

100MM

140MM

# Heating Insoles



## User Manual

To ensure the service life of the heated insole  
please read this manual carefully.

### 1. Introduction

The product material is made of high-quality PU foam material to achieve a soft, comfortable and breathable consumer experience. Therefore, in the cold winter, it is called "your best partner", built-in electronic control system and high-frequency radio dual-channel RF wireless control, both to ensure consistency, stability and beauty, but also to provide us with convenient temperature control. The heating pad is made of the latest carbon fiber composite material, which is strong and flexible. This material not only provides warmth, but also far infrared radiation for health care and promoting blood circulation functions. The heating system uses a high-capacity polymer lithium battery, which can work safely for a long time. High quality materials and good workmanship make it a comfortable, warm, easy to use, long life of the warm insoles.

### 2. Electrical specification

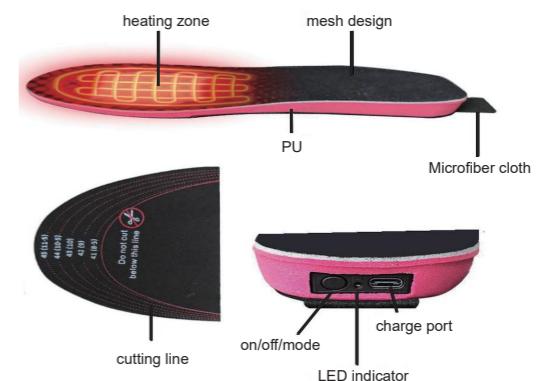
#### Model:SP-XJ18

Voltage: 5V  
Battery capacity: 4000mAh 14.8Wh  
Charging voltage: 5V/3A  
Overcharge protection voltage: 4.2V  
Overdischarge protection voltage: 2.85V

### 3.AC adapter specifications

Charging mode: CC /CV  
Charging temperature: 0°C ~ 45°C  
Input: AC / 100-230 V 40-60Hz  
Output: 5 V/1A

### 4.heating insole introduction



### 5. Use and operation instructions

#### A. Key operation

- Long press the "Power" button on the battery for 3 seconds, the LED red and blue indicator light blinks and enters the standby state. The blue indicator light blinks.
- The battery button on the three-gear cycle temperature control operation. Press the first button, enter the rapid heating state, the red light flashes, 1 minute later automatically enter the high temperature mode, the core temperature of the heating sheet is about 60-65 degrees, the red light is on. Press the second button to enter the medium temperature mode, the core temperature of the heating sheet is about 50-55 degrees, and the blue + red light is on. Press the third button to enter the low temperature mode, the core temperature of the heating sheet is about 40-45 degrees, and the blue light is on. Press the fourth button to return to the rapid heating state, and automatically enter the high temperature mode after 1 minute, and cycle in turn.
- Shutdown operation: in the startup state, long press the battery on/off key for 3 seconds, LED indicator light off, shutdown successfully.

### B.APP operation: Page Introduction

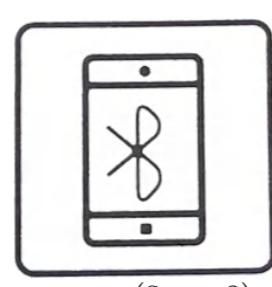


- Product connection status
- Fast heating mode on/off (this mode opens into the 1 minute countdown, after the completion of the automatic switch to high temperature 60°C mode)
- Product work details
- Heating on/heating off
- Switch degrees Celsius and Fahrenheit
- Temperature adjustment range (35 degrees Celsius to 70 degrees Celsius)
- Timing button (up to 2 hours)

#### Quick-use of the device



(Step 1)



(Step 2)

Step 1: Scan the above QR code and install the App "iWarmU".

Step 2: Turn on the Bluetooth switch on your phone.

Step 3: Connect the device.



(Step 3)

- Long press the "Power" button on the battery for 3 seconds, the LED red and blue indicator light blinks and enters the standby state. The blue indicator light blinks.
- Open the application, the application will automatically match and connect with the device, when the insole icon turns red, it means that the application is connected to the device and is heating.

Step 4: Select the temperature you want to heat on the APP. (Swipe the temperature adjustment range on the screen to adjust the progress to the appropriate heating temperature or use the volume button on the phone to adjust the temperature).

### 6. Charging/use time

Plug the two charging cables connected to the charger into the USB port behind the battery to charge, the green light flashes when charging, 3-3.5 hours full, the green light is steady on. Duration: Low temperature mode, about 9 hours, medium temperature mode, about 6 hours, high temperature mode, about 4 hours. The minimum operating temperature mode on the APP is about 10.8 hours.

### 7. Washing instructions

Because this product has a built-in lithium battery can not water, cleaning before and after with the upward, do not soak, only rinse, scrub, not machine washing.

### 8. Precautions

- Do not approach high temperature, flammable, explosive items.
- Do not hit the product, do not disassemble or reassemble.
- If the battery is not often used, it is recommended to charge every 90 days.
- It is recommended not to use high temperature for a long time to avoid skin discomfort.
- Keep the battery in good condition, should be stored in a dry and cool environment.
- Prevent low temperature burns. If the human body is in a warm environment, the body will feel sluggish, and the physique is also different. If there is a slight burning sensation, it may have exceeded the skin temperature, please adjust the product temperature setting in time to reduce the product heating temperature.
- Batteries may contain substances that are harmful to the environment and human health. Particular caution should be exercised due to the special risks associated with lithium-containing batteries. The separate collection and recycling of used batteries and accumulators is aimed at avoiding negative impacts on the environment and human health.

Try to avoid the waste of old batteries, such as batteries with a long service life or rechargeable batteries. Please do not place batteries or electrical and electronic devices containing batteries at random to avoid littering in public places. Consider ways to recycle batteries instead of discarding them, such as by reprocessing or repairing them.

### 9. Quality/After-sales

Product and component warranty Service time:

- insole body: 3 months
- battery main body: 6 months
- charging cable: 3 months

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

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.

Warning: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment

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