

LEVEL UP MUSCLE RECOVERY

For maximum benefits, use the MB VIBE™ after workouts. Rolling after a workout will help soothe sore muscles that have tightened up during the workout and flush out metabolic waste from the muscles leading to a decrease in recovery time.

To begin, place the MB VIBE™ under the muscle, then turn the power button on. Slowly roll the area. If you find a tender spot hold pressure for up to 60 seconds. Then, proceed with the recommended programming below.

To access online videos on product information, benefits, and how to use product instructions visit TriggerPoint's Video Portal- tptherapy.com/watch

UPPER BACK

Maximize rotation and improve posture

Set Up

- Find a sturdy wall
- Place MB VIBE between your spine and your shoulder blade on either side of your body
- Lean into wall firmly compressing MB VIBE



Programming:

Slowly move head side to side and up and down. 8-10 times



LATS

Improve range of motion and increase shoulder stability

Set Up

- Lie on side with knees bent and legs stacked
- Place the MB VIBE just below and behind the armpit
- Use arms to support head and maintain posture



Programming:

Reach arm overhead and up to sky in a sweeping motion. 8-10 times



QUADS

Enhance mobility to increase power and performance

Set Up

- Begin in an angled plank position with MB VIBE placed just above the knee
- Bend opposite knee to side to maintain balance



Programming:

Slowly roll the MB VIBE up and down the length of the thigh, stopping at sore areas. Bend and straighten leg 5 times and continue.



CALVES

Increase endurance and performance with stability and range of motion

Set Up

- Sit with hands behind body for support
- Place calf on top of MB VIBE.
- Keep torso upright to allow for deep breathing, cross other foot on top if additional pressure is needed



Programming:

Slowly roll down length of leg stopping at sore areas. Make 5 circles with foot and continue.



HAMSTRING

Increase mobility for optimal performance and reduce chance of injury

Set Up

- Place MB VIBE on bench, box, or chair
- Sit on bench with MB VIBE under sore area, press on top of thigh if additional pressure is needed



Programming:

Slowly roll up length of leg stopping at sore areas. Lift and extend leg 5 times and continue.



TFL

Free up your hip for better mobility, balance and posture

Set Up

- Begin in a side plank position with MB VIBE just below your hip bone and above your thigh bone
- Place opposite foot in front of bottom leg to maintain balance



Programming:

Slowly raise lower leg off ground and hold for 2 seconds, release and lower leg for 10 seconds. 8 times





 **TRIGGERPOINT™**

MB VIBE™

VIBRATING MASSAGE BALL



OUR MISSION AT TRIGGERPOINT™ IS TO KEEP YOU MOVING FREELY AND WITHOUT PAIN.

At TriggerPoint™, we are committed to empowering people to take care of their body by designing innovative self-massage products and education that enhance muscle recovery, improve mobility, and help you move and feel better. TriggerPoint™'s products are designed to mimic a massage therapist's hands for safe, effective self-myofascial release. We believe that combining innovative products with education is the key to helping people achieve better movement.

MB VIBE™ BENEFITS + VIBRATION DELIVERS:

- Increased circulation and enhanced mobility to help muscle recovery due to the patented MB pattern which channels blood and oxygen while rolling
- Vibration frequencies of 40 hertz, 50 hertz, 65 hertz for muscle relaxation
- Reduced pain and discomfort of foam rolling
- Quicker results in muscle recovery and enhanced mobility

CONTACT US

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IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using (this appliance).

DANGER – To reduce the RISK OF ELECTRIC SHOCK:

- Always unplug this appliance from the electrical outlet immediately after charging and before cleaning.

WARNING – To reduce the risk of BURNS, FIRE, ELECTRIC SHOCK, OR INJURY to persons:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not charging, and before putting on or taking off parts. Make sure hands are dry when plugging and unplugging.
- **DO NOT** immerse unit in water. Keep liquids away from ventilation ports, buttons and switches.
- **DO NOT** remove screws or attempt to disassemble.
- **DO NOT** operate continuously for more than one hour. After one hour use, allow unit to rest for 30 minutes before re-using.
- For adult use only and keep out of reach of children.
- **DO NOT** use if injured and seek the advice of a physician or other medical professional.
- Unplug the unit after charging or prior to use.
- For storage or travel, toggle power switch to OFF position.
- Use product **only** according to Instructional Use materials available at tptherapy.com. **DO NOT** use attachments not recommended by the manufacturer.
- **NEVER** operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to the manufacturer for examination, repair, or replacement if within the warranty period.
- **DO NOT** carry this appliance by supply cord or use cord as a handle.
- Keep unit and cord **AWAY** from heat sources and surfaces.
- **NEVER** drop or insert any object into any opening.
- **DO NOT** use outdoors.
- **DANGER - DO NOT** reach for an appliance that has fallen into water. Unplug immediately.
- **DANGER - DO NOT** use while bathing, in a shower, or swimming pool.
- **DANGER - DO NOT** place or store appliance where it can fall or be pulled into a tub, sink or swimming pool. **DO NOT** place in or drop into water or other liquid.

