




roller[®]
ORIGINAL



USER MANUAL




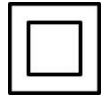



roller[®] EVO III PRO



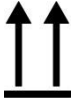

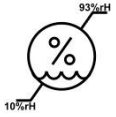
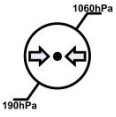
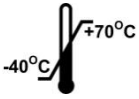






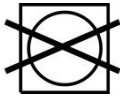


Symbols and Conventions used in this Manual

Symbol	Description
	Note: Describes how roller® functions or provides a note on how best to use it.
	Caution: Refers to the safe operation of roller® and provides cautions where the possibility of loss of data or damage to the equipment exists.
	Warning: Indicates a situation in which the operator or the patient may be in danger of injury or death.

Labels

The following labels and symbols appear on the machine and /or its packaging.

Label	Description	Location
	Read instructions before use	On electrical data label on base of machine
	Read instructions before use	On Device
	Level of protection type BF equipment	On model number and electrical data label on base of machine
	Double insulation	On model number and electrical data label on base of machine
	Manufacturer's name and address	On Device
YYYY 	Date of Manufacture	On base of machine
	Separate collection for waste electrical and electronic equipment	On bottom of machine
UL	UL Declaration of Conformity	On the technical information label
Roller® original S/N XXXX	Serial number	On back of machine, near the power connector

Label	Description	Location
	Fragile, handle with care	On package
	Keep dry	On package
	This side Up	On package
	Keep away from sunlight	On package
	Transportation Humidity limitation	On package
	Transportation Atmospheric pressure limitation	On package
	Transportation Temperature Limitation	On package
	Alternating current	On Device
	"ON" (power)	On Device
	"OFF" (power)	On Device
	Do Not Wash	On machine
	Hand Wash, Warm (Initial water temperature should not exceed 40°C or 105°F)	On Device
	Do Not Dry-clean	On Device
	Do Not Tumble Dry	On Device
	Do Not Bleach	On Device
	Do Not Iron	On Device

Warnings and Cautions

Obey and follow all warnings and cautions given in this manual.

Comply with all approved and established precautions for operating electrical and mechanical equipment.

All maintenance tasks should be performed only by trained, authorized personnel.



Warning: Electric Shock Hazard

To prevent electric shock when using roller®, EVO III PRO, connect the machine only to supply mains with protective grounding.



Warning:

Do not use the roller® in the presence of flammable material.



Warning:

Do not autoclave any part of the roller® system with steam or ethylene oxide. Do not immerse in liquid or allow liquid to enter the interior of any part.



Warning:

Do not use the roller®, any parts thereof, or any accessories if they have become wet or exposed to liquids.



Warning:

Do not modify any part of the roller® system.



Warning:

Do not service or maintain any part of the roller® system during use by a patient.



Warning:

Use the roller® system only in accordance with professional aesthetician instructions!



Warning:

Connect to the roller® machine only the parts of the system.



Warning:

The roller® system includes small parts. To avoid choking, do not swallow, and keep away from children.



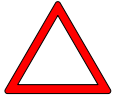
Warning:

Stop treatment in case of any change of the roller® system performance.



Caution:

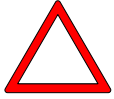
Use only cables and accessories approved by Fitness Systems, Inc.. Other cables and accessories may damage the system or interfere with the measurements.

**Caution:**

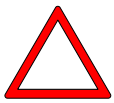
Do not store or transport the roller® system beyond the specified temperature ranges -40 to 70°C (-40 to 158°F)

**Caution:**

Do not use the roller® system beyond the specified temperature range: 10 to 30°C (50 to 86°F)

**Caution:**

Do not use the roller® system beyond the specified humidity range: 30% -85%, non-condensing

**Caution:**

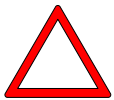
To prevent any damage to the roller® system, keep it away from dust, lint, and dirt. Keep away from sources of heat or moisture. Keep away from pets.

**Caution:**

Use the roller® system up to 3000m above mean sea level.

**Caution:**

To prevent any damage to the equipment, use only accessories, detachable parts and materials described in this user manual.

**Caution:**

While in use, place the machine on horizontal, firm surface only. Do not place the machine on bed, blanket, mattress, pillow, or soft furniture. Do not cover the machine.

**Caution:**

Do not operate the roller® system during transit.

**Caution:**

Disconnect the machine from electrical outlet before cleaning. Let it dry completely before reconnecting it to the electrical outlet.

