Rollshape

User Manual

03/2026

Thank you for purchasing the Premium Rollshape Roller Massager!

We sincerely appreciate your trust in our product and are delighted to be part of your wellness journey.

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Set-Up and Safety Guidelines

Before assembling your device, please review these setup and safety tips

Connecting the power supply

The device must be connected to a grounded socket. The required voltage is listed 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.
- Place the device on a flat, smooth surface.
- All types of repairs should be performed by an authorized service centre.

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Technical specification

Power	
Voltage	230VAC / 50Hz/60Hz / 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	
Motor Drive	• Engine: AC / 3PH (three-phase) • Power of the engine: 0.37kW • Engine control: Frequency inverter
Infrared (with optional collagen function)	• Single infrared radiator power: 320W • Built-in scalding protection • Infrared wavelength range: 1.4-14 μm, similar to natural solar radiation
Color therapy	• Based on LED technology, • Includes a wireless remote control for selecting colors • Predefined programs for automatic colour change
Touch Screen size	• 10,1-inch touch display

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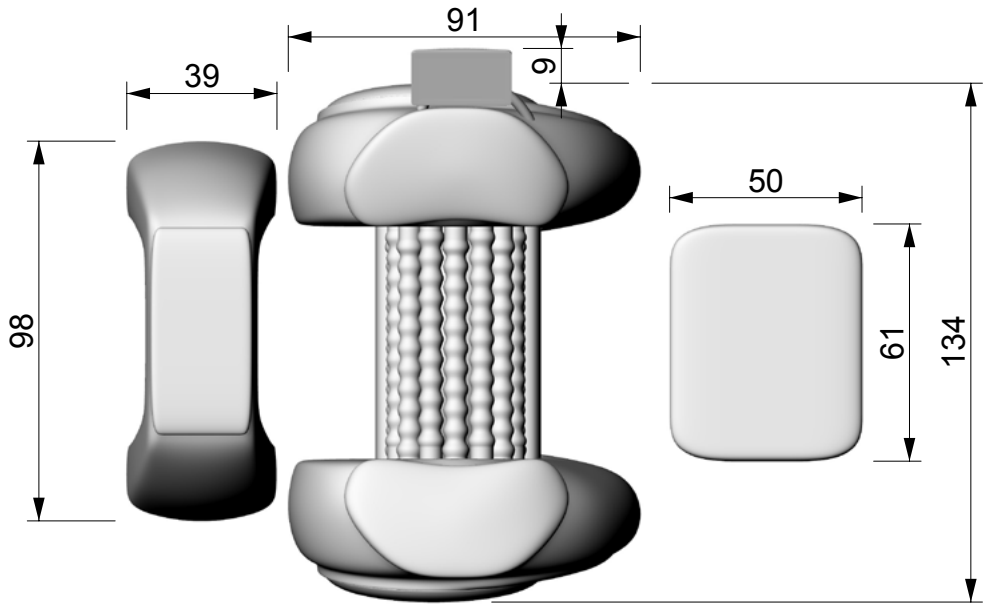
Dimensions



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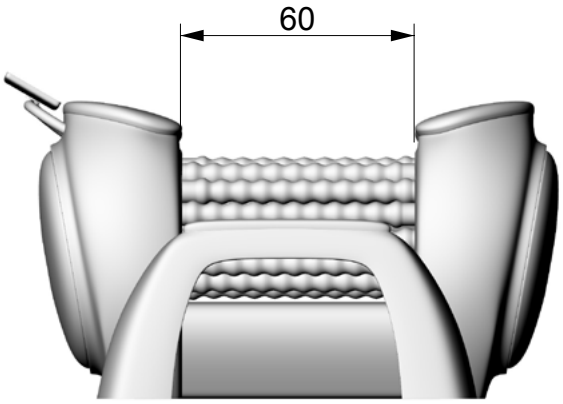

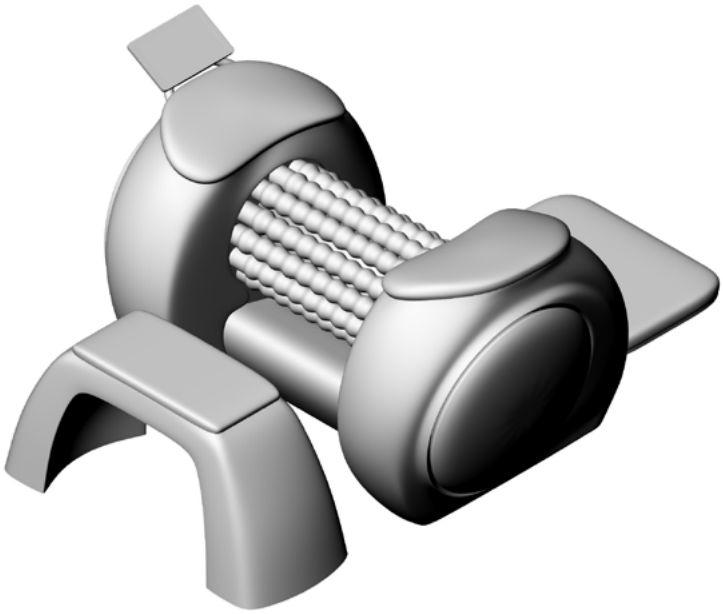

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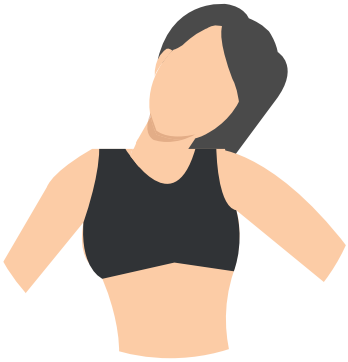
Before Training

Warming up prepares the body for a workout by increasing the bllodflow, while cooling down helps relax the muscles and bring the heart rate back to normal.

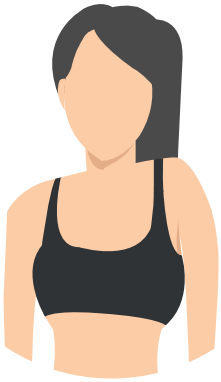
Below are some simple excersises for a warm-up or a cool-down sequence:



1

HEAD TURNS

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



2

SHOULDER SHRUGS

Lift your right shoulder up towards your ear, hold briefly, then lower it back down. Switch to the other shoulder. Repeat the exercise several times.

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3

STRETCHING

Reach as high as you can with your hands.
Then alternate reaching up with your left and right hand.
Repeat the exercise several times.

4

QUADRICEPS STRETCH

Rest one of your hands against the wall and pull one of your legs up to the buttocks, as shown. Hold this position for several seconds. Repeat the exercise for both legs.

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5

STANDING CALF STRETCH

Put two hands against a wall and lean forward. Step into a stride position and gently push your body. Repeat the exercise several times alternating between left and right leg.

6

FORWARD BENDS

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

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7

ABDUCTOR STRETCHING

Sit on the floor, bring the soles of your feet together, and try to touch the floor with your knees. Repeat the exercise several times.

8

HAMSTRING STRETCHING

Sit on the floor and straighten one leg. Bend the other so the sole of your foot rests against the inner thigh. Reach out with your hand towards the foot of the extended leg. Hold this position for a few seconds. Relax and repeat on the other leg.

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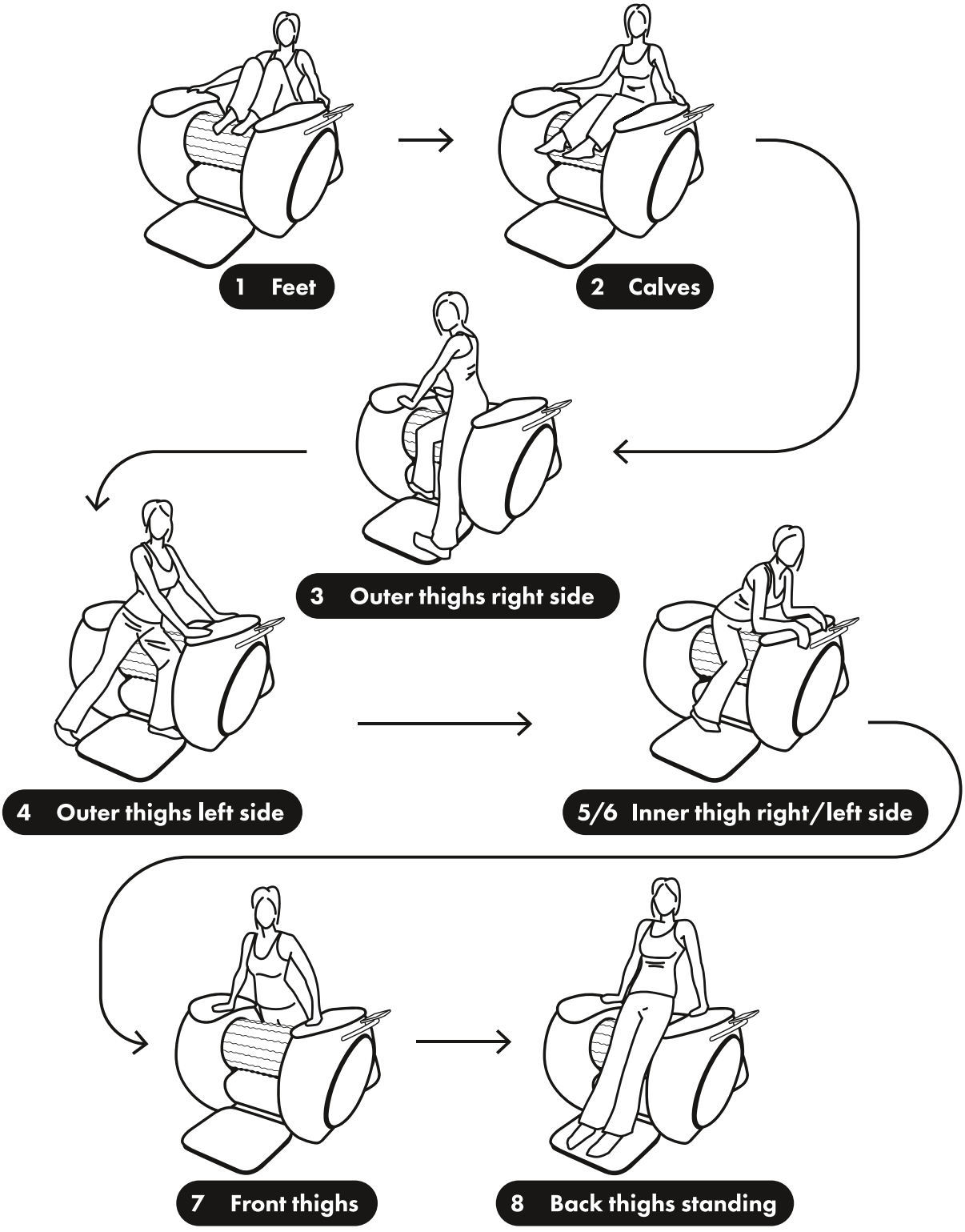
Exercise positions



