

# **Rollshape**

User Manual

08/2025



We are delighted that your purchase of our premium Rollshape roller massage. Your trust in our product is greatly appreciated. We're thrilled to help enhance your wellness journey. Thanks a lot for your patronage!



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# Attention

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**Before starting to assemble and use the device, please refer to the manual.**

## Connecting the power supply

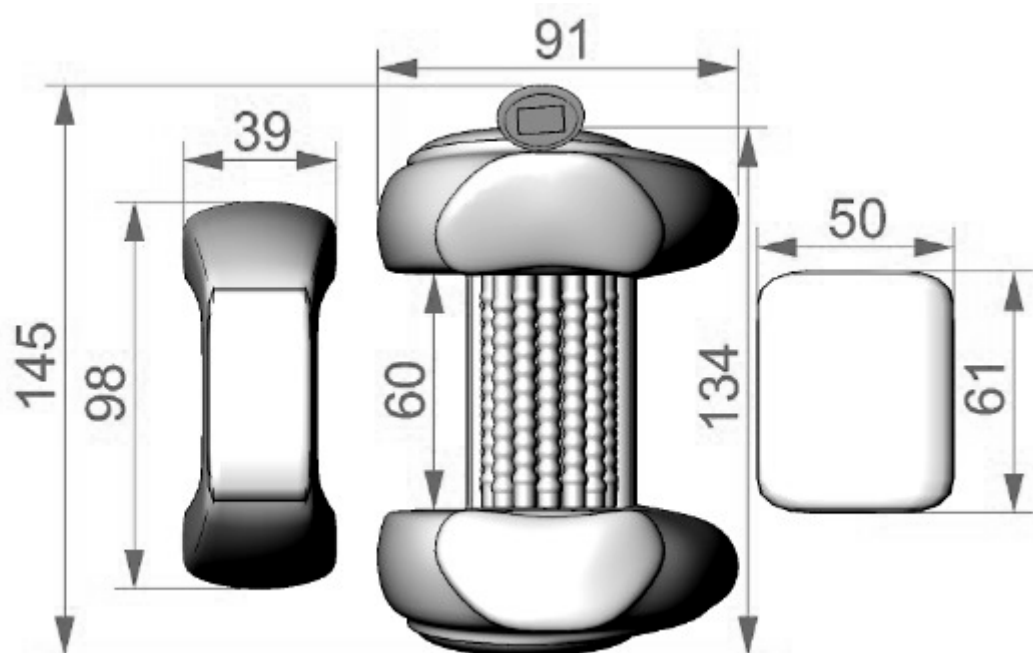
The device must be connected to a grounded socket. There is exact information about the required voltage on the nameplate.

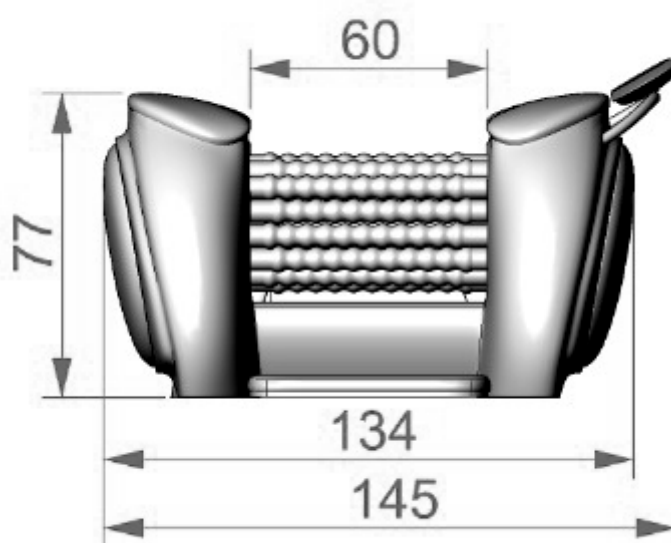
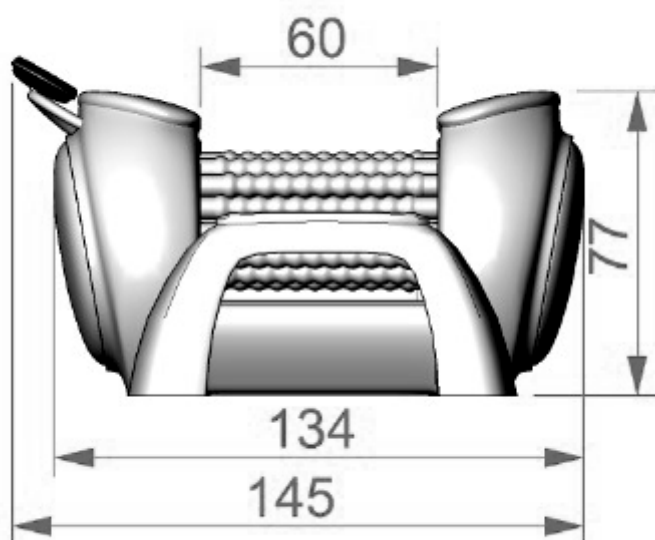
- The device is subject to the recycling process. Dispose of electrical parts only to containers designated for this purpose or return them to a nearby waste collecting centre.
- The device needs to be placed on a smooth surface.
- Make sure that the electric wire is not damaged.
- All types of repairs should be performed by an authorized service centre.

# Technical specification

Power	
Voltage	230VAC / 50Hz / 1PH
Power consumption	0.8kW
Dimensions / Weight	
Height / Width / Depth	86 cm / 145 cm / min 180 cm 33,8-inch / 57-inch / min 70,9-inch
Weight	90 kg
Functions	
Dumb drive	<ul style="list-style-type: none"> <li>• Engine: AC / 3PH (three-phase)</li> <li>• Power of the engine: 0.37kW</li> <li>• Engine control: Frequency inverter</li> </ul>
Infrared (with optional collagen function)	<ul style="list-style-type: none"> <li>• A single infrared radiator: with 320W power</li> <li>• Protection against scalding</li> <li>• The range of infrared radiation: 1.4 -</li> <li>• 14µm – close to the solar radiation</li> </ul>
Color therapy	<ul style="list-style-type: none"> <li>• Based on LED technology,</li> <li>• Wireless remote control allowing to choose the colour,</li> <li>• Predefined programs for automatic colour change</li> </ul>
Touch Screen size	<ul style="list-style-type: none"> <li>• 10,1-inch touch display</li> </ul>

## Dimensions

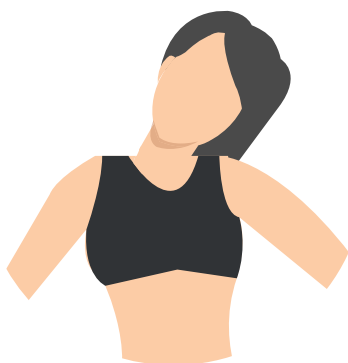




## Before starting to train

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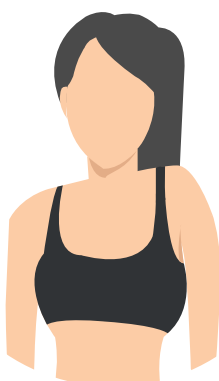
Training should begin with a warm-up. Next pass to aerobic exercises, and end up with loosening. Warming up prepares the body for exercises. Upon completion of training, repeat the exercises to relax the muscles after force exercise. Below are examples of exercises to warm up and relax:



# 1

### HEAD TURNS

Move your head to the right and left, to feel a gentle stretch of neck muscles. Then move your head forward and backward, touch the chest with your chin, and tilt the head back. Repeat the exercise several times.



# 2

### ARMS INCLINATIONS

Lift your right arm towards your ear then lift your left arm. Repeat the exercise several times.



### 3

#### STRETCHING

Reach as high as you can with your hands.  
Alternately reach up with your left and right hand. Repeat the exercise several times with the right and left hand.



### 4

#### QUADRICEPS STRETCH

Rest one of your hands on the wall to steady and pull your leg to the buttocks, as shown in the figure. Repeat the exercise for both legs.



## 5

### **STRETCHING THE ACHILLES TENDON**

Put two hands against the wall and lean forward. With one leg make a stride and gently push your body. Repeat the exercise several times on both legs.



## 6

### **BENDS**

Touch your toes with your hands. During the bends, keep your knees straight, shoulders and arms relaxed. Repeat the exercise several times.



7

**ABDUCTOR STRETCHING**

Sit on the ground, put your feet together, and try to touch the floor with your knees. Repeat the exercise several times.

