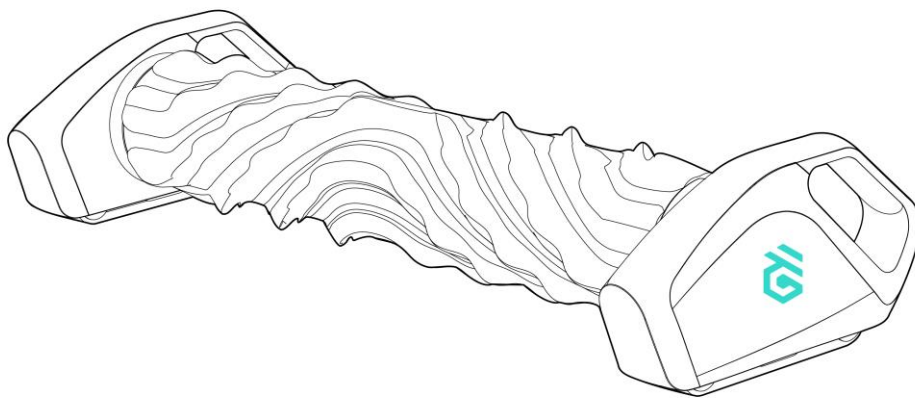




RheoFit A1 Auto-Roller User Manual



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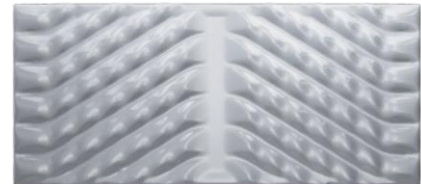
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1. Product Overview

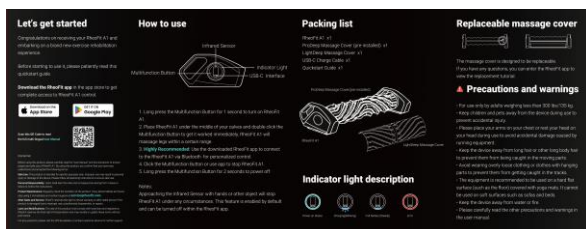
1.1. Packing List



RheoFit A1 ×1
(with ProDeep Massage Cover pre-installed)



LightDeep Massage Cover ×1

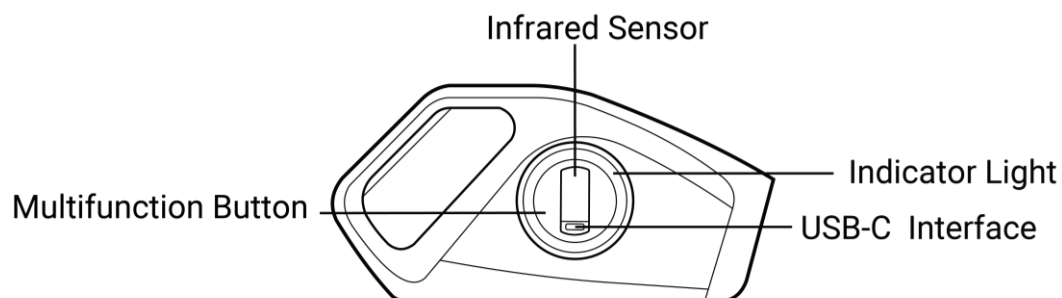


Quickstart Guide ×1



USB-C Charge Cable ×1

1.2. Parts Names



1.3. Product Parameters

Parameter	Specification
Weight	2.45kg
Massage Roller Diameter	≈80mm
Product Dimensions	575mm * 204mm * 108mm
Rated Voltage	24V
Battery Capacity	2295mAh
Battery Life	4h under 80kg; 2h under 100kg
Operating Speeds	Low-83mm/s, Medium-117mm/s, High-150mm/s
Product Lifespan	3 years

2. Quick Start Guide

2.1. Power On/Off

Long press the Multifunction Button for 1 second to turn on RheoFit A1.

Long press the Multifunction Button for 2 seconds to turn off RheoFit A1.

2.2. Fast-Start

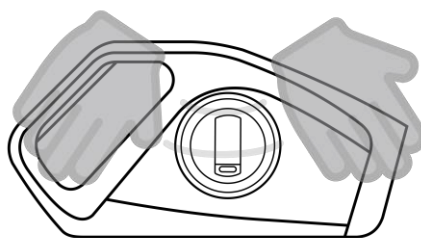
Place RheoFit A1 under the area that needs to be massaged to relax, In the powered-on state, double-click the multifunction button to quickly start the product;

At this point, the product will automatically massage back and forth within a preset range, and this preset massage range can be changed through the RheoFit APP, [refer to Section 3.4](#).

