



# INTELLIGENT WAIST AND ABDOMEN MASSAGER

## Operation Manual

PG-2645

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- Lithium battery powered
- Low frequency electric pulse
- Ergonomic design
- Hot pack
- Red light
- Magnetic effect
- USB fast charge



## Introduction

Thank you for purchasing Intelligent Waist and Abdomen Massager, showing that you have already made an important step forward fitness. The Product allows you to keep fit by selecting different sports effect based on your needs whenever and wherever possible, so as to make fitness be fun, comfortable and easy to preserve with. Join us now! Carefully read the Operating Manual before using.

The operating principle of the Product is to send movement signal to human skin via the Product to exercise the lumbar and abdominal muscles, regulate strength and pattern of low frequency, apply hot compress, promote blood circulation, accelerate fat movement and relieve fatigue, so as to satisfy the needs of different groups of people.

Although the Product is powered by lithium battery, we still have to remind you according to related provisions that stop using it for any discomfort; and do not use it if you are pregnant woman, old person, child, patient with cardiac pacemaker. Please refer to "Safety Precautions" section herein in detail.

## Features

- Ergonomically designed, beautiful and scientific, fitting with waist and abdomen curve;
- Wireless remote control, LCD display, and user friendly
- Synchronous fitness integrating hot compress, low-frequency electric impulse and magnetic effect forms efficient complex energy field;
- Hot compress is able to promote blood circulation and accelerate fat movement, low, medium and high temperature are adjustable based on demands and environments;
- Visible red light with a wavelength of 600~650nm to promote local blood ;
- 2 modes of automatic combined electric pulse massage and 4 kinds of manual electric pulse massage are selectable according to different demands, applicable to much broader users;
- Equipped with several built-in magnet;
- 3D Intelligent Lamination technology, easily regulating electrodes based on waist and abdomen curve, making use more comfortable.
- USB quick charging, making use more convenient.

## Technical Parameters and Specifications

### 1. Product Specifications

Name: Intelligent Waist and Abdomen Massager

Model: PG-2645

Charging Source: 5V DC 1A (USB)

Rated power: 5W

Lithium Battery of Host: 3.7V DC 2000mAh

Button Cell of Remote Control: CR2032 3V DC

Dimension of Packing Box: 265X130X75mm

Weight: about 700g

### 2. Normal Operating Conditions:

Ambient Temperature: +5℃ - +40℃;

Relative Humidity: ≤80%;

Atmospheric Pressure: 86kPa - 106kPa;

### 3. Electrical Performance

Pulse Frequency: 1Hz - 1000Hz;

Pulse Width: 200μs - 400μs;

Single Pulse Power for Maximum Output Amplitude: >7μC;

Maximum Output Energy of Single Pulse: ≤300mJ;

Effective Value of Maximum Output Amplitude: ≤25V (50mA);

Peak Output Voltage for Open Loop Measurement: ≤500V;

Influence on Open Circuit and Short Circuit of Output Terminal: Bearable to influence on open circuit and short circuit of output terminal, and corresponding performance can not be weakened.

Adjustment of Output Amplitude: Continuous and uniform, minimum output is not more than 2% of maximum output.

Rated Load Impedance: 500Ω, permissible deviation of ±10%;

Timing Time: Adjustable between 15min and 30 min;

Hot Compress Temperature: Within 38℃ - 45℃ (under the environment of 23℃ ±2℃).

### 4. Transportation and Storage Conditions

Ambient Temperature Range: -20℃ - +55℃;