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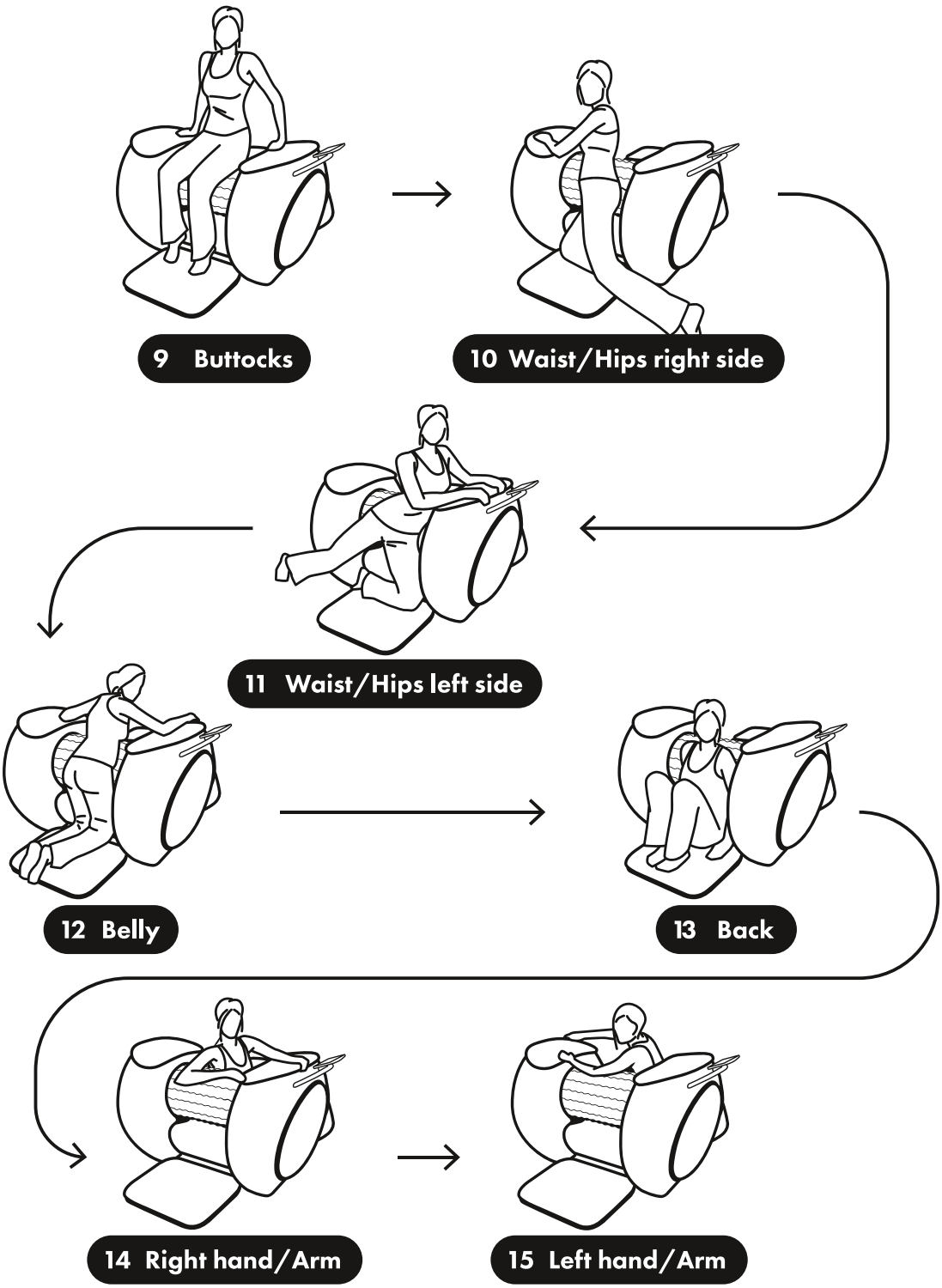

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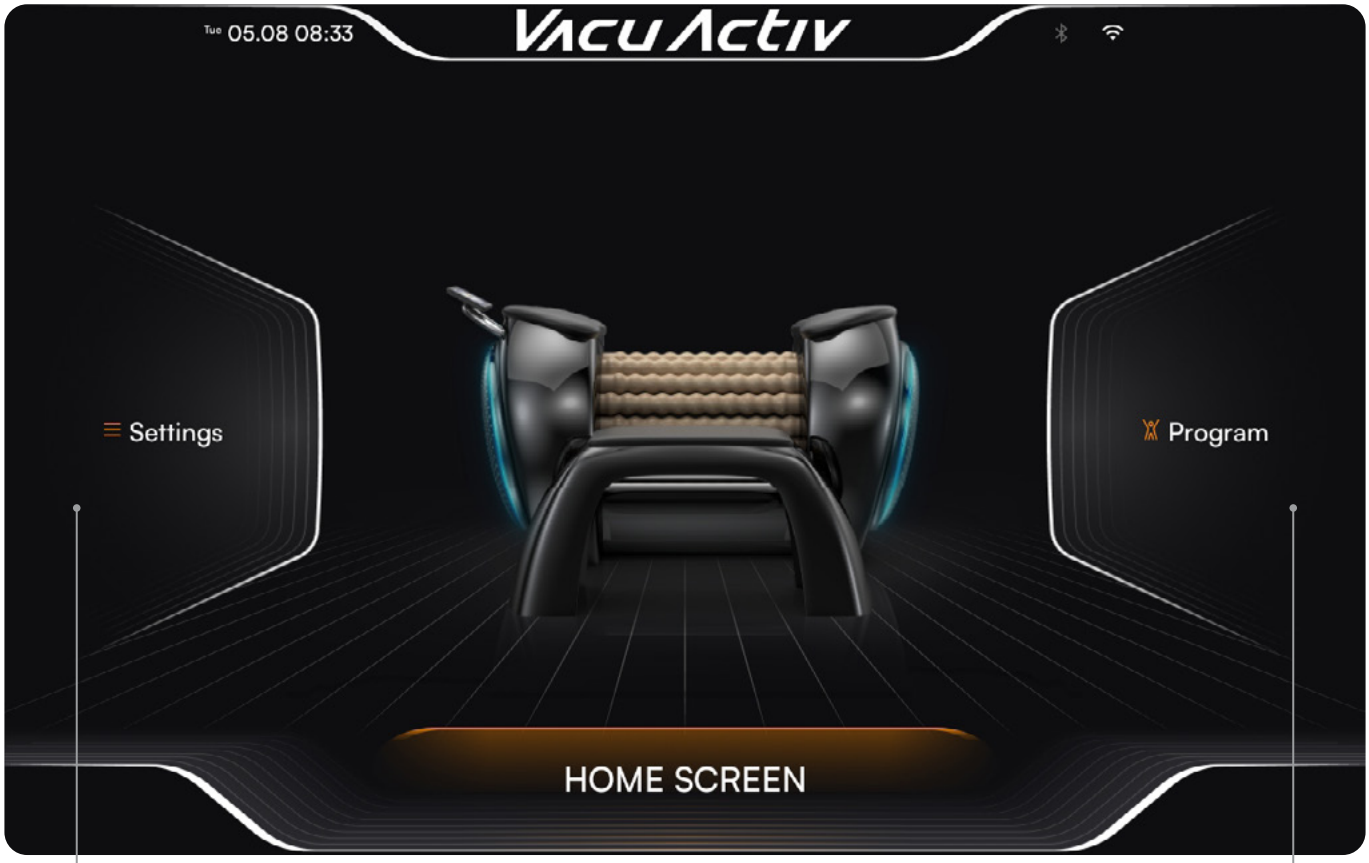
Home screen



To access the device settings press ☰ **Settings** button on the left sidebar. In the Settings menu, following options can be adjusted:

- Device Info
- Usage Statistics
- 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 sidebar 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

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Program screen selection

There are four training programs available to choose from.