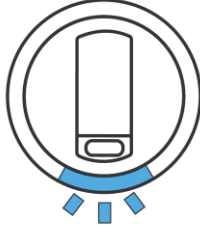
2.3. Fast-Stop

While the product is in motion, it can be stopped immediately through the following two methods:

1. (Always Active) Single-click the multifunction button;
2. Place your hand or an object near the infrared sensor to trigger an emergency stop (Enabled by default). Enable or disable this feature via the RheoFit APP, [refer to Section 3.4](#).

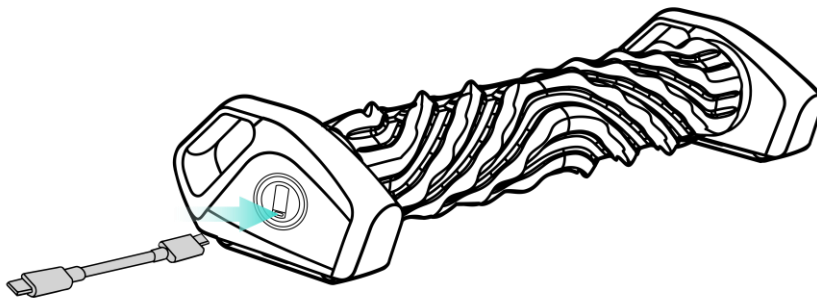


2.4. Indicator Light Description

Power on status	When the product is turned on, the indicator light is blue-green, and the number of illuminated segments reflects the current battery level.	
Charging	When the product is charging, the indicator light is sky blue and only one indicator light flashes.	
Full battery	When the product is fully charged, the indicator light remains sky blue, with a single indicator steadily lit.	
Error	When the indicator light is red, it indicates a low battery or overload. The RheoFit app will display detailed causes via a pop-up alert.	

2.5. Charging

The product can be charged using the USB-C charge cable included in the package. To start charging, connect one end of the charging cable to the USB-C port on RheoFit A1 and the other end to a USB-C charger.



3. APP Operation Guide

3.1. APP Download

- IOS APP Download

Search for **RheoFit** in the App Store, or scan the QR code below to download.



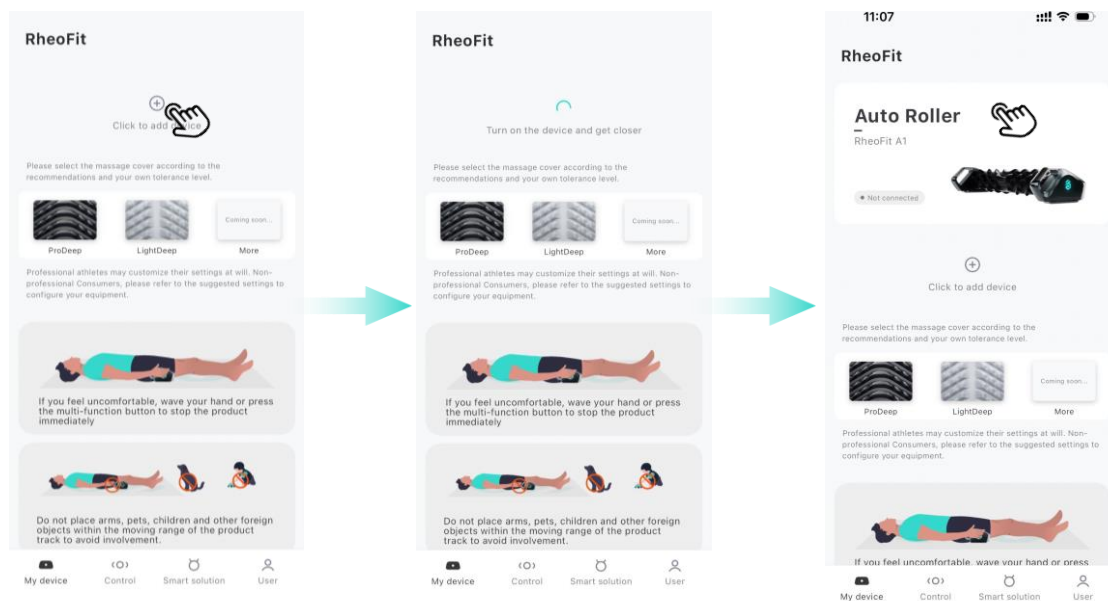
- Android APP Download

Search for **RheoFit** in the Google Play, or scan the QR code below to download.