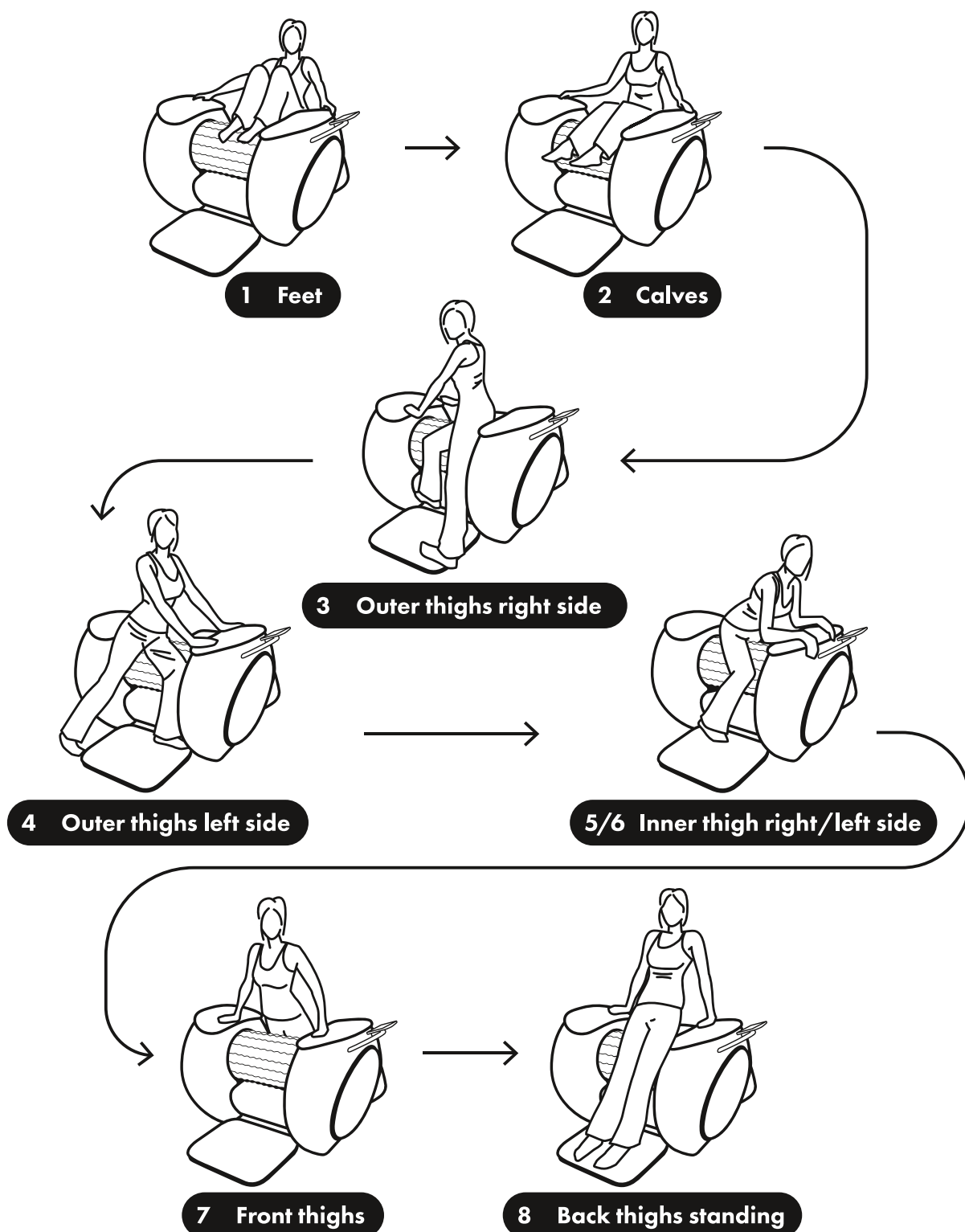


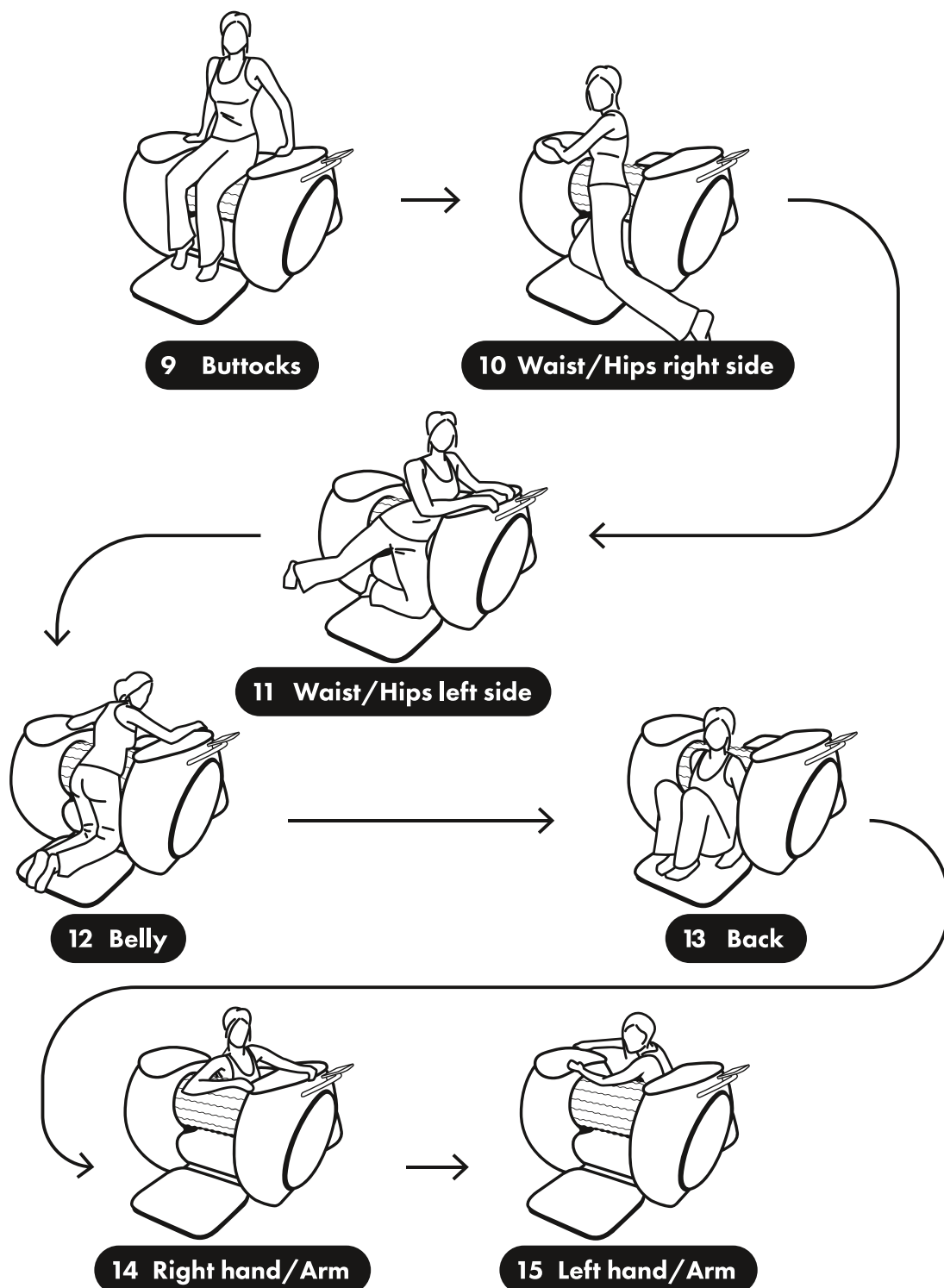
8

**HAMSTRING STRETCHING**

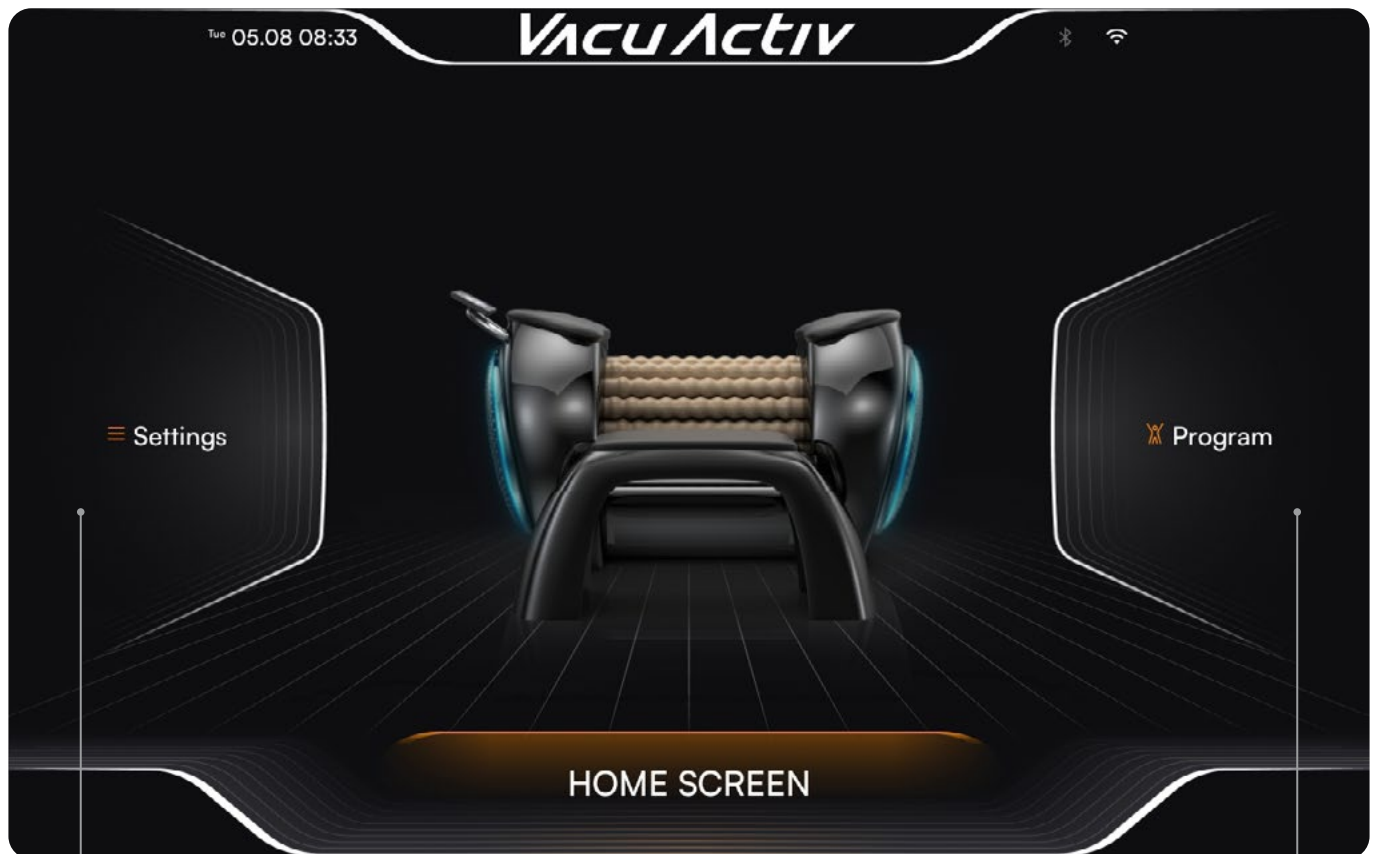
Sit on the ground, straighten one leg, and bend the second one. Reach out a hand towards the extended leg and hold on to this position for a few seconds. Relax and repeat on the other leg.

## Exercise positions





## Home screen



Press **Settings** button on the left sidebar. This will take you to the device settings screen, where you can check and change the following:

- Device Info
- Counters
- Language
- Access Code
- Bluetooth Connection
- Programs Editing
- Model Selection (Male/Female)

To begin a session and set up your exercise, press the **Program** button on the right side of the main screen. This will open the program selection menu, where you can choose one of the following training programs:

- Basic
- Standard
- Extended
- Manual

## Program screen selection

There are four training programs available to choose from.

Basic  
program

Extended  
program



Standard  
program

Manual  
program

# Program overview

---

## Basic

### Program duration

36 minutes

### Duration of each position

4 minutes

### Number of positions

9

During the training, the positions change automatically from the first to the 9th one

## Standard

### Program duration

45 minutes

### Duration of each position

3 minutes

### Number of positions

15

During the training, the positions change automatically from the first to the 15th one

## Extended

### Program duration

60 minutes

### Duration of each position

4 minutes

### Number of positions

15

During the training, the positions change automatically from the first to the 15th one

## Manual program

After selecting manual program, you'll be prompted to choose your session duration. Set the length of your session as you prefer, up to a maximum of 60 minutes. Once you've set the time, simply touch **✓ CONFIRM** on the screen to proceed to the next screen with summary.

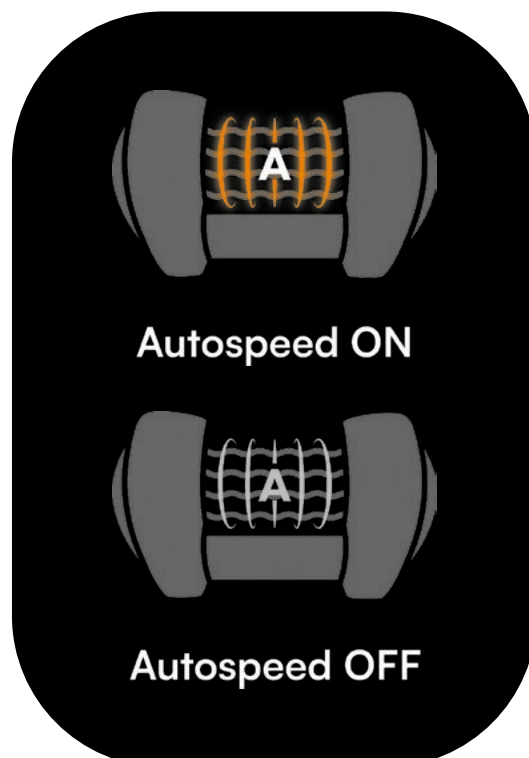
## Autospeed Function

The **[AUTOSPEED]** function automatically controls the Rollshape's drum speed during the Basic, Standard, and Extended programs.

