

Warm-Up Massage Roller



Operating Manual

Version 1.1

Inhaltsverzeichnis

How to Use the MounTy Warm-Up Massage Roller	3
Functions	4
System Parts	5
How to Use	7
Massage Sequence	8
Notes on Using the Warm-Up Massage Roller	9
Technical Data	11
Accessories and Parts	12
Index	13

1 How to Use the MounTY Warm-Up Massage Roller

Please read these instructions carefully before using your **MounTY Warm-Up** Massage Roller !

Dear Customer,

We would like to thank you for your purchase of an innovative massage set that will relax and strengthen your horse's back before exercising.

No supple back without relaxed and well-developed muscles!



Note

Brief user instructions under the flaps of the pockets on either side of the roller.

1.1 Functions

The **Warm-Up** Roller

While you groom your horse its back muscles will be loosened and warmed before it leaves the stable.

An accomplished warm-up phase will prevent the horse from tensing up as the rider is about to mount. Only muscles that are well supplied with blood will be supple and responsive.

The **Warm-Up Roller** delivers all the benefits associated with the classic forms of massage. **The massage begins at the withers, and then continues up along the back's long muscle** (latissimus dorsi muscle). First, the horse receives a comforting stroking/pressure massage. Next comes a relaxation phase, followed by a deep-pulsating massage that increases the flow of blood deep into the horse's back muscles. This stimulation of the muscles is rounded off by a relaxation phase, after which a new massage cycle begins. As has been clearly shown through comprehensive testing, this alternation between different types of massage produces decisively positive **synergetic effects**: the stroking/pressure massage relaxes the muscles in such a way that the subsequent pulsating massage reaches significantly deeper levels of tissue. The relaxation and stimulation of the back muscles increases blood flow. This oxygenates the horse's muscles, and in so doing helps remove metabolic waste products. An adequate supply of oxygen is essential for the regeneration of muscle fibre, and for increasing the horse's muscle mass.

So an additional massage after the exercise session is also highly recommendable.

After breaks in training (e.g. on account of an injury), the **Warm-Up Roller** will help your horse regain muscle strength - without any stress.

At the heart of the **Warm-Up Massage Roller** is a robust and extensively tested electronic control module that was developed under the supervision of qualified veterinarians.

Mains-independent operation of the control module for up to three hours at a time is provided by means of a rechargeable 12 V battery. The charger supplied with the system will recharge the batteries in just one hour. International mains adapters are available as optional accessories. Alternatively, the **Warm-Up Roller** can safely be used for a prolonged period of time if the charging cable is directly connected up to the control module and then plugged into a power source.

A power cable that can be connected up to a car cigarette-lighter socket is available.

This useful accessory will enable you to use your **Warm-Up Massage Roller** at horse shows.

1.2 System Parts

The **Warm-Up** Roller is supplied in a universal size, complete with adjustable roller and removable front strap.



Massage Pads with air ducts and connectors



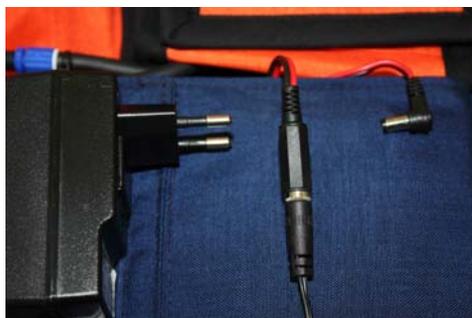
Control Module with connectors



Battery with connectors



Charger with cable



1.3 How to Use

Using the **Warm-Up** Roller is perfectly straightforward.



Note

Before using your **Warm-Up** Massage Roller for the first time, make sure that the battery has been charged for three hours, and that the green control lamp goes out.

How to place the **Warm-Up** Roller on the horse:

1. Place the **Warm-Up** on the horse's back as if it were a normal saddle pad.
2. Push the straps on the one side of the roller through the corresponding snap fasteners on the other side of the roller.
3. Tighten the roller just enough to prevent it from slipping. The same applies to the front strap, which is fastened on both sides. If your horse's withers are sufficiently prominent, you may not need to use the front strap at all.

4. There are **three massage-intensity levels**.

Select the intensity level you require by moving the switch on the underside of the control module (located under the flap at the front of the roller on the left) to whichever of the following positions is appropriate:

- | | |
|-------------------------------------|----------|
| 1. Switch in the far-right position | - strong |
| 2. Switch in the central position | - normal |
| 3. Switch in the far-left position | - gentle |



5. The system is switched on / off by plugging in / unplugging the power-supply cable. Switch on the **Warm-Up** system by plugging the power-supply cable into the socket on the top left of the control module. To switch the system off after use, simply unplug the cable.



1.4 Massage Sequence

To put the horse at ease, the **Warm-Up** massage routine begins with a calming front-to-back stroking/pressure massage that lasts for about 30 seconds.