3.2. Bluetooth Connection

- Ensure the device is turned on;
- Open the RheoFit APP;
- On the [My Devices] Page, click “Click to add device” , and the app will automatically search for nearby RheoFit devices.
- Select the correct device to connect to. If there are multiple devices nearby, please choose the right one. Once connected, the app will automatically switch to the [Control] Page.



[?] If the device is not detected, please check the following:

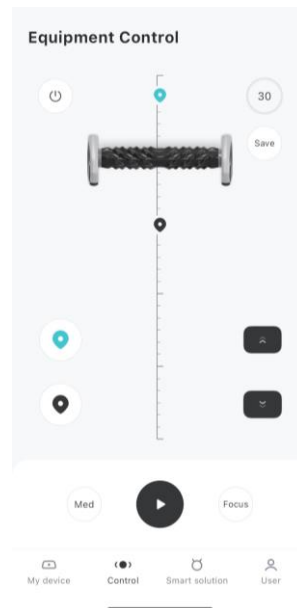
1. Ensure Bluetooth and Location is turned on.
2. Enable the following permissions for the RheoFit APP: Bluetooth/Nearby Devices and Location Access.
3. Keep your phone closer to the device.
4. Confirm the device is powered on.

3.3. Basic Operations



Tip:

- Ensure RheoFit A1 is positioned under your legs before initiating any basic operations.
- In the [User] interface, Tap [Guide] to access step-by-step instructions for completing basic operations.



Press and hold the  to move the device forward; release to stop.

Tap  to set one endpoint at this position.

Press and hold the  to move the device backward; release to stop.

Tap  to set the other endpoint.

Single-click the  to start massaging between the two endpoints, click again to stop the massaging.

Additional Functions:

Speed Adjustment: Tap the  to switch speeds

Fixed Point Function: Tap the  to activate the tap function, which causes the device to perform a massaging action at a fixed position. Tap the button again to exit tap mode.

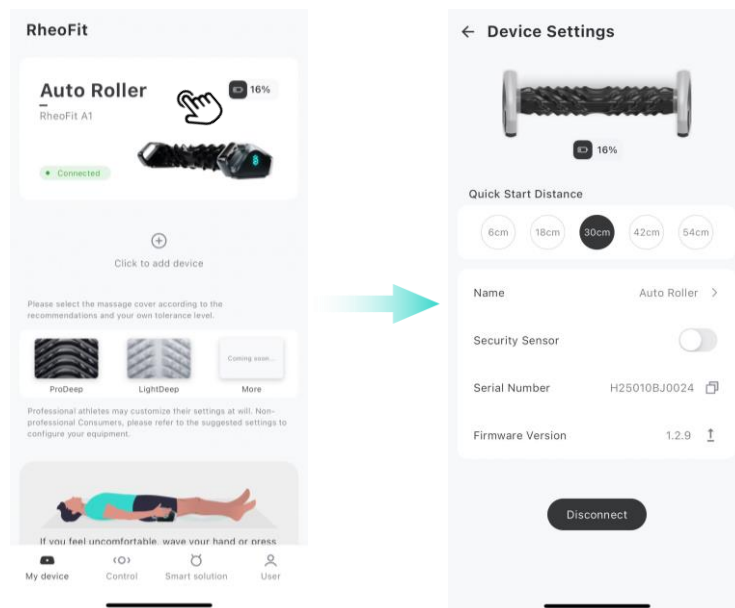
Range Memory: Press and hold  to save the current interval setting. Tap  to

display a list of saved intervals. Swipe left on any individual interval to rename or delete it. Tap the corresponding massage interval and place the device at the midpoint of the massage interval. The device will automatically run the massage in the interval.

Timer Function: Tap  to start the countdown, tap again to pause the countdown. Double-tap to reset the countdown, and long-press to modify the countdown duration.

Turn Off: Tap  to turn off the device.

3.4. Device Configuration



When the device is connected, tap the “Device Card” on the [My Device] interface to enter the device settings interface. In the device settings interface, the following functions are available:

- Set the default range length for the "Quick Start" function (activated by double-clicking the multifunction button [refer to Section 2.3](#)).
- Modify Device Name.
- Enable/Disable Safety Sensor.
- Copy Device Serial Number.
- Check whether the device firmware version requires an update.

