



Zyllion ZMA-30
Zyllion Vibrating Peanut
Massage Ball



www.zyllion.com

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1.855.588.8168

FDA Listed 1 Year Warranty

Thank you for choosing the new ZMA-30 Vibrating Peanut Massage Ball from Zyllion!

The Zyllion ZMA-30 Vibrating Peanut Massage Ball is designed to deliver a true sports therapy massage experience with the addition of vibrational therapy. Our massaging peanut ball with 4 vibration intensity options treats muscle knots and soreness more effectively than standard foam rollers.

Choose the intensity level that best suits your needs and experience deep tissue massage to soothe your post workout myofascial trigger points. The ZMA-30's unique design was inspired by lava ridges and has all the features you need to melt away muscle stiffness, tension, and stress.

If you are experiencing a problem with your ZMA-30 Vibrating Peanut Massage Ball, please contact Zyllion, Inc. at 1.855.588.8168.

Thank you for choosing Zyllion!



ONE (1) YEAR LIMITED WARRANTY

Zyllion currently offers a full one (1) year warranty for all its massager products.

For a free, additional year of warranty, please register your Zyllion purchase at:

www.zyllion.com/extendedwarranty

Please contact Zyllion at 1.855.588.8168 or cs@zyllioninc.com for further details.

FDA LISTED

To deliver the safest, highest quality products to our customers, Zyllion took the extra step to become FDA registered. That means all aspects of our manufacturing and testing are accepted and backed by the FDA guidelines.

TECHNICAL SPECIFICATIONS

Product Name:	Zyllion Vibrating Peanut Massage Ball
Product Model:	ZMA-30
Battery Type:	Lithium-Ion Battery
Capacity:	2200 mAh
Lithium Battery Voltage:	DC 7.4V



TROUBLE SHOOTING

Issue	Probable Cause	Solution
You hear a mechanical sound when product is in use	When the product is in operation the massage heads will make a mechanical sound.	Normal Sound
Cannot turn on the power	Overheating Protection activated	Let unit sit for 30 minutes to cool off and then restart
	Unit is not charged	Plug in your unit and allow to charge
Unit not charging	The electrical cord is not properly plugged into wall socket	Plug the electrical cord into the wall socket securely
Unit is overheating	Used for longer than 10 minutes	Let cool for 30 minutes.
	Mechanical issue	Let cool for 30 minutes. If continues to overheat, contact customer service

Proper non-commercial use: This massager device is for private use only and is not intended for medical or commercial purposes. This device is solely intended to massage individual parts of the human body. It cannot replace any form of medical treatment. Please consult your physician if you are unsure whether or not this massager is suitable for you.

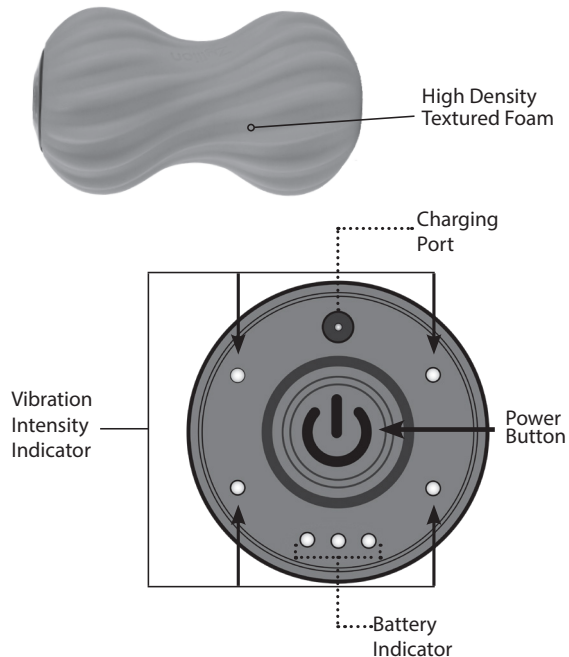
Zyllion, Inc. reserves the right to interpret any printing errors and omissions at its own discretion.

Any product updates or design details are subject to change without prior notice.

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2. Wall Adapter
3. Product Manual

LOCATION OF PARTS AND CONTROLS



Please read this user manual thoroughly before using this massager product. This manual should be kept on hand for easy reference.

CAUTION

To reduce the risk of electric shock, **do not attempt to repair.** There are no serviceable parts inside. To reduce the risk of fire or electric shock, do not expose this unit to rain or moisture.



Consult your doctor before using this massager if any of the following apply:

- You are experiencing unusually intense muscle pain in any area of the body, or are currently under medical care
- You have any concerns regarding your health
- You have a serious medical condition such as heart disease, rheumatism, osteoporosis, tendonitis, diabetes, various skin diseases, skeletal problems, or spinal problems
- You may be pregnant
- You have a pacemaker, artificial limb, or pins/screws inside any area of your body
- Any other health conditions, complications, or concerns

WARNING

The following individuals should avoid using this massager:

- Mentally or physically incapacitated individuals without supervision.
- Those suffering from skin diseases, skin redness, scalds/burns, or irritation.
- Those who suffer from intense muscle pain, osteoporosis, severe fractures, sprains, or brittle bones.
- Those who have a cancerous growth or tumor in the area where massage is to be applied.
- Those who suffer from high/low blood pressure.

