

Vibrating Foam Roller

User Guide



AFTER SALES SUPPORT

☎ 0800 046 5805 www.envivo.nu
☎ 1890 823 835 support@envivo.nu

MODEL: I530 PRODUCT CODE: 83451 05/2018

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ALDI STORES (IRELAND) LTD.
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SAFETY INSTRUCTIONS - READ BEFORE USE

Be sure to read the instruction manual carefully before use.

It is recommended to keep the instruction manual for future reference.

For further information visit www.envivo.nu

WARNING AND CAUTION

- The charger is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- Non-rechargeable batteries must not be recharged.
- Only charge rechargeable batteries that are suitable for the rated output of the charger (5v dc. (USB standard)).
- Maximum user weight: 100 kg.
- Keep the unit away from water, moisture and dust.
- Always unplug the units after charging or prior to use.
- Do not continuously use the vibrating function for more than one hour. To ensure a longer lifetime of the Vibrating Foam Roller it is recommended to allow a 20 minute break in use after it has been in use for up to an hour.
- Never operate the equipment if it has a damaged core, a damaged plug, or if it has been damaged by or exposed to water.
- Do not open the unit. There are no used serviceable parts, the battery is not replaceable.
- The product contains a build-in battery and must not be exposed to excessive heat such as sunshine, fire

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- or other heat sources.
- Do not use the product while it is charging.
 - Do not use the vibrating function on head or neck.
 - Dress appropriately for workouts. Bare skin can become injured due to pressure and friction.
 - Be aware of your surroundings, use the roller in a space clear of furniture and other items.
 - Incorrectly performed exercise may cause pain and injury. To maximize the benefits, exercise in a gradual and controlled manner.
 - Do not exercise using the vibration function continuously for more than 30 minutes.
 - If you have health concerns, consult your doctor before using the foam roller.
 - The roller is not a toy. Keep out of reach of children.
 - For exercise use only.
 - These instructions are available from the service address at the base of the page.

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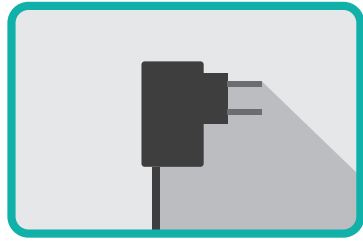
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IN THE BOX



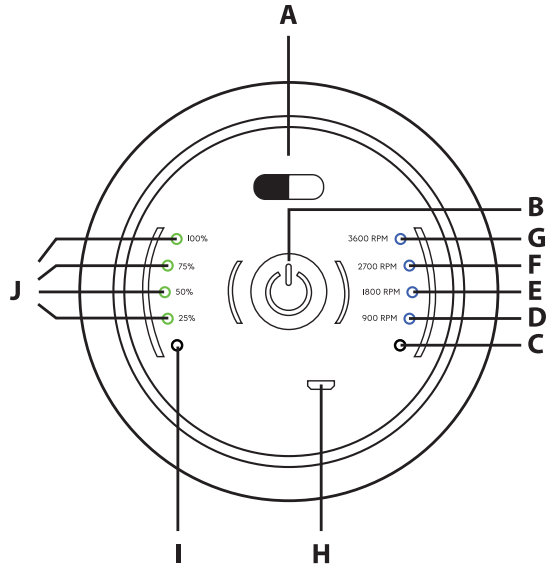
VIBRATING FOAM ROLLER



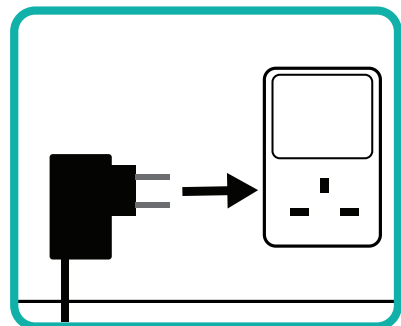
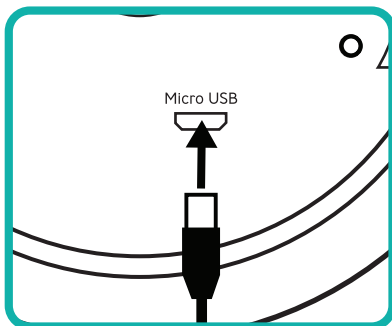
MICRO USB POWER ADAPTER