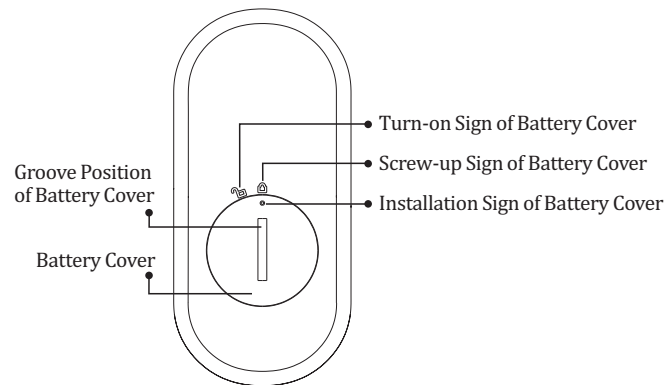
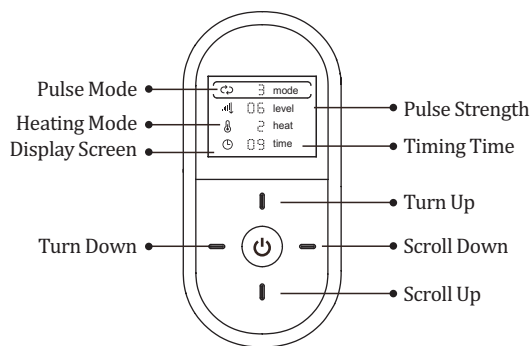
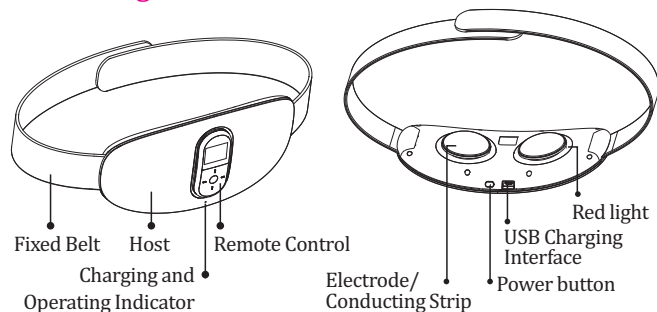
Relative Humidity Range: ≤93%;

Atmospheric Pressure Range: 50 kPa -106 kPa.

## Product Components

1. Remote Control	4. User Manual
2. Host	5. Certification
3. USB Connection	6. Button Cell Cr2032

## Product Diagram



## Safety Precautions

The Product applies to healthy adult aged between 18 and 60, including abdominal exerciser, waist exerciser, obese people, patients with constipation and lumbar diseases. Please carefully read the following warnings before using:

### 1. Do not use under one of the following circumstances

- Using it together with other electronic instruments (such as Cardiac Pacemaker, Electrocardiograph, etc.) may cause danger;
- Do not use it for pregnant women, and patients with skin allergy, heart disease, hypertension, malignant tumor and severe cerebrovascular diseases;
- Do not use it for cancer patients, epileptics, or other functional disorder patients;
- Do not use it for patients with gastrointestinal bleeding, liver cirrhosis or splenic diseases;
- Do not use it as the Product is closer to the instruments able to give out short wave or microwave;
- Do not use it for patients who have taken or been injected with drugs over a long period of time;

### 2. Before using, please note the following conditions:

- Pregnant women can use it at least six weeks after delivery and consult the doctor before using;
- Pregnant women can use it at least 3 months after cesarean and consult the doctor before using;

### 3. Use after obtaining doctor's consent under one of the following circumstances:

- a) Person eager to use but suffering from abdominal discomfort;
- b) Patients ever with serious illness or suffering from disease currently;
- c) Person who have been performed with operation recently;
- d) Patients who suffer from diabetes;
- e) Children;
- f) Patients who suffer from muscle injury;
- g) Patients who wish to use the Product for health recovery;

### 4. When using, please note:

- a) The Product applies to waist and abdomen only;
- b) It is forbidden to use it in head, breast, heart and other important body parts;
- c) Do not use it if suffering from skin problems, such as injury, allergy, infection, etc.;
- d) Do not use it in the broken parts of injury or skin bruises;

### 5. Before adjust the product position while using, power off firstly to avoid potentially slight electric shock.

### 6. Other Important Notes

- a) Keep it away from children;
- b) Do not use it together with other products;
- c) Stop using it and consult the doctor if any dizziness, palpitation occurs;
- d) For initial user, the simulation on muscle may cause discomfort. Please use it from low frequency;
- e) When using, adjust to the most comfortable shift and intensity to avoid severe dynamics;
- f) Any umbilical ring shall be removed before using.

