



STRETCH REFLE Air 2.0

STRETCH REFLE AIR



Instruction Manual

Safety Precautions

- The explanation of Warning Signs and symbols shown here are to ensure the product will be used correctly and safely and to prevent injury or damage to property.
- The precautions are as follows:

Description of warning signs



Warning

Indicates that severe injury or death may occur if the product is handled improperly.



Caution

Indicates that the User may suffer injury or property damage* will occur if the product is used improperly.



The symbol indicates a mandatory action. Specific actions are mentioned in the text near the symbol.



The symbol indicates prohibited actions. Specific prohibited actions are mentioned in the text near the symbol.

*Property damage signifies consequential damages relating to homes, household goods, domestic animals or pets.

Warning

This indicates that severe injury or death may occur if the product is handled improperly.

- If you are currently receiving treatment from a doctor, consult with your doctor BEFORE using the product.
- Use of this product may cause a feeling of sickness or injury. If you are currently experiencing any of the following conditions, you should consult with your doctor prior to using the product.
 - Heart problems, malignancy or any acute diseases.
 - Bone injuries (such as fractures, dislocations, muscle fragmentation or osteoporosis.)
 - Implanted medical/electronic equipment (such as a pacemaker, etc.).
 - Skin abnormalities (such as esthesiodermia, suppurative disease, swelling, pain)
 - Spine abnormalities.
 - Pregnant or menstruating.
 - Require bed rest.

These Warnings are not limited to the above conditions.

If you have any concerns about conditions other than those mentioned above, please consult with your doctor.

- Do not use the product for more than 30 minutes at a time. If you suddenly feel ill or feel that the stimulation is too strong or feel pain, STOP USING THE PRODUCT IMMEDIATELY.
- If any physical abnormality appears during or after using the product, consult with a doctor IMMEDIATELY.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
- Do not disassemble, repair or modify this product. This may cause fire, electric shock or other malfunctions.
- Do not plug or unplug the product with wet hands. This may cause an electric shock or short-circuit.
- The product should be recycled or disposed of as per state and local guidelines.



Mandatory

Caution

This indicates that a person may suffer injury or property damage may occur if the product is used improperly.

- Do not use the product other than for its designated purpose.
- Do not use the product on parts of the body where skin is sensitive. Do not use it on the same part of the body for extended periods of time. This could cause inflammation of the skin.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Do not use the product at the same time with other equipment.
- Do not throw or drop the product. A strong impact may cause the product to break or malfunction.
- Keep away from all liquids. Do not use with wet skin or clothing. This may cause an electric shock or malfunction. If the product becomes wet, unplug the power cord, turn the product off, wipe well with a dry cloth, and completely dry before using again.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for repair.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.



Prohibited

Use of the AC Adapter

- Do not use an AC adapter other than the one included with this product. This may cause a malfunction.
- The AC adapter included with this product is exclusively for use in USA. Do not use it with voltage other than 120V AC. This may cause a malfunction.
- Do not bend, pull or twist the power cord. Also, do not place the power cord where it will get pinched or cut.
- This may cause an electric shock, a short circuit or a burn.
- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not use the included AC adapter with anything other than this product. If you use it with another product, this may cause the product to leak, overheat, burst, ignite or malfunction.
- Do not carry this appliance by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.

Care and storage

- Be sure to unplug the power cord from the electrical outlet before cleaning this product.
- If the product gets dirty, use mild detergent with cold or lukewarm water and a soft cloth to wipe the product. Then, wipe with a dry cloth.
- Do not use thinners, benzene, polish remover or spray-type cleaners. This could cause the product to deteriorate or change color.
- Store the product out of reach of children and infants.
- Do not store in a place with unusually high temperatures such as beside a heater, in direct sunlight, or in a vehicle with the windows closed.
- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

Battery Caution & Disposal Information

- For best results, use type Lithium batteries.
- Install only new batteries of the same type in your product.
- Failure to insert batteries in the correct polarity, as indicated in the battery compartment, may shorten the life of the batteries or cause batteries to leak.
- Do not dispose of the product in fire.
- The product should be recycled or disposed of as per state and local guidelines.

1. 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.
2. Modifications 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.

Warranty and After-Sales Service

Be sure to read this.

Questions and Repairs

For questions regarding the use, repair and maintenance of this product, please consult NCC Corporation, Ltd.

Customer Service Center NCC Corporation, Ltd.

TEL: (877) 759-8834

Address: C/O AASI 4640 Admiralty Way, #500 Marina Del Rey, CA 90292

Email: customerservice@ncc.ne.jp

Personal information provided by customers will be used to provide information for repairs, respond to requests for advice, and send out catalogs, etc. Personal information of customers may be provided to NCC Corporation, Ltd. or its partner companies in regard to applicable products within the appropriate range of the purpose of use.

Warranty (Combined)

- Fill in the "Date of Purchase and Name of Retailer" in the warranty. Please read the details on this document and keep this in a secure place.
- The warranty period is one year from the date of purchase.

Period of Retention of Replacement Parts

- A stock of replacement parts will be kept for five years after final production date.
- Replacement parts are parts required to maintain the proper function of this product.