PRODUCT OVERVIEW

- A:** ON/OFF switch
- B:** Start/level control button
- C:** Power indicator
- D:** Level 1 - 900 RPM
- E:** Level 2 - 1800 PRM
- F:** Level 3 - 2700 RPM
- G:** Level 4 - 3600 RPM
- H:** Charger socket: Micro USB
- I:** Battery indicator
- J:** Battery level indicators



CHARGING



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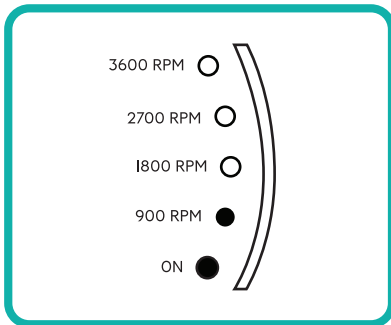
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- Fully charge the product before using it for the first time.
- While charging the ON/OFF switch must be set to OFF position.
- While charging the Battery indicator will light up, the Battery level indicators will light up/flash successively as the battery power increases
- Once fully charged the Battery level indicators will all light up and the flashing light will stop. When the battery is fully charged it will go into dormant state to avoid over-charging.

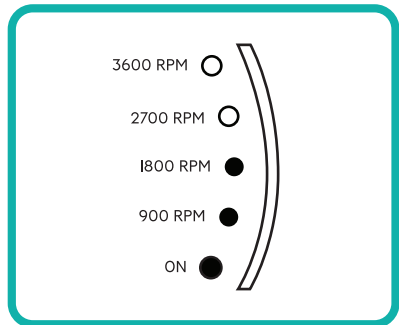
NOTE: It is recommended to charge the product at least every 6 months to extend the lifetime of the battery.

NOTE: Unplug the product before use. The product has a protective setting that prohibits it from starting while charging.

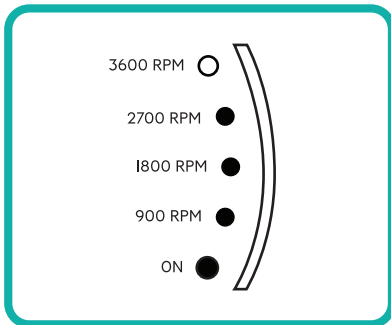
USE



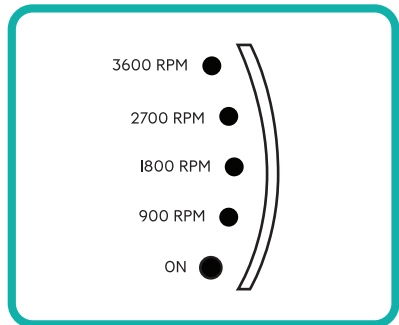
900 RPM



1800 RPM



2700 RPM



3600 RPM

Flick the ON/OFF to power on the unit.

Press the start/level control button to switch between the 4 different vibrating modes.

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EXERCISES

EXERCISE FOR KNOTS IN THE THIGHS AND LEGS

Recommended intensity level: 1-3

<p>PLANTAR RELEASE</p>  <p>LEVEL 1-3 (ON)</p>	<p>CALVES RELEASE</p>  <p>LEVEL 1-2 (ON)</p>	<p>TIBIALIS ANTERIOR RELEASE</p>  <p>LEVEL 1-2 (ON)</p>	<p>ILIOTIBIAL BAND RELEASE</p>  <p>LEVEL 1-2 (ON)</p>	<p>HAMSTRINGS RELEASE</p>  <p>LEVEL 1-2 (ON)</p>
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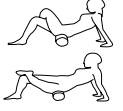

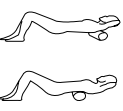
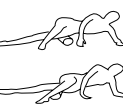
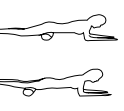
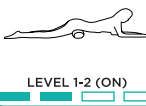
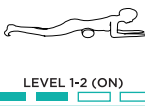
EXERCISE FOR DESK WORKERS

Recommended intensity level: 1-3

<p>HAMSTRINGS RELEASE</p>  <p>LEVEL 1-3 (ON)</p>	<p>GLUTEUS RELEASE</p>  <p>LEVEL 1-2 (ON)</p>	<p>QUADRICEPS RELEASE</p>  <p>LEVEL 1-2 (ON)</p>	<p>PSOAS RELEASE</p>  <p>LEVEL 1-2 (ON)</p>	<p>QUADRATUS LUMBORUM RELEASE</p>  <p>LEVEL 1 (ON)</p>
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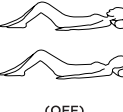