### 7. Dispose of the Production in accordance with local environmental protection regulations to avoid environmental pollution.

### 8. 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, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Warning: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user'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.

### 9. FCC Radiation Exposure Statement

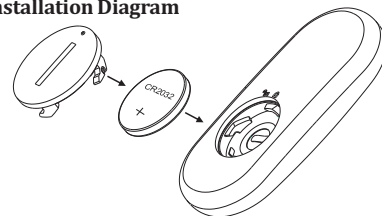
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.





## Operating Instructions


### 1. Preparation Before Using

- ① Ensure button cell CR2032 has been properly installed in the remote control, as shown below, use one coin or straight screwdriver to unscrew battery cover at the groove, rotate to “” to loose battery cover, then make the right (positive) side of button CR2032 upwards, put it in the battery holder of remote control, and then cover the battery cover, align the sign of battery cover with “”, and screw toward “”.

### Button Cell CR2032 Installation Diagram






- ② Insert USB into portable power or computer USB port (5V DC Voltage), and insert Micro plug of USB connection into host charging port, then the charging indicator flashes; after being fully charged, charging indicator will keep on. If the built-in lithium battery level of massager is enough, proceed with next step.
2. Put the Massager on, and make conducting strip closely cling to waist or abdomen skin (do not use through clothing). Properly fit hook on both fixed belts with loop and fairly adjust the tightness of fixed belts to make it not too tight or too loose.
3. Button Instructions of Remote Control
  - ① “”button: Switch on/off
  - ② “”button: Up/Down
  - ③ “”button: left for turning down, and right for turning up
4. Press “” button to switch on, the remote control will beep once, the screen backlight will light up, and operating indicator of host will flash slowly, including the following settings:
  - A. Automatic Combination Mode 1 Massage;
  - B. 0-grade Massage Strength;
  - C. Medium-grade Heating;
  - D. Timing for 15 minutes
  - E. Red light on

**To stop working, directly press “” button to switch it off.**



**Note:**

- ① **When operating remote control, the host will successfully receive the signal as beep prompts; or else, please re-operate remote control.**
- ② **If there is no operation after switch on in 10s, the remote control will enter slight light status to save battery capacity; and the screen will light on normally as operating the remote control again.**

**5. Adjustment of Massage Strength**

Press “Up” and “Down” to select “”, then press “” right button to increase massage strength, press once to increase one grade with total 16 grades, corresponding figure will be displayed on the screen; press “” left button to decrease massage strength and the corresponding figure will be displayed on the screen. The default strength is “0” grade as power-on. Massage shall be subject to acceptable strength. For initial use, please adjust the strength gradually and shall subject to comfortable strength.



**6. Switch of Massage Modes**

Press “Up” and “Down” to select “”, then press “” right or left button to switch among 6 modes. The default mode is Mode 1 as power-on (Automatic Combination 1 Mode), corresponding mode will be displayed on the screen. These massage modes are shown below:




- Mode 1: Automatic Combination 1, Circulation Mode 3, Mode 4, Mode 5;
- Mode 2: Automatic Combination 2, Circulation Mode 4, Mode 3, Mode 6;
- Mode 3: Simulated Manipulation Massage;
- Mode 4: Simulated Acupressure Massage;
- Mode 5: Simulated Malaxation Massage;
- Mode 6: Simulated Beating Massage.

Automatic Combination Mode 1 and 2 are manual modes after automatic cycle, which is switched automatically each minute, it is recommended to use automatic combination mode.

**7. Use of Heating Function**

Press “Up” and “Down” to select “”, then press “” right or left button to switch among Low Heat (1), Moderate Heat (2) and High Heat (3) mode, corresponding mode will be displayed on the screen. “0” refer to stop heating, and it is defaulted to be moderate heat. The red light and the heat are turned on synchronously, and the brightness does not change depending on the heating position.

**8. Adjustment of Timing Time**

Press “Up” and “Down” button to select “”, then press “” right or left button to switch among three heating modes with the working time of 5 to 30 minutes, the default time is 15 min as power-on before power-off. Press power switch “” to restart.

