

# ROCKIN' ROLLER<sup>®</sup> 4

## QUICK START GUIDE

**IMPORTANT:** Before first use, charge for ~6 hours.

### Power/Charging

- Flip the switch **UP** to turn **ON** the speaker.
- Flip the switch **DOWN** to turn **OFF** the speaker.



- Connect the **POWER INPUT** port to an external power source using the included power cord.



**DO NOT** use the speaker's **AC Outlet** port  
– it will **NOT** charge or power the speaker.



### Bluetooth Pairing

- 1 Place your mobile device within 3 feet of the speaker.

Make sure Bluetooth is enabled on your mobile device.



- 2 Press the **BLUETOOTH** button to set the speaker to Bluetooth mode.

(Press)



- 3 Select "Monster RR4" on your mobile device to pair with the speaker.



### True Wireless System (TWS)

Wirelessly connect two Rockin' Roller 4 speakers together.

- 1 Place two Rockin' Roller speakers within 10 feet of each other.



- 2 Connect your music device to one of the speakers via **BLUETOOTH**.  
Leave the second speaker in **BLUETOOTH** mode without connecting to a device.



- 3 Press the **TWS** pairing button on both speakers to activate TWS pairing. The speakers will automatically connect with each other.



~30 feet max connection range after paired. Moving devices outside this range may cause disruption or signal loss.

# Rockin Body Quick Start Guide

**J Dewey**



## **Rockin Body Quick Start Guide:**

**The Fab Mom's Guide** Jill Simonian, 2017-04-04 Bouncing back fast after having a baby is absolutely possible for anyone Affectionately known as The FAB Mom on air and online Jill Simonian uses her trusted and entertaining expertise to set expecting and new moms on a distinctive no frills journey to help them get over the bump and bounce back fast after having a baby Jill's frank tricks somewhat against the grain tips and laugh out loud tales involving famous names provide first time moms a unique roadmap for managing and conquering the lifestyle challenges a newborn often brings The FAB Mom's Guide offers a motivational style and practical solutions to inform inspire and empower even the most uncertain of new moms From hanging an oversized mirror in your kitchen to opting out of nursing to spending entire days wearing only your underwear and beyond Jill Simonian can help a new mother get organized have fun and feel in control happy and reinvented within six months of having a baby Encouraging women to tune out the drama and arming them with useful talk and tools to minimize exhaustion and maximize focus Jill uncovers and reshapes the status quo for how FAB an acronym for Focused After Babies a new mom's sense of self and life can truly be *The Gentlemen's Instruction Manual: Going From First Contact to Relationship* Christopher Marsh, 2012-04-09 This book is a simple and very effective guide for men specifically It teaches men how to go from first contact with a female to being in a relationship with her This book goes through from the first step to sealing the deal being in a relationship with a girl The book provides accurate cue signals and instructions on how to get into the relationship of your dreams This is a definite must have book for any guy looking to being into a healthy relationship

**Train Your Head & Your Body Will Follow** Sandy Joy Weston, 2018-01-16 Sandy's goal was to create a book and guide that allows you to redirect your thoughts in a positive focused manner This book is the culmination lighthearted and fun it presents easy ways to learn a few simple changes you can make in your life and why these will help you enjoy life more After many years of hands on research and collaboration with top professors Sandy has put together a 90 day guide book and journal written for the everyday person to help get their head in the game and see results instantly Train your head and your body will follow This is a combination of a love and passion for fitness food science spirituality positive psychology and people all rolled into one All our habits everything we want is because we believe we'll feel better once we have it Sandy will teach you to feel better first which will better allow you to reach your goals **The Complete Golf Manual** Steve

Newell, 2019-11-05 Covering every aspect of the game this is the ultimate self improvement guide for every player from the novice to the experienced club golfer Showing readers exactly what it takes to achieve an effective and repeatable golf swing this book works systematically through every type of shot from tee shots iron play pitching and chipping to coping with bunkers and putting Each section includes a test to establish your level of ability and provides a series of progressive exercises designed to develop your technique A section on the ten most common faults that can creep into your game shows you how to fix them quickly and efficiently The Complete Golf Manual New Edition also shows you routines to help you think

more decisively on the course and deal with high pressure situations An invaluable reference section advises you on buying equipment guides you through all important golf etiquette clearly explains golf's most important rules and defines all the key terms golfers use     **You Are Not So Smart** David McRaney, 2011-10-27 An entertaining illumination of the stupid beliefs that make us feel wise based on the popular blog of the same name Whether you're deciding which smartphone to purchase or which politician to believe you think you are a rational being whose every decision is based on cool detached logic But here's the truth You are not so smart You're just as deluded as the rest of us but that's okay because being deluded is part of being human Growing out of David McRaney's popular blog You Are Not So Smart reveals that every decision we make every thought we contemplate and every emotion we feel comes with a story we tell ourselves to explain them But often these stories aren't true Each short chapter covering topics such as Learned Helplessness Selling Out and the Illusion of Transparency is like a psychology course with all the boring parts taken out Bringing together popular science and psychology with humor and wit You Are Not So Smart is a celebration of our irrational thoroughly human behavior

**Official Gazette of the United States Patent Office** USA Patent Office, 1890     **Official Gazette of the United States Patent Office** United States. Patent Office, 1957     Scientific Canadian Mechanics' Magazine and Patent Office Record Canada. Patent Office, 1912     The Complete Guide to Exercise to Music Debbie Lawrence, 2015-09-24 The Complete Guide to Exercise to Music 3rd edition is a practical handbook for the regular exerciser who wishes to know more about the enormous benefits of training to music and the fitness professional who seeks a thorough grounding in Level 2 and 3 knowledge This 3rd edition is fully updated to include Aspects of the core and skills based knowledge for Level 2 and 3 ETM instructors The latest research on safety in the exercise environment Adapting ETM for special populations Over 200 colour photographs demonstrating stretches and exercises Exercise to Music is one of the core modules of the Level 2 gym instructors syllabus and a new Level 3 qualification was added in January 2008 This edition covers all this knowledge using revision notes and tests as useful tools for the readers study The Complete Guide to Exercise to Music is the reference on this discipline for everyone involved in the health and fitness industry     **Manual of Classification** United States. Patent and Trademark Office, 1984 Includes list of replacement pages

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