When **[ON]**, the drum speed gradually increases from 25% to 100% as you progress through the exercise positions.

Pressing the + or - buttons to adjust the speed will automatically turn **[AUTOSPEED] [OFF]**.

To return to the program's automatic speeds, simply press the **[AUTOSPEED]** button to turn it back **[ON]**.

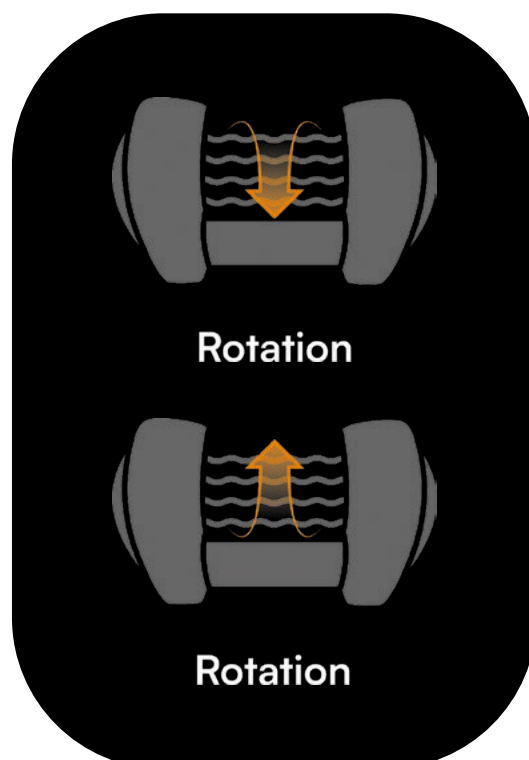


## Rotation direction control

To change the direction of the drum's rotation, press the **[ROTATION]** button. Each press will reverse the spin (from clockwise to counter-clockwise).

### NOTE

This function is available only in the **Manual** program.



## Program summary

This screen displays a final summary of **your selected program**. Please review the following details:

- Selected program
- Total Session Duration
- Number of Positions
- Time per Position

### To proceed

- Press ► **START** to begin your session. A 3-second countdown will appear before the roll massage starts.
- Press ◀ **BACK** to return to the previous screen to change program mode.



## Training screen - Starting exercise

After pressing ► **START** button a 3-second countdown will begin before the roll massage starts.



## Training screen - Program (Basic / Standard / Extended)

After the countdown, the training screen becomes active, and the roller begins to rotate. The training screen displays your current exercise position, total session time, position time, current position and allows you to adjust key settings, including:

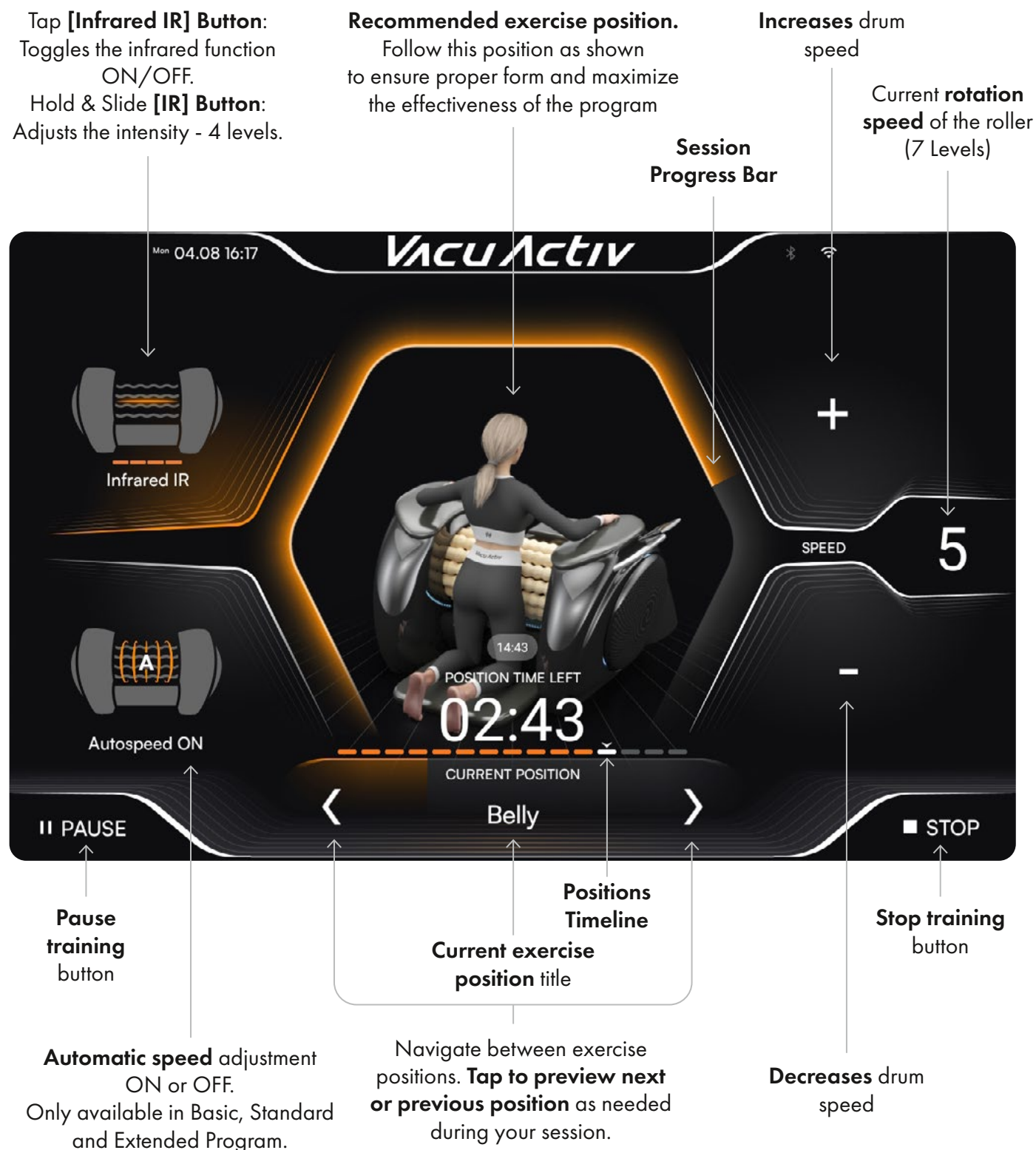
- **Infrared (IR) Power** Adjust the infrared intensity.
- **Autospeed** Allows you to toggle the automatic speed adjustment of the roller on or off
- **Roller Speed** Modify the roller speed to suit your preference.

All controls are conveniently accessible on the screen for an optimized session experience.



The image above displays the training screen for the selected program options: **Basic, Standard, and Extended**. Each program offers unique settings tailored to different workout intensities and durations, with easy-to-access controls for adjusting infrared intensity, autospeed of the roller.

# Training screen - Program interface overview

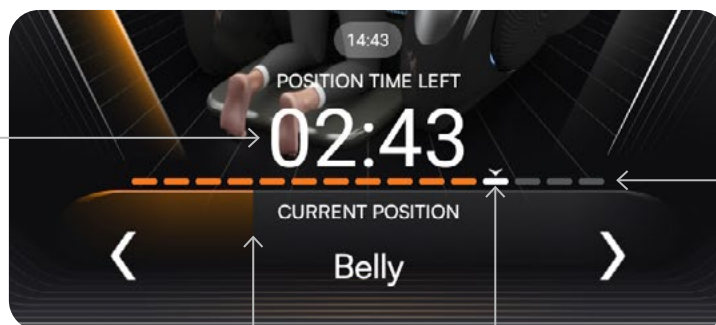


# Positions timeline feature

Total time of the session/program



**Position Countdown**  
This timer shows the remaining time for the current exercise position and counts down to zero.



**Positions segments in program (Timeline)**

**Position Progress Bar**

**Current position marker (stage of the program)**



**Completed Positions**  
Segments on the program timeline highlighted in orange indicate the positions that have already been performed.

**Remaining Positions**  
Timeline segments in gray represent the positions that remain to be performed within the program.

# Previewing the Previous/Next Position

## Position Preview Header

When previewing an upcoming or previous position, a gray header bar will appear at the top of the screen. This bar displays the name of that position, confirming that you are in preview mode.

**After 5 seconds of inactivity**, the system will automatically exit preview mode and return to the screen for the currently active position.



**You can navigate forwards and backwards through the position timeline.** To preview the next position, press the right arrow button. To review a previous position, press the left arrow button.

### Position Preview Header

When previewing an upcoming or previous position, a gray header bar will appear at the top of the screen. This bar displays the name of that position, confirming that you are in preview mode.

**After 5 seconds of inactivity**, the system will automatically exit preview mode and return to the screen for the currently active position.



**You can navigate forwards and backwards through the position timeline.** To preview the next position, press the right arrow button. To review a previous position, press the left arrow button.

## Automatic Next Position Preview

To ensure a smooth transition between positions, the system automatically displays a preview of the next position in the center of the screen when 15 seconds remain in the current one. An orange header containing the 15-second countdown will appear at the top, giving you time to prepare for the change.



# Infrared (IR) Control

Truning ON/OFF the Infrared IR

Press the infrared button **once** to turn the infrared (IR) feature **ON** or **OFF**.

The image below shows the **Infrared button** turned **ON**.



The image below shows the **Infrared button** turned **OFF**.