SAFETY PRECAUTIONS

The following precautions are to be taken to reduce the risk of burns, fire, electric shock, or injury. Please read carefully prior to using this electric appliance.



DANGER

To reduce the risk of electric shock, burns, fire or injury, **please:**

- **DO NOT** use massager for extended periods of time. The recommended session is 10 minutes long.
- **DO NOT** use or leave near any water, or ANY heated surfaces.
- **DO NOT** submerge unit in water or any type of liquid
- **DO NOT** leave unit plugged in when not in use, especially when pets or children are near this device.
- **DO NOT** use pins or any type of metal fastener with this device.
- **DO NOT** operate unit while exposed to explosive or flammable fumes.
- **DO NOT** attempt to have the unit repaired by professionals other than Zyllion repair technicians. Doing so can potentially damage your massager and void your 1-year warranty.
- **DO NOT** plug in device to an already overloaded electrical outlet. Doing so could lead to electrocution.
- **DO NOT** remove massager plug from its socket by pulling the power cord.
- **DO NOT** plug in or unplug with wet hands to avoid electric shock and injury.
- **DO NOT** use outdoors.



ATTENTION



This foam roller massager is equipped with an overheat protection device & programmed with a 10-minute Auto Shut-Off to ensure safety. (UL approved power adaptor works with both 110-120V & 220-240V electrical outlet)



If the peanut massage ball overheats, its safety device will automatically shut off the motor to ensure safety and prevent damage. If overheating occurs, unplug the power cord and allow unit to cool off for 10-15 minutes before turning it on again.

Turn off the massager mid-use if you experience severe pain or detect any malfunction or abnormal condition.

DEVICE OPERATION INSTRUCTIONS

CHARGING:

- Fully charge for 1.5 hours. Charge indicator light will stop blinking and will remain lit when unit is fully charged.
- To charge, plug the adapter into the charging port, and then plug the adapter into a wall outlet.

One charge will last two (2) hours on the highest vibration setting.

3 lights = Full charge

2 lights = 50% charge

1 light = 25% charge

Flashing/no lights = low battery/no charge

When the unit is powered on, up to three (3) red LED lights will light up to show battery level.

TO USE:

- Push the power button to turn it on, and it will automatically start at LEVEL 1 intensity vibration - a blue light will also light up. Press a second time for LEVEL 2 intensity vibration, a third time for LEVEL 3 intensity vibration, and a fourth time for the auto-pulsating mode. An additional blue light will turn on per level.

- The unit will turn off automatically after 10 minutes of use.

TO TURN OFF BEFORE AUTOMATIC SHUT-OFF:

- Press the power button until you are at auto-pulsating mode. Press it again, and the device will turn off.
- You may also hold the power button for 3-5 seconds to turn it off.

FEATURES AND BENEFITS

- Combines pressure and vibrational massage to improve muscle recovery and performance
- 3 vibration intensities, 1 pulsating mode
- Rechargeable lithium-ion batteries provide over 2 hours of use per charge on the highest speed level, up to 4.5 hours.
- Recharges in less than 1.5 hours
- Reduces post-workout muscle soreness, otherwise known as DOMS
- Eases tension and fatigue caused by stress

CARE AND MAINTENANCE

- Make sure unit is completely turned off prior to cleaning.
- Allow unit to cool before cleaning.
- Wipe device with a soft, damp cloth for easy cleaning. Do not use abrasive cleaning agents such as benzene, thinner or gasoline.
- Do not submerge massage ball in water or any type of liquid.
- Keep the unit away from heat sources, liquids, pets, or children.
- Store foam roller unit in a cool dry place and keep away from flammable products, explosives or chemical solutions.
- Do not wrap cord around device when storing to avoid cord damage.
- Make sure unit does not come in contact with sharp edges or pointed objects that could damage, cut or puncture unit.
- Use device only as intended. Do not use attachments not recommended by the manufacturer.
- Do not use where aerosol (spray) products are being used or where oxygen is being administered.



- Use massager only as intended. Do not use attachments not recommended by the manufacturer.
- Avoid stepping on the power cord to prevent damage or electrocution.
- Properly unplug the unit after use. If necessary, turn off the unit prior to unplug it during use.
- Turn off and unplug massager mid-use if you experience severe pain or detect any malfunction or abnormal condition.
- Turn off and unplug unit if there is a power outage or lightning storm.

Do not use (or continue use of) this unit if:

- Any parts of the unit are missing or appear damaged or defective. Return it to the retailer for repair/replacement.
- It is wet. Do not reach for unit if it has fallen into water while plugged in. Unplug immediately.
- The electrical outlet is unusually loose.
- It overheats or catches fire. Discontinue use if the smell of smoke or burning electronics is present.
- It is exposed to explosive or flammable fumes.
- Aerosol (spray) products are being used or where oxygen is being administered.
- You experience any of the following:
 - Numbness or weakness in the face, arm, or leg;
 - Confusion or trouble speaking or understanding speech
 - Vision problems in one or both eyes
 - Difficulty walking or dizziness, loss of balance or problems with coordination
 - Severe headache