

**SQVB-3**  
**POLLUX**

**Peanut Vibrating Massage Ball**

Deep Tissue Trigger Point Therapy  
Suitable for Massaging Muscles

***USER GUIDE***

## Features:

- Smart and Portable Design
- Ideal Contour Shape for Precise Targeting
- Has 2 Vibrating Spheres and Cordless Convenience
- Lightweight, Waterproof with Durable Motor
- Soft Rubber Material
- 10-minute Auto Shut-Off with LED Indicators
- Anti-Corrosion, Auto Timer Setting, Has USB Outlet
- 3 Vibration Intensity Levels, Automatic Mode to Choose
- One Switch Button to Operate
- Can be used for Hands, Arms, Abdomen, Waist and Legs With Strong Heating Function
- Can Warm Up the Body Like Joints and Muscle Tension, Aches or Pains
- 360 Degree Massager Roller, 2 to 5 Hours Power Life
- High and Firm Nodules, Portable and Rechargeable
- Help Reduce Pain and Soreness and Penetrate Deep into Muscles for an Effective Tension Massage

## What's in the Box:

- Massage Ball
- Adapter
- PE Bag

## Technical Specs:

- Construction Material: Silica Gel + ABS
- Diameter: 3.54" inches
- Intensity Speed: 4900 RPM (Motor)
- Battery: 2200mAh
- Output: DC 9V ,1A
- Weight Capacity: 1.9 lbs.
- Product Dimensions (L x W x H): 3.7" x 3.7" x 7.8" -inches



**DOWNLOAD THE SQUATZ APP TO FOLLOW  
YOUR CUSTOM SQUATZ WORKOUT!**

**ALL SQUATZ PRODUCTS COME WITH AN  
ADVANCED WORKOUT PROGRAM!**

## Safety Instructions

1. **Please keep it in good condition for future use.**
2. When using this product, please pay special attention and observe the following safety instructions!
3. **Before using, please read all the instructions carefully.**
4. Do not immerse in water. Keep away from liquids or heat sources.  
Keep ventilation ports free from dust and debris.
5. Do not remove screws or attempt to disassemble.
6. Do not operate continuously for more than one hour.
7. Unplug the charge from device battery after charging or prior to use.
8. For adult use only. Do not use if injured. Consult your doctor before using this product.
9. Never leave the **Peanut Vibrating Massage Ball** charging unattended.

### **PLEASE DO NOT USE THE VIBRATING MASSAGER WITHOUT FIRST OBTAINING APPROVAL FROM YOUR DOCTOR IF ANY OF THE FOLLOWING APPLY:**

Pregnancy, diabetes with complications such as neuropathy or retinal damage, fitted with pacemakers, recent surgery, epilepsy or migraines, herniated disks, spondylolisthesis, spondylolysis, or spondylosis, recent joint replacements or IUD's, metal pins or plates or any concerns about your physical health. Frail individuals and children should be accompanied by an adult when using any vibration device. These conditions do not mean that you are not able to use a vibration or exercise device but we advise you to consult a doctor first.

Ongoing research is being done to the effects of vibration exercise for specific medical disorders. This will be likely result in the shortening of the list of contraindications as shown above. Practical experience has shown that integration of vibration exercise into a treatment plan is advisory in a number of cases. This must be done on the advice of and in accompaniment with a doctor, specialist or physiotherapist.

#### **California Prop 65 Warning**

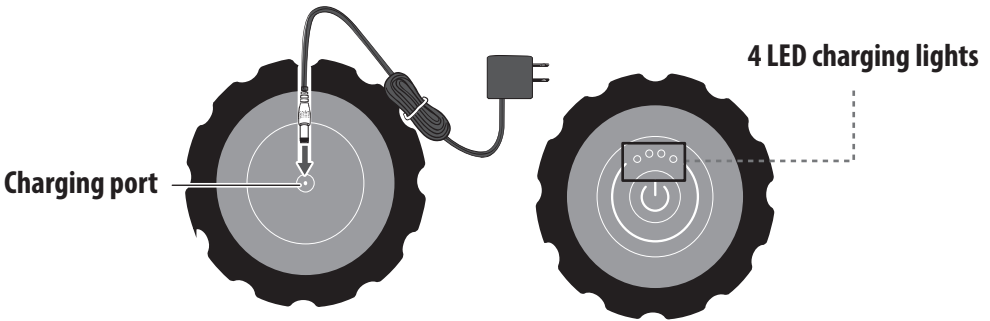
##### **WARNING:**

This product contains Lead which is known to the state of California to cause cancer birth defects and other reproductive harm. Do not ingest.