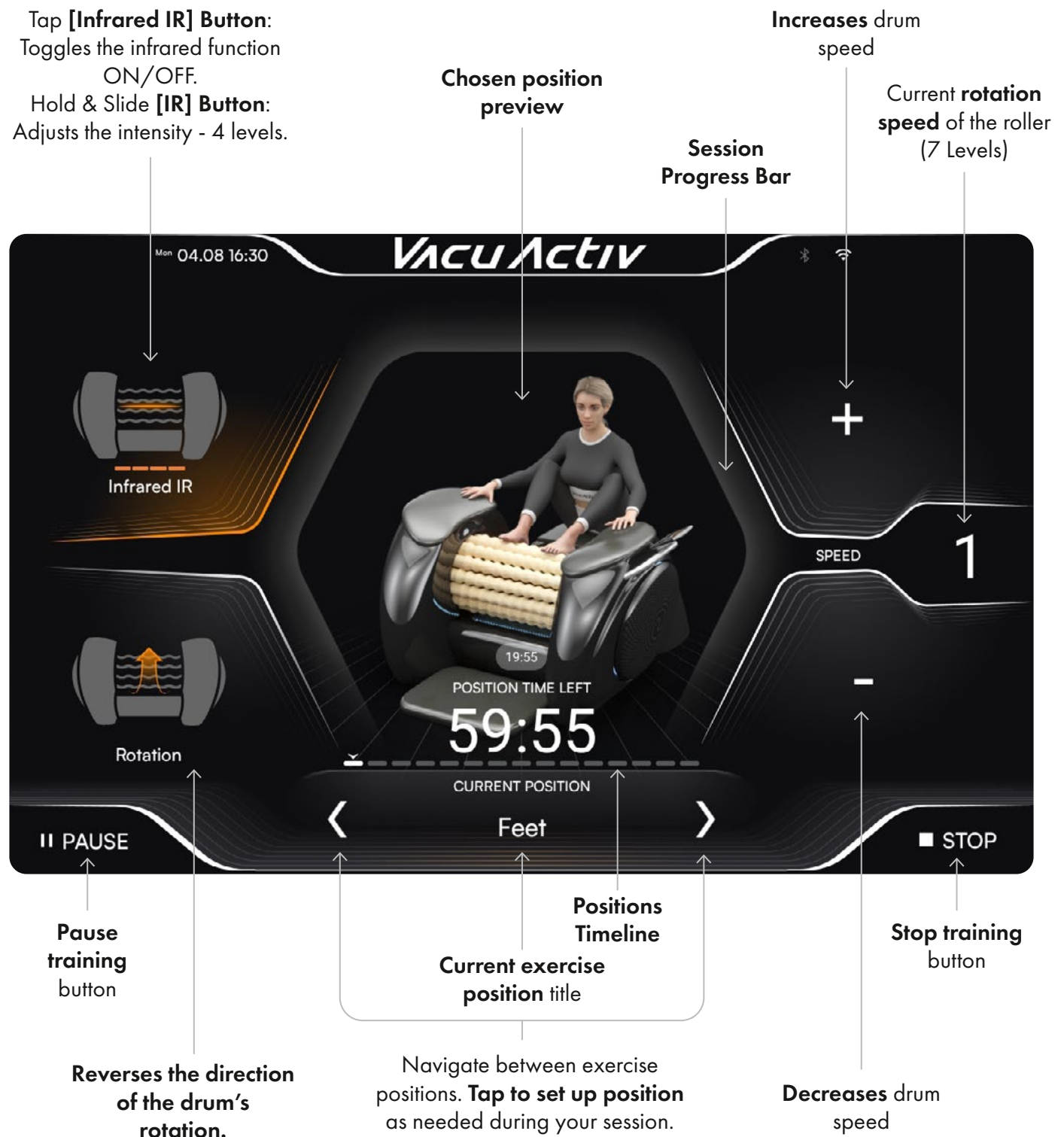
## Adjusting Infrared (IR) Intensity

1. Press and hold the **[Infrared IR]** button until the intensity slider appears.
2. Without lifting your finger, **slide it left or right** to select one of the four levels.
3. Release your finger to confirm your selection.

The image below shows the **Infrared IR level adjustment bar of the intensity levels after holding the button.**



# Training screen - Manual mode overview

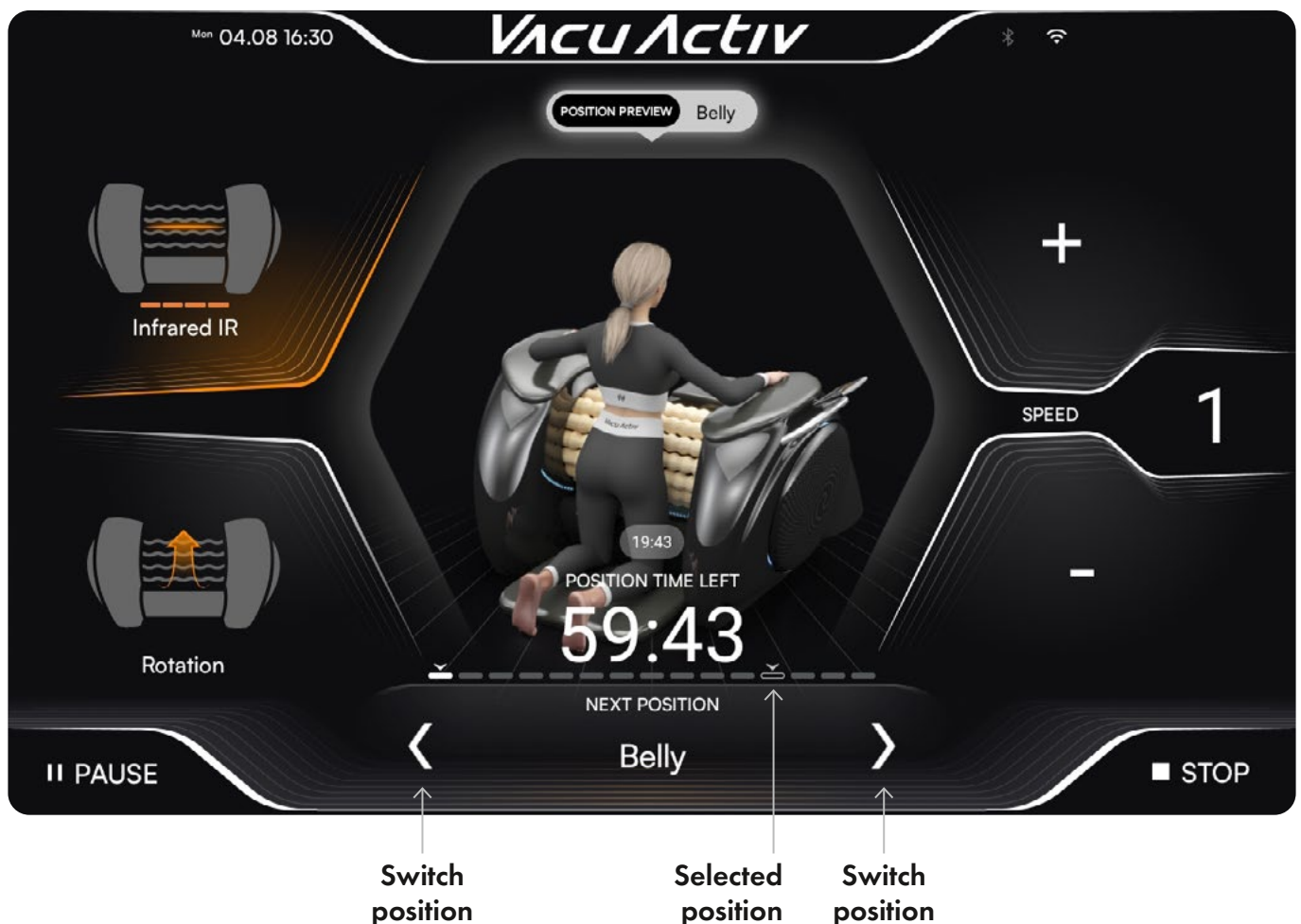


## Training screen - Manual program selected

Unlike other programs, the Manual Program gives you full control to select and preview any position at any time. To view a preview, simply tap (left or right arrows) to switch the desired segment on the Program Timeline. The preview for that position will instantly appear on the screen.

Training screen for manual program. The training screen displays your current exercise position, total session time, and allows you to adjust key settings, including:

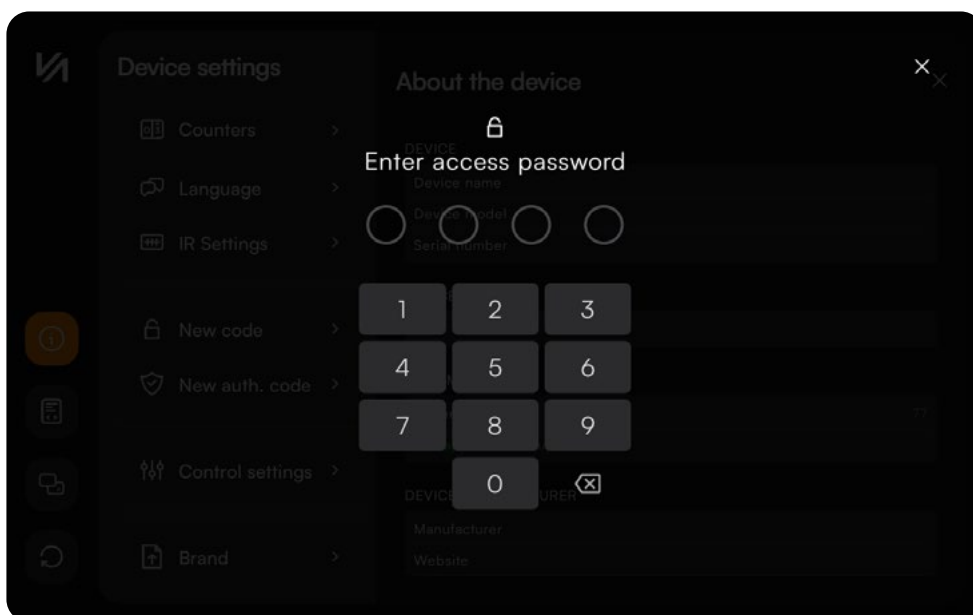
- Infrared (IR) Power: Adjust the infrared intensity.
- Rotation Direction: Change the direction of the roller.
- Roller Speed: Modify the roller speed to suit your preference.



# System settings

## Accessing Device Settings

1. From the main screen, press the **[Settings]** button located on the left sidebar.
2. A pop-up requiring an access code will appear.



After entering the correct access code, you will access the settings menu. The first screen is Device Information.

## 1. Device Information

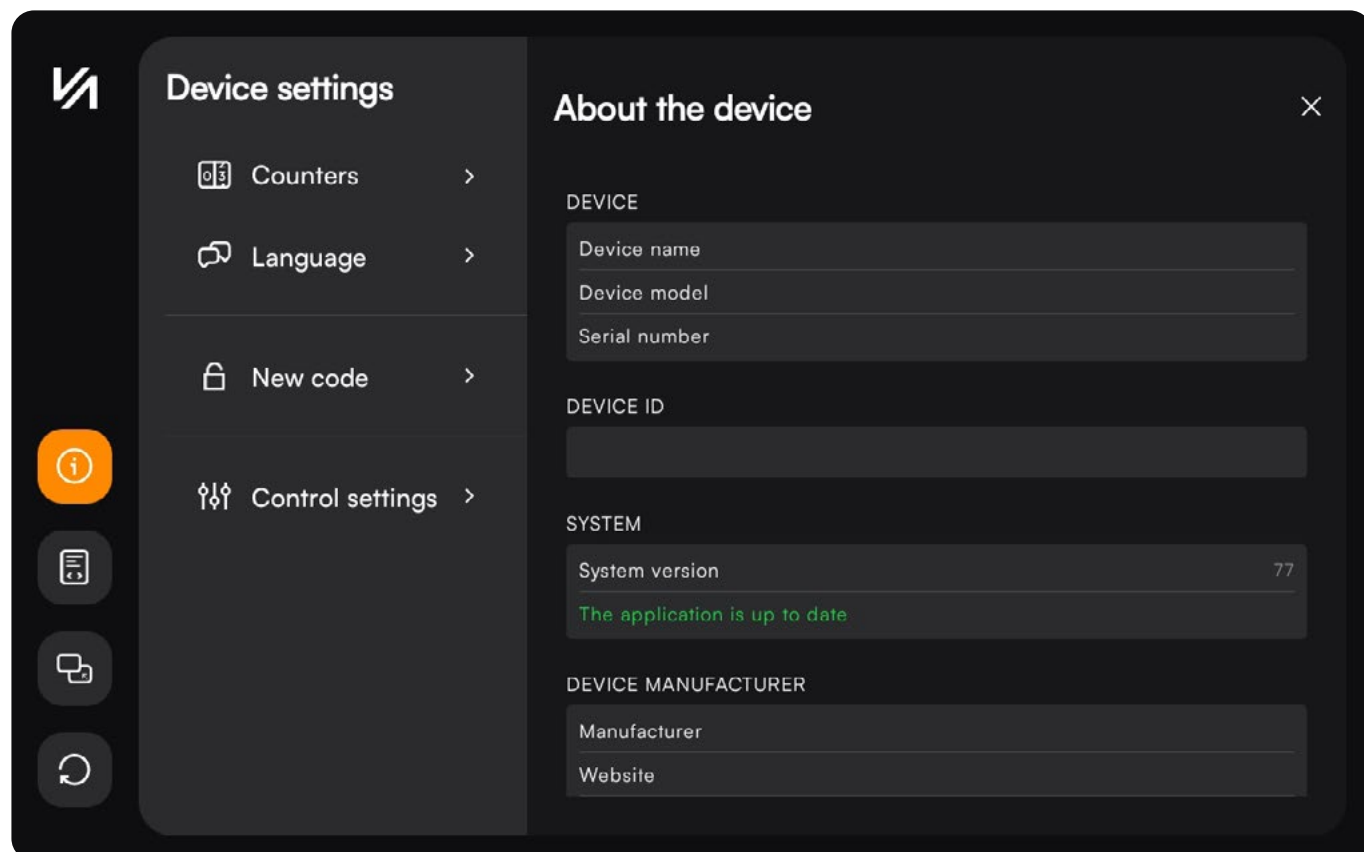
This screen provides detailed information about your device, including:

