

USE MANUAL  
VIBRATION FOOT MASSAGER  
TD001 FM-3



# Using vibrate foot massager

NOTE: BE DISTINGUISHED FROM SOPHISTICATED MASSAGERS, FOOT MASSAGERS DO NOT VIBRATE. IT'S SWINGING, GIVING YOU THE BEST MASSAGE.

## Relieving Calf pain

Use our foot massager to  
lean forward  
Put your calves on the  
massager  
Massager stimulates blood  
flow to the legs  
To relax calf muscles



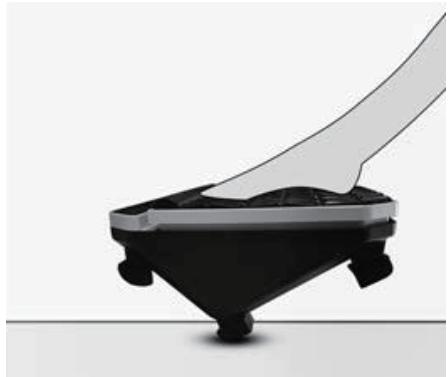
## Sole of Foot



This is a very soft part.  
So we recommend socks.  
Move your feet slowly and  
rhythmically to the arch  
Until this area begins to relax  
Increased blood flow will  
relax the area.

## Relaxation techniques for fatigued feet and ankles

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The setup is entirely subjective,  
because there are 10 speeds.  
You can use a sole massager, socks  
and even shoes barefoot.  
Many people like the feeling of wearing shoes.  
This is very helpful for those who have  
ulcers on their feet. It's more comfortable  
to wear shoes and massage their feet.  
It is also ideal to use massagers and  
sanitation facilities in public places.

## **Instructions for the Use of Products**

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1. Read the product instructions in detail and understand the use requirements of the products.
2. Check whether the power supply and circuit of the product are damaged to ensure safe use.
3. Determine the use voltage of the product and provide independent power supply for the product.
4. Connect the power supply of the product .
5. Press the boot button and enter the function selection mode .
6. Choose a suitable massage mode according to your body condition.
7. Select the strength and speed of massage.
8. Set the massage time (if this function exists), it is recommended to set the time between 15 and 30 minutes.
9. Maintain comfortable posture and start foot massage .
10. Change foot position during massage according to need.
11. Adjust the function, strength, angle and speed of the product in the process of massage according to the need.
12. Shut down and separate the power. supply after massage.
13. Let the massage machine cool down naturally and accept reasonably.

## **Safety Notice for Using**

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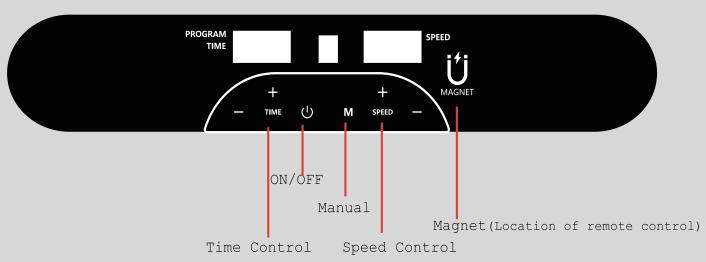
1. When we use the foot massager, we should pay attention not. to be fasting, full, drunk and intense.Use after exercise.
2. Patients with severe heart disease, liver disease and lung disease, acute gastroduodenal ulcer and acute abdomenIt is not suitable for patients with various. malignant tumors .
3. At the same time, we can't use it for people with weak constitution.
4. When the fracture and dislocation of the joint in the early recovery of the body,I suggest that we still had better not use.
5. In the process of using, some people will have the symptoms of physical discomfort, and so will those who have the symptoms.Don't use it.
6. Use cautiously during women's menstruation, preferably not.
7. Foot Massager machine doesn not have a wireless module

## Technical specifications and Guarantee

Voltage:	110-240V	50/60Hz
Input power:	48W	
Time:	15Mins	
Rated load:	100kgs	
Weight:	5kgs	
Size:	380×305×255cm	
Model:	TD001 FM-3	

Warranty matters: (see our product warranty card for details)

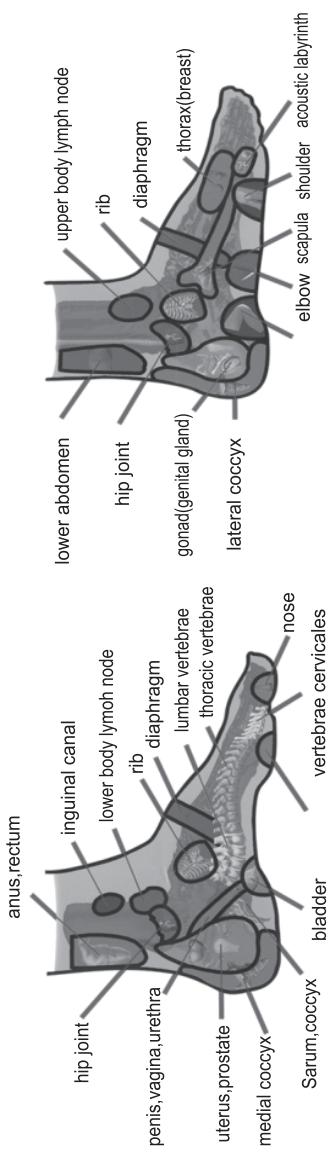
1. Within one year from the date of purchasing the machine, if the machine breaks down in common use; the company may rely on it. The warranty card is repaired free of charge.
2. Please install and use the original parts. DO not install damaged parts or refit them



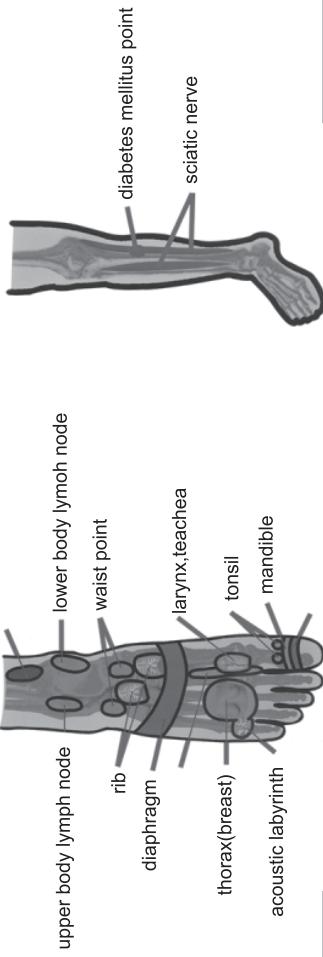


## Operation instructions

1. Program: P0-P9;
2. Time: 1min-15mins
3. Speed level: Level 1-30
4. ON/OFF
5. < & >: Change the Program, Speed level and time.
6. ^ & v : Choose Program, Speed and Time to change.



**the reflective zones of the intertal feet**



## FCC CERTIFICATION

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This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference
- (2) This device must accept any interference received, including interference that may cause undesired operation. Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

### FCC CERTIFICATION

s authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used

in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used

in portable exposure condition without restriction

 FCC ID :2A5GJ-TD001FM-3

Made in China