Basic program

Extended program

Standard program

Manual program

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Program overview

Basic

Program duration
36 minutes
Duration of each position
4 minutes
Number of positions
9

Standard

Program duration
45 minutes
Duration of each position
3 minutes
Number of positions
15

Extended

Program duration
60 minutes
Duration of each position
4 minutes
Number of positions
15

NOTE
Throughout the training, the positions change automatically from the first to the last.

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.

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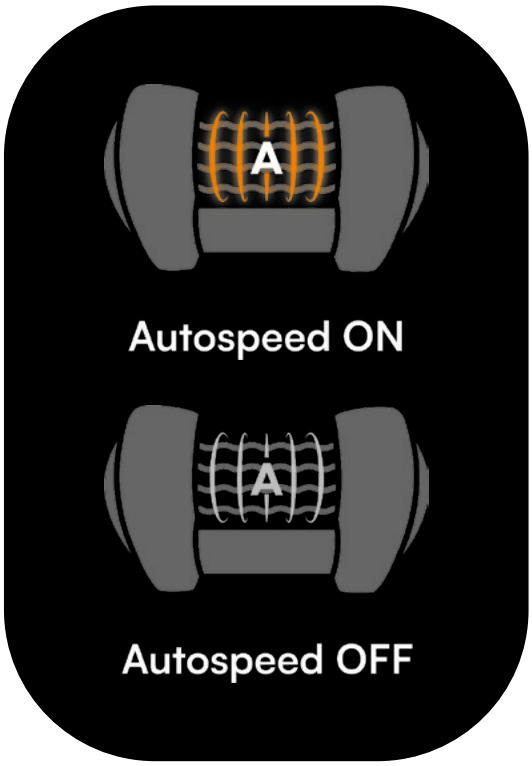
Autospeed Function

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]**.

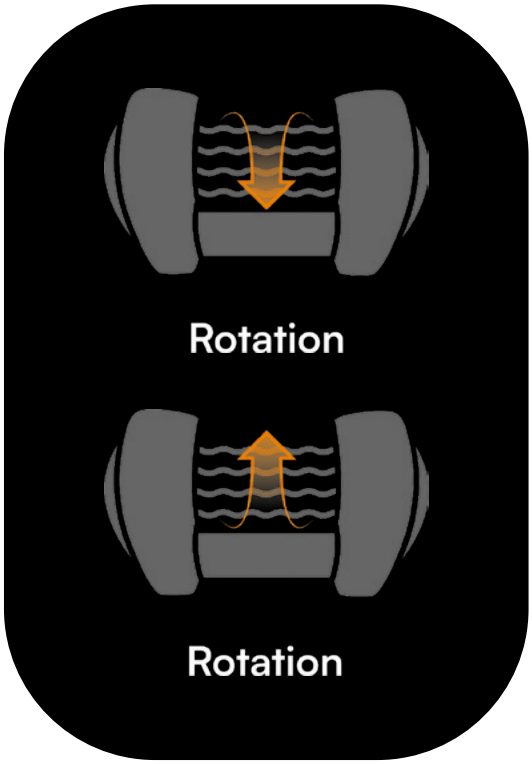
To revert this to the program's automatic speeds, simply press the **[AUTOSPEED]** button to turn it back **[ON]**.



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.**



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Program summary

This screen displays a final summary of your selected program. Here you can review the following:

- 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.

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Training screen - Starting exercise

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

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Training screen - Program (Basic / Standard / Extended)

After the countdown, the training screen becomes active, and the roller starts 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 smooth 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 or autospeed of the roller.

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Training screen - Program interface overview

Tap **[Infrared IR] Button**:
Toggles the infrared function ON/OFF.
Hold & Slide **[IR] Button**:
Adjusts the intensity - 4 levels.

Recommended exercise position.
Follow this position as shown to ensure proper position and maximize the effectiveness of the program

Increases drum speed

Session Progress Bar

Current **rotation speed** of the roller (7 Levels)

Pause training button

Automatic speed adjustment ON or OFF.
Only available in Basic, Standard and Extended Program.

Positions Timeline

Current exercise position title

Navigate between exercise positions. **Tap to preview next or previous position** as needed during your session.

Decreases drum speed

Stop training button

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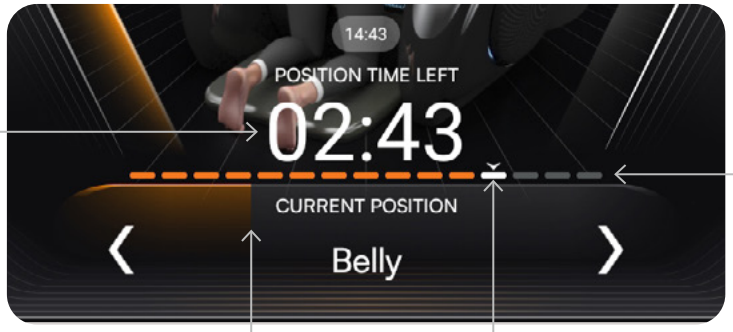
Positions timeline feature

Total time of the session/program

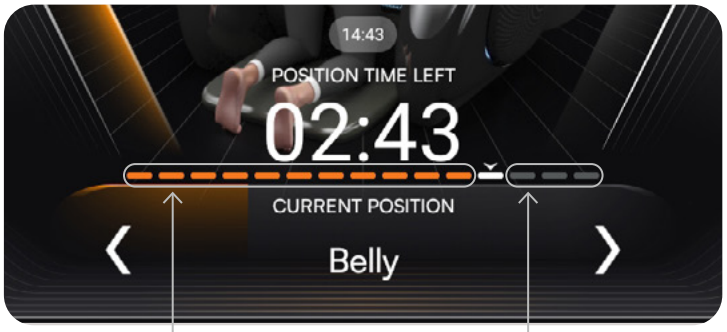


Position Countdown
This timer shows the remaining time for the current exercise position.

Positions segments in program (Timeline)

Position Progress Bar

Current position marker (stage of the program)



Completed Positions
Orange-coloured segments on the timeline show completed steps of the program.

Remaining Positions
Gray-coloured segments represent the steps that have not yet been completed.

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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.

Current position marker

Preview Marker

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.

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Position Preview Header
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Preview Marker

Current position marker

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.

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Automatic Next Position Preview

To help you transition smoothly between positions, the system automatically shows a preview of the next position in the center of the screen **15 seconds before the current one ends**. A c**ountdown bar with an orange header will appear at the top of the screen**, giving you time to prepare for the position change.

Next postion marker

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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 shows the **Infrared button turned ON.**

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

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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 intesity levels after holding the button.**

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Training screen - Manual mode overview

Tap **[Infrared IR] Button**: Toggles the infrared function ON/OFF.
Hold & Slide **[IR] Button**: Adjusts the intensity - 4 levels.

Chosen position preview

Increases drum speed

Session Progress Bar

Current **rotation speed** of the roller (7 Levels)

Pause training button

Reverses the direction of the drum's rotation.

Positions Timeline

Current exercise position title

Navigate between exercise positions. **Tap to set up position** as needed during your session.

Decreases drum speed

Stop training button

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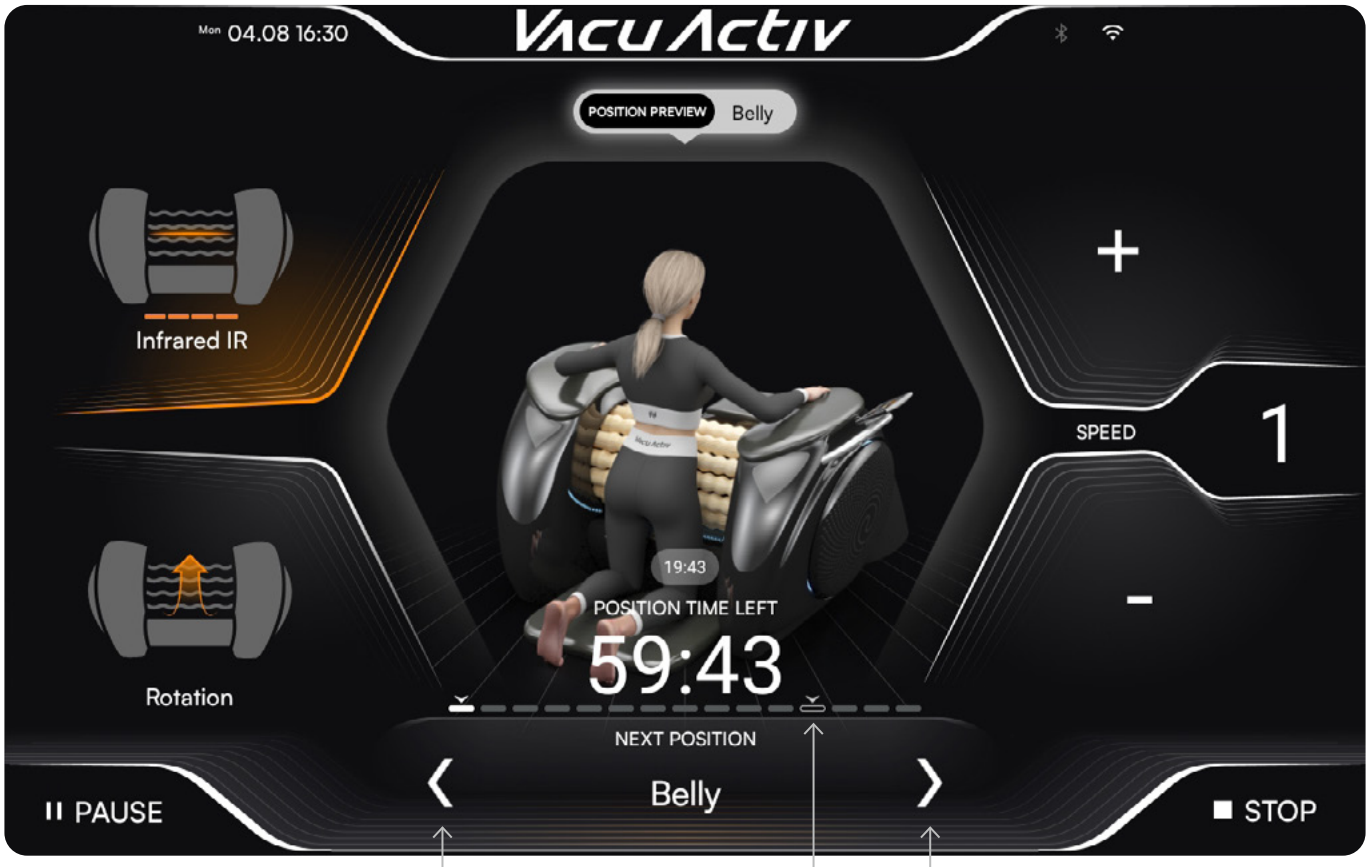
Training screen - Manual program selected

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 appear on the screen.