- Name, Model, Serial Number, and Device ID
- Software Version
- Update Status (information on whether the system is up-to-date)
- Manufacturer
- QR Code for Service Requests

## 2. Main Settings

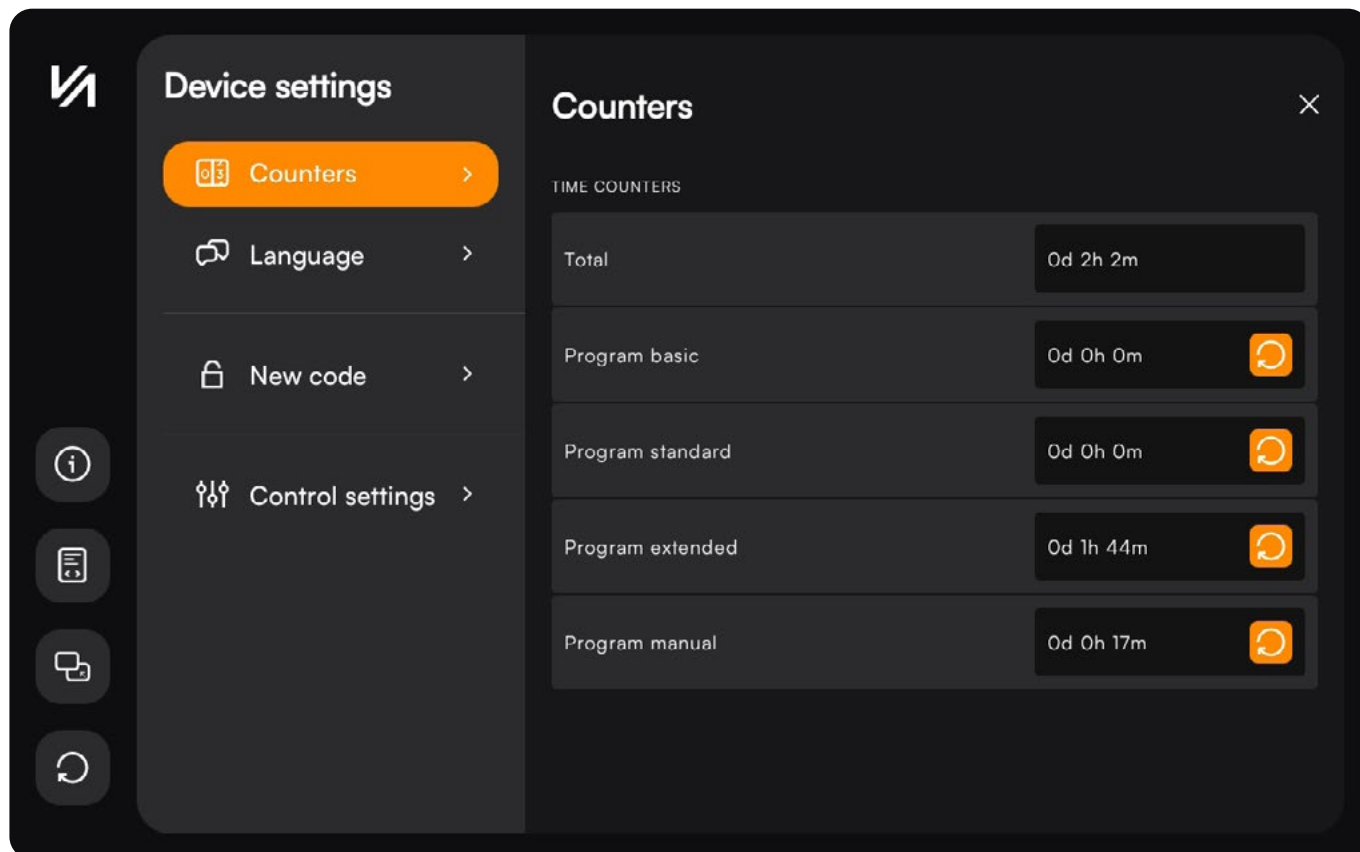
From the settings menu, you can also manage the following features:

- **Counters:** Check usage statistics.
- **Language:** Change the system's display language.
- **Access Code:** Set a new access code for the settings menu.
- **Bluetooth Connection:** Check the connection status with the mainboard.
- **Edit Programs:** Modify existing training programs.
- **Startup Screen:** Enable or disable the initial video or logo.
- **User Model:** Change the displayed model (male/female) for position guidance.



## Counters

In this menu, you can track the device's usage statistics. The following counters are available:



- **Total Time Counter:** This is a permanent, non-resettable counter that tracks the device's total operating hours over its lifetime.

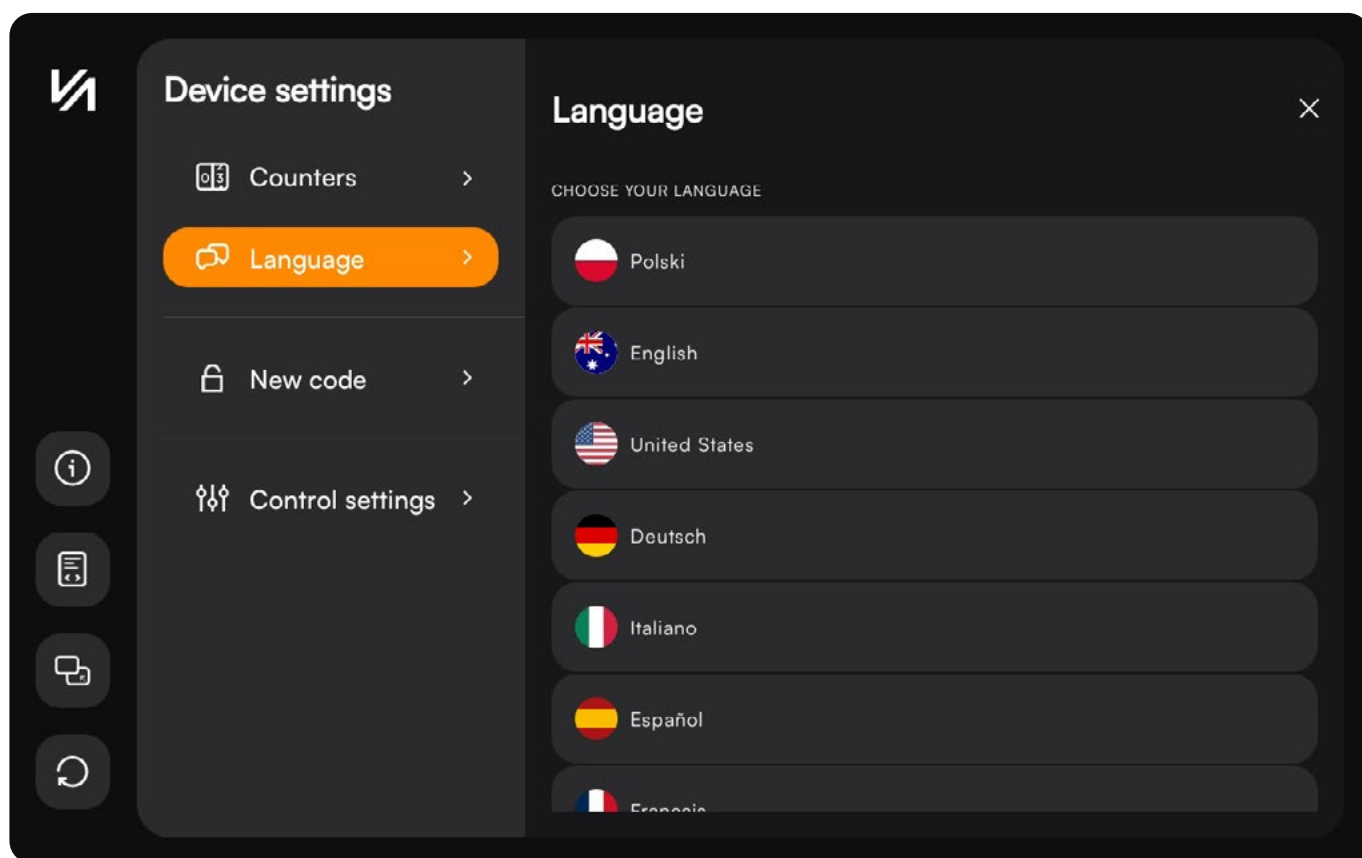
**Program Counters:** These are individual, resettable counters that track the usage for each specific program:

- **Basic, Standard, & Extended:** Each time one of these programs is run, its full duration is added to the corresponding counter.
- **Manual:** This counter tracks the actual, real-time usage spent specifically in the Manual program.