All configured parameters take effect after the device reboots.

Tap the [Disconnect] button to terminate the Bluetooth connection.

3.5. Smart Solution

When the device is connected, tap the [Smart Solution] interface at the bottom of the screen to access three smart modes.

3.5.1. AI Mode

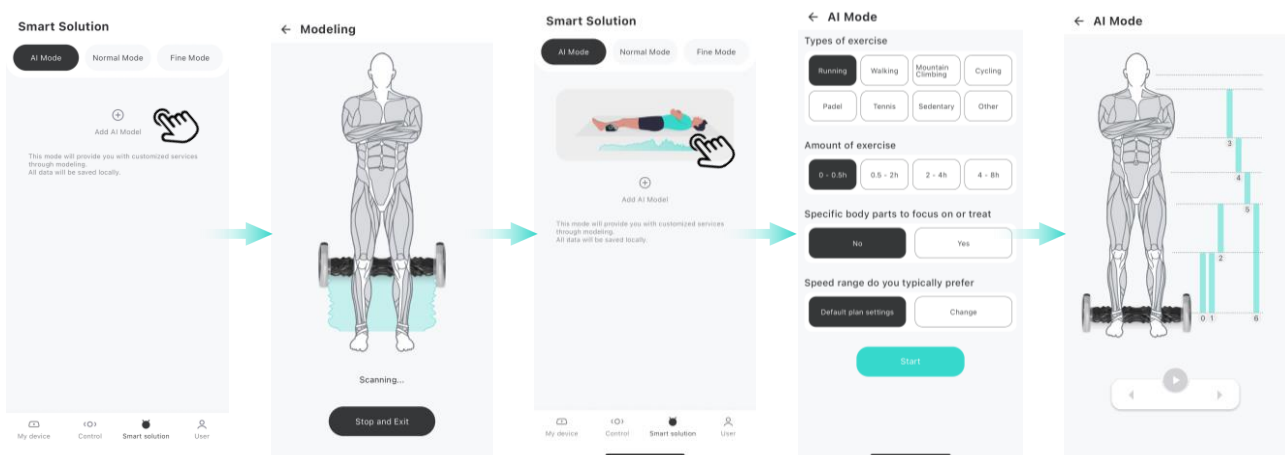
The AI Mode generates personalized massage routines by automatically detecting target areas and adjusting speed. Tap [AI Mode] to begin.

AI: Create an AI Model & Generate Personalized Plans

- Tap  and follow the APP step-by-step prompts to establish your personal AI model.
- Tap the established personal AI model.

If you are generating a personalized massage program for the first time, follow the app prompts and answer several questions related to your exercise habits to receive an automatically generated program.

If a personalized massage program already exists, tapping it will direct you to the automatic massage program preview screen.



- Follow the app prompts to start the personalized automatic massage. During the massage process, you can tap  to stop, or tap  and  to switch between massage steps.

- To create a new personalized message program, tap your AI Model and select to repeat the setup process and generate a new program.



Add an AI model

Delete a Personal AI Model or Personalized Message Program:

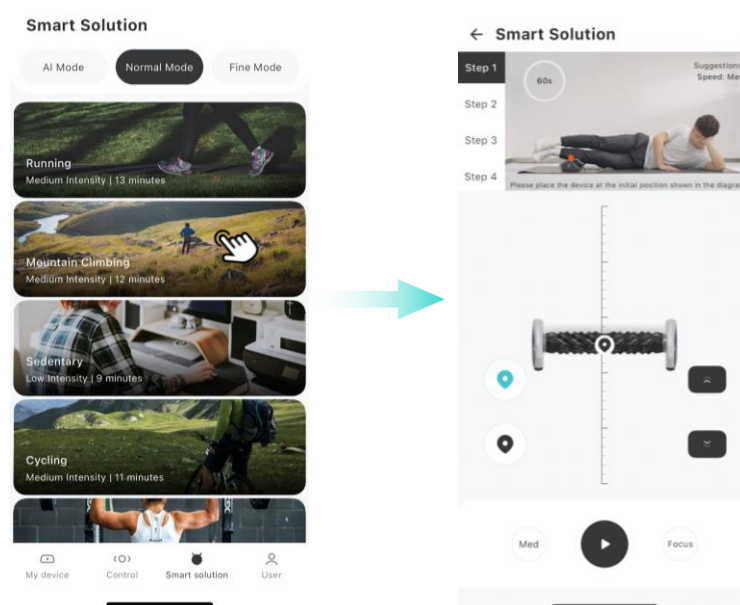
- To delete a personalized message plan, swipe left on the generated message plan and tap the the
- To delete a personalized AI model, swipe left on the created personalized AI model and tap the .



