

# Rollshape

User Manual

26/10/2023



We are delighted that your purchase of our premium Rollshape roller massage. Your trust in our product is greatly appreciated. We're thrilled to help enhance your wellness journey. Thanks a lot for your patronage!



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## Attention

**Before starting to assemble and use the device, please refer to the manual.**

### Connecting the power supply

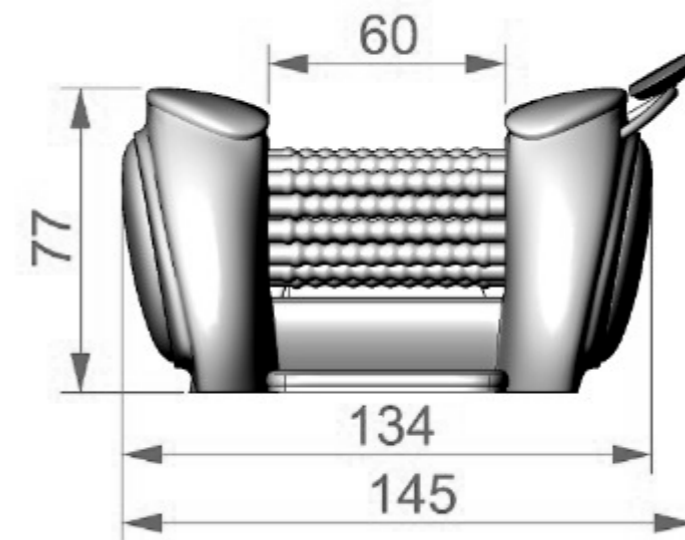
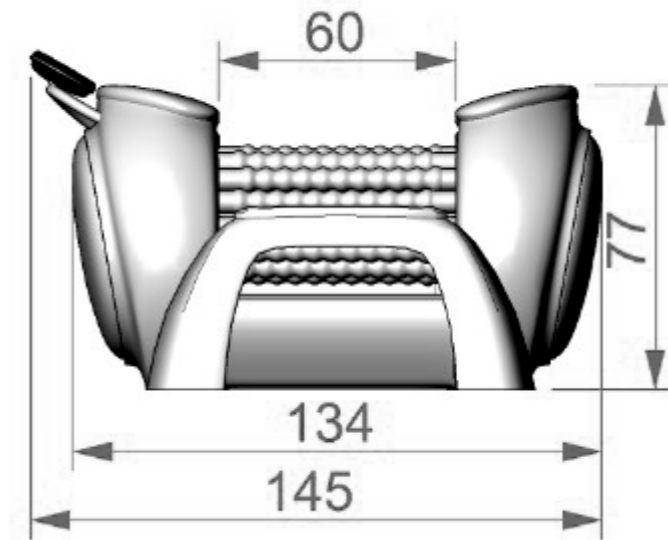
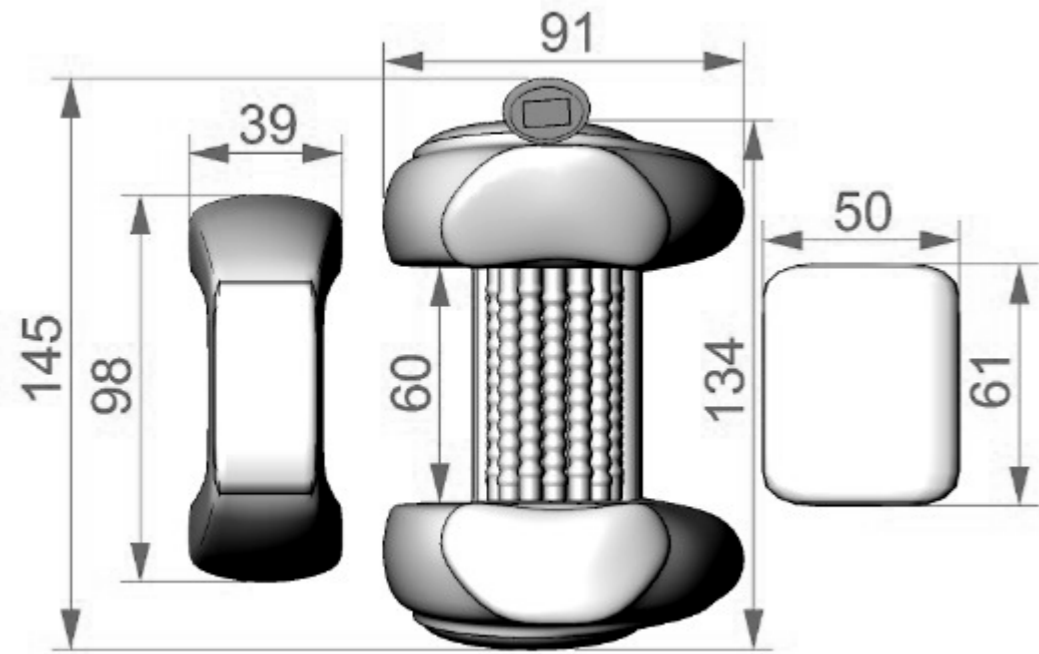
The device must be connected to a grounded socket. There is exact information about the required voltage on the nameplate.

- The device is subject to the recycling process. Dispose of electrical parts only to containers designated for this purpose or return them to a nearby waste collecting centre.
- The device needs to be placed on a smooth surface.
- Make sure that the electric wire is not damaged.
- All types of repairs should be performed by an authorized service centre.