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.



Switch position **Selected position** **Switch position**

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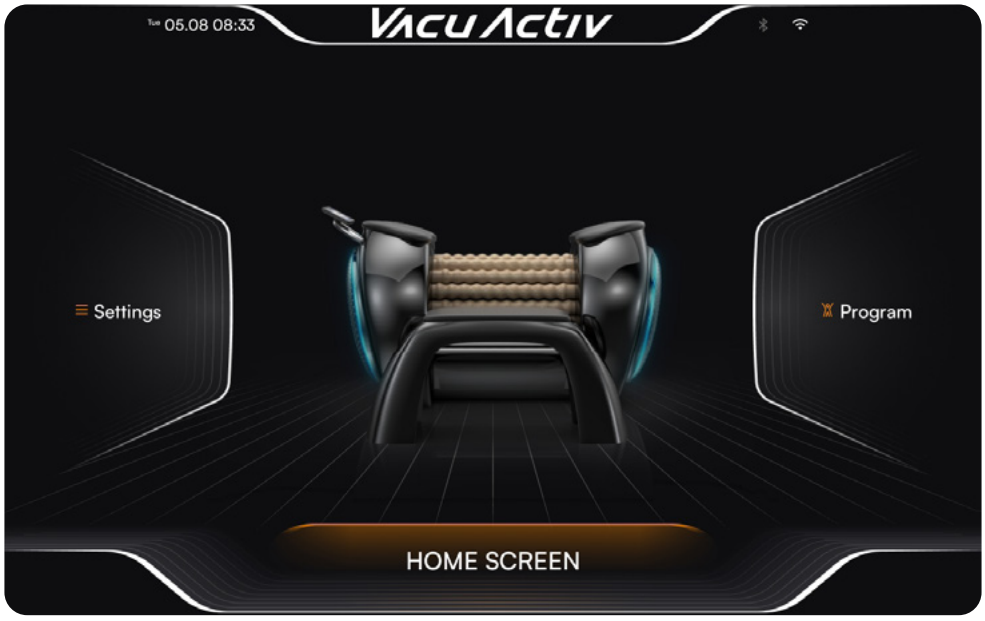
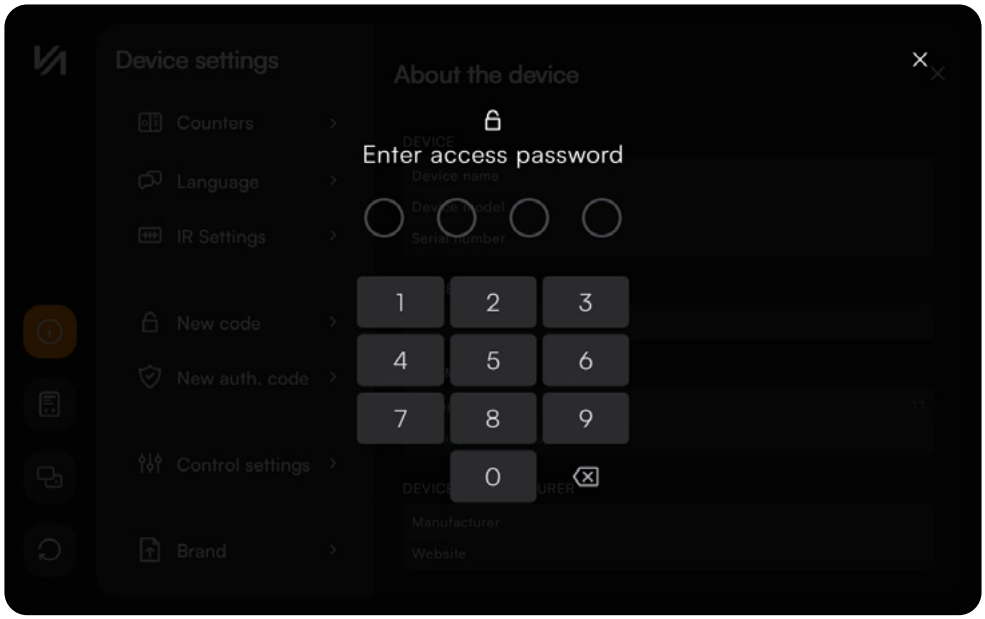
System settings

Accessing Device Settings

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





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

1. Device Information

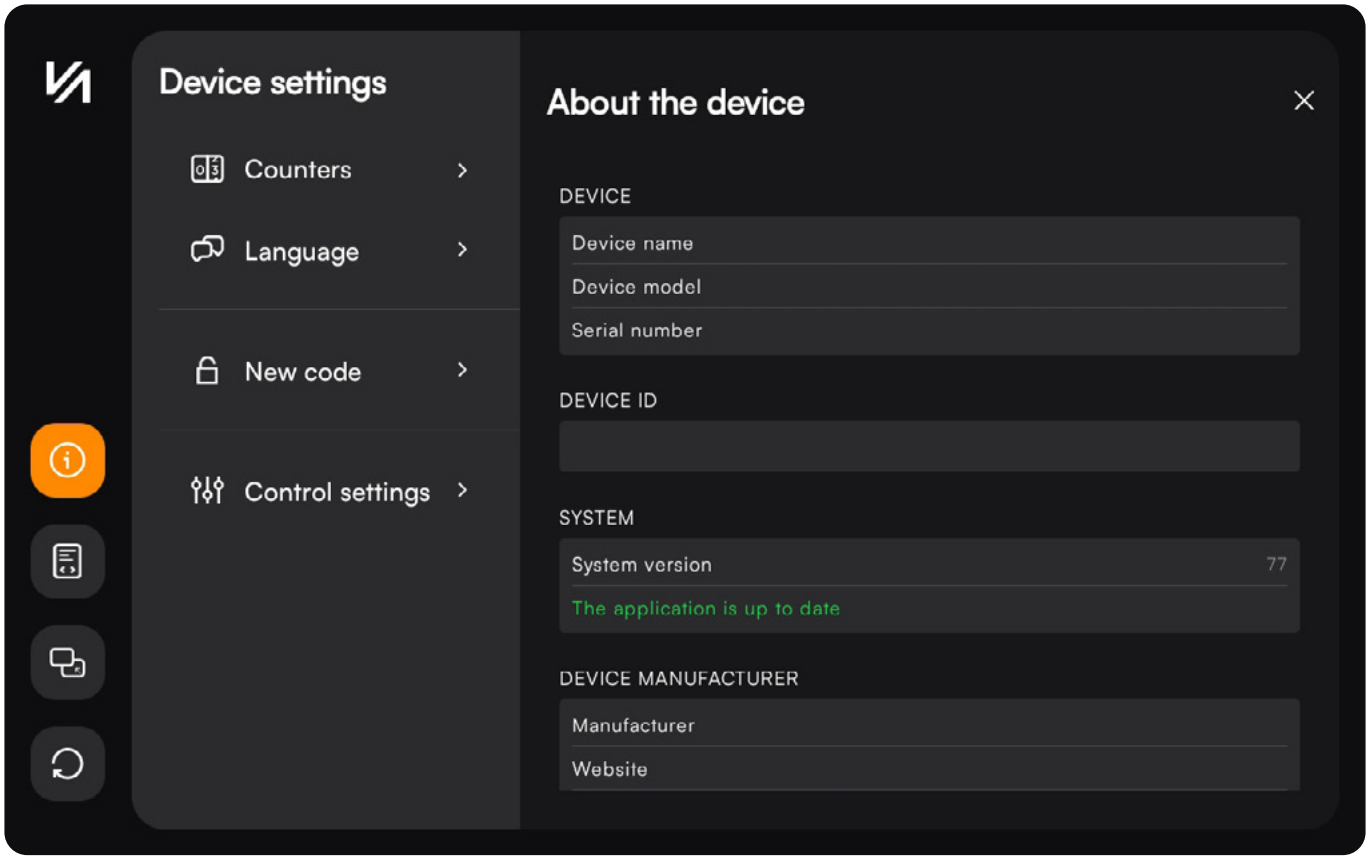
This screen provides detailed information about your device, including:

- 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.