3.5.2. Normal Mode

In Normal Mode, users can select their type of exercise to access a massage video tutorial customized by a rehabilitation therapist. Tap [Normal Mode] to begin:

- Based on your individual exercise situation, select the corresponding exercise type.
- Once in the tutorial, follow the on-screen textual instructions to position the product as specified, Tap [Start] and the device will automatically set the massage range and start the program.

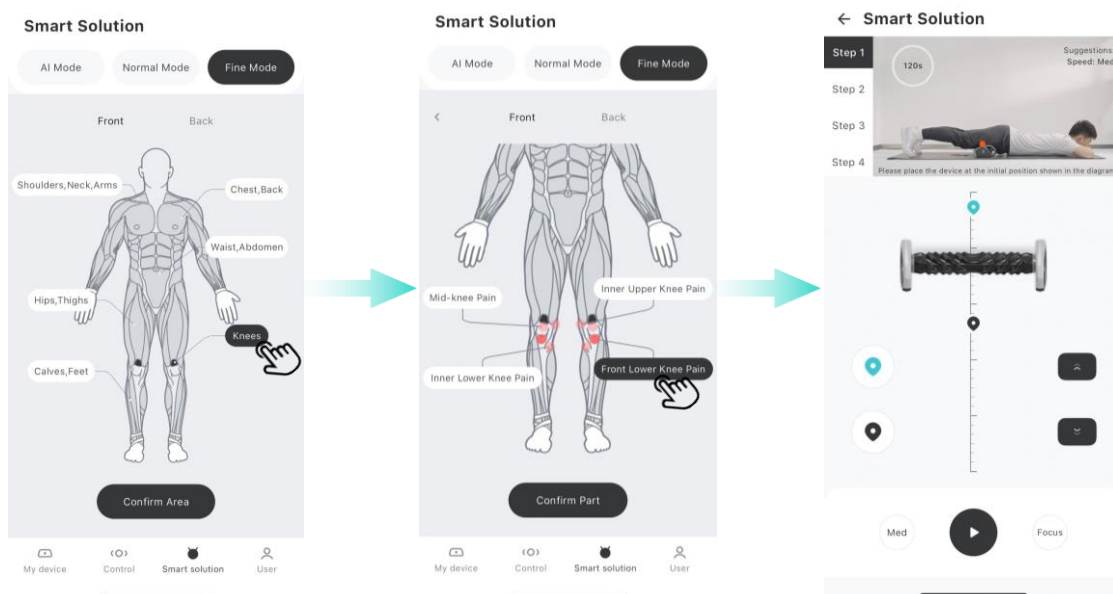


- At any time during the tutorial, you can tap  to halt the timer.
- Jump to specific steps (e.g., [Step 3]) by tapping the corresponding tutorial section.
- During the massage, you may perform basic manual operations, such as: adjusting the massage range, modifying the speed, fixed point for targeted relief. For detailed steps, [refer to Section 3.3.](#)

3.5.3. Fine mode

In Fine Mode, users can select physiotherapist-curated video tutorials tailored to specific pain points in targeted body areas. Tap [Fine Mode] to begin:

- Based on your personal exercise condition, select the region where the pain is located by tapping **Confirm Area** , then choose the specific painful part by tapping **Confirm Part** .



- Once the tutorial is initiated, the operation is identical to that of Normal Mode, [refer to Section 3.5.2.](#)

4. Precautions

4.1. Disclaimer

Before using this product, please carefully read this disclaimer to ensure proper and safe use of RheoFit A1. By using this product, you confirm that you have read, understood, and accepted the following terms:

This product is intended for specific purposes only. Improper use may result in personal injury or damage to the device. Please follow all operating instructions to ensure safe use. Users shall bear the risks and consequences arising from misuse or failure to follow the instructions.

RheoFit reserves the right to refuse warranty or after-sales service if the product is damaged due to improper use, unauthorized disassembly, or repairs.

Laws and Modifications: The use of this product must comply with local laws and regulations. RheoFit reserves the final right of interpretation and may modify or update these terms without prior notice.