After a relaxation phase lasting 10 seconds, the **Warm-Up** Roller delivers a deep-pulsating massage to increase the blood flow through the muscles. This massage is also

from front to back, and lasts 25 seconds. It is followed by another 10-second relaxation phase, after which the entire massage cycle is repeated.
See also “**1.1 Functions**” on page 4.

The system switches itself off automatically after 20 minutes.

 Attention	Remember to unplug the power-supply cable from the control module after each treatment.
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1.5 Notes on Using the Warm-Up Massage Roller

Power supply

Battery

Power for approx. 2 hours of continuous operation is provided by a maintenance-free 12 V lead acid battery with a capacity of 1.2 Ah.

NOTE: Since the battery slowly discharges itself even when not in use, it should be recharged if it has been held in storage for any length of time.

Charging the battery

The system battery is supplied together with a charging device. Connect the battery cable to the charger, and then plug the charger into a 110/220 V (AC) mains socket. During the charging process the green lamp will be on and as soon as the battery is fully charged, the control lamp will go out.

After charging has been successfully completed, the charger can be disconnected from the mains and the battery.

International adapters are available as optional accessories.

The system can safely and continuously be used if the charging cable is directly connected up to the **Warm-Up Massage Roller**.

 Attention	Make sure that the current passing through the power cable during continuous use does not put your horse at any risk!
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Using the **Warm-Up** Massage Roller at different locations

If you are on the move, the system battery will supply power for up to three hours of continuous use.

A power cable that can be connected up to the cigarette-lighter socket in a car can be supplied as an optional accessory. This cable is plugged into the control module direct – as described at point 5 on page 8.

Cleaning/ Maintenance

Warm-Up requires no maintenance. Mud and dirt can be easily removed from the system's hard-wearing nylon covers with a brush and water. If the covers are heavily soiled, they can be washed at 30°C in a washing machine. All you have to do is disconnect the control module, the rechargeable battery, and the massage pads. Detaching and reconnecting system components takes no time at all thanks to the quick turn connectors used in the **Warm-Up** system.

Power and air connections:



Note

It is **ESSENTIAL** that you detach the control module, the battery and the massage pads before washing the nylon covers.

1.6 Technical Data

Battery:

Operating voltage: 12 Volt DC

Battery capacity: 1,2 Ah

Charger:

Input 100/240 V AC

Output 14,4 V DC

Negative pole (-): black

Positive pole (+): **red**

	<p>Information on waste disposal for users of electrical and electronic equipment (private households): The development and manufacture of the product you have purchased involved the use of high-quality materials and components that can be recycled and reused. The WEEE (Waste Electrical and Electronic Equipment) symbol on products and/or accompanying documents means that the electrical and electronic products in question should not be disposed of along with general household waste when they reach the end of their useful life. For proper treatment, recovery and recycling, please take these products to designated collection points, where they will be accepted on a free-of-charge basis. Used batteries can be disposed of in this way, or returned to us. Disposing of electrical and electronic products correctly will help save valuable resources, and will prevent negative effects on human health and the environment. Please contact your local authority for further information about your nearest designated collection point.</p>
	
	

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1.7 Accessories and Parts

Part	Part Number	Net Price in € (VAT not included)	Retail Price in € (VAT included)
Warm-Up Massage Roller, supplied in universal size, complete with transport bag With roller and front strap, plus charger and battery	19 00 10		
Control Module	19 00 11		
Massage Pads with Air Ducts	19 00 12		
Front Strap	19 00 13		
Connection lead to Car Cigarette Lighter Socket	30 00 26		
Battery Rechargeable lead cell, 12 V - 1.2 Ah	30 00 20		
Charger for Battery, with adapter for Germany	30 00 22		
Adapter for the Charger for America, Europe and Australia	30 00 28		

Index

- A -

Accessories and Parts 12
Adapters for the Charger 12
adjustable roller 5
Attention 8

- B -

back muscles 4
Battery 4, 5, 7, 9, 11, 12
Battery capacity 11
blood flow 4, 8

- C -

car Cigarette-Lighter 12
Charger 5, 11, 12
Cleaning/ Maintenance 9
continuous use 9
Control Module 4, 7, 9, 12

- D -

deep-pulsating massage 4, 8

- F -

first time 7
front strap 5, 7
Functions 4

- H -

How to Use 7

- I -

intensity level 7
International adapters 9

- M -

massage 4
massage cycle 4, 8
Massage Pads 9, 12
Massage Sequence 8
Mud and dirt 9

- O -

Operating voltage 11

- P -

Part 12
Part Number 12
Power supply 9
pressure massage 8

- R -

relaxation phase 4, 8

- T -

Technical Data 11
transport bag 12

- W -

Warm-Up 3, 4, 5, 7, 8, 9, 12
warm-up phase 4