**Note:**

A patient can be an intended operator of the roller® system.

Roller® EVO III PRO: Operating Instructions

The rules in the section describing the instructions described below apply to the use of the roller® EVO III PRO model:

Description of the display

The system is controlled by means of a programmable panel (Unitronics). The keys on the keyboard serve to control the functions of the system. The status of the system is indicated by text on the display.

You can select from preset programs, modify program length, and control movement of the drum. The software counts clients and total time.

If the machine is not in use and no key is pressed within 1 minute, the display backlighting is deactivated.



Control

The system initialises shortly after switching it on. The following message will be displayed during the initialisation procedure:

Welcome

Selection of the operating mode

Once the initialisation procedure is over, use the up (▲) and down (▼) arrow keys to select the mode of operation:

Choose program.↵
1-Body forming ↑↓

Choose program.↵
2-Cellulite ↑↓

Choose program.↵
3-Slimming ↑↓

Choose program.↵
4-Recovery 30 ↑↓

Choose program.↵
5-Recovery 50 ↑↓

Choose program.↵
6-Continuous ↑↓

Choose program.↵
7-Test ↑↓

Confirm the selection by pressing the green key. For operator comfort the operating mode can be selected directly by pressing one of the numerical keys 1 to 7. This shortcut need not be confirmed by pressing the START key – the machine will start the selected mode immediately.

If 7-Test was the previously selected program, the next activation of this program will be locked for 5 minutes.

Setting the running time

After selecting the mode, use the up (▲) and down (▼) arrow keys to set the time of the program. This does not apply to selection 7-Demonstration, whose length is fixed at 20 minutes. Time can be set in 5-minute steps. The times displayed for each program are the starting and maximum times.

1-Body forming ↑↓ Run time 60:00
--

3-Slimming ↑↓ Run time 60:00

5-Recovery 50 ↑↓ Run time 50:00

2-Cellulite ↑↓ Run time 60:00

4-Recovery 30 ↑↓ Run time 30:00

6-Continuous ↑↓ Run time 120:00

Confirm the running time by pressing the green key. Use the left arrow (◀) key if you want to get back to the program mode.

Starting the program

After setting the time of the program (or selecting the 7-Demonstration program), the START screen is displayed unless time is to be adjusted.

1-Body forming START 60:00

4-Recovery 30 START 30:00

7-Test START 20:00

2-Cellulite START 60:00

5-Recovery 50 START 50:00

3-Slimming START 60:00

6-Continuous START 120:00

Press the green START key to activate the selected mode with the current setting and to activate the drum.

Use the left arrow (◀) key if you want to return to the program time setting (or to the selection of the type of operation for the 7-Demonstration program).

Here the displayed time is only informative. The actually displayed value will depend on the current setting and on the status of completion of the program (see Resuming the program after interruption).

Program run

If one of the programs 1 to 5 has been selected, the screen will display the current step of the exercise (position on the machine) and time remaining to the end of the exercise. Prior to the end of each exercise step, the drum will stop for a preset time (2 seconds) to indicate that the exercise/position will soon be changed.

Feet 01:56

To see the total time remaining till the end of the selected program press **(i)**.

1-Body forming Time to end 12:34

Total remaining time will stop being displayed in roughly 3 seconds. The previous screen will be restored.

The total time till the end will be displayed for selections 6-Continuous run and 7-Demonstration. The **(i)** key will be disabled in those 2 modes.

6-Continuous 12:34

7-Test 12:34

A running program can be discontinued by pressing the red STOP key. The running program will be discontinued and the drum will stop. The Program start-up screen with the remaining time will be displayed.

Resuming the program after interruption

If a running program has been interrupted, the Program start-up screen with the currently remaining time will be displayed.

1-Body Forming START 55:44
--

Press the green key to resume the program. The client counters will not be reset in this case. Use the left arrow (◀) to return to the program time setting (or to the selection of the type of operation for the 7-Demonstration program). The interrupted program will be reset and the client counters will count a new client on restarting the program.

Protection

The machine is equipped with an emergency switch which will stop drum rotation if a foreign object is squeezed between the rotating drum and the edge of the machine guard. The drum can only be re-activated after operator intervention (see Resuming the program after interruption).

Activation of the protective switch is accompanied by the following message appearing on the display:

STOP !

The screen will be restored after releasing the protective switch. If a running program has been interrupted, the Program start-up screen appears with the currently remaining time.