4.2. Precautions and Warnings

This product is a power device with a built-in battery. To reduce the risk of burns, fire, electric shock, or personal injury, please read the operating instructions carefully before use:

- The device has a front and rear orientation; the handle is at the rear. When using, ensure the front of the device faces away from your head.
- Do not allow children to handle the device unsupervised, and ensure supervision while the device is operating.
- Do not place limbs into the drive mechanism or within the operating area of the device while it is running.
- Do not turn off the safety switch on the right side of the device during use. If the device malfunctions, cover the safety switch with any part of your body or any non-black object within 0-10 cm to trigger the switch, or press the button to pause the device automatically.
- Avoid wearing overly loose clothing or clothes with hanging parts to prevent them from getting caught in the tracks.
- Keep the device away from long hair or other long body hair to prevent them from being

caught in the moving parts.

- Avoid bringing the device close to the genitalia during use.
- For use only by adults weighing less than 300 lbs/136 kg.
- Do not use outdoors.
- Use only on flat, hard surfaces or hard surfaces covered with a yoga mat to prevent damage to the device.
- Ensure there are no foreign objects in front of the device during use to prevent damage or other property loss.
- Keep children and pets away from the device during use to prevent accidental injury.
- Do not spray any liquid on the charging port or immerse the device in water to prevent battery short circuit and fire.
- Do not touch the device if it falls into water, and immediately unplug the charging plug.
- Do not use the device while bathing or showering.
- Do not place or store the device in a place where it may fall or be pulled into a bathtub or sink.
- Avoid applying external force to the power cord while charging.
- Keep the power cord away from heat sources and flammable materials.
- Do not use a faulty charger to charge the device.
- Charging must be done using factory-supplied cables.
- Do not expose the device to sunlight or throw it into fire to prevent battery fire or explosion.
- Do not use the device while charging.
- Charging must be done using factory-supplied cables.
- Do not expose the device to sunlight or throw it into fire to prevent battery fire or explosion.
- Do not use the device while charging.
- Avoid excessive physical vibration and impact to prevent battery damage.
- Do not use continuously for more than 3 hours. After 3 hours of use, let the device rest for 30 minutes before using it again.
- The device must be charged under suitable conditions and continuous charging must not exceed 24 hours.
- If the device is not used for a long time, it is recommended to charge it once every three months.
- Pause or turn off the device before picking it up or storing it.
- Do not remove screws or attempt to disassemble the device, otherwise you will be

responsible for the consequences and it will not be covered under warranty.

- Use this device only for the intended purposes described in this manual, Do not use attachments not recommended by the manufacturer.
- Do not allow any objects to fall into or insert objects into any openings of the device.
- Keep the device away from animals; do not use this device for animal massage.
- Do not use this device as a toy.
- Do not use the RheoFit A1 without consulting a doctor, therapist, or chiropractor in the following cases: pregnancy, diabetes with complications such as neuropathy or retinal damage, pacemakers, recent surgery, epilepsy or migraines, herniated discs, spondylolisthesis, spondylosis, recent joint replacement, implanted metal pins or plates, or any other health issues. Weak individuals and children should be accompanied by an adult when using any rolling device. These contraindications do not mean you cannot use the rolling training device, but we recommend consulting with your doctor, therapist, or chiropractor first. Research is currently being conducted on the effects of rolling training devices on specific conditions. This may shorten the above list of contraindications. Practical experience shows that in many cases, incorporating rolling devices into the appropriate treatment plan can be beneficial. This must be done under the advice and supervision of your doctor, specialist, or physiotherapist.

5. Warranty Policy

If this product fails due to defects in materials or workmanship within one year from the date of purchase, RheoFit Co., Ltd. will repair or replace the product or its necessary components free of charge.

The following situations are not covered by this warranty:

- Damage caused by accidents, misuse, mishandling, or transportation;
- Unauthorized repairs;
- Failure to use the equipment in accordance with the RheoFit A1 maintenance manual;
- Repair costs that exceed the cost of the product;
- Deterioration of the delivered product due to abnormal storage or protection conditions at the customer's location, and failure to provide proof of purchase indicating the date.

Some states and countries/regions do not allow limitations on damages, so the above limitations may not apply to you. This warranty provides specific legal rights, but other rights may vary by country/region and state. This warranty can be obtained through RheoFit Co., Ltd. and all RheoFit international distributors' operating policies and procedures. If you are a customer of our company, please contact the RheoFit business unit, distributor, or retailer from whom you purchased the product directly for warranty and return authorization procedures. This warranty is initiated and executed by RheoFit Co., Ltd.

RheoFit Co., Ltd.

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