## Reference Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Strength 3	Rest	Strength 2	Rest	Strength 4	Strength 4	Strength 4
2	Rest	Strength 4	Strength 4	Rest	Strength 8	Strength 8	Strength 8
3	Rest	Strength 9	Strength 9	Rest	Strength 9	Strength 10	Strength 10
4	Rest	Strength 9	Strength 9	Rest	Strength 9	Strength 9	Strength 10

Select most comfortable strength according to one's own situations, pay attention to record your use conditions each day and place these records in the conspicuous place, which may bring you much more dynamics. Consistent use can realize the ultimate goal.

**It is recommended to use once or twice each day with 15min for each electric pulse massage and 30min for heating massage**

## Use of Button Cell of Remote Control

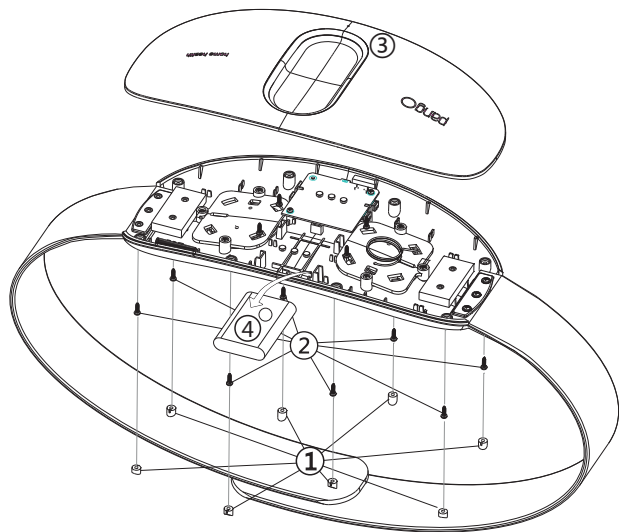
1. The remote control adopts CR2032 button cell, which can be used for about 3months (30min each day).
2. When the LCD backlight brightness of remote control becomes lowered or remote host is insensitive when pressing the button, it indicates the battery capacity is low, please replace a new one;
3. Take out the battery if the Product is not used for a long time. Or else, it may result in machine fault caused due to battery leakage;
4. Please do not use the battery other than specified one.
5. Do not misplace positive and negative electrodes of the battery with positive up and negative down.
6. Please do not use the battery under the circumstance of more than 45℃, or else, it may influence the battery's properties and battery life.
7. The disposal method of used battery shall be conducted in accordance with related urban environment protection regulations.

## Use of Charging Battery

1. During the process of using Intelligent Waist and Abdomen Massager, when beep sounds for 3 times, it indicates that the capacity of built-in lithium power is not enough, which can be charged via USB connection, charging green indicator will flash quickly; after being charged, the green charging indicator will keep on and it takes two to three hours for full of electricity.
2. It can be used for 3 to 4 days after being charged fully (30min each day);
3. Under the circumstance of normal use, the life of charging battery can be not less than 500 times of charging and discharging, which can be used for about 3 years (30min each day).
4. Any charging battery not used for a long time may shorten its service life. It is recommended to fully charge it at least once a month.

## Take-out of Charging Battery

1. The built-in lithium battery of the Product may contain the substances that may pollute the environment. And take out it before disposing the Production.
2. Do switch off the power or cut the power supply before decomposing the Product and taking out the lithium battery.
3. Detailed steps for taking out the lithium battery are shown below. Dismantle the Product with the order of ①-③ and take out the lithium battery.
4. Removed battery shall be disposed of safely to the place or recovery unit required by the government.



## Cleaning, Maintenance and Storage

### 1. Cleaning and Maintenance

- 1) If the host becomes dirty, wipe it by using dry soft cloth or dry towel.
- 2) After using each time, clean conducting strip and use soft cloth or towel with clear water to wipe off. As for specially dirty places, use soft cloth with medical alcohol (75% alcohol concentration) for wipe-off or disinfection.

### 2. Storage

- 1) Keep out of reach of children.
- 2) Avoid direct sunlight, high temperature or moisture.
- 3) Keep it in a dry and ventilated place.
- 4) Do not privately dismantle, repair or transform the Product, or else, it may cause accident or fault.