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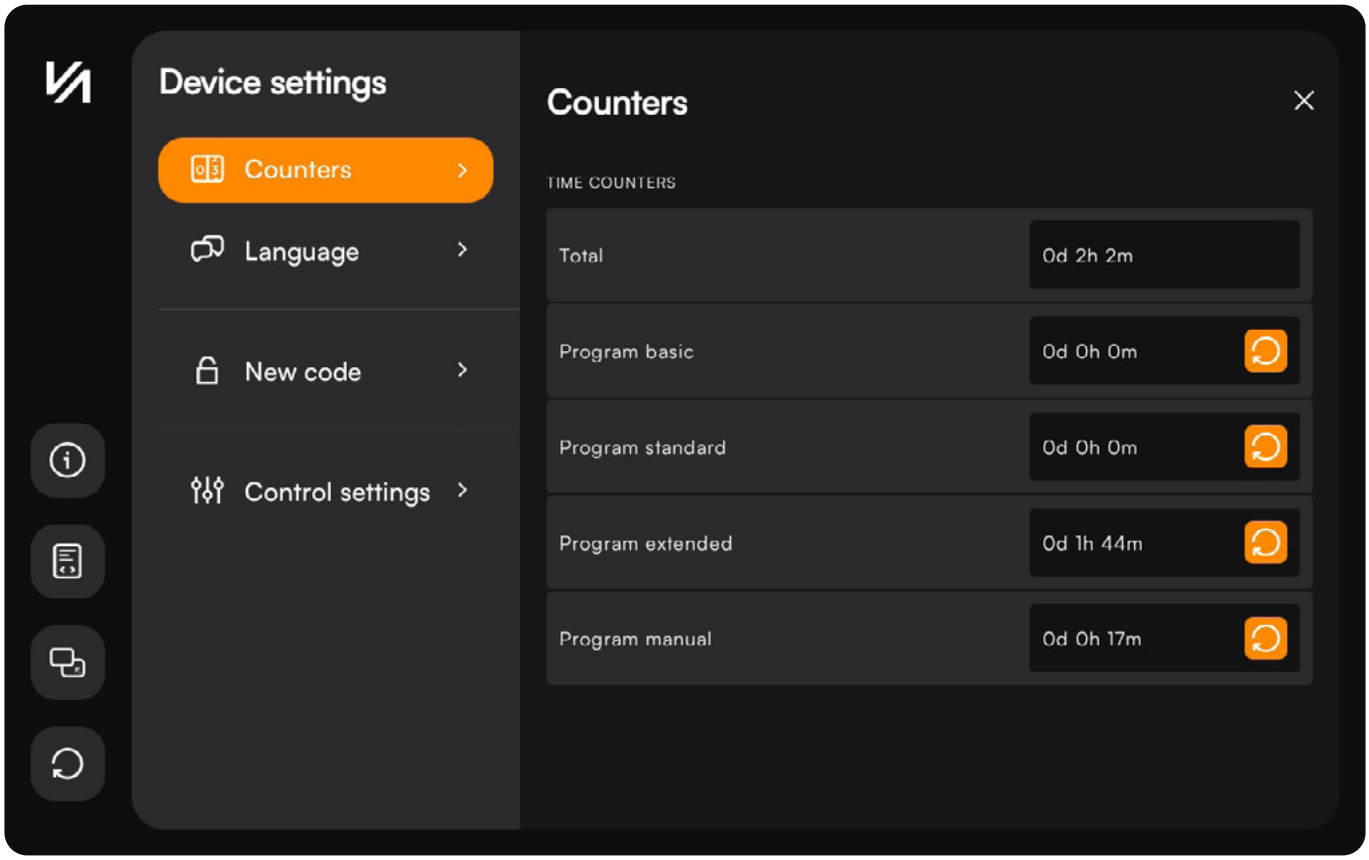
Counters

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.

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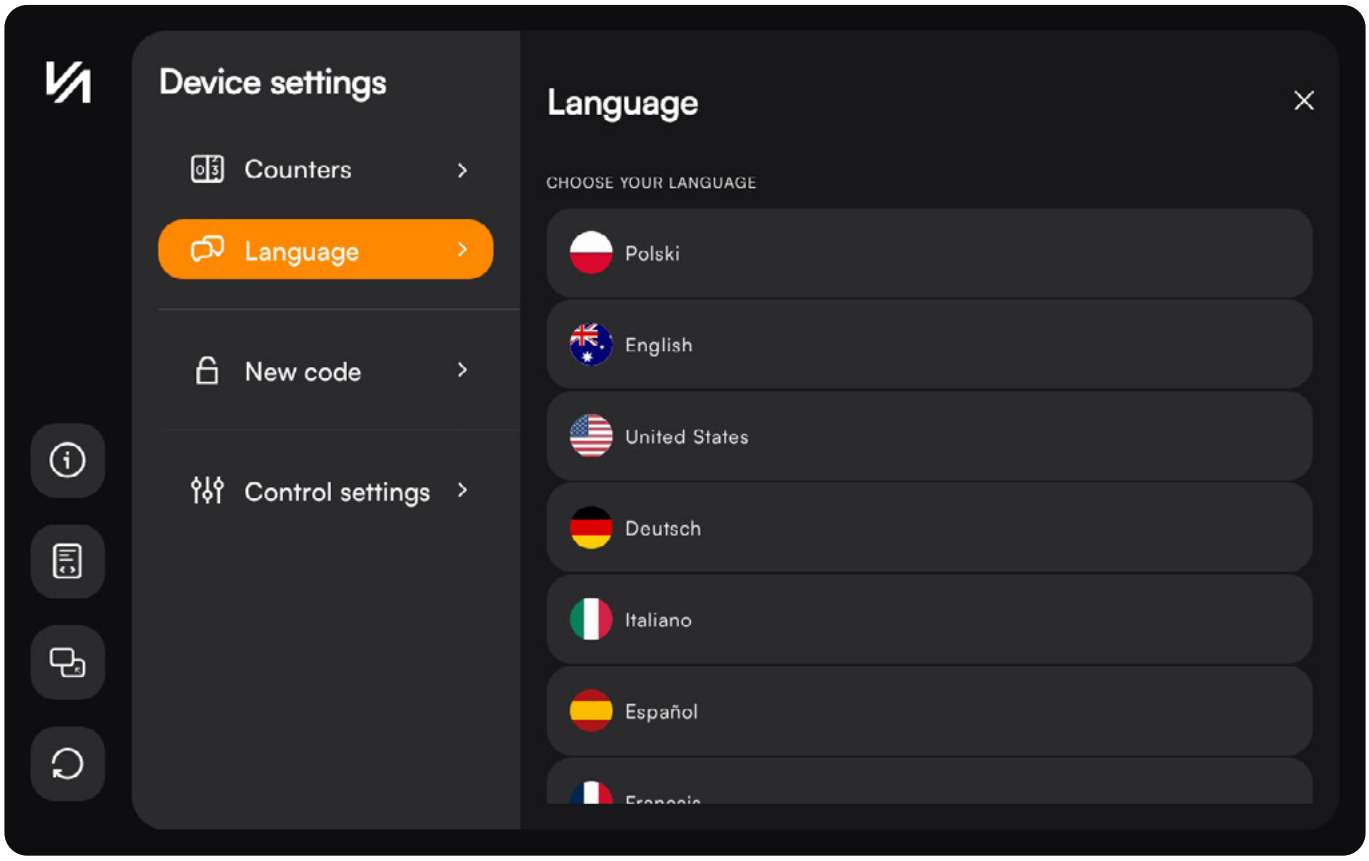
Language Settings