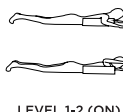
EXERCISE FOR KNOTS IN THE BACK AND WAIST / FLEXIBILITY WORKOUT

Recommended intensity level: 1-2

<p>GLUTEUS RELEASE</p>  <p>LEVEL 1-2 (ON)</p>	<p>QUADRATUS LUMBORUM RELEASE</p>  <p>LEVEL 1 (ON)</p>	<p>UPPER BACK RELEASE</p>  <p>LEVEL 1-2 (ON)</p>	<p>ILIOTIBIAL BAND RELEASE</p>  <p>LEVEL 1-2 (ON)</p>	<p>QUADRICEPS RELEASE</p>  <p>LEVEL 1-2 (ON)</p>
<p>PSOAS RELEASE</p>  <p>LEVEL 1-2 (ON)</p>	<p>ABDOMINAL RELEASE</p>  <p>LEVEL 1-2 (ON)</p>			

EXERCISE FOR TIGHTNESS OF THE NECK AND SHOULDERS / FLEXIBILITY WORKOUT

Recommended intensity level: 1-2

<p>UPPER BACK RELEASE</p>  <p>LEVEL 1-2 (ON)</p>	<p>NECK RELEASE</p>  <p>(OFF)</p>	<p>LATISSIMUS DORSI RELEASE</p>  <p>LEVEL 1-2 (ON)</p>	<p>CHEST RELEASE</p>  <p>LEVEL 1-2 (ON)</p>
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STRETCHING

NECK RELEASE



(OFF)

Neck Release

To help relieve tightness of the neck and improve neck flexibility.

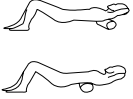
Recommended level: OFF

Lay your neck on the roller, pressing in a hard but comfortable manner and turn your head slowly from side to side.

TIP:

- Hold your position, resting on the area where you find pain and retain position for 30-60 seconds while inhaling and exhaling deeply.

UPPER BACK RELEASE



LEVEL 1-2 (ON)

Upper Back Release

To help relieve and loosen up muscle knots in the back.

Recommended level: 1-2

Lie on your back with the roller beneath your upper back and your knees bent. Slowly roll up and down between the shoulders and lower back.

TIP:

- Hold your position, resting on the area where you find pain and retain position for 30-60 seconds while inhaling and exhaling deeply.
- You can stretch your chest muscles at the same time by pulling your shoulder blades together and keeping your elbows parallel to the ground.

LATISSIMUS DORSI RELEASE



LEVEL 1-2 (ON)

Latissimus Dorsi Release

To help relieve strained underarm muscles.

Recommended level: 1-2

1. Place the roller on the side of your body under your arm.
2. Slowly roll up and down in your underarm area.

LOWER BACK RELEASE



LEVEL 1-2 (ON)

Lower Back Release

To help relieve pelvic muscle pain and improve the mobility of the lumbar spine and pelvic joints.

Recommended level: 1-2

1. Lie flat on your back and place your hands at your side, palms touching the floor with the roller under your hips.
2. Lift both your legs in the air with knees bent and slowly move them from side to side.

TIP:

- Hold position resting on the area where you find pain and restrain for 30-60 seconds while inhaling and exhaling deeply.

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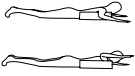
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CHEST RELEASE



LEVEL 1-2 (ON)

Chest Release

To help loosen up muscles in chest and thoracic-spine region.

Recommended level: 1-2

1. Lie on your stomach with your arms extended by your side, your elbow should be bent in line with your shoulders. Place the roller under the side of your chest, near your shoulder.
2. Gently compress your forearm into the roll then raise. Repeat slowly.

ABDOMINAL RELEASE



LEVEL 1-2 (ON)

Abdominal Release

To help relieve abdominal muscle tension.

Recommended level: 1-2

Lie on your stomach with the roller under your abdomen and press by putting your weight on it.

PSOAS RELEASE



LEVEL 1-2 (ON)

Psoas Release

To help relieve sore stomach and tight waist muscles.

Recommended level: 1-2

Lie on your stomach with the roller at the top of both thigh muscles and press by putting your weight on it.

QUADRATUS LUMBORUM RELEASE



LEVEL 1 (ON)

Quadratus Lumborum Release

To help relieve flank pain and discomfort.

Recommended level: 1

Lie on your side with the roller placed under your hip. Slowly roll from rib cage to hip or press by putting your weight on it.