Parts

- If no particular request is made in regard to parts removed for the purpose of repairs, they will be recovered by the company.
- When repairs are made, the company may use recycled parts that meet the company's quality standards.

When Requesting Repairs

During warranty period NCC Corporation, Ltd. will repair the product according to the warranty. Please present the warranty certificate at the time of repair.

When the warranty period has expired In regard to repairs after the warranty period has expired, please consult NCC Corporation, Ltd. If it is repairable and can be used, you will be charged for the repair.

Back-to-base repairs

Repair charges are comprised of a technical fee and the cost of parts.

Technical fee A fee for repairing faulty parts

Cost of parts The cost of parts used in repairs

Memo for your convenience	Date of purchase	Date
Store where purchased		
	Tel: ()	



Distributor
NCC Corporation, Ltd.
NEW RIVER TOWER 3F, 1-6-11 Shinkawa, Chuo-ku,
Tokyo 104-0033, Japan

NCC Corporation, Ltd. STRETCH REFLE AIR Warranty

Back-to-base repairs

Product name: STRETCH REFLE AIR 2.0

★ Customer	Name		
	Address		
Warranty period	Tel	Area code	Number
	Main unit	1 year	★ Date of purchase
★ Retail store	Address, name of store		From Month Day, Year
			Tel

*This warranty guarantees that the product will be repaired free of charge based on the period and conditions specified in the warranty certificate. Therefore, based on this warranty, it does not restrict the legal rights of customers in relation to entities that have issued a warranty and other business operators.

*Please see the instruction manual for details regarding repairs after the warranty period has expired and the period of retention of replacement parts.

NCC Corporation, Ltd.
NEW RIVER TOWER 3F, 1-6-11 Shinkawa, Chuo-ku, Tokyo 104-0033, Japan

This warranty guarantees that the product will be repaired free of charge if it malfunctions during the warranty period despite correct use according to the details described in the instruction manual and the label affixed to the main product unit, etc. If a malfunction occurs during the warranty period, please send this warranty certificate and the product to NCC Corporation, Ltd. and request for a repair. At the time of repair, recycled components that conform to the company's quality standards may be used.

The warranty is invalid when the rows marked with ★ have not been filled in. When you receive this warranty, fill in the required information. As the warranty will not be released, store it carefully to avoid losing it.

1. Repairs will be charged for in the following cases even during the warranty period.
(a) Malfunction or damage resulting from improper use or improper repairs or modifications.
(b) Malfunction or damage resulting from dropping, carrying or shipping the product after purchase.
(c) Malfunction or damage caused by use for a purpose other than general household use (e.g., for commercial use).
(d) Ignition, salt, insects, gas, and abnormal voltage.
(e) If the date of purchase, customer name, and name of the retail store have not been entered in this warranty certificate, or if the wording has been altered.

2. If on-site repair is carried out, travel expenses will be charged.
(f) If no particular request is made in regard to parts removed for the purpose of repairs, they will be recovered by the company.

3. If no particular request is made in regard to parts removed for the purpose of repairs, they will be recovered by the company.
4. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. This warranty is valid only in U.S.A.

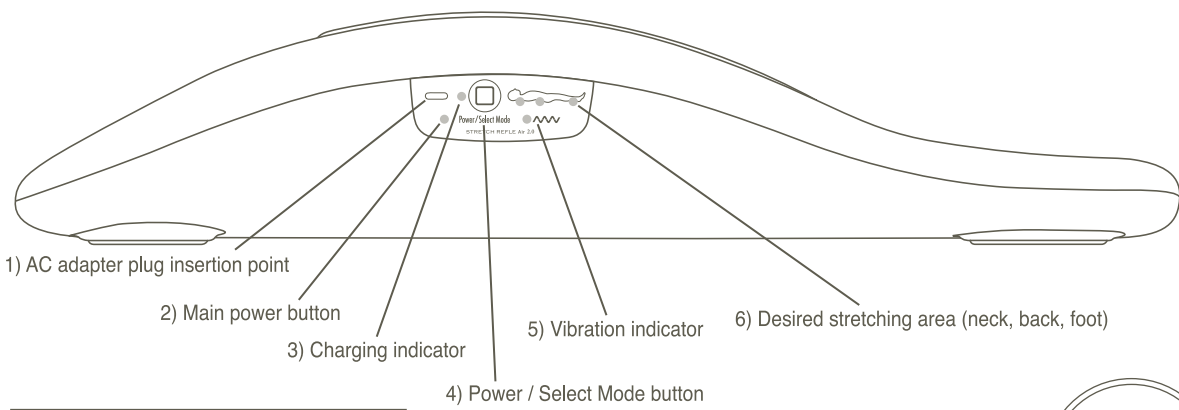
Repair memo	Repair date	Repair details	Staff member
Date			
Date			

Please note that customer's personal information such as the customer's name and address that has been entered in the warranty certificate may be used for service related purposes during the warranty period and subsequent safety inspection activities. Please note that the company may provide personal information regarding customer that is required for repairs to repair companies, etc. that the company has authorized to undertake repairs, but they will strictly comply with the Personal Information Protection Law and the same personal information protection regulations as those adopted by the company.



