



 **TRIGGERPOINT™**

# CHARGE™ VIBE

VIBRATING MASSAGE ROLLER



## 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.

### CHARGE™ VIBE FEATURES AND BENEFITS

#### CHARGE™ BENEFITS + VIBRATION DELIVERS:

- Increased circulation and enhanced mobility to help muscle recovery due to the patented CHARGE pattern which channels blood and oxygen while rolling
- Vibration frequencies of 40 hertz, 50 hertz, 60 hertz for muscle relaxation
- Reduced pain and discomfort of foam rolling
- Quicker results in muscle recovery and enhanced mobility

#### CONTACT US


Web: [tptherapy.com](http://tptherapy.com)  
Toll Free: 888-312-2557  
Email: [help@implus.com](mailto:help@implus.com)

### 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 in use, 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](http://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 four hours before first use. Subsequent charges for three hours, or until the charging indicator LED above the power button has all three lights continuously lit, which indicates your unit is fully charged.
- To charge, connect the adapter to the charging port and plug into wall charger.
- After powering the unit on or off the Power Level LED lights will momentarily illuminate to show the battery level. 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 lights will show the volume of batteries. Press the power button again to turn unit on at the

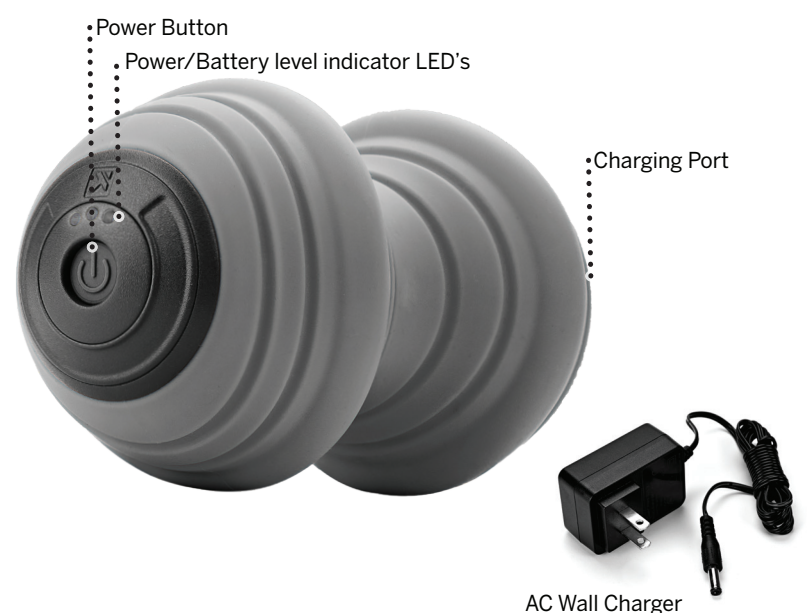
first level of vibration. Pressing the power button again will increase to the next level of the three vibration levels. Pressing the power button four times or holding the button for 2-3 seconds will turn the unit off.

- 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 shut down 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 50/60Hz
- The CHARGE™ Vibe should only be used with the provided, certified, AC charger.
- CHARGE™ Vibe Output: DC 9V/9W
- Frequency: 40Hz, 50Hz, 60Hz
- 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.

### 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](mailto:help@4implus.com).



# CHARGE™ VIBE

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## LEVEL UP MUSCLE RECOVERY

For maximum benefits, use the CHARGE™ VIBE after workouts. Rolling after a workout will help soothe tight 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 CHARGE™ 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](http://tptherapy.com/watch)

### Calves

Mobilize the ankle for better foot movement and a strong foundation.

#### Set Up

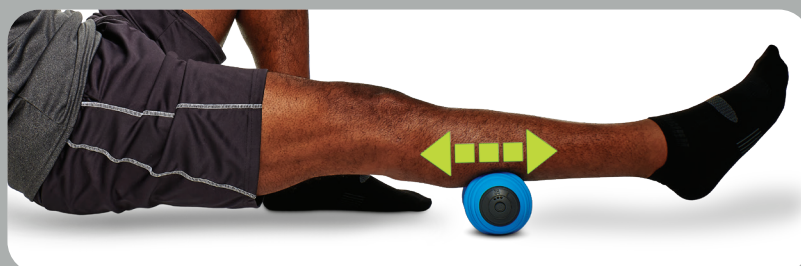
Sit with calf centered on the CHARGE™ VIBE. Place the device just above the ankle. Reach down and turn the power on. Cross opposite leg on top for added pressure.



Zones: ①

#### Programming

④ Slowly roll length of muscle. Stop and hold pressure on tender spots



### Peroneals

Reduce tightness in the lower leg to restore mobility.

#### Set Up

Sit with leg placed over the CHARGE™ VIBE. Place the device just above the ankle. Reach down and turn the power on.



Zones: ①

#### Programming

④ Slowly roll length of muscle. Stop and hold pressure on tender spots



### Hamstrings

Help restore mobility in the hamstring to improve range of motion.

#### Set Up

Sit with leg placed over the CHARGE™ VIBE. Place the device just above the knee. Reach down and turn the power on.



Zones: ①

#### Programming

④ Slowly roll length of muscle. Stop and hold pressure on tender spots



### Quadriceps

Help mobilize quads to enhance force and speed.

#### Set Up

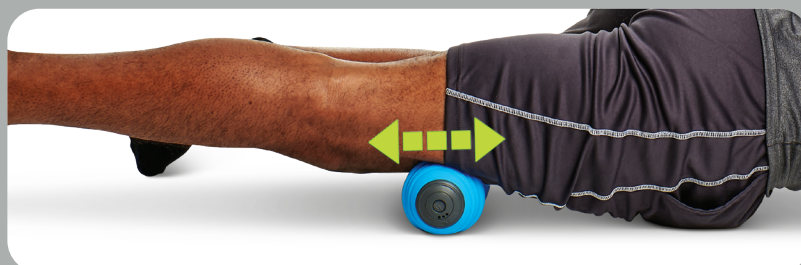
Lie face down with one leg placed over the CHARGE™ VIBE. Place the device just above the knee. Reach down and turn the power on.



Zones: ①

#### Programming

④ Slowly roll length of muscle. Stop and hold pressure on tender spots



### Thoracic Spine

Maximize spinal rotation and help improve posture.

#### Set Up

Lie on back, and place CHARGE™ VIBE just below shoulder blades. Place feet flat on floor. Cradle head in hands. Reach over and turn the power on.



Zones: ①

#### Programming

④ Slowly roll length of muscle. Stop and hold pressure on tender spots



### Biceps

Release the muscles in the biceps to relieve tightness.

#### Set Up

Lie face down with arm placed over the CHARGE™ VIBE. Place the device just below the elbow. Reach over and turn the power on.



Zones: ①

#### Programming

④ Slowly roll length of muscle. Stop and hold pressure on tender spots