## Technical specification

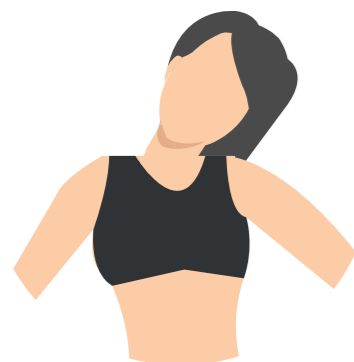
Power	
<b>Voltage</b>	230VAC / 50Hz / 1PH
<b>Power consumption</b>	0.8kW
Dimensions / Weight	
<b>Height / Width / Depth</b>	86 cm / 145 cm / min 180 cm 33,8-inch / 57-inch / min 70,9-inch
<b>Weight</b>	90 kg
Functions	
<b>Dumb drive</b>	<ul style="list-style-type: none"> <li>• Engine: AC / 3PH (three-phase)</li> <li>• Power of the engine: 0.37kW</li> <li>• Engine control: Frequency inverter</li> </ul>
<b>Infrared (with optional collagen function)</b>	<ul style="list-style-type: none"> <li>• A single infrared radiator: with 320W power</li> <li>• Protection against scalding</li> <li>• The range of infrared radiation: 1.4 - 14µm – close to the solar radiation</li> </ul>
<b>Chromotherapy</b>	<ul style="list-style-type: none"> <li>• Based on LED technology,</li> <li>• Wireless remote control allowing to choose the colour,</li> <li>• Predefined programs for automatic colour change</li> </ul>
<b>Air ionization (optional)</b>	<ul style="list-style-type: none"> <li>• Negative ion emission: 9000000 ions/ cm<sup>3</sup></li> </ul>
<b>Ozone (optional)</b>	<ul style="list-style-type: none"> <li>• Ozone emission: 0.05ppm</li> </ul>

## Dimensions



## Before starting to train

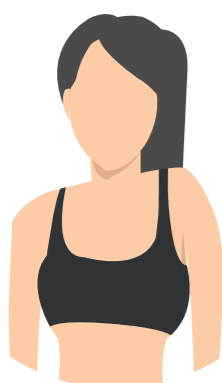
Training should begin with a warm-up. Next pass to aerobic exercises, and end up with loosening. Warming up prepares the body for exercises. Upon completion of training, repeat the exercises to relax the muscles after force exercise. Below are examples of exercises to warm up and relax:



1

### HEAD TURNS

Move your head to the right and left, to feel a gentle stretch of neck muscles. Then move your head forward and backward, touch the chest with your chin, and tilt the head back. Repeat the exercise several times.



2

### ARMS INCLINATIONS

Lift your right arm towards your ear then lift your left arm. Repeat the exercise several times.



3

### STRETCHING

Reach as high as you can with your hands. Alternately reach up with your left and right hand. Repeat the exercise several times with the right and left hand.



4

### QUADRICEPS STRETCH

Rest one of your hands on the wall to steady and pull your leg to the buttocks, as shown in the figure. Repeat the exercise for both legs.



## 5

### STRETCHING THE ACHILLES TENDON

Put two hands against the wall and lean forward. With one leg make a stride and gently push your body. Repeat the exercise several times on both legs.



## 6

### BENDS

Touch your toes with your hands. During the bends, keep your knees straight, shoulders and arms relaxed. Repeat the exercise several times.



## 7

### ABDUCTOR STRETCHING

Sit on the ground, put your feet together, and try to touch the floor with your knees. Repeat the exercise several times.