## Common Faults and Solutions

Fault Phenomenon	Inspection Items	Solutions
Remote Control is unable to start up	Whether the capacity of button cell of remote control is sufficient or not	Please replace new Button Cell Cr2032
Remote display is normal, but the host has no response	Whether the capacity of built-in charging battery is sufficient or not	If the capacity of built-in charging battery is low, please use USB for charging.
	Whether the charging function is normal or not?	Check charging source (mobile power, computer USB port, etc.), the output voltage is 5V, after being connected correctly, the charging indicator of massager will flash.
	Has the host been worn in human body for more than 2 hours after being used?	Please take the host down and then wear it and start up again.
Unable to charge or no charge display	Has USB connection been connected properly?	Check if the plugs on both sides of USB line have been inserted properly.
	Whether charging power has sufficient capacity or not?	Check if the output of charging source (mobile source, computer USB port, etc.) is normal.
The host displays normally but users have no reaction or feeling	Whether the electrodes of host have been directly contacted with skin?	The electrodes of host shall be contacted with human skin directly.
	Is there any clothing between electrodes and contact position of skin?	Please remove or separate the clothes.
	Has the massage strength been adjusted?	The default state of the Product is 0-grade strength after startup, so it is necessary to adjust the strength, or if some users have no feeling to 1 to 2- grade, please increase the grade appropriately.

		If there is still no feeling at all, please use two fingers to touch two electrodes, and maintenance is required if such condition persists.
Sense of Piercing Pain	Has the host electrodes been closely touched with abdominal skin?	Wipe abdominal skin with wet towel and make electrodes closely touch with skin and properly adjust strength and massage mode.
	Is massage duration too long?	It is suitable for 10 to 20 minutes each time and twice maximum each day.
	Is massage strength too strong?	Decrease strength properly.
	Is skin sensitive to electrodes?	Check if the skin has allergy history, shorten massage time for slight allergy user, and receive desensitization treatment before massage for severe allergy users.
	Whether is too cold and skin is too dry.	Wipe skin and electrode surface by using wet towel.
	Use after staying up late	Use it the next day because the electrolyte may be decreased due to staying up late.
Weak Irritation	Whether the abdominal skin has been closed contacted with electrodes?	Closely touch the skin and properly adjust the strength.
	Whether there is any dirt or oil stain on the electrodes?	Clean the surface of electrodes.
	Whether the battery capacity is sufficient or not?	If the battery capacity is insufficient, use external source to power up.
Red dot or blister appears after using	Whether there is strong sense of piercing pain when using, or is there any other unguent to be used?	Please stop using it and apply Pearl Ointment or snake grease.

## FAQ

Q: Can lying-in woman use this Product?

A: Yes, but she can use it 6 weeks after delivery and must consult the doctor before using. As for cesarean, she can use it after obtaining the doctor's permission 3 months after delivery.

Q: Such irritation may make me feel uncomfortable sometimes, how to fix it?

A: 1. Please confirm if the Massager has been worn correctly and adjust the position of patches based on your own conditions.  
 2. If necessary, apply small amount of water on the surface of patches to make you feel better. Please note, do switch off the power or do not splash water on the controller when operating.  
 3. If your skin is too dry, apply hot compress function for 5 to 10 minutes and then use electric pulse massage function.

Q: My skin become red after using the Product, is there any problem?

A: It is a normal phenomenon. For the one hand, under the effect of low frequency, the blood will flow faster to make skin look red. On the other hand, by tightening the waist belt, surrounding skin may generate six red prints. Do not worry, such prints will fade away gradually. If such red print is too deep, do not tighten the waist belt too tight and select low-grade strength. If such phenomenon persists, stop using it and consult the doctor.

Q: Will using the Massager cause muscular aches?

A: Just like all sports, using the Product may cause different degrees of aches on body muscles. It is a normal phenomenon and will last 1 to 2 day(s). Please adjust use frequency according to your own situations.

**For any problem, consult our customer service representative.**