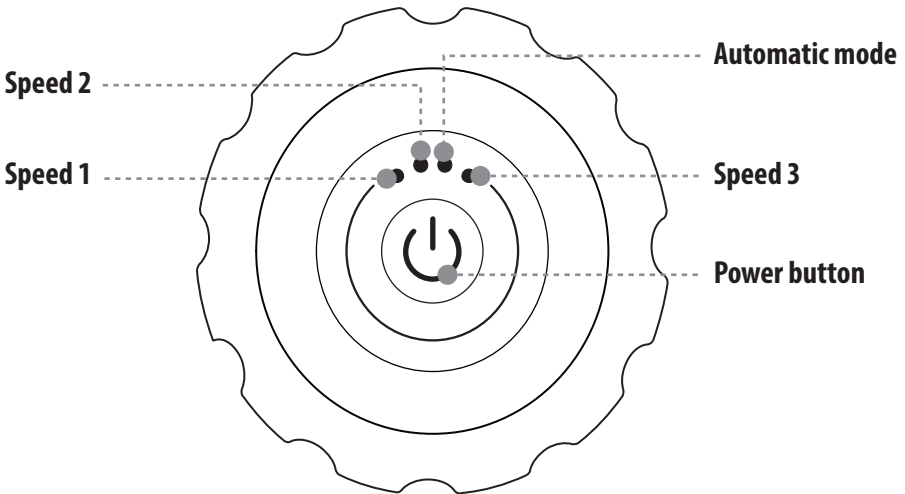
For more info go to: [www.P65warnings.ca.gov](http://www.P65warnings.ca.gov)

## Charging Method

1. Connect the power adapter charging plug to the product charging port.
2. Plug the power adapter into a 100-240V, 50/60Hz power socket.
3. The vibration function cannot be used while charging.
4. After the charging is completed, the 4 LED light continues to illuminate to green color indicate that the battery is fully charged.
5. It takes about 2.5 hours to send it from empty to full charge.
6. If the Power wave dumbbell is continuously charged for 5 hours, the 4 LED charging lights are still not green (full state), please unplug the power adapter and contact the maintenance person to avoid danger.
7. When charging is complete, disconnect the AC adapter and charging plug.



## OPERATION



## OPERATION

**The Peanut Vibrating Massage Ball offers 1 automatic mode and 3 speed mode. You can make a selection by pressing the function button.**

- Press and hold Power button for 3 seconds is turned on; the automatic vibrating massage starts. The vibration speed is speed 1, and an intensity indicator red light is displayed.
- Press the button for the second time, the vibration speed is increased to the speed 2, and two red intensity indicators are displayed.
- Pressing the button for the third time, the vibration enters to automatic mode, the vibration speed is automatically become weak to strong, and then from strong to weak, and the cycle is repeated, displaying three red intensity indicators.
- Pressing the button for the fourth time, the vibration speed becomes speed 3, showing four red intensity indicators.
- **Shut down:** Press the button for the fifth time, the massager is turned off, the movement stops all massage vibration function, enters to shutdown state, and the intensity indicator does not flash.

## How to Maintain

Before cleaning the product, make sure the power switch is turned off and unplug the power cord.

- Wipe the **Peanut Vibrating Massage Ball** with a clean, soft cotton cloth.
- Do not use corrosive cleaning agents such as benzene to clean the Product.
- Do not wipe the switch control surface with a wet cloth to avoid machine malfunction. Wipe it with a dry cloth.
- Do not dip the product into water or other liquids. If water is spilled on the product, it may cause electric shock.

## Storage Method

To keep the product clean and clean, keep the product away from high humidity.

- Store the equipment ideally in its original packaging and keep it in a clean, dry place.
- Do not place in direct sunlight or high temperatures.
- If not used for a long time. Cover with a dust cover and remove the power plug from the power outlet.

## Correct Handing

This symbol indicates that this product cannot be disposed of with household waste in any EU country. In order to avoid any possible damage to the environment and human health, it should be recycled to increase the reusability of the remaining available substances. Recycle used equipment, follow the recycling process, or contact the original retailer. They can recycle products for environmental safety.



*Questions? Comments?*

We are here to help!

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