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



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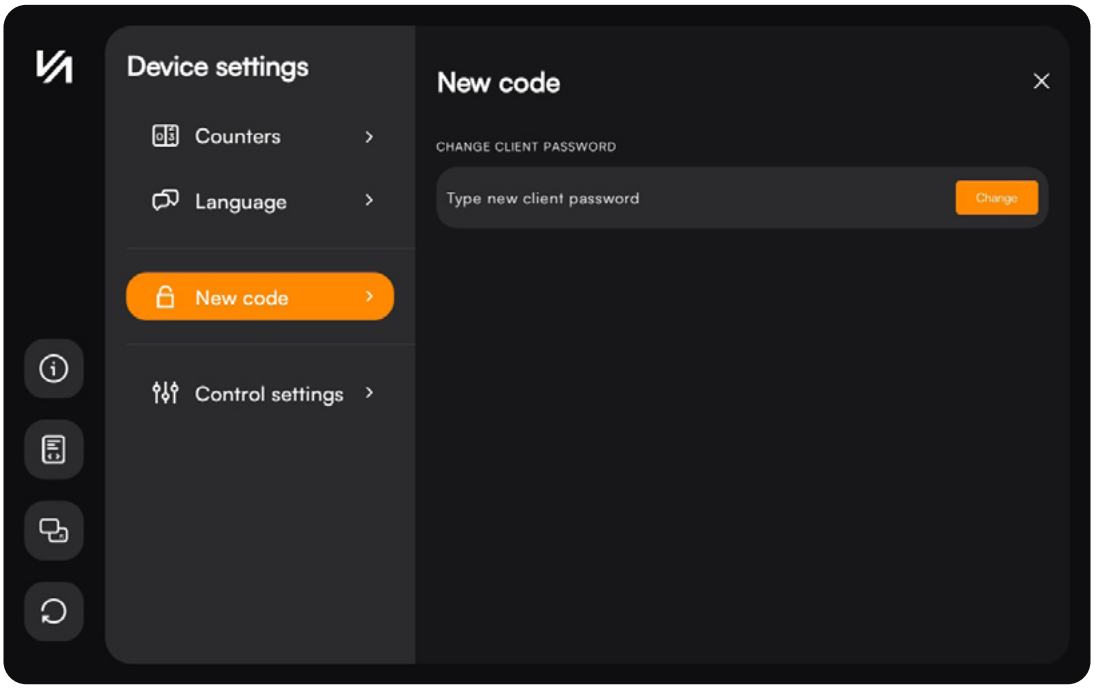
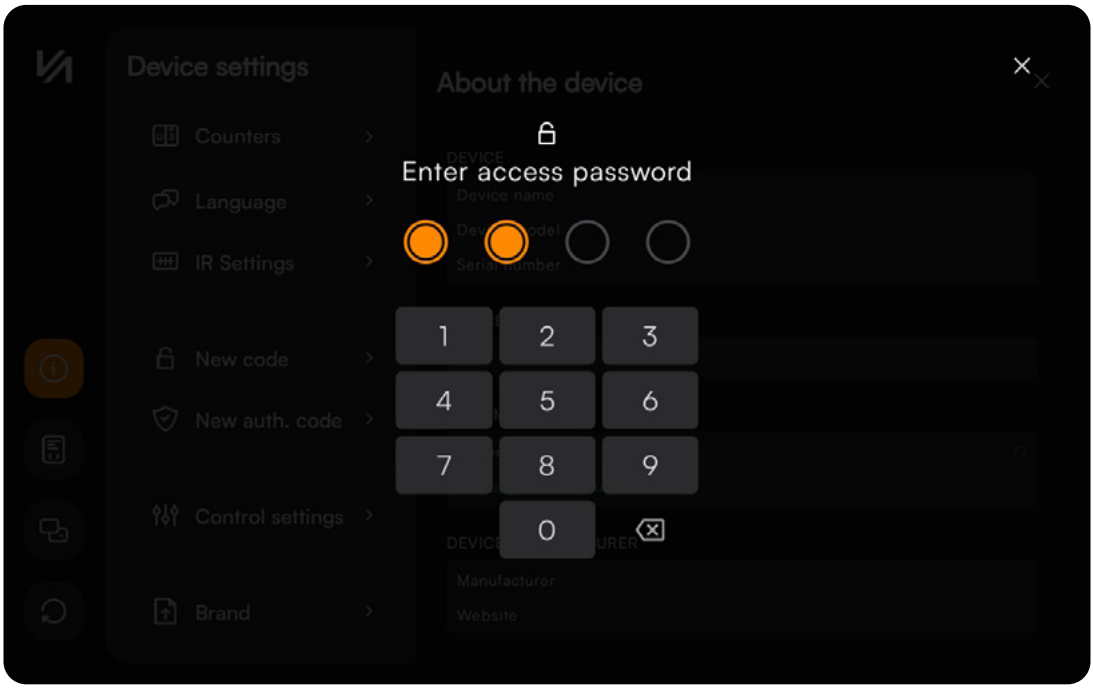
Changing the Access Code

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.





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Control Settings

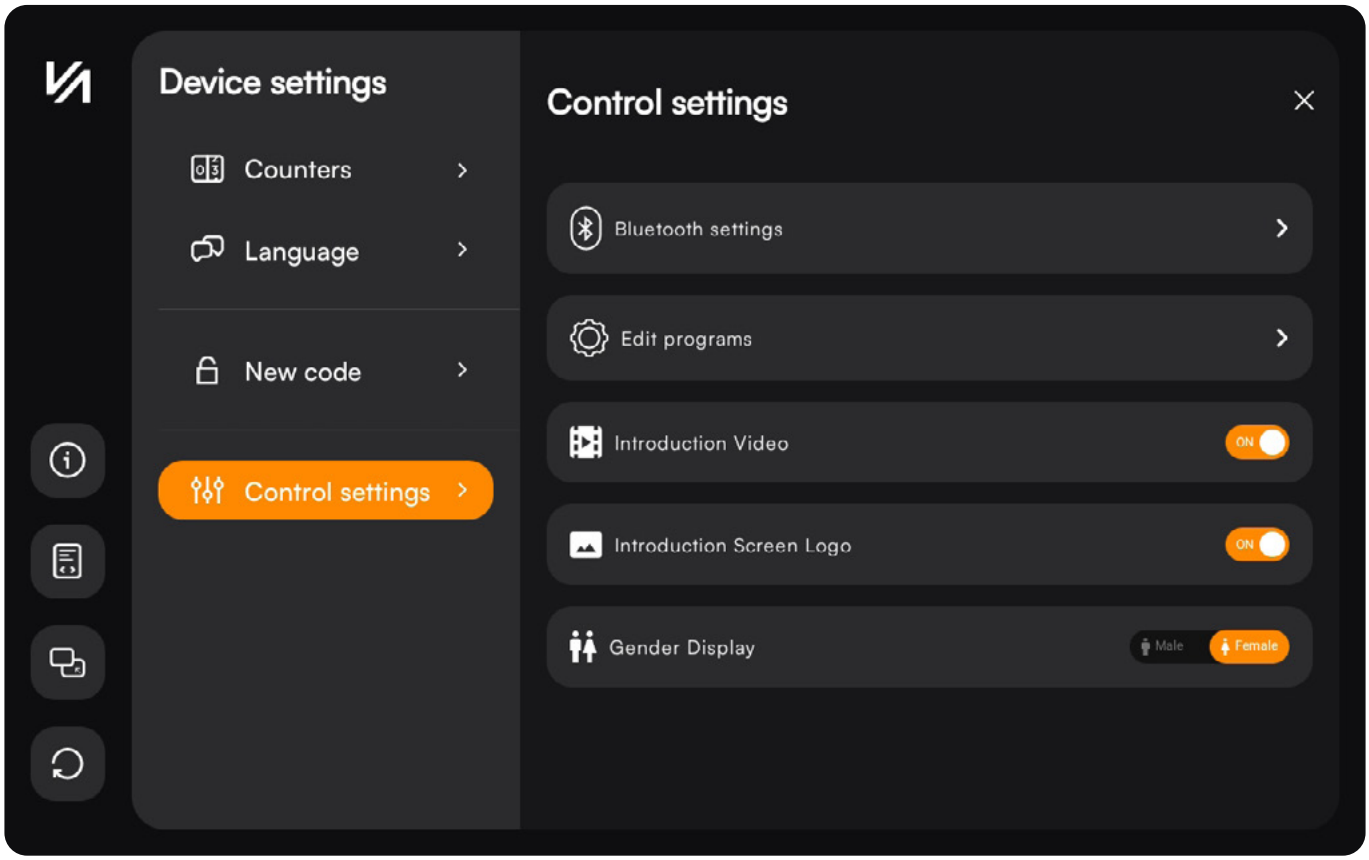
This section contains several configuration options. You can manage the following features:

Bluetooth Connection
Check the connection status with the device's mainboard.

Edit Programs
Modify the existing training programs.

Startup Screen
Enable or disable the initial video or logo.

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



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Edit programs

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

Customize a Program

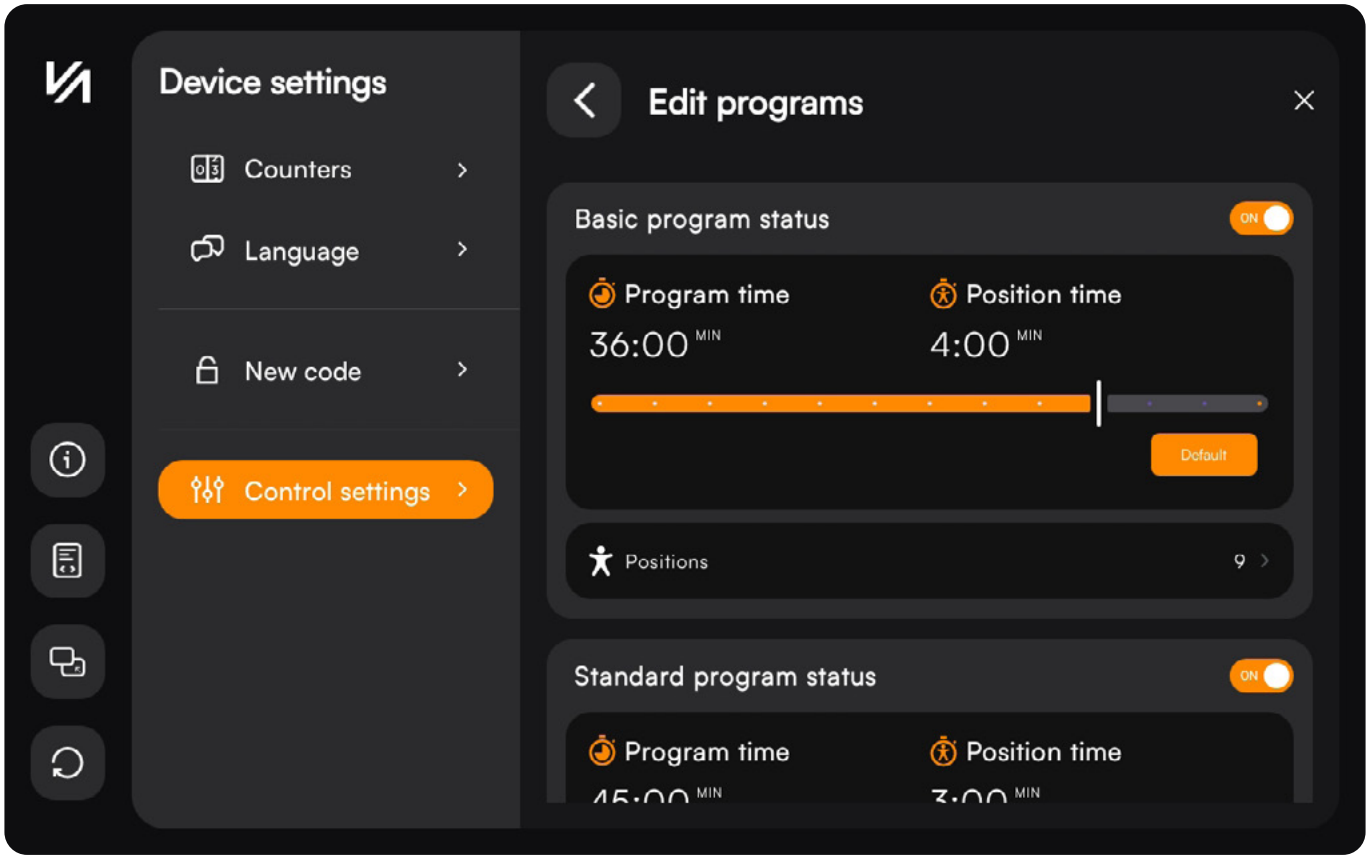
For each program, you can individually set the duration of each position and select which positions are included in its sequence.