STRETCH REFLE Air 2.0 Instructions

Names of each part and usage instructions



Power / Select Mode button

To turn the power on, please press the Power/Select Mode button for 3 seconds.

How to select Stretching Mode

- Both Power/Select Mode button on the remote controller and the Stretch Refle Air 2.0 itself can be used to select Stretching Mode.
- Stretching Mode can be selected by the number of times you push the Power/Select Mode button.

Number of times pushing the button	Stretching Mode	Duration
1	Neck Stretching Exercise Mode	1min
2	Back Stretching Exercise Mode	1min
3	Leg Stretching Exercise	1min
4	Back/Neck Stretching Relaxation Mode	5min

- The Stretching Exercise will start 5seconds after selecting the Stretching Mode.
- To stop the Stretching Exercise, please press the Power/Select Mode button for 3seconds.
- To select another mode during a stretching exercise, push the button number shown above for desired mode.

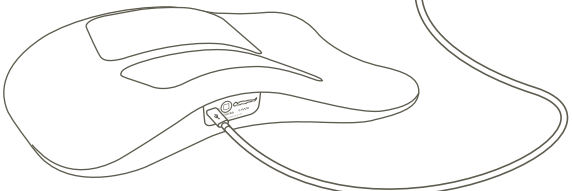
Stretching Exercise Mode and Stretching Relaxation Mode

- Stretching Exercise Mode : 1min Stretching Exercise program to effectively stretch body parts(neck/ back/leg) .
- Stretching Relaxation Mode : 5min Stretching program aiming mainly on relaxation for back and neck.

AC adapter plug insertion point

Insert the AC adapter.

STRETCH REFLE main unit



Charging indicator

If the blue LED light does not turn on after pressing the Power/Select Mode button for 3seconds, the battery needs to be charged. The blue LED light will blink during the recharge. Recharge is complete when the blue LED light no longer blinks (2.5 hours).

Specifications

Power source	Alternating current 100-240V 50-60Hz	Main unit weight	approx. 2.83kg
Power consumption	6.0W	Length of cord	100cm
Dimensions	Length : 343mm x Width : 470mm x Height : 97.5mm	Attachments	AC adapter
FCC Model no.	NCC - 002	Service temperature range	+5°C to +35°C
		Storage temperature range	-10°C to +40°C
		Weight limit	150kg

Use and handling in overseas countries

This product has been designed and sold for use in USA. It cannot be used in countries with a different power supply voltage and power supply frequency. After-sales service, including repairs and sales of parts, will not be available overseas.



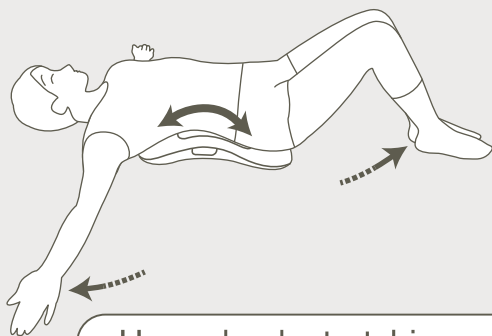
Stretch Refle Air 2.0 How to stretch core muscles

While Lying Down

Back stretching exercises

FOR BEGINNERS

Lie down on the Stretch Refle Air. Extend your arms straight out from your shoulders keeping your knees bent.

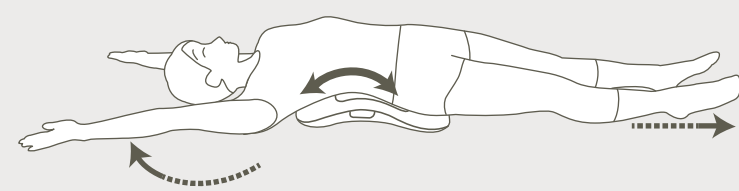


Upper back stretching exercise

Lie down on the Stretch Refle Air. Make sure your shoulder blades are on the highest point of Stretch Refle Air, extending the middle of your back.

Neck stretching exercise

Lie down on the Stretch Refle Air. Make sure your neck is on the highest point of Stretch Refle Air, extending your chest.



Stretch exercise while sitting

Sit on the curved end of Stretch Refle Air.

While standing

Leg stretching exercises

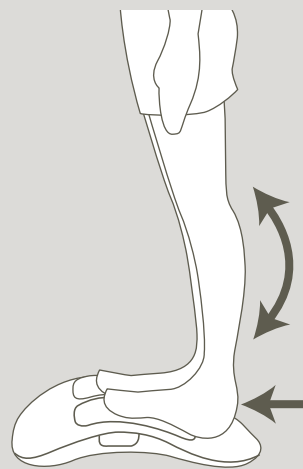
FOR BEGINNERS

Stand straight on the Stretch Refle Air. For a soft stretch, stand with heels close to the edge of the Stretch Refle Air.



FOR ADVANCED USERS

Stand straight on the Stretch Refle Air. For advanced stretching, stand with heels close to the airbags. It is important that your calves and toes are well extended.



Precautions

To prevent falling, please hold on to a wall or a chair, or have someone support you to keep your balance.

