

GRID VIBE™ PLUS

VIBRATING FOAM ROLLER



RECOVER ON A HIGHER WAVELENGTH

For maximum benefits, use the GRID VIBE™ PLUS both before and after workouts. Using the GRID VIBE PLUS before a workout will help loosen tight muscles, enhance mobility in the area and reduce the chance of injury. Rolling after a workout will help relax muscles that have tightened up during the workout, and assist in flushing out metabolic waste from the muscle contractions leading to decreased recovery time and less soreness.

To begin, place the GRID VIBE PLUS under the muscle, then turn on power button. 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

Calves

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

Set Up

Sit with calf centered on the GRID VIBE PLUS. Place hands slightly behind hips on the floor. Cross opposite leg on top for added pressure.



Zones: 1 2

Programming

2 Foot Circles In Each Direction

4 Rolls Forward/Back



Quadriceps

Help mobilize quads to enhance force and speed.

Set Up

Lie down in plank position with one knee bent towards hip. Position GRID VIBE PLUS just above the knee.



Zones: 1 2 3

Programming

4 Cross Frictions

4 Knee Bends

4 Rolls Forward/Back



IT Band

Relax the muscles around the IT Band to relieve tightness and improve motion.

Set Up

Lie in side plank, with top foot planted in front of extended leg. Place GRID VIBE PLUS beneath extended leg.



Zones: 1 2 3

Programming

4 Cross Frictions

4 Knee Bends

4 Rolls Forward/Back



Glutes

Improve hip mobility and function.

Set Up

Position the GRID VIBE PLUS under your glute muscle, with one leg straight and the other knee bent.



Zones: 1 2

Programming

4 Hip Flexions

4 Rolls Forward/Back



Thoracic Spine

Maximize spinal rotation and help improve posture.

Set Up

Lie on back, and place GRID VIBE PLUS just below shoulder blades. Place feet flat on floor. Cradle head in hands.



Zones: 1 2 3

Programming

4 Cross Frictions

4 Rolls Forward/Back



Latissimus Dorsi

Release the lats to improve rotation and stability in the upper body.

Set Up

Lie on side with knees stacked and drawn towards the hips. Place GRID VIBE PLUS just below the armpit.



Zones: 1 2

Programming

4 Arm Sweeps

4 Rolls Forward/Back





TRIGGERPOINT™

GRID VIBE™ PLUS

VIBRATING FOAM ROLLER



OUR MISSION AT TRIGGERPOINT™ IS TO KEEP YOU MOVING FREELY.

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.

GRID BENEFITS + VIBRATION DELIVERS:

- Increased circulation and enhanced mobility to help muscle recovery due to the patented GRID pattern which channels blood and oxygen while rolling
- Vibration frequencies of 40 hertz, 50 hertz, 60 hertz, 70 hertz for muscle relaxation
- Reduced discomfort of foam rolling
- Helps provide quicker results in muscle recovery and enhanced mobility

CONTACT US

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Email: 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).
This product is for both commercial and home use.

⚠ 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. 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 four 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

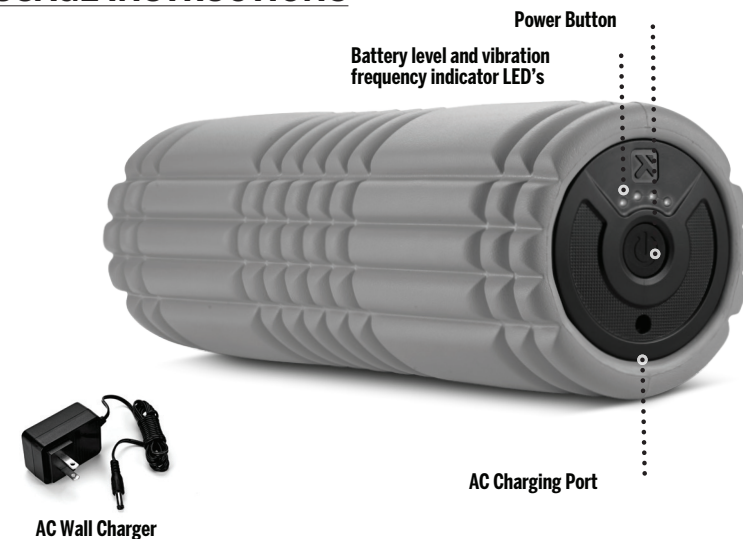
of batteries. Press the power button again to turn unit on at the first level of vibration. Pressing the power button again will increase to the next level of the four vibration levels. Pressing the power button six times or holding the button for 2-3 seconds will turn the unit off.

- 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 GRID Vibe should only be used with the provided, certified, AC charger.
- Grid Vibe Plus Output: DC 9V/9W
- Frequency: 40Hz, 50Hz, 60Hz, 70Hz
- Weight: 3.31 lbs [1.5kg] – 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.