– SAVE THESE INSTRUCTIONS

OPERATING INSTRUCTIONS

Please read prior to use:

CHARGING

- Fully charge for 3 hours or until the LED ring shows a solid green before first use. Subsequent charges for 2 hours and 30 minutes, or until the charging indicator LED ring around the power button turns from a blinking red to solid green which indicates your unit is fully charged. While unit charges, the LED ring will blink indicating the charge level. (red–low charge / yellow green–half charge / green–full charge).
- To charge, connect the adapter to the charging port and plug into wall charger.
- After pressing the power button once without turning the unit on, the LED ring will momentarily illuminate to show the battery level (red = low, yellow green = half, green = full). Unit may be recharged at any time and at any battery level.
- It is not recommended to fully deplete the battery.
- Toggling the power switch to OFF isolates power from the circuitry and is recommended during storage and travel.

OPERATING

- Press the power button once and LED ring will show the volume of batteries. Press the power button again to turn unit on at the first level of vibration. Pressing the power button again will increase to the next level of the three vibration levels. Pressing the power button five times or holding the button for 2-3 seconds will turn the unit off.
 - 1st press – power indicated
 - 2nd press – low vibration freq.
 - 3rd press – middle vibration freq.
 - 4th press – high vibration freq.
 - 5th press – power off
- Do not operate continuously for more than one hour. After one hour use, allow unit to rest for 30 minutes before re-using.
- After 10 minutes of continuous use, the unit will shutdown automatically.

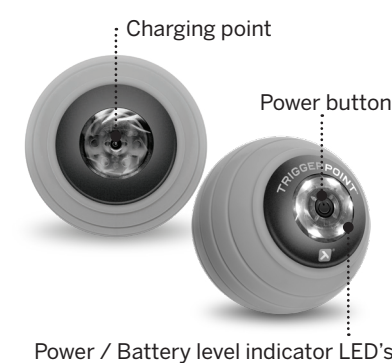
MAINTENANCE, CLEANING, AND STORAGE

- Use a dry towel or soft dry cloth to wipe any moisture from unit.

USAGE INSTRUCTIONS

SPECIFICATIONS

- AC Charger: Input: 100-240V 50/65Hz
- The MB VIBE™ should only be used with the provided, certified, AC charger.
- MB VIBE™ Output: DC 9V/9W
- Frequency: 40Hz, 50Hz, 65Hz
- Weight: 2.87 lbs [1.3kg] – Vibrating Roller with AC Charger
- Manufactured in China



PRODUCT DISCLAIMER

This product is not intended to diagnose, treat, cure or prevent any injury or disease. Not to be used as a substitute for medical care or consultation or as care for injuries or pain. Always seek the advice of your physician or medical professional regarding any injury or disease or use of this product in connection with prescribed treatment prior to using this product. Consult with your health care provider about any questions you may have regarding any existing medical conditions. TriggerPoint™ does not assume responsibility of any kind of improper use or manipulation not provided herein of its products.



AC Wall charger

WARRANTY INFO

One Year Limited Guarantee: TriggerPoint™, a division of Implus Footcare, LLC, warrants that all of the products we manufacture will be free of defects for up to one year from the original date of purchase. This does not include or cover damage caused by transit, accident, normal wear and tear or lost merchandise. Product must be purchased through TriggerPoint™, directly, or from an authorized reseller. If, within one year of purchase you feel you may have received a product that is not functioning as expected, please contact our Customer Service Department for a Return Authorization to ensure that your issue is resolved in a timely manner. Shipping charges are the responsibility of the buyer and will not be paid by TriggerPoint™. Customer Service is available Monday - Friday, 8 am to 5 pm Eastern Standard Time at 888-312-2557 or help@4implus.com.