: 1800 MY RENPHO (1800 69 7367) (AU ONLY)**

Monday-Friday 9:00AM-6:00PM (AEST)

**Email address: support-au@renpho.com (AU)**

# RENPHO

SMART HEALTHY LIVING



**Manufacturer: Shenzhen Ruiyi Business Technology Co., Ltd.**

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**Made in China**

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