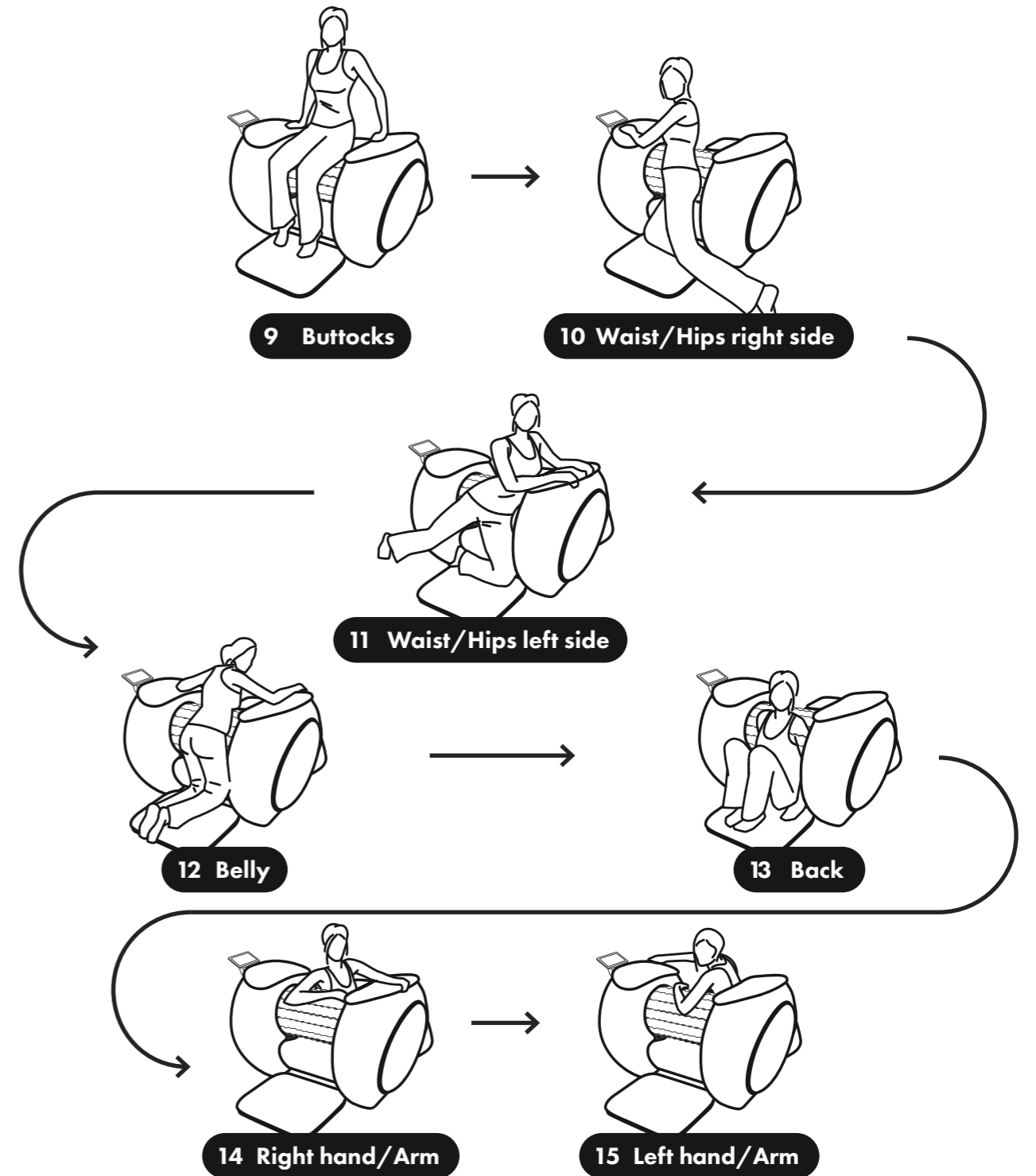
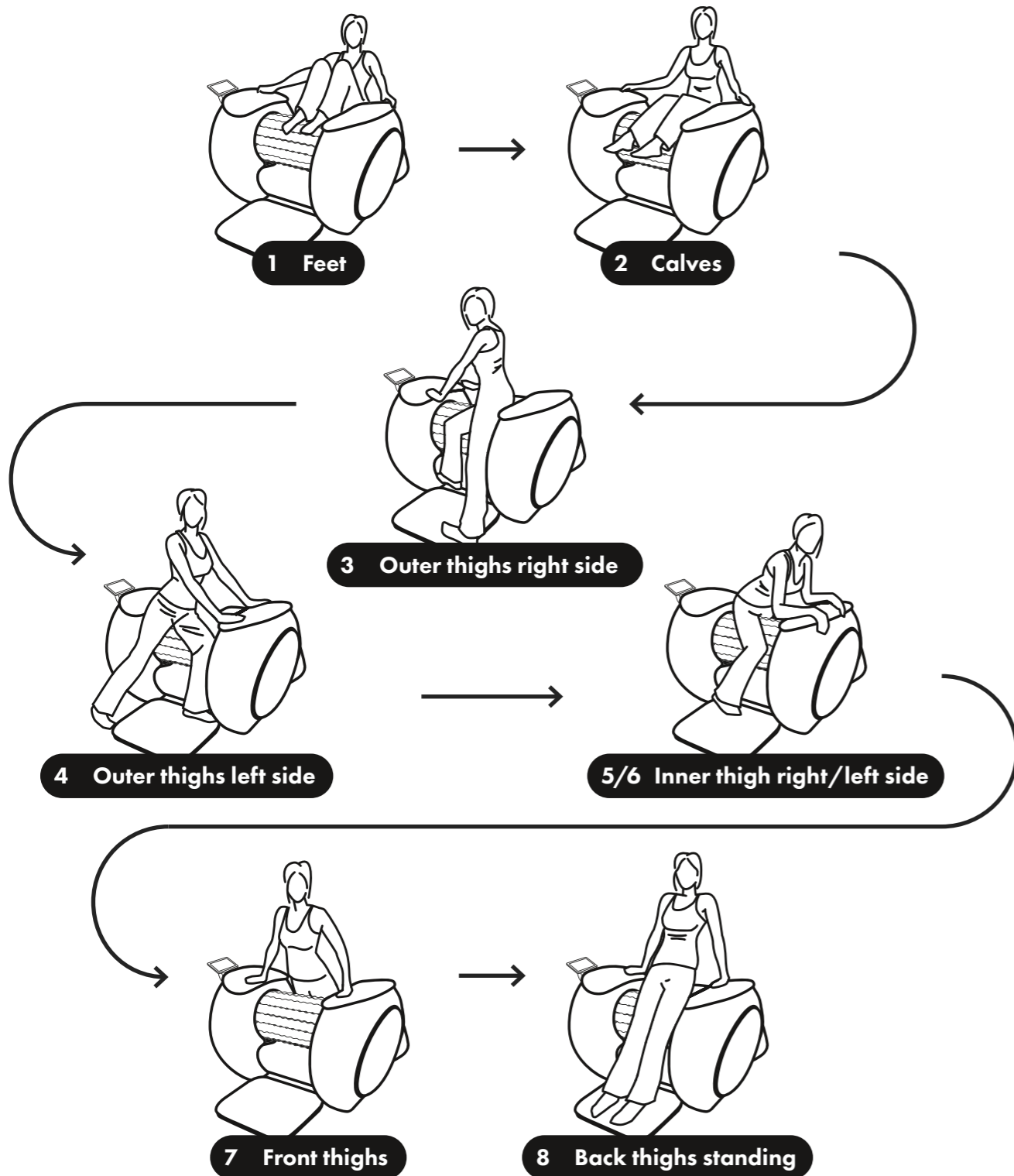