## Language Settings

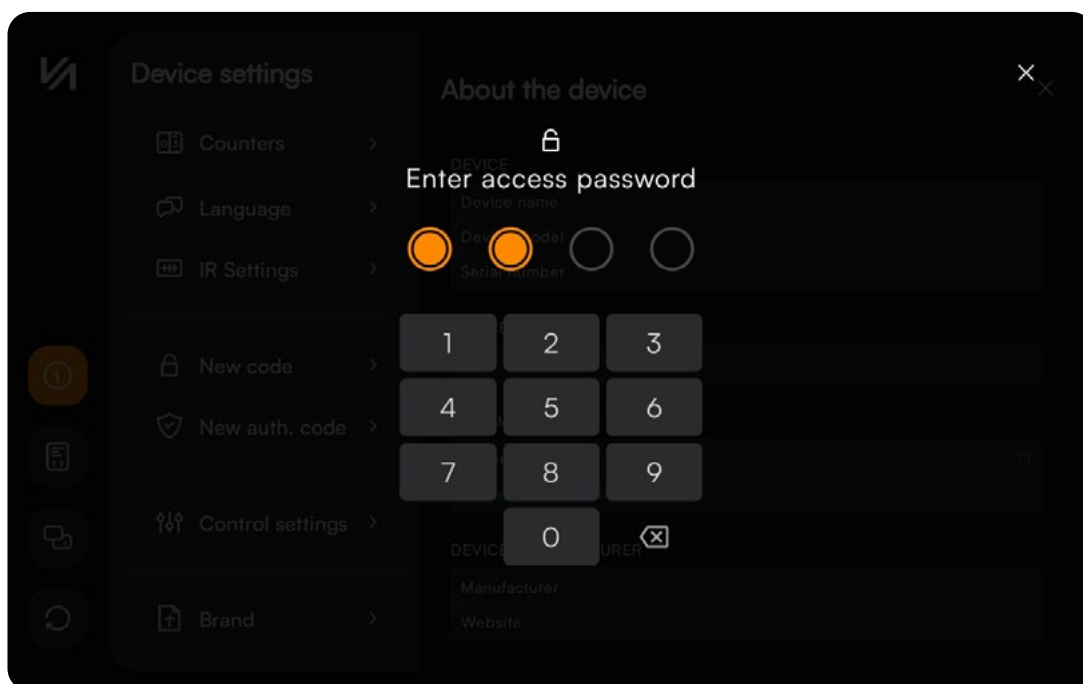
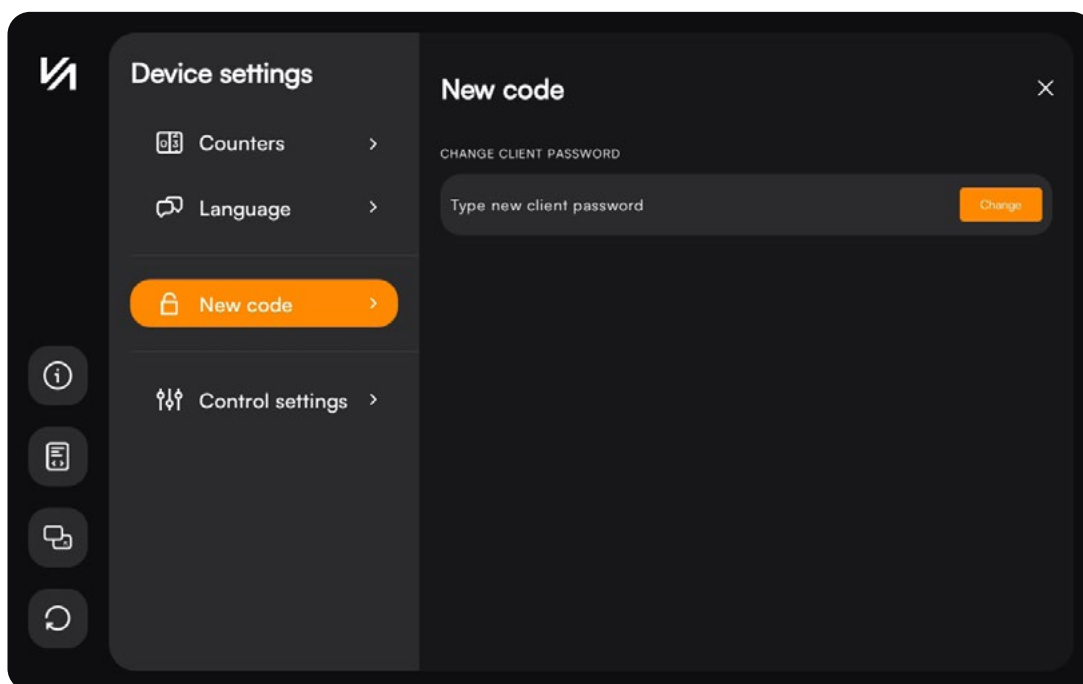
This option allows you to change the system's display language. Select your preferred language from the following list:

- Polish
- English
- German
- Italian
- Spanish
- French
- Russian



## Changing the Access Code

The system allows you to set a custom 4-digit access code to secure the settings menu. To set a new code, select the **[New Code]** option from the menu, then enter and confirm the new code on the screen.



## Control Settings

This section contains several configuration options. You can manage the following features:

### Bluetooth Connection

Check the connection status with the device's mainboard.

### Startup Screen

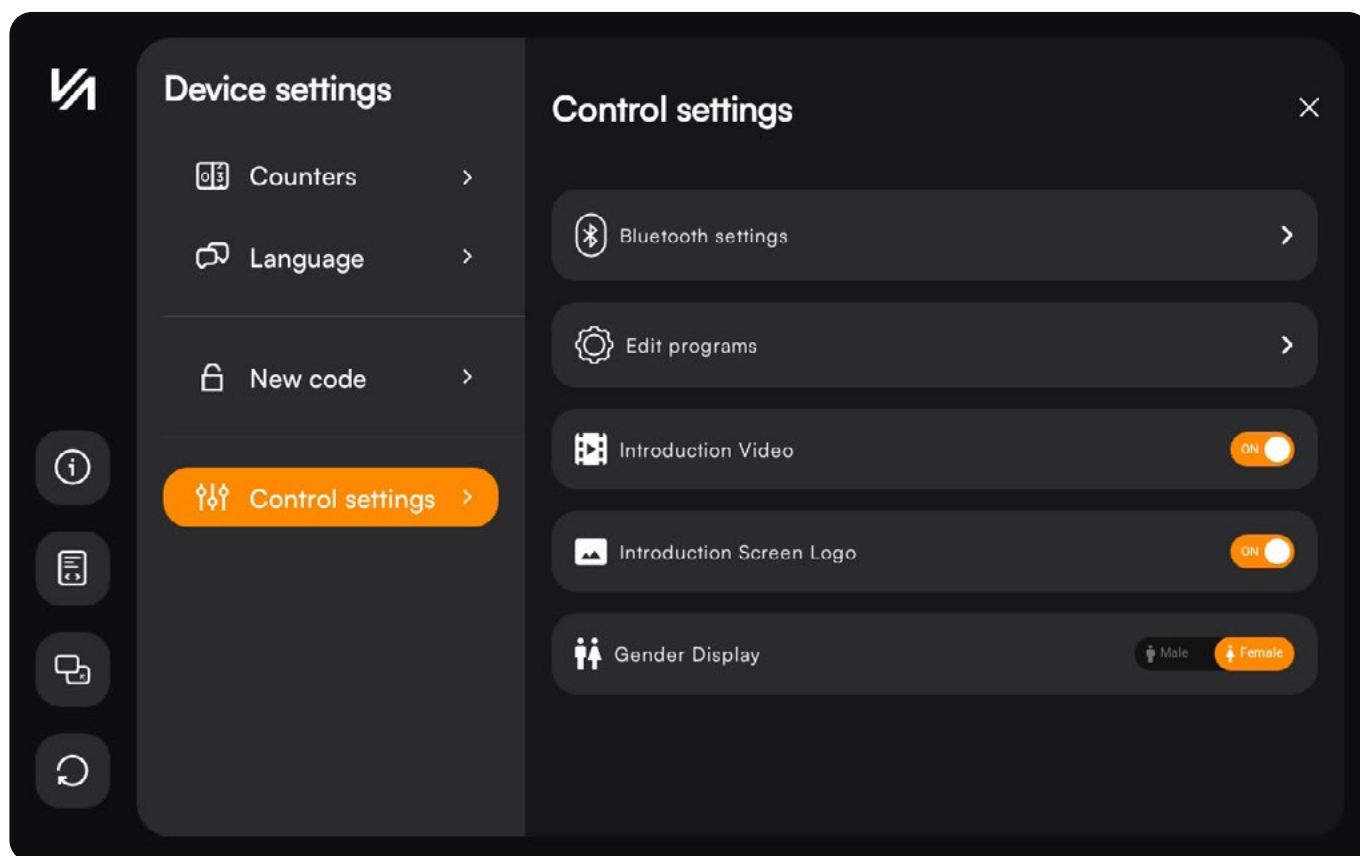
Enable or disable the initial video or logo.

### Edit Programs

Modify the existing training programs.

### User Model

Change the displayed model (male/female) that demonstrates the positions.



## Edit programs

In this section, you can fully customize the training programs. The following options are available:

### Customize a Program

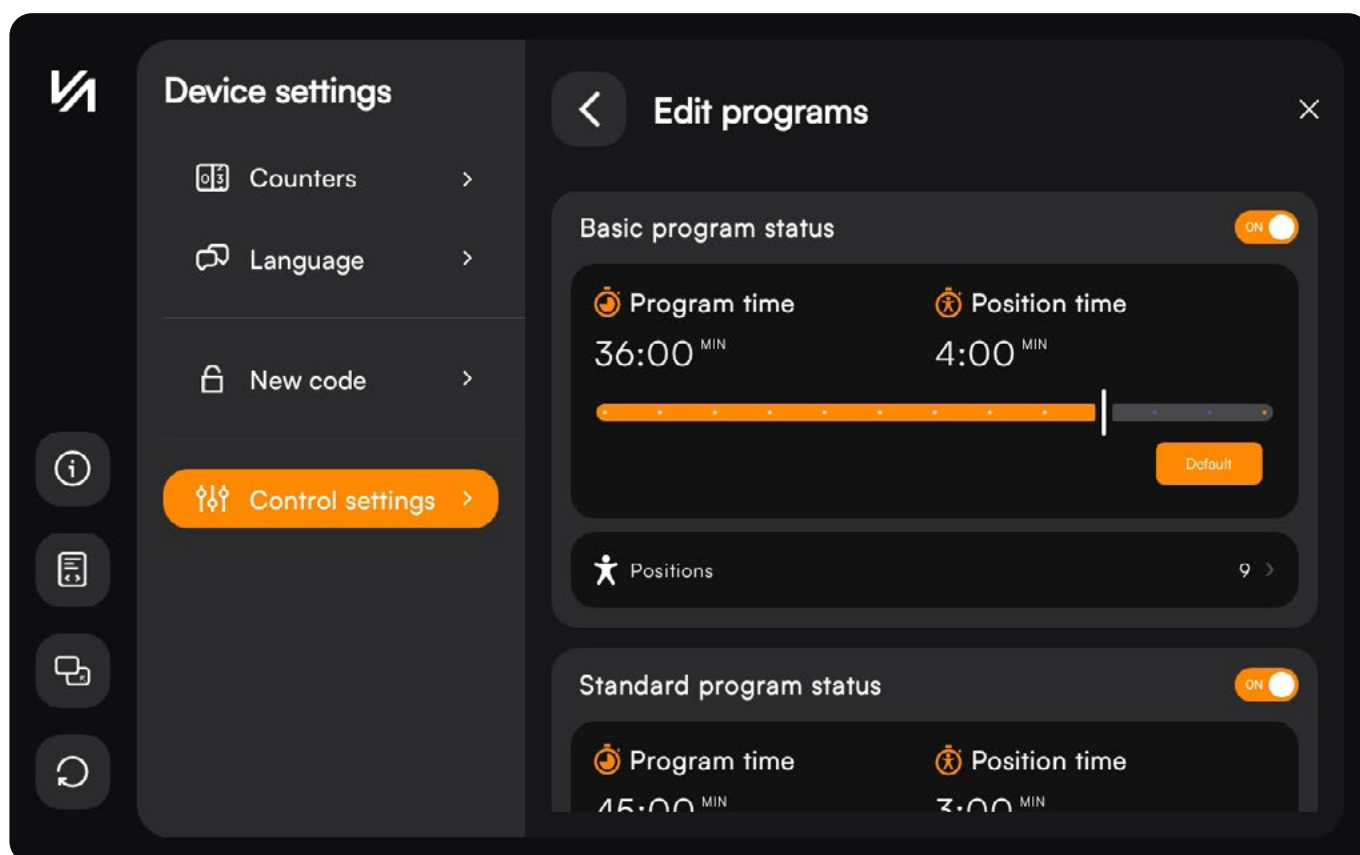
For each program, you can individually set the duration of each position and select which positions are included in its sequence.