Client counters and total time

If the Program selection screen is displayed, the counter status can be viewed on pressing the **(i)** key. You can switch between the counters by means of the up (**▲**) and down (**▼**) arrows.

To reset the daily client counter press the green key.

To reset the daily time counter press the green key.

To reset the counter showing the number of tests press the green key.

To activate the counter display function press **(i)**. To return to the previous screen press ENTER. This will also occur automatically if no key is pressed during approx. 1 minute.

Total clients 123456789

Total clients (cannot be reset)

Total time 123456:12:34

Total time (cannot be reset)

Daily clients 12345

Daily clients (press START to reset)

Daily time 123456:12:34

Daily time (press START to reset)

Tests total 123456789

Tests total (how many times the 7-Test mode has been run)
(Press START to reset)

Counter status

Every new machine will display a certain number of tests and programs run on it. All of these serve factory inspection and testing of the machine. The total testing time should not exceed 10 hours.

Program 1**1-Body Forming (Abdominal type "pear")**

Exercise	Preset time (for the 60 min program)
Feet	4
Calves	2
Thighs – rear	3
Buttocks – rear	3
Buttocks – side 1	3
Buttocks – side 2	3
Thighs – outer 1	3
Thighs – outer 2	3
Thighs – inner 1	2
Thighs – inner 2	3
Thighs – front	3
Abdomen	6
Hips 1	6
Hips 2	6
Back	6
Arms 1	2
Arms 2	2

Program 2**2-Cellulite (Symmetric figure)**

Exercise	Preset time (for the 60 min program)
Feet	4
Calves	4
Thighs – rear	5
Buttocks – rear	5
Buttocks – side 1	5
Buttocks – side 2	5
Thighs – outer 1	5
Thighs – outer 2	5
Thighs – inner 1	3
Thighs – inner 2	3
Thighs – front	4
Abdomen	4
Hips 1	3
Hips 2	3
Back	X
Arms 1	1
Arms 2	1

Program 3**3-Slimming (Gynoid type "apple")**

Exercise	Preset time (for the 60 min program)
Feet	4
Calves	3
Thighs – rear	4
Buttocks – rear	5
Buttocks – side 1	5
Buttocks – side 2	5
Thighs – outer 1	6
Thighs – outer 2	6
Thighs – inner 1	4
Thighs – inner 2	4
Thighs – front	3
Abdomen	3
Hips 1	2
Hips 2	2
Back	2
Arms 1	1
Arms 2	1

Program 4**4-Recovery 30**

Exercise	Preset time (for the 30 min program)
Arms 1	2
Arms 2	2
Feet	4
Calves	2
Thighs	2
Buttocks	2
Buttocks – side 1	2
Buttocks – side 2	2
Thighs – outer 1	2
Thighs – outer 2	2
Thighs – front	2
Abdomen	2
Hips 1	1
Hips 2	1
Back	2

Program 5
5-Recovery 50

Exercise	Preset time (for the 50 min program)
Arms 1	3
Arms 2	3
Feet	4
Calves	4
Thighs	4
Buttocks	4
Buttocks – side 1	3
Buttocks – side 2	3
Thighs – outer 1	3
Thighs – outer 2	3
Thighs – front	2
Abdomen	4
Hips 1	3
Hips 2	3
Back	4

Operation and maintenance

When running the machine, make sure that the machine is used in accordance with these instructions for use and watch the machine for a smooth run. Keep the machine drive clean with special focus on the motor cooling system (remove dust from the fan grille with a vacuum cleaner or by hand in monthly intervals as a minimum) and keep the machine surface clean, especially for hygiene reasons. After every use by a client, wipe the leatherette handles, rotating wood spindles and seats with a damp cloth wetted in a diluted detergent and disinfectant solution. A stronger solution or a special cleaner is recommended for cleaning at the end of the day. All the cleaning detergents must be designed for cleaning wood, laminated boards and leatherette!

Instructions for the correct use of the machine for massage are shown in the graphical instructions for use (poster) and in the textual instructions for exercise. Do not use the product for any purpose other than as described in the instructions for use! The machine must be installed in a dry place and run at +15°C to +35°C. The machine must not be used by children!

The machine is fitted with a 100mA fuse located in the main distribution box accommodated inside the machine. Turn the machine upside down to replace it if blown. A blown fuse on its own is not a defect. Repeatedly blown fuses, however, indicate a fault. Call the technician to correct it. Do not forget to unplug the power cord before accessing the distribution box or any other electrical system!

