

28.5x10cm

Mini Vibration ball user manual



- Remove your mini vibration ball from the packaging. Check unit and included batteries for damage.
- Firmly grasp the top and bottom of the ball and twist to open.
- Insert the 3 AAA batteries
- Twist the two halves of the ball together to close the unit. When the arrows on the two halves line up, the ball is securely closed.
- Press the center button to turn on the high intensity massage.
Press a second time to switch to low intensity massage.
Press a third time to power off the unit.
- At the desired massage intensity, Run the unit along a muscle group. Apply pressure as needed.

HOW TO USE THE MINI VIBRATION BALL