QUADRICEPS RELEASE



LEVEL 1-2 (ON)

Quadriceps Release

To help release tight thigh muscles and improve hip mobility.

Recommended level: 1-2

Lie on your stomach with the roller under your thighs and slowly roll up and down from the bottom of the hips to the top of the knees.

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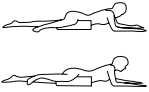
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ADDUCTOR RELEASE



LEVEL 1-2 (ON)

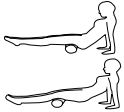
Adductor Release

To help loosen up tight inner thighs and improve hip mobility.

Recommended level: 1-2

Lie on your stomach with one leg extended by your side and your knee bent. Place the roller in the groin area of the leg and slowly roll the inner thigh.

HAMSTRINGS RELEASE



LEVEL 1-3 (ON)

Hamstring Release

To help loosen up tight hamstrings and improve lower body flexibility.

Recommended level: 1-3

Sit on the floor with your legs extended and place the roller under your thighs. Slowly roll from the bottom of the gluteus to the knees.

ILIOTIBIAL BAND RELEASE



LEVEL 1-2 (ON)

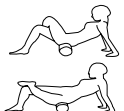
Iliotibial Band Release

To help loosen up outer thighs and improve the mobility of the hips and lower body.

Recommended level: 1-2

Lie on your side with the roller under your hip placing the foot of your other leg on the floor for support. Slowly roll along your outer thigh.

GLUTEUS RELEASE



LEVEL 1-2 (ON)

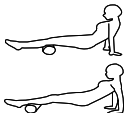
Gluteus Release

To help loosen up tight hips and improve hip mobility.

Recommended level: 1-2

Sit on the roller with one leg crossed over the other. Slowly rotate your hips from side to side or raise and lower the upper leg.

CALVES RELEASE



LEVEL 1-2 (ON)

Calves Release

To help release tight calf muscles.

Recommended level: 1-2

Sit on the floor with legs extended calves resting on the roller. Slowly roll at the calf muscles from the ankles to the bottom of the knees.

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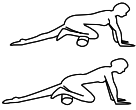
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TIBIALIS ANTERIOR RELEASE



LEVEL 1-2 (ON)

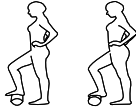
Tibialis Anterior Release

To help loosen up tight shin muscles and improve ankle mobility.

Recommended level: 1-2

Position your lower leg over the roller on the peroneal muscles. Slowly roll up and down from the ankle to below the knee.

PLANTAR RELEASE



LEVEL 1-3 (ON)

Plantar Release

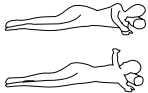
To help release plantar muscles and improve ankle mobility.

Recommended level: 1-3

Place the arch of your foot on the roller and roll back and forth from the heel to the toes.

WORKOUT

THORACIC SPINE MOBILITY



(OFF)

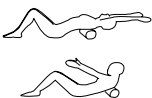
Thoracic Spine Mobility

To help loosen up tight neck and shoulders and to improve the mobility of the upper body.

Recommended level: OFF

1. Lay on your side with the roller under your neck pacing your arms together and the palms facing each other. Knees bent at a 90-degree angle.
2. Look back over your shoulder and swing your upper arm towards your back side. Slowly attempt to bring the arm to the floor, holding for a moment and return to the first position.

THORACIC EXTENSION



LEVEL 1 (ON)

Thoracic Extension – Abdominal Curl-UP

To help loosen up tight neck, back and shoulders and improve the mobility of upper body.

Recommended level: 1

1. Lie on your back with the roller under your upper back/thoracic spine. Knees up, feet and gluteus on the floor.
2. Raise your arms straight forward parallel to your thigh, chin tucked in. Let your head drop backwards to the floor extending your thoracic spine then slowly curl up forward.

TIP:

- Do not lean back too far.

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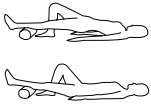
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SINGLE LEG BRIDGE



LEVEL 2-4 (ON)

Single Leg Bridge

To help strengthen hamstrings and hips.

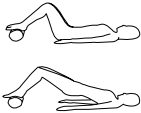
Recommended level: 2-4

1. Lie on your back and place your hands on the floor with your palms down for support. Bend one leg and place the roller under the ankle of the other leg.
2. With your chin tucked in, lift your pelvis up while keeping your body in a stiff bridge position.

TIP:

- Repeat on the other side.