## 8

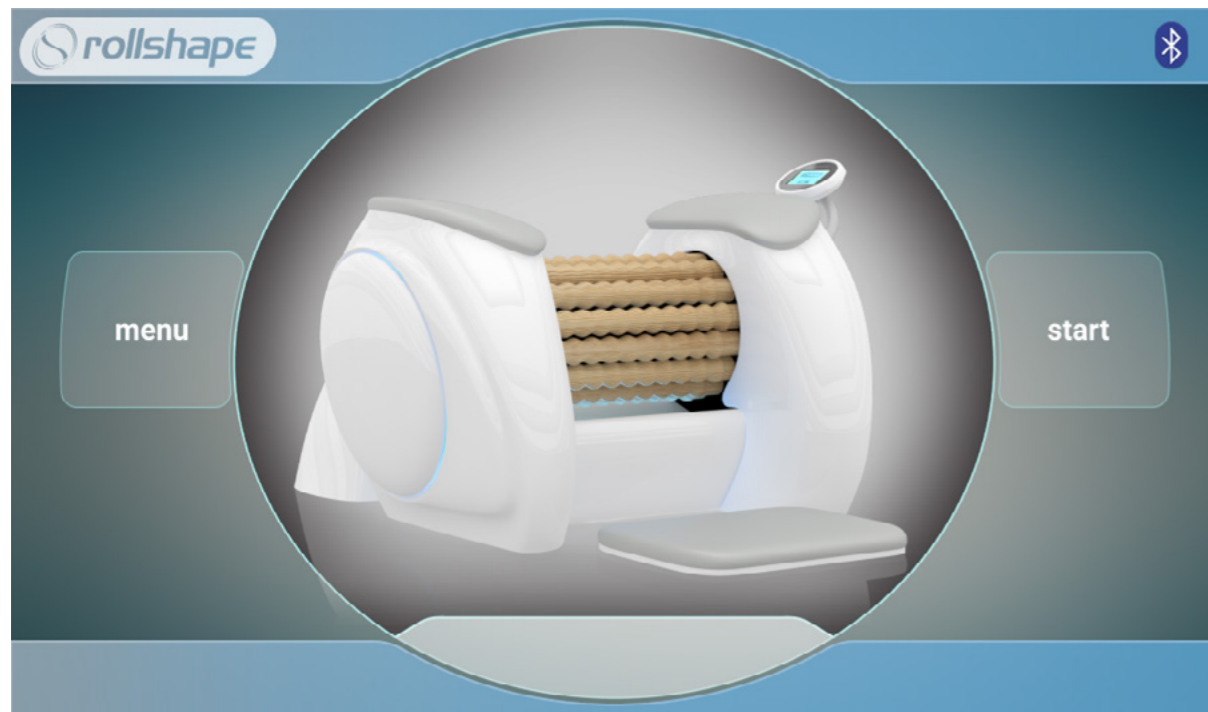
### HAMSTRING STRETCHING

Sit on the ground, straighten one leg, and bend the second one. Reach out a hand towards the extended leg and hold on to this position for a few seconds. Relax and repeat on the other leg.

