

1. Wearing

Remove the battery and cover the product around the knees as shown in Figure 1.1. The two straps are passed through the corresponding hole buckles, as shown in Figure 1.2. Then fold the strap back and tighten it, and stick the velcro tightly to complete the wearing.



Fig. 1.1 Align knee with the central hole Fig. 1.2 Strap passes through the hole buckle Fig. 1.3 Stick the velcro tight

2. Battery removal

Insert the battery cell into the battery bay facing up and forward as shown in Figure 2.1, and the indicator lights are red, green, and blue respectively, and the self-test indicates that the power-on is normal.

Figure 2.2. Take the battery through the front hole to eject, as shown in Figure 2.3.

Note: In the shutdown state, install the battery immediately after the battery is removed, and it may not enter the power on self-test. Because the main control board hardly consumes power in the shutdown state, there is still residual power in the capacitance of the main board. No self inspection will not affect normal use.



Figure 2.1 Insert the battery with the electrode facing up Figure 2.2 Power on self inspection Figure 2.3 Push out the battery

3. Multi-functional powerbutton

In the shutdown state, press and hold the power key for 1.3 seconds to enter the standby state. The three-color power level indicator is on, and the power indicator is shown in Table 3.1. Standby mode Bluetooth function can be connected and operated. In standby mode, briefly press the power key to enter the shutdown state. During the treatment process (see 4, 5, 6 and 7 for the treatment function), briefly press the power key to end the treatment and enter the standby mode. The treatment process can be started only in standby mode, except for vibration massage (see 7 for vibration massage function). Standby mode, automatic shutdown without operation for 1 minute.



Figure 3.1

LED Color	Electricity
Red light flashes	0%-15%
Red light	15%-25%
Blue light	25%-75%
Green light	75%-100%

Table 3.1 Power level corresponding indicator color

4. Cooling treatment

As shown in Figure 4.1, in standby mode, briefly press the refrigeration key to enter the cooling treatment course, and turn on 50% intensity vibration massage at the same time. Only a short press of the power key can interrupt and end the treatment. The course of treatment is divided into 6 steps, and the corresponding 6 Blue indicators flash respectively. The treatment time and temperature of each step are shown in table 4.1. Short press the vibration key to switch the vibration mode or turn off the vibration (see 7 for details).



Figure 4.1

The course of treatment	Duration of treatment	Treatment temperature
Step 1	3 minutes	15°C
Step 2	3 minutes	10°C
Step 3	3 minutes	10°C
Step 4	3 minutes	10°C
Step 5	3 minutes	15°C
Step 6	3 minutes	18°C

Table 4.1

5. Heating treatment

As shown in Figure 5.1, in standby mode, briefly press the heating key to enter the heating treatment, and turn on 100% intensity vibration massage at the same time. Only a short press of the power key can interrupt and end the treatment. The course of treatment is divided into 6 steps, and the corresponding 6 Red indicators flash respectively. The treatment time and temperature of each step are shown in table 5.1. Short press the vibration key to switch the vibration mode or turn off the vibration (see 7 for details).



Figure 5.1

The course of treatment	Duration of treatment	Treatment temperature
Step 1	2 minutes	35°C
Step 2	2 minutes	38°C
Step 3	2 minutes	43°C
Step 4	2 minutes	43°C
Step 5	2 minutes	40°C
Step 6	2 minutes	38°C

Table 5.1

6. Hot&cold treatment

As shown in Figure 6.1, in standby mode, briefly press the heating key to enter the heating treatment, and start 0% - 100% intensity vibration massage at the same time. Only a short press of the power key can interrupt and end the treatment. The course of treatment is divided into six steps, corresponding to three blue and three red indicators flashing respectively. The treatment time and temperature of each step are shown in Table 6.1. Short press the vibration key to switch the vibration mode or turn off the vibration (see 7 for details).



