



# SQUATZ

**SQVB-4**  
**CASTOR**

**Peanut Vibrating Massage Ball**

Deep Tissue Trigger Point Therapy  
Suitable for Massaging Muscles

***USER GUIDE***

**PLEASE READ THE USER MANUAL CAREFULLY BEFORE USE  
AND KEEP IT IN A CONVENIENT PLACE FOR FUTURE REFERENCE.**



**DOWNLOAD THE SQUATZ APP TO FOLLOW  
YOUR CUSTOM SQUATZ WORKOUT!**

**ALL SQUATZ PRODUCTS COME WITH AN  
ADVANCED WORKOUT PROGRAM!**

## Features:

- Textured Massage Knobs
- Built-in Powerful Motors
- Rechargeable Lithium Batteries
- Smart and Portable Design
- Suitable for Massaging the Stiff Muscles
- Ideal Contour Shape for Precise Targeting, Has 2 Vibrating Spheres
- Cordless Convenience, High and Firm Nodules
- Lightweight, Waterproof with Durable Motor
- Made with Silicon Material, Anti-Corrosion with USB Outlet
- Auto Timer Setting with 3 Vibration Intensity modes
- One Switch Button to Operate
- Can be used for Hands, Arms, Abdomen, Waist, and Legs With a Strong Heating Function
- Can Warm Up the Body Like Joints and Muscle Tension, Aches or Pains
- Help Reduce Pain and Soreness
- 360 Degree Massager Roller, 2 to 5 Hours Power Life Portable and Rechargeable
- Penetrate Deep into Muscles for an Effective Tension Massage.

## Important Safety Instruction

**When using the product, all instructions and basic precautions should always be followed, including the following:**

### **DANGER**

Always unplug this product from the electrical outlet immediately after use and before cleaning to reduce the risk of electric shock.

### **WARNING**

**To reduce the risk of burns, fire, electric shock, or injury to persons:**

1. The product should never be left unattended when plugged in. Unplug from outlet when it is not use and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Do not carry this product by its supply cord or use cord as a handle.
4. Never operate the product with the air openings blocked.  
Keep the air openings free of lint, hair, and the like.
5. Do not drop or insert any object into any opening.
6. Do not use outdoors.
7. Do not operate where aerosol (spray) products are being used or where oxygen is administered.

8. To disconnect, switch off all controls and remove plug from outlet.
9. Close supervision is necessary when this appliance is used by, or near children, invalids, or disabled persons to ensure that they do not misuse the product.
10. Keep the cord away from heated surfaces. May cause serious burns. Do not use over insensitive skin areas or in the presence of poor circulation.
11. The appliance has a heated surface. Persons insensitive to heat must be careful when using the appliance.
12. The appliance must only be supplied at safety extra low voltage corresponding to the marking on the appliance.
13. The appliance is only to be used with the power supply unit provided with the appliance.
14. This appliance 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.
15. Special attention to components most susceptible to wear an advice to replace defective components immediately and/or keep the equipment out of use until repair.

## Before Using the Unit

1. Check the power supply unit, cable and device carefully for damage before each use or charging. Do not attempt to use a defective unit.
2. Do not use the appliances if it, or the power cord show signs of damage, if it is not in perfect working order, or if it has been dropped or become damp. In order to prevent hazards, always send the unit in to the service center.



The device is not to be used for commercial use or medical purposes. If you have health concerns, consult your doctor before using the Vibration Peanut Ball



Only use indoors!



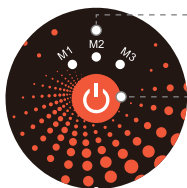
Do not use the device in damp rooms (e.g. when bathing or showering)



**Do NOT** wash!  
**Do NOT** dry clean!

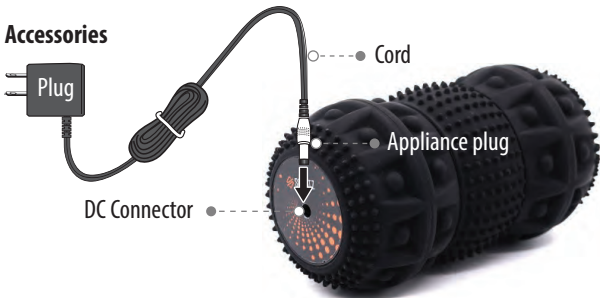
# Peanut Vibrating Massage Ball Name and Function

## Configuration Figure of Functions



- In the corresponding mode, the corresponding indicator light turns red.
- **Power & function button:** press 1st for M1 with low speed vibration, press 2nd for M2 with medium speed vibration, press 3rd for M3 with high speed vibration.