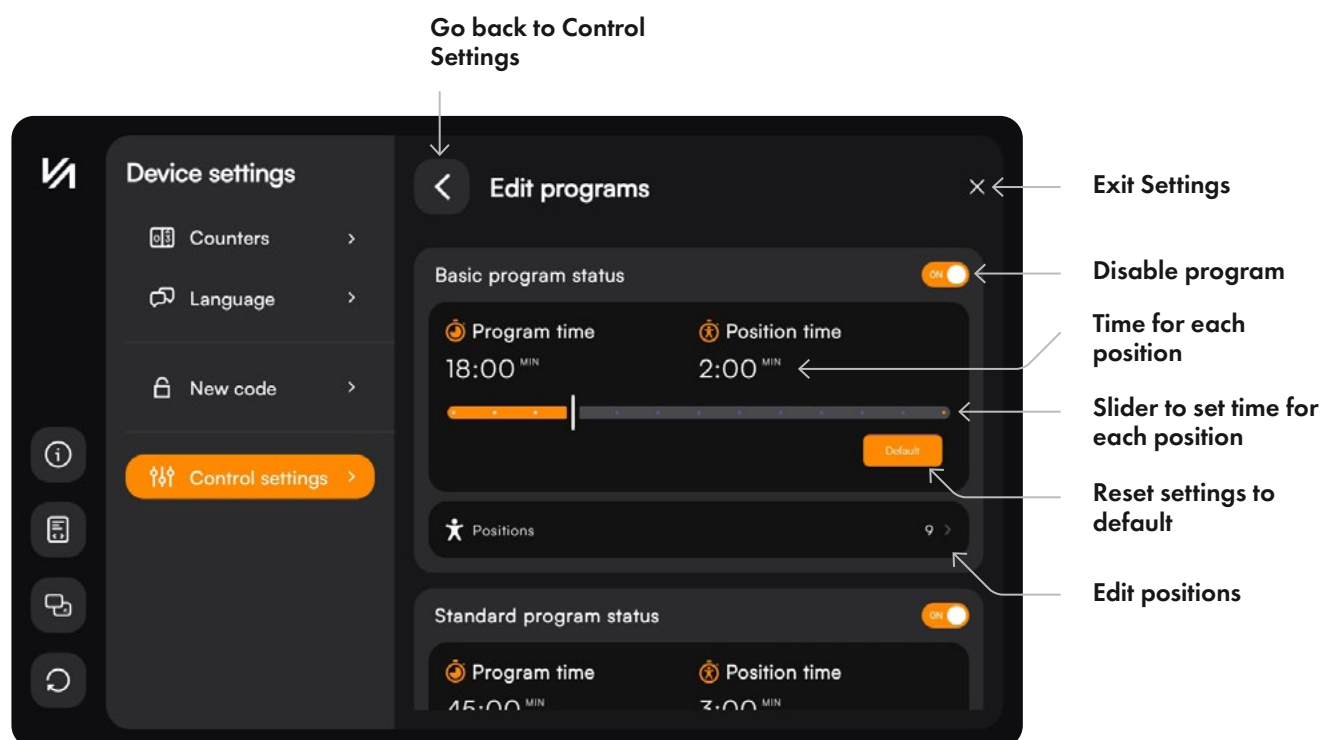
### Enable/Disable a Program

You can hide any program to make it unavailable for selection by users.

### Restore Defaults

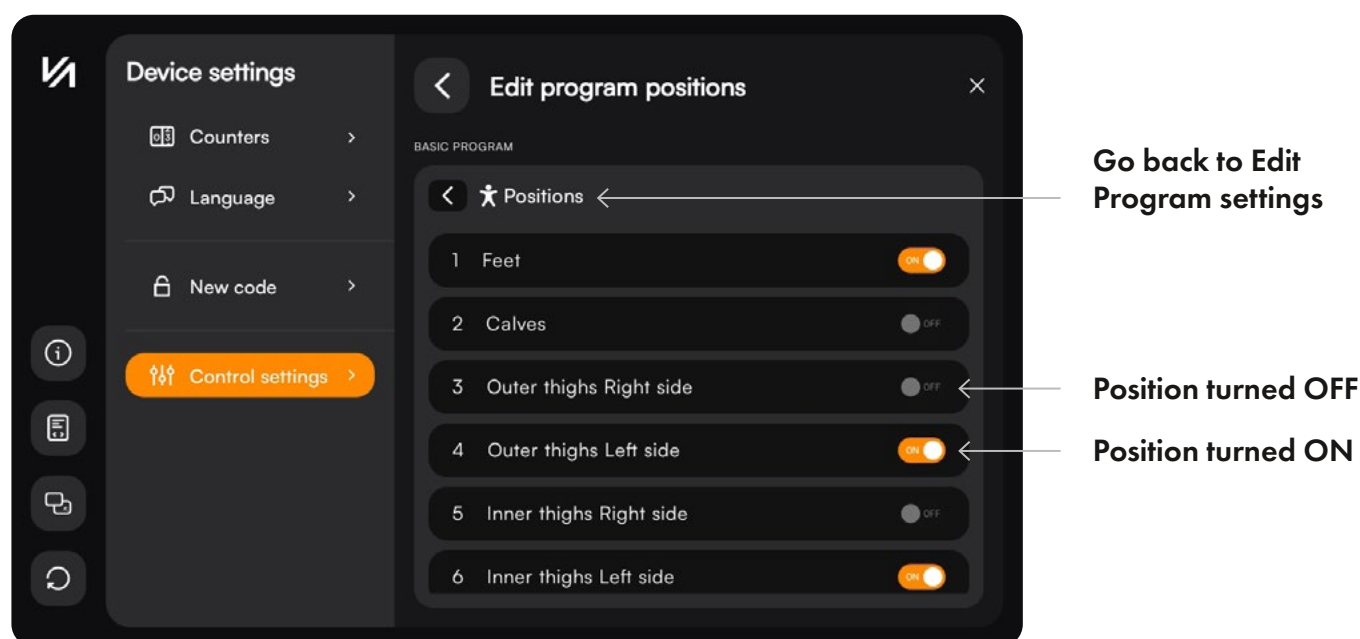
This option allows you to instantly restore the original factory settings for any selected Rollshape program.





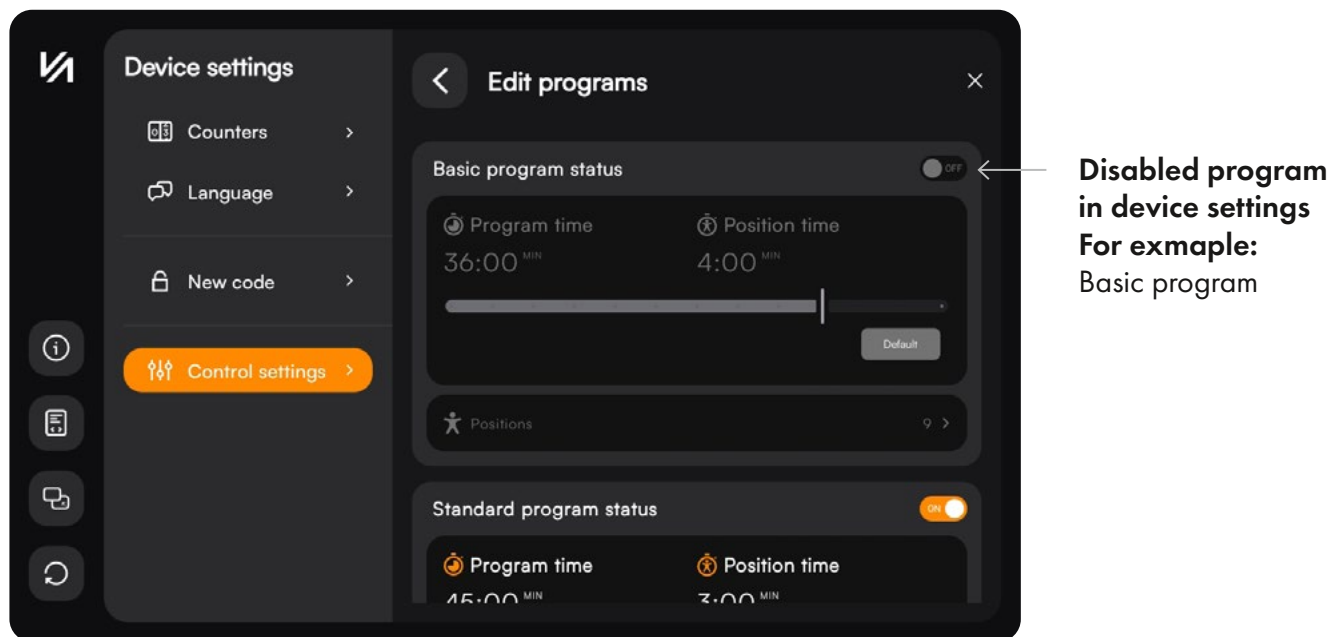
After entering the **[Positions]** for a selected program, a list of all available positions will appear on the screen.

Here, you can freely decide which positions will be part of the program. Use the toggle switch next to each position's name to enable it (add it to the program) or disable it (remove it from the program). Only enabled positions will be included in the training sequence.

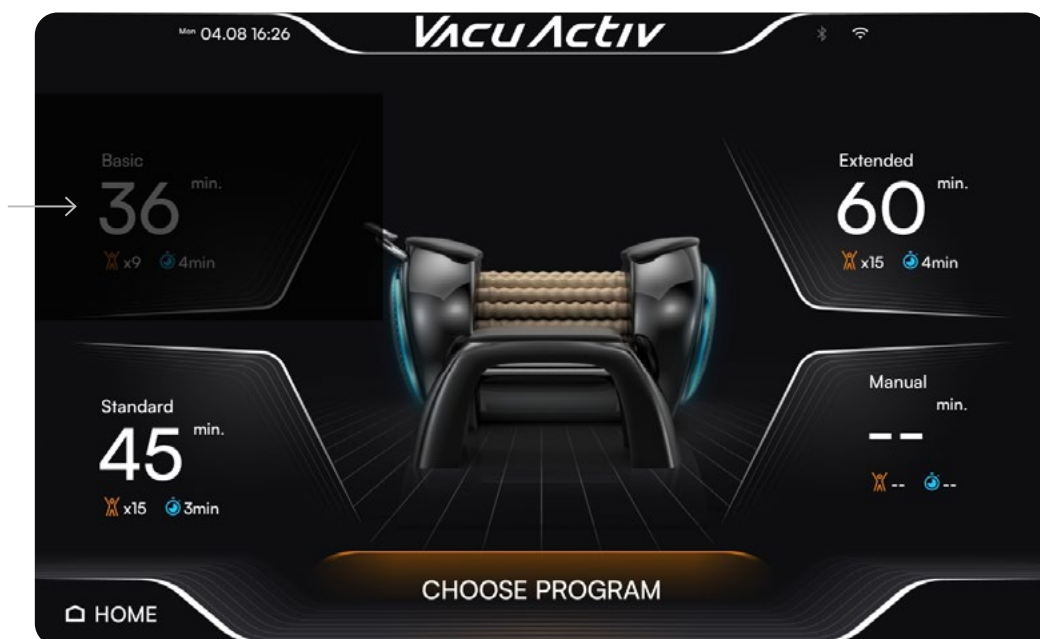


## Disabling a Program

To disable an entire program and hide it from the selection menu, move the toggle switch next to its name to the **OFF position**. Once disabled, all editing options for that program will become grayed out and inactive.