# Exercise positions



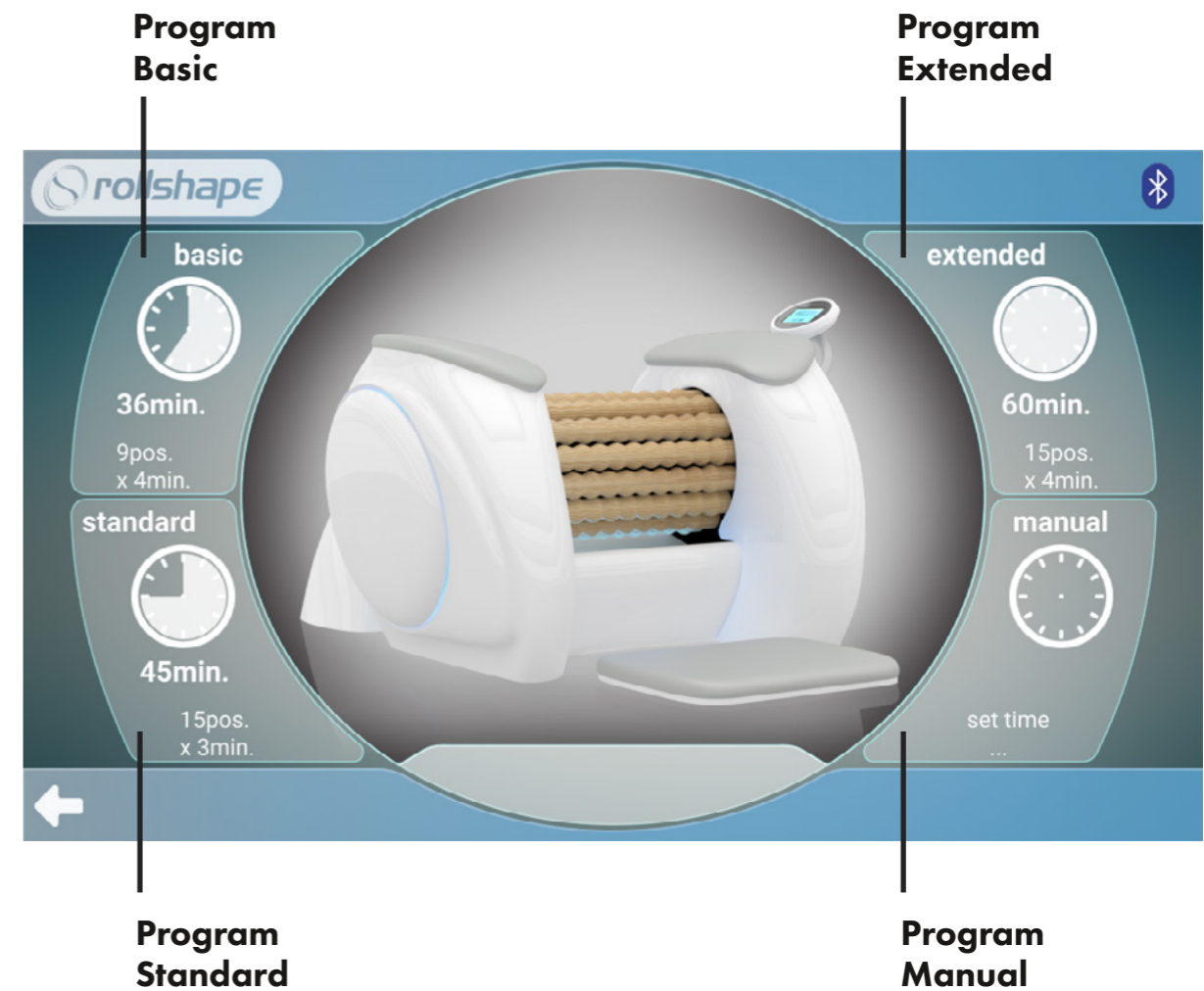
## Starting an exercise program



Press **[start]** on the main screen, it will take you to a screen with training program selection.

## Training program selection

Four training programs are available





## Training programs

### Basic program

**Duration of the program:**  
36 minutes

**Duration of each position**  
4 minutes

**Number of positions**  
9

During the training, the positions change automatically from the first to the ninth one (see – Illustration 1)

### Program Extended

**Duration of the program:**  
60 minutes

**Duration of each position**  
4 minutes

**Number of positions**  
15

During the training, the positions change automatically from the first to the ninth one (see – Illustration 1 , Illustration 2)

### Program Standard

**Duration of the program:**  
45 minutes

**Duration of each position**  
3 minutes

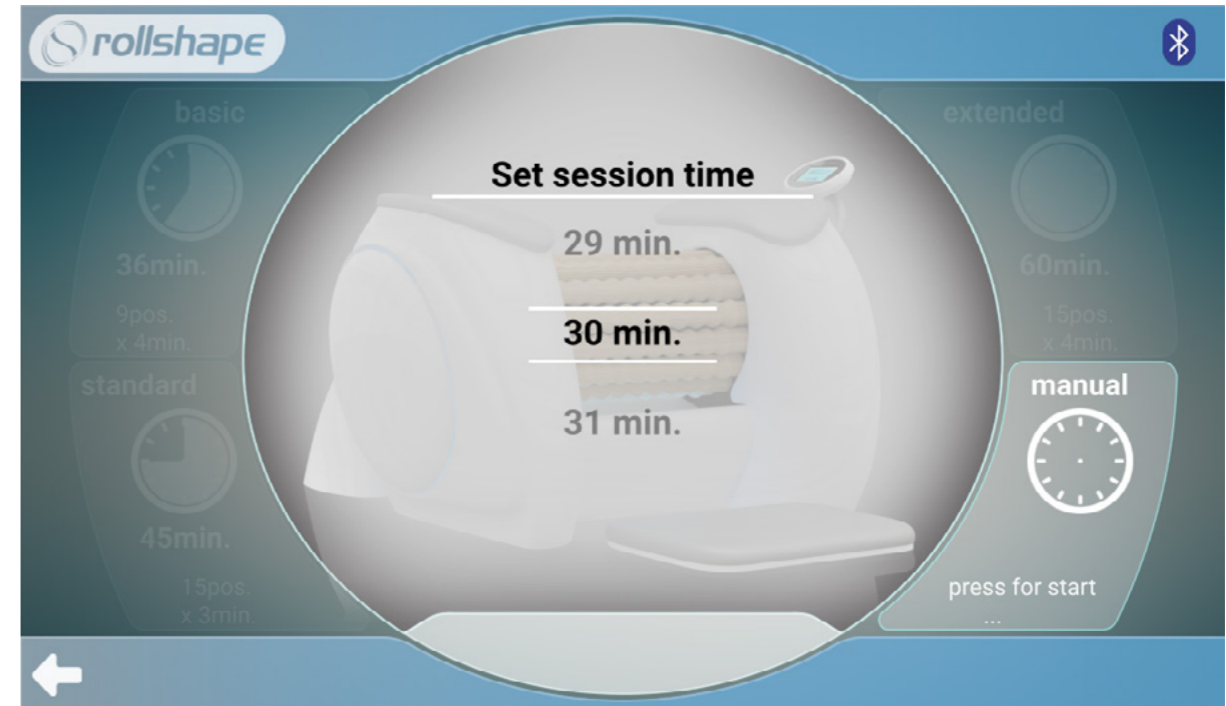
**Number of positions**  
15

During the training, the positions change automatically from the first to the ninth one (see – Illustration 1 , Illustration 2)

- Program Basic, Standard or Extended has been automatically set with a options **[AUTOSPEED ON]**:
- the **[AUTOSPEED]** function is enabled by default – highlighted **[ON]** button; to turn it off, press the **[OFF]** button,
- if the **[AUTOSPEED]** function is enabled, the speed of rotation of the drum will gradually increase from 25% to 100% for each of the following positions of the training:

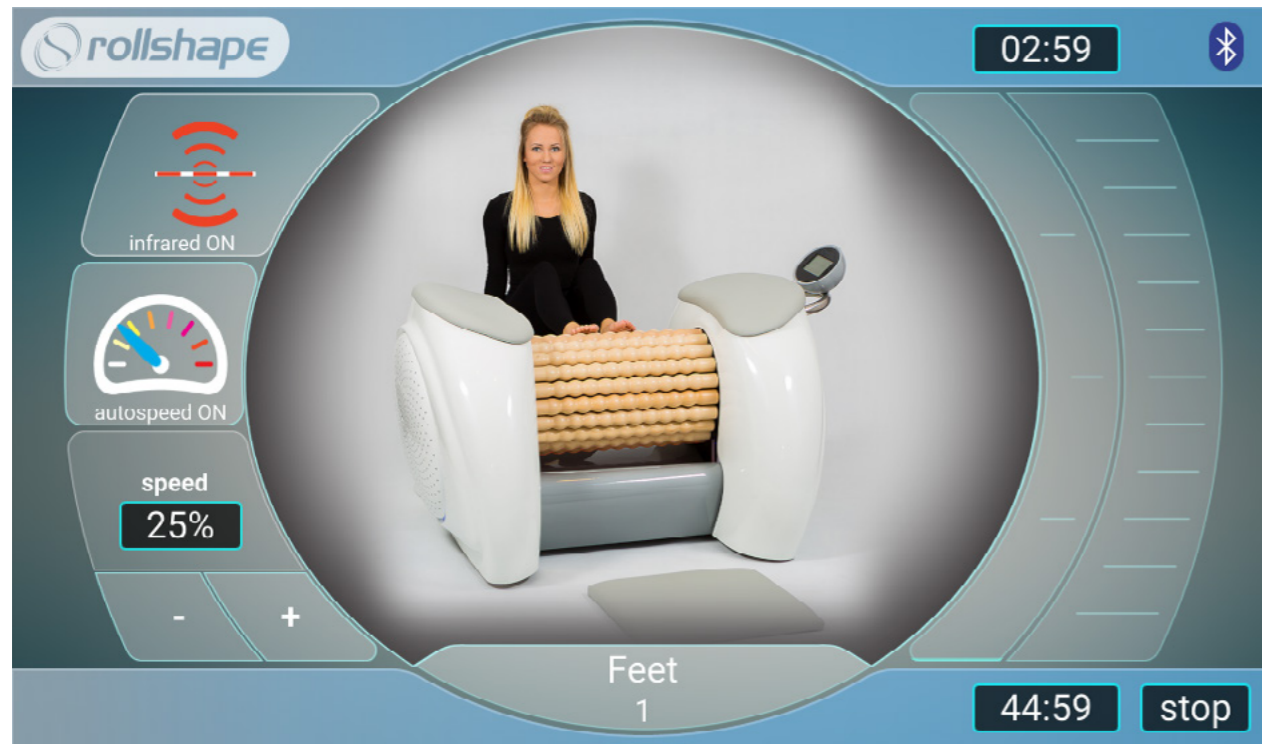
## Manual program

The user chooses the duration of the training on his own. After choosing this program, the user will be asked to set the duration of training. The maximum duration of a training session 60 minutes. **[PRESS FOR START]** training session will begin