## Accessories



## How to Operate

### Battery Charging

Before first use, the lithium battery should be charged completely.

Therefore connect the included power supplier to a regular mains outlet and the other end of the cable to the connection for power supply.

To fully charge the batteries, the charging time should be approx. 3 hours.

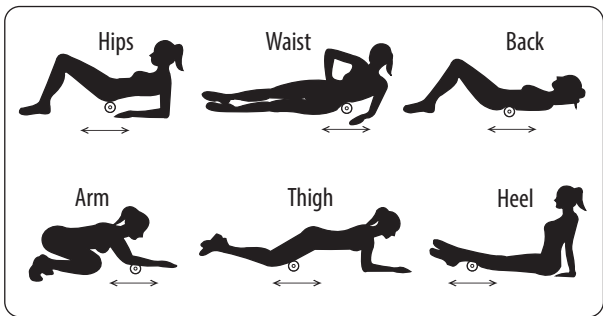
During charging, when the battery charge is below 30%, the first indicated light turns green, when the battery charge is between 30-70% , first two indicated lights turn green, when the battery charge is around 70-100%, 3 indicated lights turn green, when fully charge, 3 indicated lights turn off. Then you may disconnect the power supply. If the massage intensity ceases remarkably, stop the application and recharge.



If three battery indicators haven't flash after six hours continuously charging, plug out mains adapter to avoid danger.



## Body areas to use the massage ball



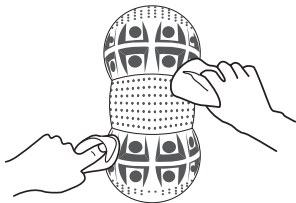
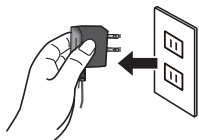
### Application with Massage Function

The **Peanut Vibrating Massage Ball** provides 1 massage mode and 3 massage intensity, which can be selected by pressing the function button.

# To clean and maintain the Peanut Vibrating Massage Ball

## 1. Cleaning

Before you clean, make sure that the switch is turned **OFF** and the power plug has been pulled out from the socket. Use dry cloth to clean the product.



## 2. Maintenance

Keep the product clean and far from the wet environment.



### Attention

**DO NOT** use benzene or thinner and other aggressive detergents to clean the product or it may fade.

## Troubleshooting

Symptom	Cause	Solution
The product does not work	The plug is not inserted properly	Insert the plug properly and safely
	The power key is not started	Start the power key
	The product will turn off automatically after finishing a 10 minute massage	If you want massage for another time, press power key again
The unit is hot or stops during a massage	You have performed several groups of 10 minutes massage already.	Take off the power plug and let it cool. Always take off the power plug after using it.

*If you still have any problem after using the methods above, please contact your local retailer.*

## What's in the Box:

- Massage Ball
- Adapter
- PE Bag



## Technical Specs:

- Construction Material: Silica Gel + ABS
- Diameter: 3.54" inches
- Intensity Speed: 3600 RPM (Motor)
- Battery: 1800mA
- Output: DC9V 1A
- Weight Capacity: 1.8 Lbs.
- Product Dimensions (L x W x H): 3.54" x 3.54" x 6.3" -inches

## Correct Disposal of this product



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources.

To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

### California Prop 65 Warning

 **WARNING:**

This product contains Lead which is known to the state of California to cause cancer birth defects and other reproductive harm. Do not ingest.

For more info go to: [www.P65warnings.ca.gov](http://www.P65warnings.ca.gov)



Available on the  
**App Store**



ANDROID APP ON

**Google Play**

*Questions? Comments?*

We are here to help!

Phone: (1) 718-535-1800

Email: [support@pileusa.com](mailto:support@pileusa.com)

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