HIP BRIDGE



LEVEL 2-4 (ON)

Hip Bridge

To help strengthen hamstrings and hips.

Recommended level: 2-4

1. Lie on your back with hands at your side and your knees bent. Place your feet on the roller.
2. Lift your hips off the floor keeping your back straight and pushing with your feet.

TIP:

- Do not raise your hips too much.

PUSH-UP



LEVEL 2-4 (ON)

Push-up

To help release shoulders and neck muscle and build up the chest.

Recommended level: 2-4

1. Lower yourself into a push-up position with one palm on the floor, your arm straight, and the other on the roller. Bend to position both of your shoulders at same level.
2. Bend the elbows and lower your body towards the floor.
3. Straighten your arms to push yourself back up to the first position while pressing on the roller.

TIP:

- Exhale as you go up, inhale as you go down.
- Repeat on the other side.
- Hold the first position if you have difficulty bending and lifting your arms.

SHOULDER MOBILITY



LEVEL 2-4 (ON)

Shoulder Mobility Exercise

To help relieve tight shoulders and back muscles and to improve the mobility of the upper body.

Recommended level: 2-4

1. Kneel on the floor and place your hands on the roller.
2. Slowly push the roller forward by lowering the upper body and shoulders while turning your palms upwards.

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SHOULDER STABILITY



LEVEL 2-4 (ON)

Shoulder Stability – Core Stability Exercise

To help relieve tight shoulders and back muscles and to improve the mobility of upper body.

Recommended level: 2-4

1. Kneel on the floor and rest your hands on the roller.
2. Lift one arm up while tightening the stomach, hold for a few seconds, and then lower it back.

TIP:

- Exhale as you lift your arm and inhale as you lower it.
- Resting on the roller while vibrating can be helpful to strengthen the shoulders and the core.

HIP ADDUCTORS



LEVEL 2-4 (ON)

Hip Adductors Exercise

To help relieve adductor muscles and improve the mobility of lower body.

Recommended level: 2-4

1. Lie on your back with your hands at your side and your knees bent. Place the roller between your knees.
2. Slowly squeeze the roller between your knees, tightening your inner thigh muscles.

SQUAT



LEVEL 2-4 (ON)

Squat

To help strengthen hips and hamstrings.

Recommended level: 2-4

1. Stand with your feet spread shoulder width apart and place a foot on the roller.
2. Lower your body by bending your knees and pressing both feet firmly.
3. Hold for a moment and slowly push yourself back up.

TIP:

- Do not bend your knees too much if you experience pain.

AFTER SALES SUPPORT

☎ 0800 046 5805 www.envivo.nu
☎ 1890 823 835 support@envivo.nu

MODEL: I530 PRODUCT CODE: 8345I 05/2018

3

YEAR
WARRANTY



PRODUCED IN CHINA FOR:
ALDI STORES LTD. PO BOX 26, ATHERSTONE,
WARWICKSHIRE, CV9 2SH.

ALDI STORES (IRELAND) LTD.
PO BOX 726, NAAS, CO. KILDARE.
Visit us at www.aldi.com

SYMBOL EXPLANATION



The product is compliant with the following directives:
2014/35/EU Low Voltage Directive (LVD)
2014/30/EU EMC Directive (recast).



For indoor use only.



This tool is double Insulated.



Batteries, electrical and electronic equipment (EEE) contain materials, parts and substances, which can be dangerous to the environment and harmful to human health if waste of electrical and electronic equipment (WEEE) are not disposed of correctly.

Batteries, electrical and electronic equipment, which are marked with the WEEE logo (as shown on the left), should not be thrown away with your household waste. Contact your Local Authority Waste Disposal Department, as they will be able to provide details of the recycling options available in your area.



The packaging material is partly recyclable. Dispose of the packaging in an environmentally friendly way by bringing it to a public collection centre.

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0800 046 5805



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VIBRATING FOAM ROLLER

Your details

Name _____

Address _____



E mail _____

Date of purchase*

*We recommend you keep the receipt with this warranty card

Location of purchase _____

Description of malfunction:

Return your completed warranty card to:

Accession ApS

Vandmanden 34

9200 Aalborg SV

Denmark

E-mail: support@envivo.nu

AFTER SALES SUPPORT



GB 0800 046 5805 www.envivo.nu
IRE 1890 823 835 support@envivo.nu

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Phone lines available Monday to Friday, 9am - 14pm.
Calls cost 5p per minure from a landline, calls from mobiles may vary.



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