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FITPASS 



REFERENCE THIS GAUGE FOR
"ACTIVITY-VS-HEAT"

INSTRUCTIONS FOR USING FITBOMB

1

Turn the FitBomb Controller to the ON position

2

Set Temperature: 110F to 140F (depending on desired activity level)

3

Set Timer: to desired duration

4

If starting cold, FitBomb Heats sufficiently within 10-15-minutes!

Relax, Detox (Temp. 140°)

- Cardio Stimulation
- Burn Calories (700+)
- Eliminate Pain - (FDA Approved)
- Look & Feel Young Again

Flexibility (Temp. 140°)

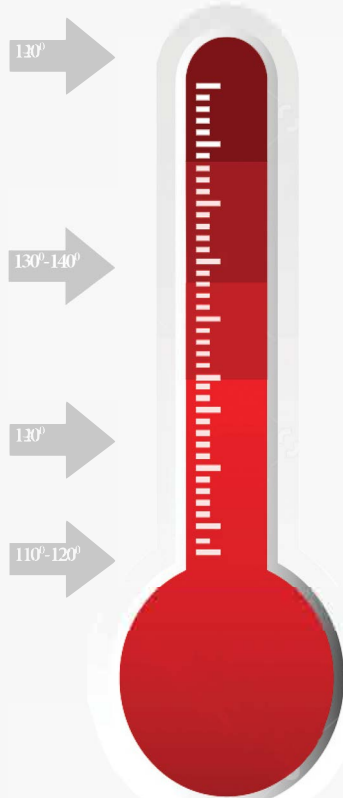
- Pre-Heat/Stretch
- Hot Yoga/Barre

Aerobics (Temp. 120°)

- Intense Training - 100's of Videos

Strength (Temp. 110° - 120°)

- Safely/Automatically
- Build Muscle/3X faster
- Boost Growth Hormones & Heat Shock Protein



IMPORTANT

- Use Towels AND/OR Yoga mat: It's critical to keep the FitBomb DRY - (bottom floor/D rings)
- One towel to sit on
- One towel or yoga mat to place on the floor
- One towel to wipe your face, arms etc.

Note: This is only a recommendation based on your health, fitness level and age. It is not necessary to set the heat at the highest levels since the nature of this far infrared heat penetrates the body. The room does NOT need to be hot. Refer to our educational material to learn more - at getfitbomb.com/thanks-download-free-reports-now

C O N T A C T U S