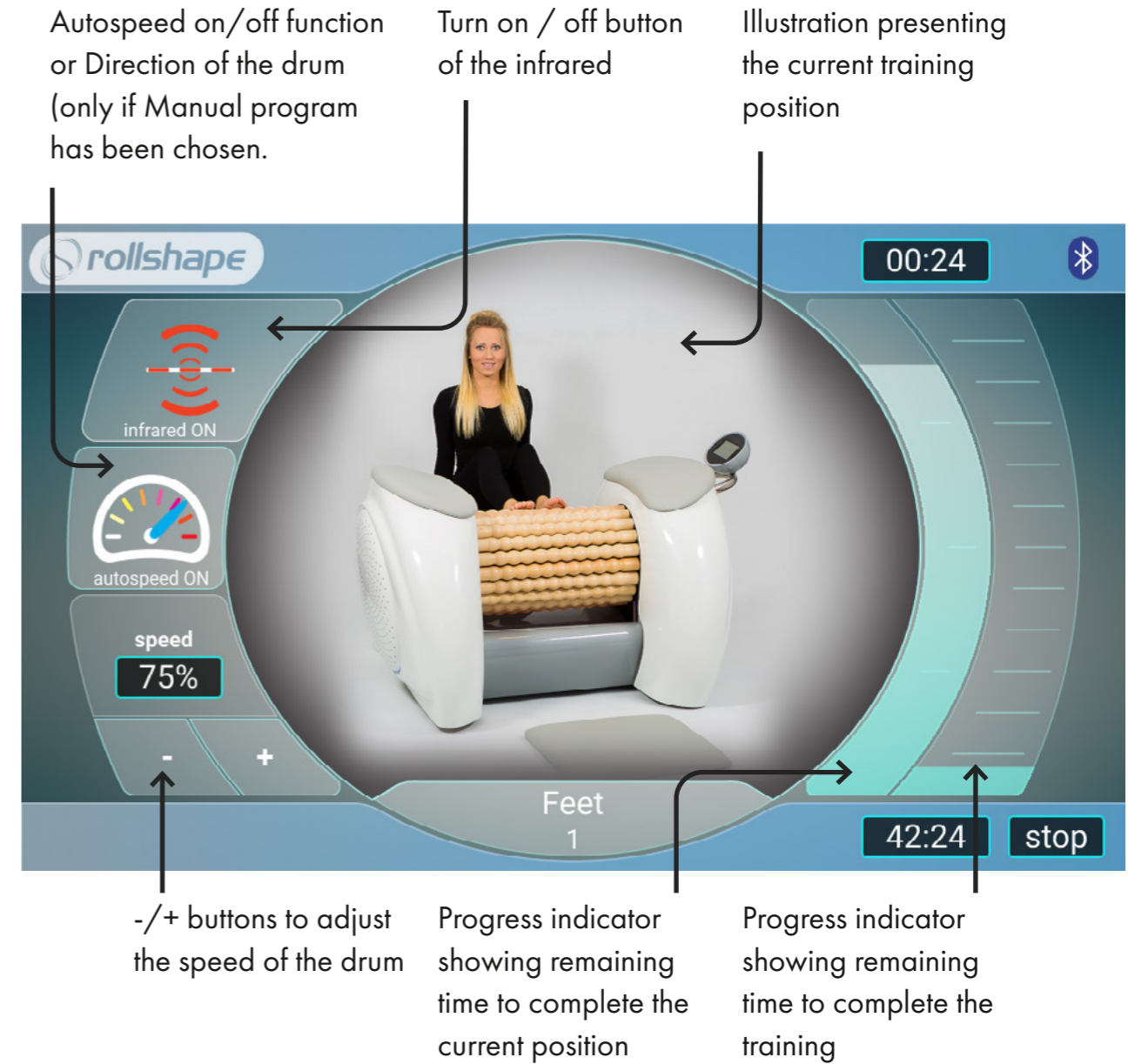


# Training

- Duration of training is predefined except for the manual program for which the user can independently determine the duration,
- If programs **Basic, Standard or Extended** have been chosen – a screen with illustration presenting the current position and with the current training parameters will be displayed.



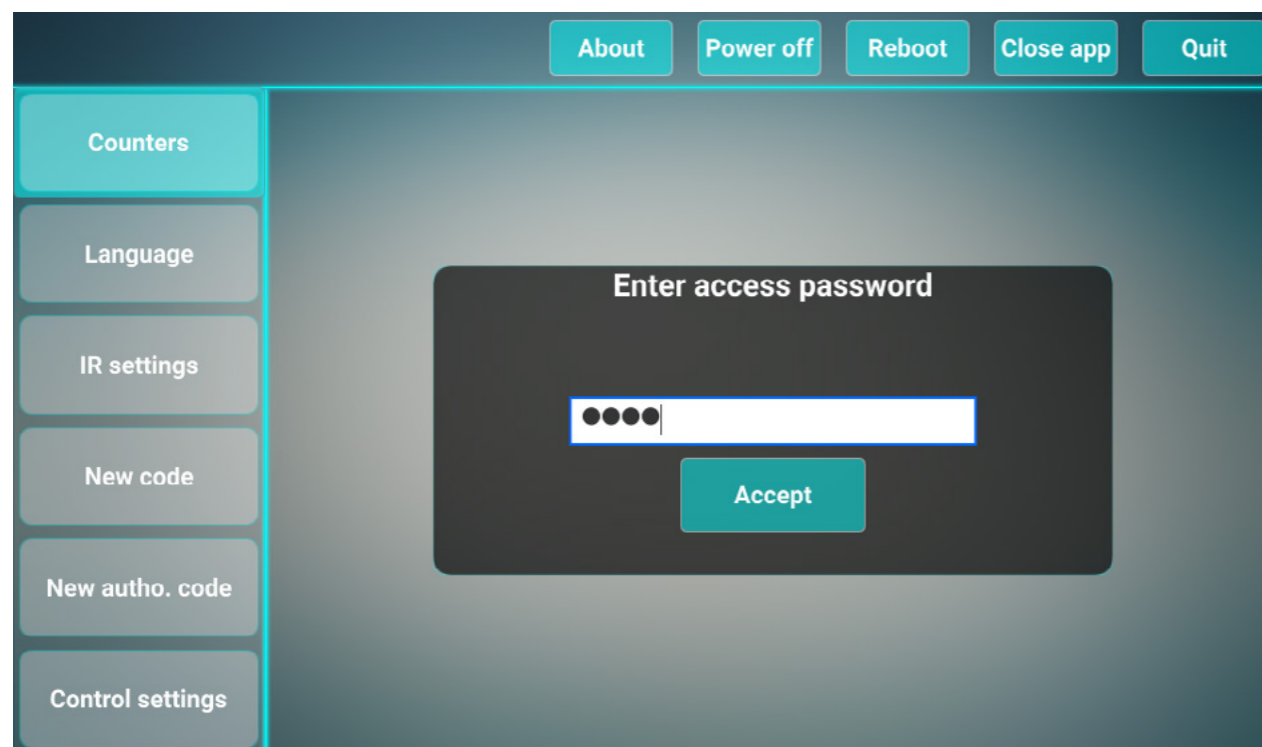
Parameters displayed on the screen during the 1st, 2nd or 3rd training with additional functions that user can change while training:



After completing the training session or pressing [STOP], the training will be stopped and the main screen will appear.

## Main settings of the Rollshape device

In order to get access to the RollShape settings, first you need to press [menu] in the app main screen. In settings a [access password] screen will be displayed – please provide the correct access code to unlock the settings menu.



### Counters

after choosing this option, the screen with counters of the device operation will be shown:



- Total time counter – a constant counter of the device operation. After each time a training program is started, the counter is incremented by a constant value corresponding to the time of training,
- Program 1 time counter] – calculates the real operation time, with the possibility to clear the counter values,
- Program 2, Program 3, Program 4 (work counter) – each time you start an exercise program, the counter is incremented by a constant value corresponding to the value of the selected training program; these counters have the possibility to reset.