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.



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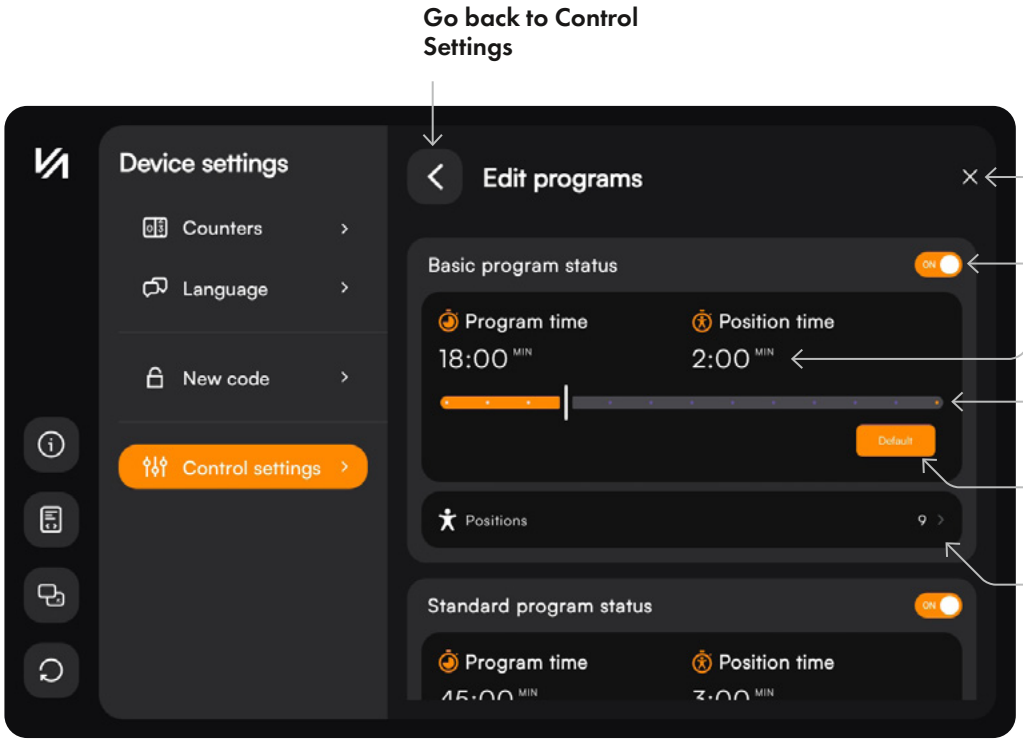
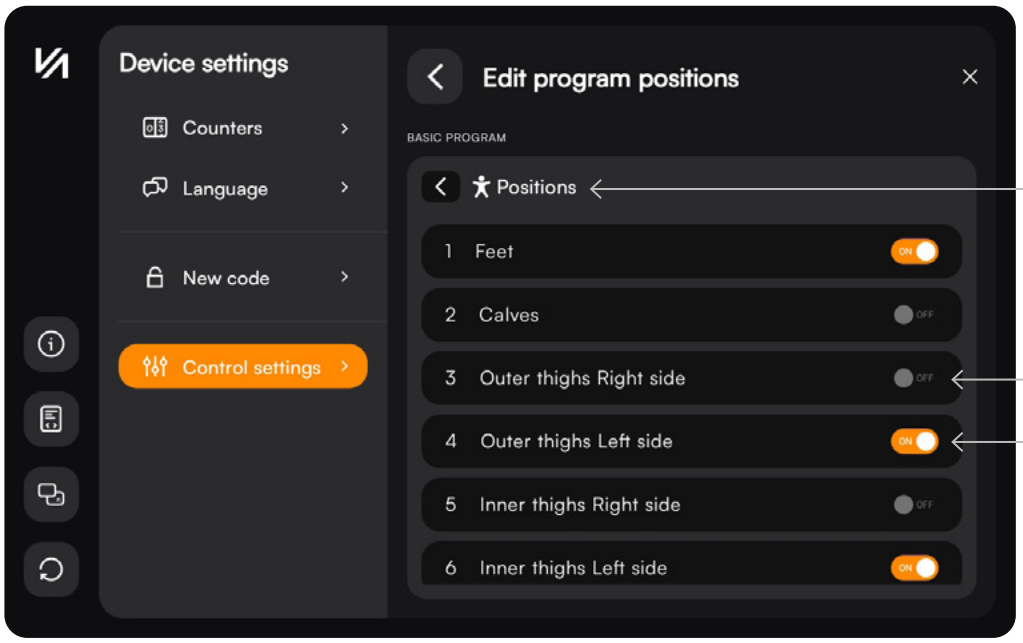


After entering the **[Positions]** for a selected program, a list of all available positions will appear on the screen.
Here, you can freely decide which positions will be part of the program. Use the toggle switch next to each position's name to enable it (add it to the program) or disable it (remove it from the program). Only enabled positions will be included in the training sequence.



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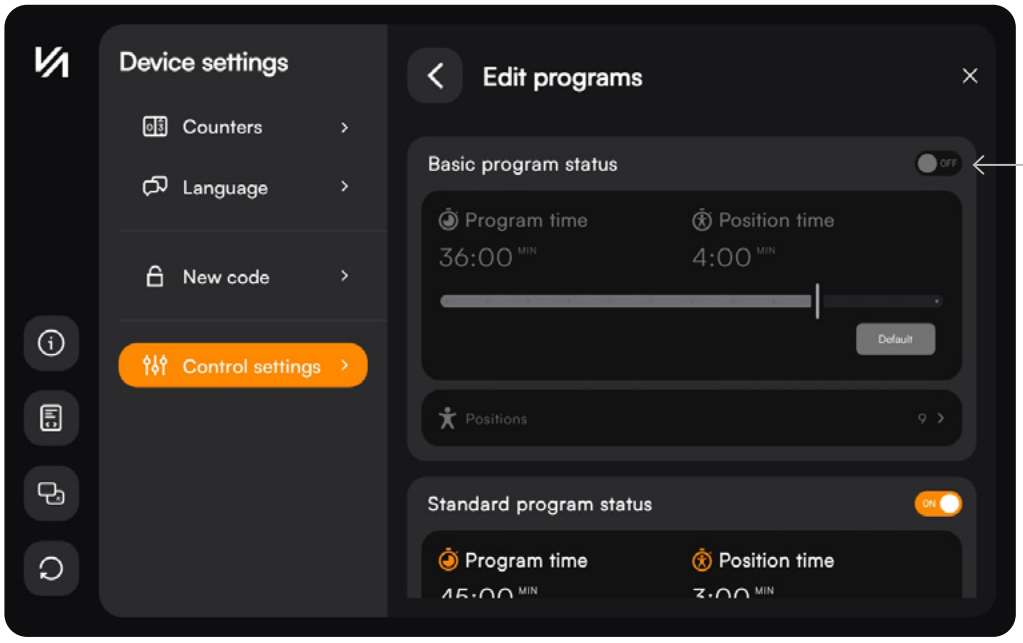
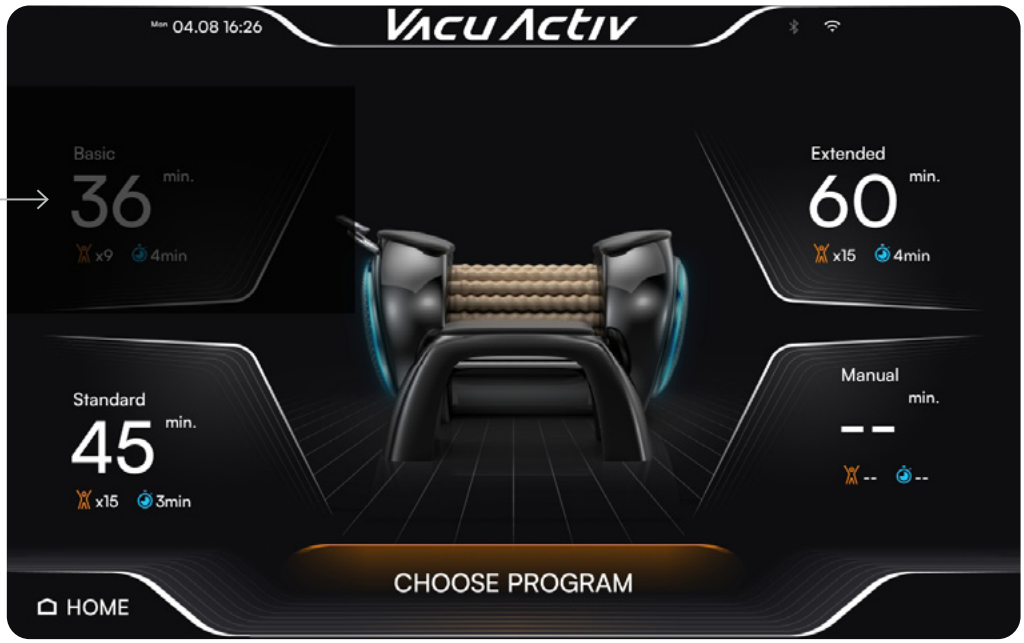
Disabling a Program

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.