Figure 6.1

The course of treatment	Duration of treatment	Treatment temperature
Step 1	3 minutes	15°C
Step 2	3 minutes	10°C
Step 3	3 minutes	10°C
Step 4	3 minutes	38°C
Step 5	3 minutes	40°C
Step 6	3 minutes	40°C

Table 6.1

7. Vibrating massage

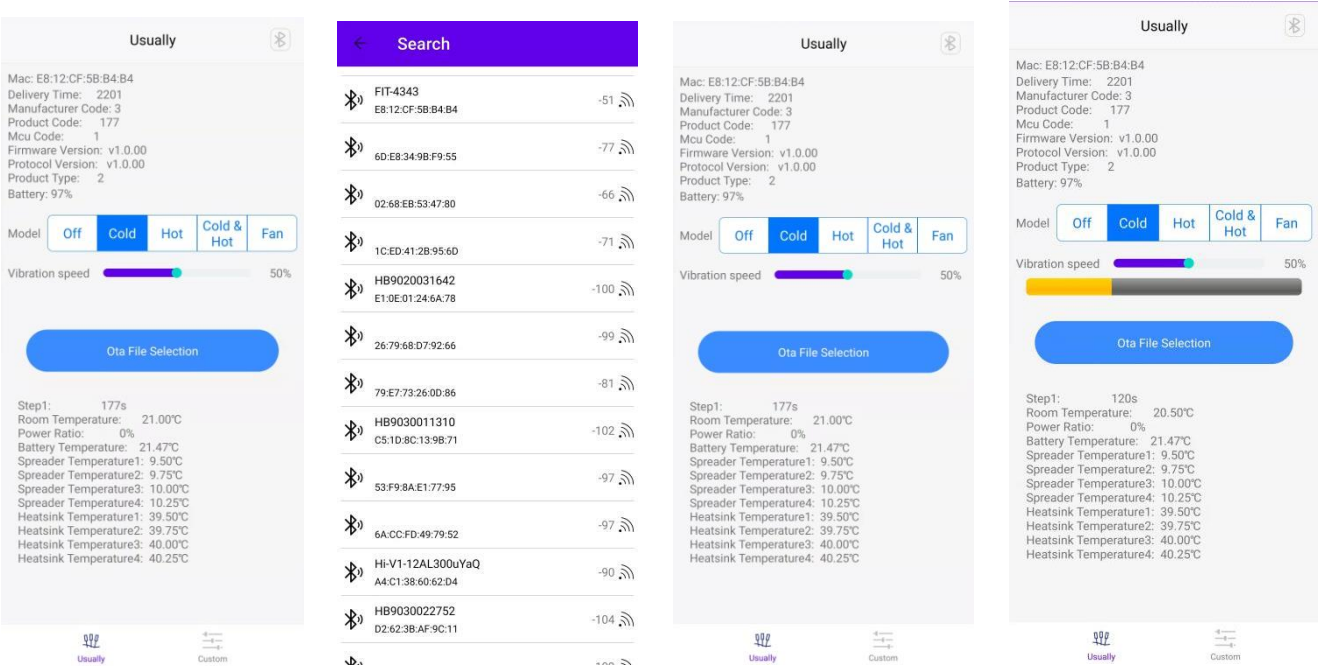
As shown in Figure 7.1, in the non shutdown state, short press the vibration key to switch 50% vibration mode, 100% vibration mode, 0-100% change vibration mode and turn off vibration respectively. The corresponding indicator light is on. Long press the vibration key for 1.3 seconds or short press the power key to turn off the vibration (see 3 for the function of the power key).



Figure 7.1

8. Bluetooth connection

In the non-shutdown state, Bluetooth can be connected. Using the test app, you can search the default "fit XXXX" Bluetooth device and click the device name to connect. Test the corresponding functions of APP operable keys and firmware upgrade. Adjust the motor speed and display temperature information and battery information. The function is being improved.



FCC Caution:

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

IMPORTANT NOTE:

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.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.