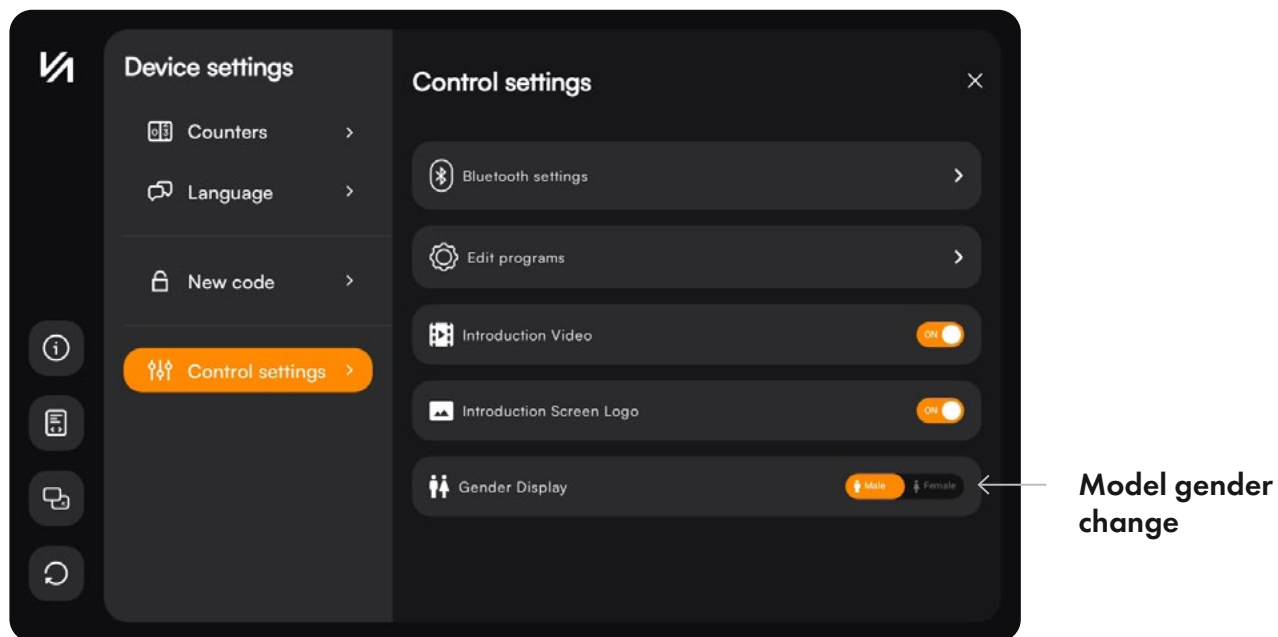


When the Basic program is disabled, it appears on the selection screen as a grayed-out and unselectable option.



## On-Screen Model

This option allows you to change the on-screen model that demonstrates the exercise positions. You can select either a **Male or Female** model to get visual guidance that best suits your preference.



### Gender display - Settings Preview

This preview shows how these settings will affect the device.

#### Male model



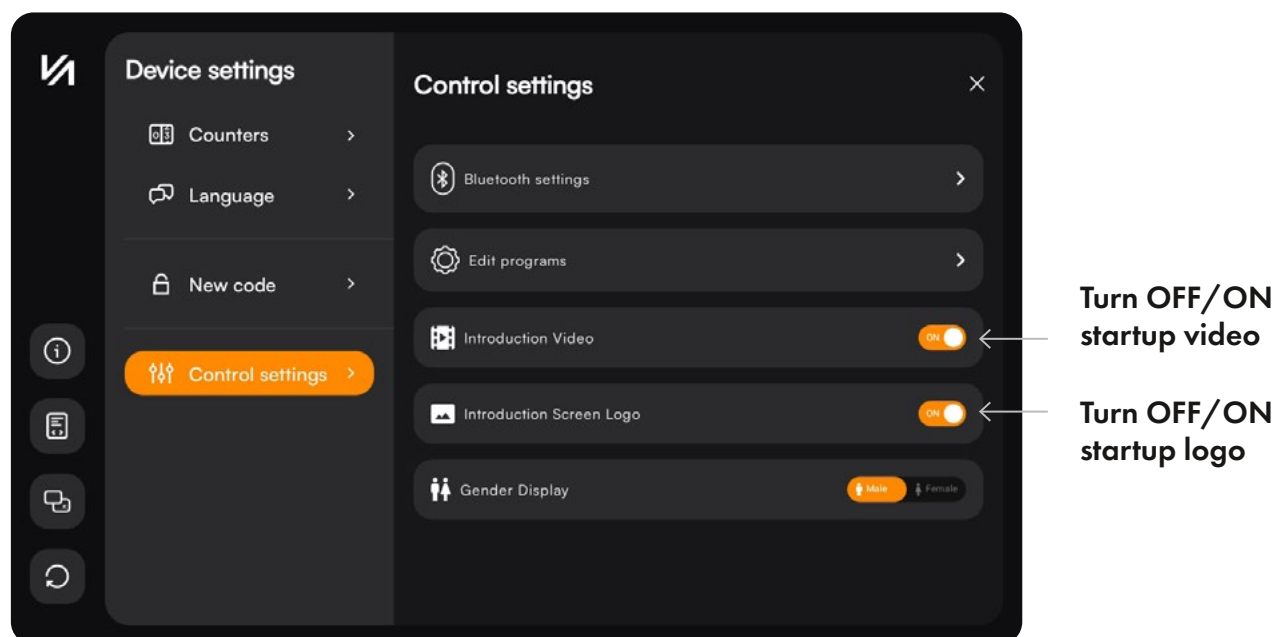
#### Female model



## Additional settings

This section allows you to manage the following startup options:

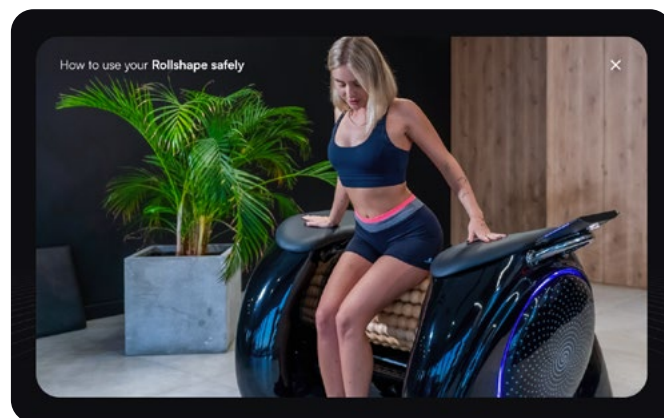
- **Introductory Video on loading screen**  
Enable or disable the video that explains how to use the device safely.
- **Startup Logo on loading screen**  
Enable or disable the logo displayed when the device turns on.



### Startup Logo

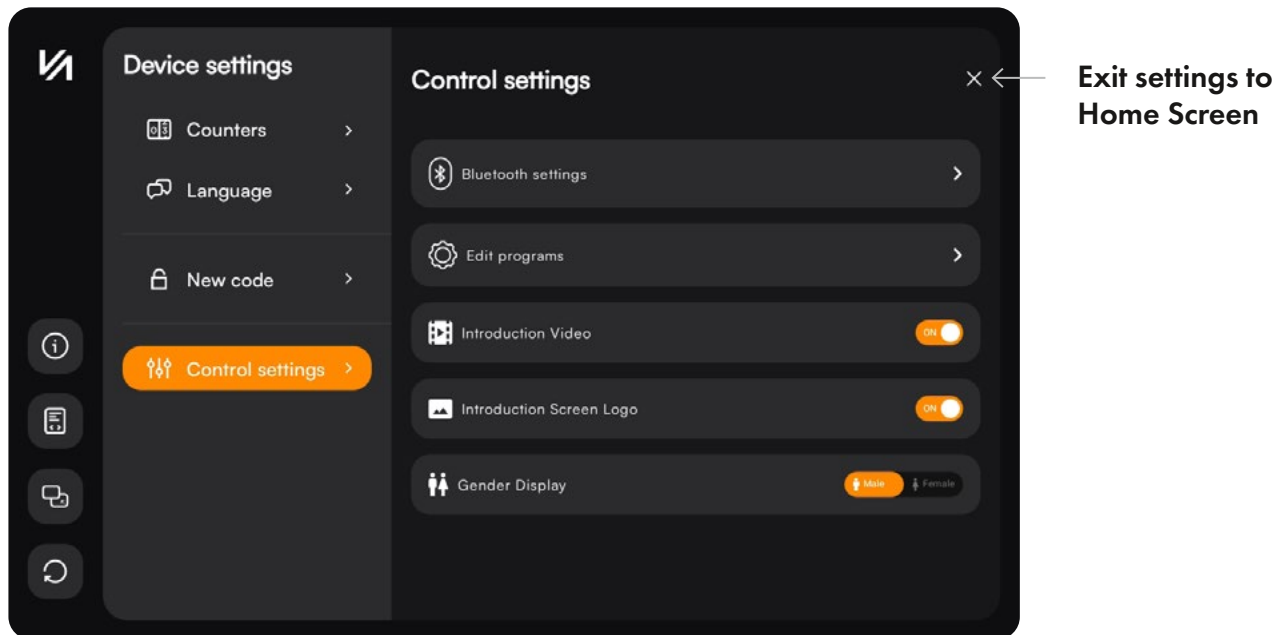


### Startup video



## Exiting the Settings

To close the settings menu and return to the Home Screen, press the **[X]** button located in the top-right corner of the screen.



# Device maintenance

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## 1. Lubrication of the self-aligning bearings of the drum of the device.

In order to lubricate the bearings, the side covers of the device must be removed. To remove them, just pull them lightly, the covers should disengage from the fastening clasps. The bearings are equipped with special lubricating rings, through which the bearing raceways should be lubricated. The grease should be applied using a grease gun with an appropriate adapter. Only use a lubricant intended for this type of mechanism. The bearings should be inspected once every three months, depending on the frequency of use of the device.

A bearing is considered lubricated if, when refilling, the grease is forced through the gaps in the bearing housing. Excess grease should be removed with a piece of cloth.

### **Recommended grease for bearings**

CX-80

### **ATTENTION!**

All maintenance work must be performed with a disconnected power source.

## 2. Inspection of the belt moving the drum of the device.

Start inspection by visual inspection of the belt looking for any damage to the belt. When the belt is damaged, it should be replaced.

### **3. Maintenance and cleaning of balusters**

The balusters should be cleaned with a moist microfiber cloth. It is not recommended to use cleaning liquids directly applied to the balusters.

A variety of surface-cleaning liquids can be used to clean the balusters, such as glass cleaners or damp cloths with a cleaning agent. It is recommended to apply a small amount of cleaning liquid to a dry cloth.

The balusters should be inspected every three months. Maintenance works consist in checking that the balusters rotate freely, do not block and that they do not have any scratches or surface damage that may cause damage to the user. In case of any deviations, it is recommended to contact the Vacu Activ service department.

### **4. Cleaning the device and the tablet screen**

Before cleaning the device, disconnect it from the power source. Do not use cleaning liquids directly on the device. It is recommended to apply a small amount of cleaning liquid to a dry cloth and then clean the surface of the device.

The screen should be cleaned at least once a week or depending on the frequency of use of the device. To clean the screen, put a small amount of liquid on a clean cloth and then gently make circular movements to clean the surface of the screen.

It is recommended to use detergents intended for this purpose for washing the device and the screen. Examples of cleaning agents are given below:

- liquids for cleaning monitors;
- microfiber cloths;
- window cleaning liquids;
- a damp clean cloth;
- Isopropanol substance.

## Notes

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## Contact

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**VacuActiv**

## Contact

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## Technical support

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***VacuActiv***