The bearings inside the machine contain a permanent lubricant and are closed on both sides. No additional lubrication is required. If the belts require tensioning, do not forget to unplug the power cord before turning the machine upside down! Loose belts are not a defect. The belts may be tensioned by any skilled machine fitter, who will turn the machine upside down and slide the motor or the holders along the grooves so that the distance between the pulleys is increased by approximately 2 mm.

Environmental factors

The machine must be installed on an even surface in a dry place with temperatures between +15°C and +35°C. If the machine is stored for a long time, the greasing and protective coating must be restored from time to time. Attention must be paid to the preservation of the leatherette parts and of the accessories.

Contraindications and partial contraindications for which a massage on the machine is not recommended

A user with contraindications and/or risk factors must consult the doctor before using the roller®

Contraindications:

- Acute infectious disease
- Liver, kidney or heart disease
- Cancer
- Inflammation in veins – thrombosis
- Fever
- Haemophilia
- Bone tuberculosis

Partial contraindications:

- Pregnancy, menstruation
- Age under 18 (parents/doctor should be consulted)
- Various inflammatory diseases
- Gastric/duodenal ulcers
- Constipation
- Asthma
- Cardiac insufficiency
- Thyroid diseases
- Hypertension

Appendix - Screening Questionnaire

roller® is a highly effective aesthetic massage device!!

The operator of roller® device (or the user, if the device is to be self-applied) must verify prior to the start of treatment that the person who is to be treated with the roller® does not suffer from any of the contraindications listed below.

- A. Please carefully examine the list of contraindications and determine that the person to be treated does not have any of these contraindications.

CONTRAINDICATIONS: Any pain or numbness, severe arteriosclerosis or other ischemic vascular diseases, unbalanced cardiac insufficiency, known or suspected deep vein thrombosis or thrombophlebitis, gangrene, dermatitis, untreated or infected wounds, severe inflammation of the skin, recent skin grafts.

- B. This questionnaire is to be completed by all clients/users before using roller® for the first time. This questionnaire may be photocopied as needed for multiple uses.

Please answer the following by circling the correct answer (YES or NO):

Are you under medical treatment for any medical condition at this time?	YES/NO
Are you taking medications?	YES/NO
Do you suffer from respiratory problems?	YES/NO
Do you have epilepsy?	YES/NO
Do you have any metal objects in your body?	YES/NO
Do you have an implanted electronic device in your body?	YES/NO
Do you have circulatory problems in your legs or arms?	YES/NO
Do you have a heart condition?	YES/NO
Did you have an operation in the last three years?	YES/NO
Do you have diabetes or another metabolic illness?	YES/NO
Do you have varicose veins?	YES/NO
Do you have an open leg ulcer?	YES/NO
Do you currently have, or have you ever had in the past, a thrombosis?	YES/NO
Do you have a known or suspected deep vein thrombosis or thrombophlebitis?	YES/NO
Do you have dermatitis, infected wounds, gangrene, severe skin inflammation, or recent skin grafts?	YES/NO
Do you have pain or numbness in any of your limbs?	YES/NO
Do you have arteriosclerosis or other ischemic vascular diseases?	YES/NO
Do you have unbalanced cardiac insufficiency?	YES/NO
Are you pregnant?	YES/NO

In case of possible contraindications or pre-existing risk factors, or when the answer to any of the above questions is YES, the user/client* must obtain authorization from a physician that they may be treated with roller®.

*If roller® is to be used in an aesthetic institute or beauty salon, the operator must have the client read entire list of contraindications and complete and sign the questionnaire, to be kept on file. If the device is for home use, the rental or sales agent must have the user read the entire list of contraindications and complete and sign the questionnaire, to be kept in the Agent's files.

If the user/client has NONE of the contraindications for use, AND the answer to all the questions in the Screening Questionnaire is NO, then the user should sign the following declaration.

User/Client Declaration

I hereby affirm that I have answered the above questions truthfully to the best of my knowledge and have verified that I have none of the contraindications to using roller®. If there is a change in my condition, I will immediately inform the operator of the roller® device. I hereby affirm that I am treated at my own risk.

Name: _____ Signature: _____
Date: _____

Contact Information:

Manufacturer Name and Address:

Fitness Systems, Inc.

P.O. Box 3842

Oshkosh, WI 54903

920-232-9882

Authorized Service USA:

<http://fitnesstechs.net/>