Disabled program in device settings
For example:
Basic program

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



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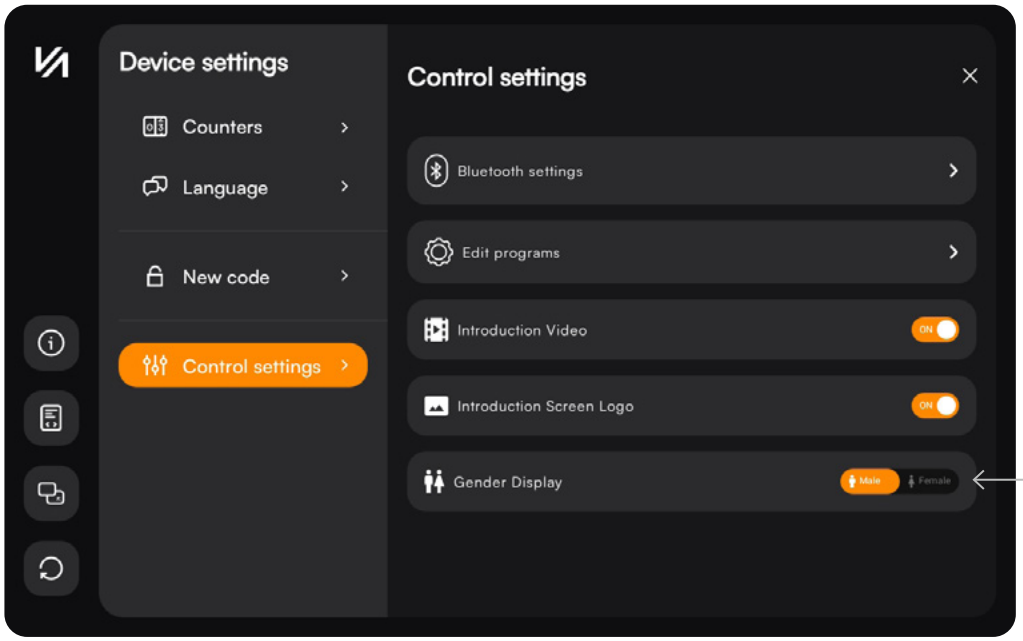
On-Screen Model

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

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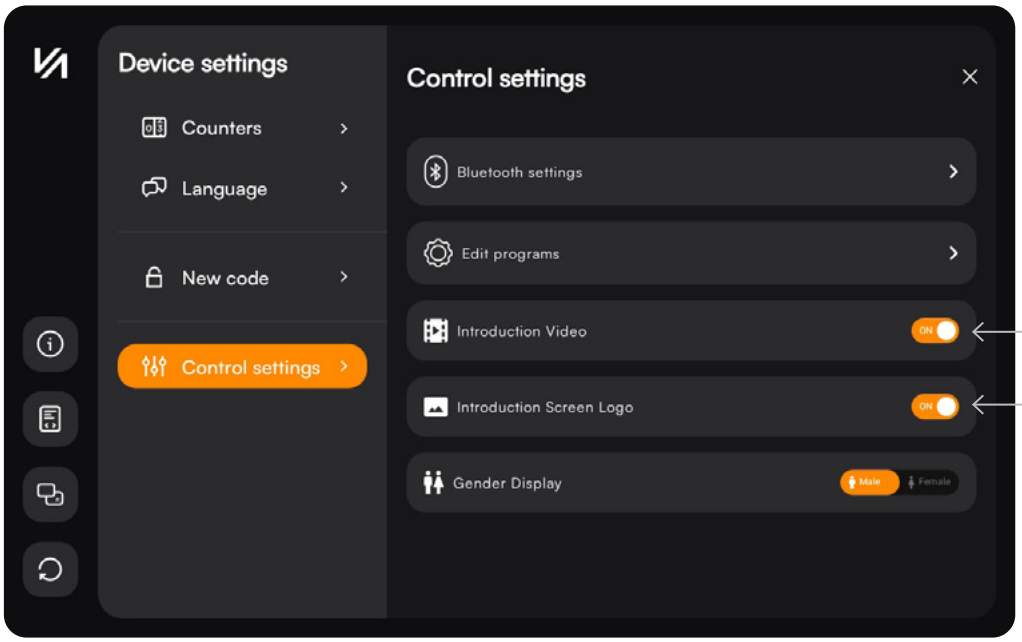
Additional settings

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.

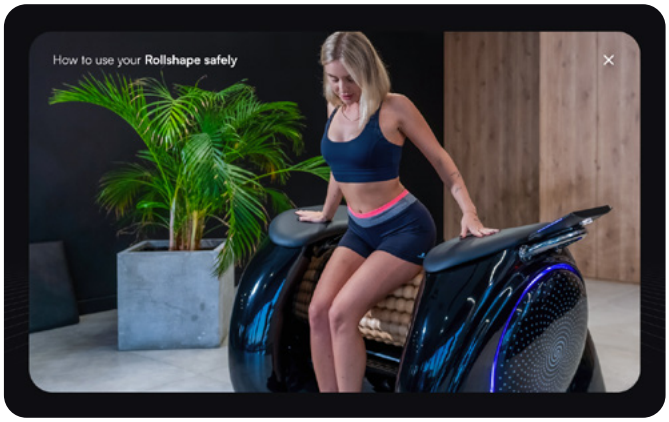


Turn OFF/ON startup video

Turn OFF/ON startup logo

Startup Logo

Startup video



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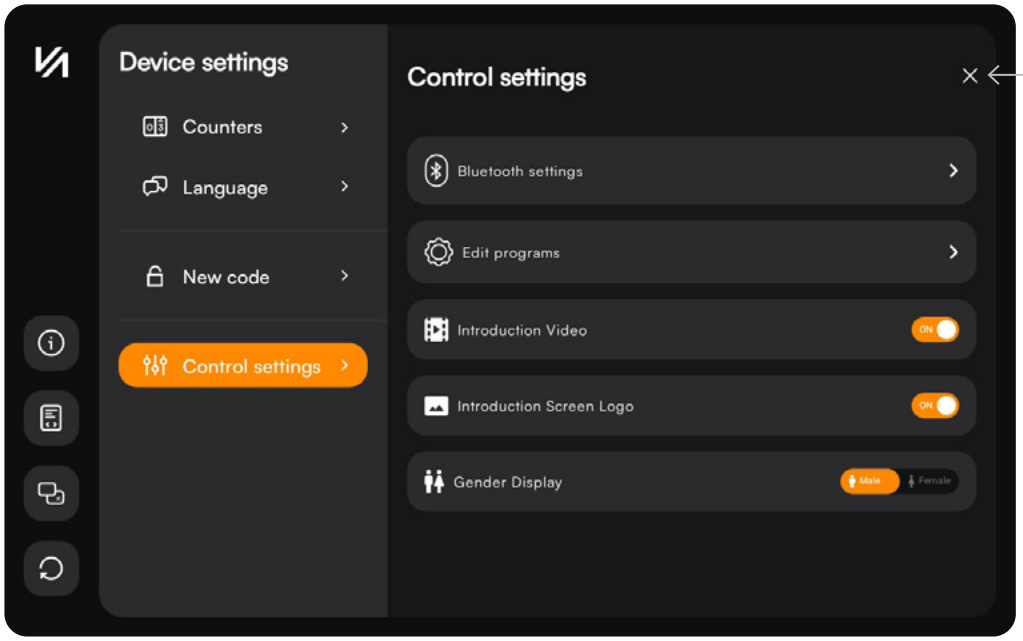
Exiting the Settings

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



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Device maintenance

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 assessment of the belt looking for any damage to the belt. If the belt is damaged, it should be replaced.

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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 work consists of checking whether the balusters rotate freely, do not cause any blockage and are free of any surface imperfections that may harm 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.

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Notes

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Contact

Vacu Activ

Contact

Europe
+48 660 216 370
+48 668 055 787

contact@vacuactiv.com

CET 9AM – 5PM
Monday – Friday

Poland
+48 059 843 43 43
kontakt@vacuactiv.pl

Address
Modrzewiowa 1 Street, 7
6-251 Losino,
POLAND

USA / Canada
+1 (424) 362-4326
+1 (424) 239-4867
+1 (424) 514-7973

contact@vacuactiv.com

PST 9AM – 5PM
Monday – Friday

Address
5788 W Adams Blvd,
Los Angeles, CA 90016
United States

Technical support
www.vacuactiv.com/technical-support/
support@vacuactiv.com
+48 880 446 766
+48 888 039 392

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