### Language

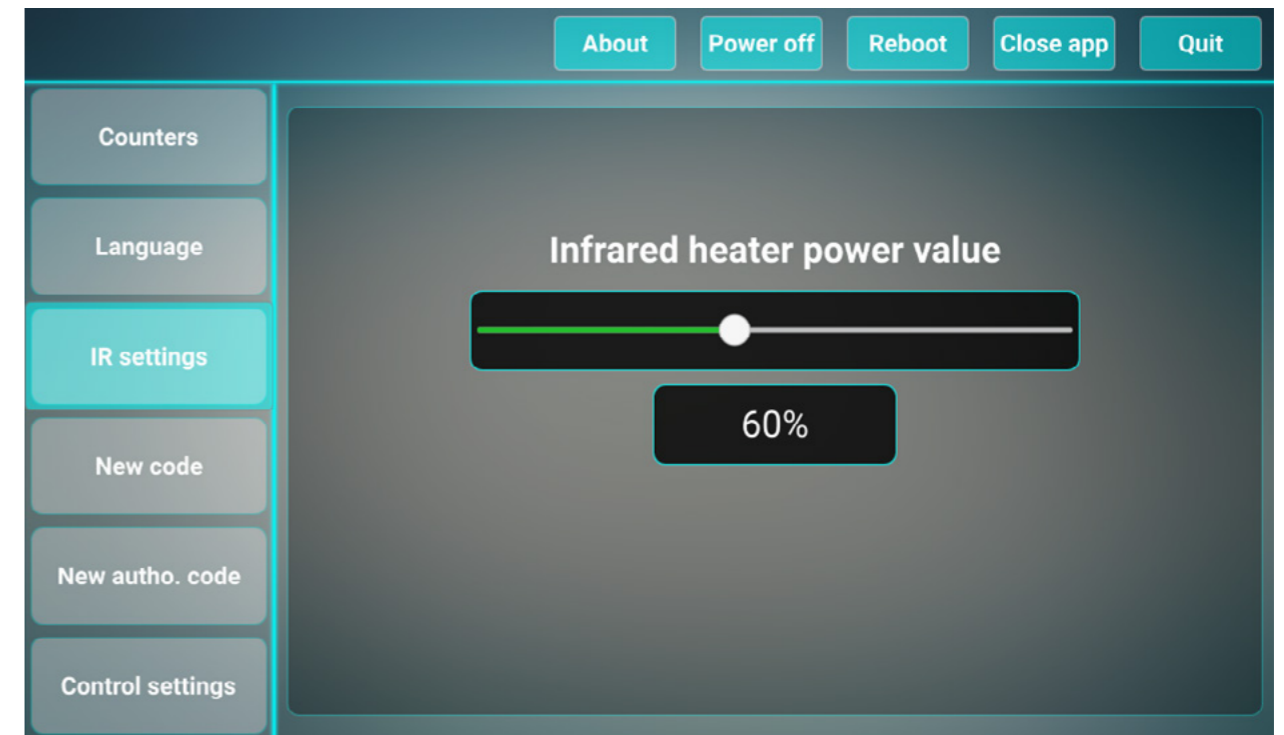
After choosing this option, a screen with a language choice menu will be displayed.



There are six languages to choose: English, Polish, German, Italian, French, Lithuanian

### IR Settings

This setting gives you the option to set the infrared heater power value



## Device maintenance

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### 1. Lubrication of the self-aligning bearings of the drum of the device.

In order to lubricate the bearings, the side covers of the device must be removed. To remove them, just pull them lightly, the covers should disengage from the fastening clasps. The bearings are equipped with special lubricating rings, through which the bearing raceways should be lubricated. The grease should be applied using a grease gun with an appropriate adapter. Only use a lubricant intended for this type of mechanism. The bearings should be inspected once every three months, depending on the frequency of use of the device.

A bearing is considered lubricated if, when refilling, the grease is forced through the gaps in the bearing housing. Excess grease should be removed with a piece of cloth.

#### Recommended grease for bearings

CX-80

#### ATTENTION!

All maintenance work must be performed with a disconnected power source.

### 2. Inspection of the belt moving the drum of the device.

Start inspection by visual inspection of the belt looking for any damage to the belt. When the belt is damaged, it should be replaced.

### 3. Maintenance and cleaning of balusters

The balusters should be cleaned with a moist microfiber cloth. It is not recommended to use cleaning liquids directly applied to the balusters.

A variety of surface-cleaning liquids can be used to clean the balusters, such as glass cleaners or damp cloths with a cleaning agent. It is recommended to apply a small amount of cleaning liquid to a dry cloth.

The balusters should be inspected every three months. Maintenance works consist in checking that the balusters rotate freely, do not block and that they do not have any scratches or surface damage that may cause damage to the user. In case of any deviations, it is recommended to contact the Vacu Activ service department.

### 4. Cleaning the device and the tablet screen

Before cleaning the device, disconnect it from the power source. Do not use cleaning liquids directly on the device. It is recommended to apply a small amount of cleaning liquid to a dry cloth and then clean the surface of the device.

The screen should be cleaned at least once a week or depending on the frequency of use of the device. To clean the screen, put a small amount of liquid on a clean cloth and then gently make circular movements to clean the surface of the screen.

It is recommended to use detergents intended for this purpose for washing the device and the screen. Examples of cleaning agents are given below:

- liquids for cleaning monitors;
- microfiber cloths;
- window cleaning liquids;
- a damp clean cloth;
- Isopropanol substance.

## Contact

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**VacuActiv** | WORLD LEADING  
MANUFACTURER

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***VacuActiv***