



Shenzhen Fit King Health Tech. Co., Ltd.

✉ service@ifitking.com 🌐 www.ifitking.com



Air Compression Recovery System

MODEL NO. FT-129A



User Manual

Please read the instructions carefully before use and keep it well for further reference.

I Contents

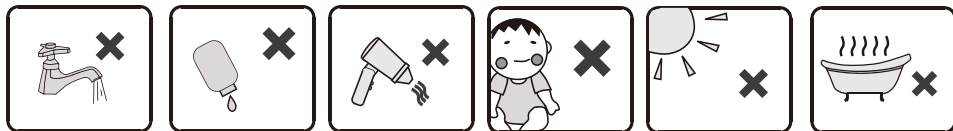
Safety Precautions	1-2
FAQs	2-3
Product Description	4-5
Operating Instructions	5-7
Pair and Unpair Devices	7-8
About Charging	9
Specifications	10
Troubleshooting	11
Notes after Use	12
Cleaning	12
Storage & Maintenance	12-13
Disposal	13
Package Includes	13
Contact Us	13
Warranty	13-14
FCC Approved Equipment Authorization	14
Labels	15

Safety Precautions

Please read the following safety precautions carefully to ensure safe and correct use.

Warnings

1. If you experience severe pain, any unusual symptoms, or want to remove the sleeves in an emergency during use:
 - Press the Power button to stop the device;
 - Remove the sleeves and consult your doctor.
2. Consult your doctor before using this device if:
 - Using pacemaker or other medical devices which are susceptible to electrical interference;
 - Suffering from malignant tumors;
 - Suffering from cardiac diseases;
 - Having serious peripheral neuropathy dysfunction or sensory disturbance caused by diabetes;
 - Being unsuitable to do the massage because of traumas or bone fractures on the body;
3. Keep it out of the reach of infants, children, and people without the ability to use it independently.
4. Don't use another charger but the original one.
5. Don't scratch, damage, process, excessively band, pull or twist charging cable. Otherwise, it may cause fire or electric shock.
6. It is not allowed to use when the charger is faulty or the plug is loose.
7. Don't plug or unplug the charger with wet hands.
8. Don't put the controller in the quilt or use the device in high temperature condition.
9. It is forbidden to remodel, disassemble or repair the product without permission.



Cautions

1. Don't use it in the bathroom or other humid places.
2. Please unplug the charger after charging is complete.
3. Don't walk around when you are wearing the sleeves.
4. Do not leave the device, charger, or any accessories where they could be damaged by children, pet, pests, or liquids.

FAQs

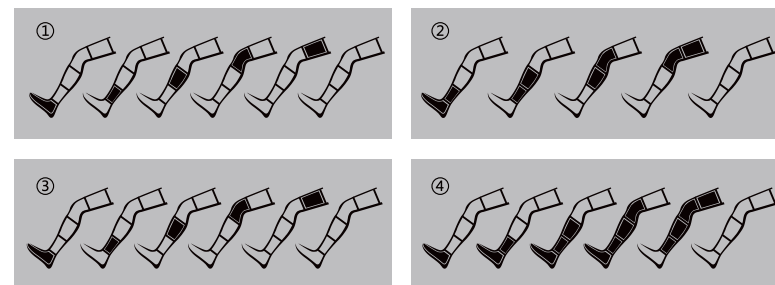
Q1: How does this product massage?

A1: This air compression device features 5 air chambers (foot, lower calf, upper calf, lower thigh, and upper thigh) that simulate manual kneading and stroking motions. It maximizes whole-body blood circulation, alleviates pain and soreness in the treated areas, and improves overall circulation.

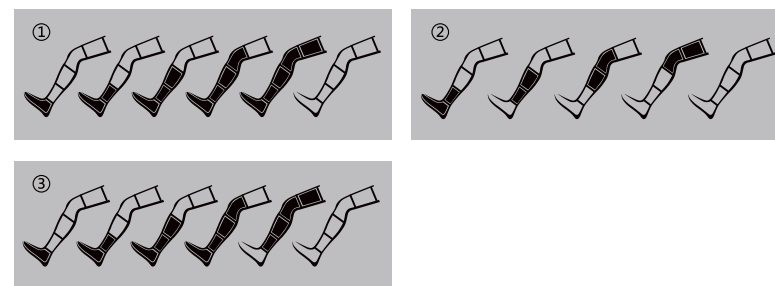
Q2: What are the differences between the various modes?

A2: There are 3 massage modes :

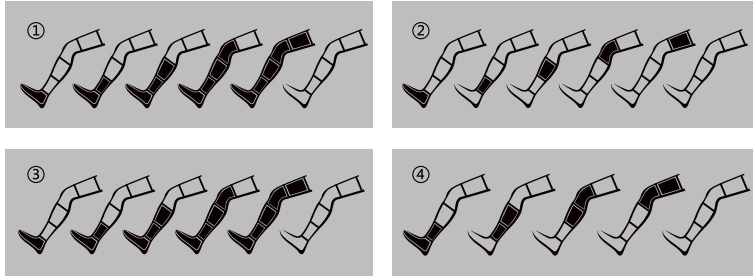
Mode 1: Sequence



Mode 2: Circulation



Mode 3: Combination



Q3: Does the product need to be plugged in to use?

A3: No, the device is cordless and uses rechargeable batteries, allowing you to use it anywhere. A fully charged battery provides 1.5 to 2.5 hours of runtime (Exact duration depends on intensity and mode).

Q4: Can this product be used while charging?

A4: No, the device cannot be used during charging. (Effectively extend battery life)

Q5: What should I do if I feel the strength is too weak or too strong?

A5: There are 11 levels of strength available, offering multiple options. If the lowest setting still feels too strong, we recommend using the sequence mode.

Q6: How long should I use this product?

A6: Recommend 1-2 times daily, not exceeding 60 minutes per session. If you feel fatigued and wish to extend the massage duration to relieve soreness, you may adjust the time at any time using the controller.

Q7: When should I use this product?

A7: Because it is rechargeable and portable, you can use it anywhere, anytime you like. It is ideal for pre-workout warm-up, post-workout rehabilitation, and relaxation after a long day at work.

Q8: Can two sleeves be used separately?

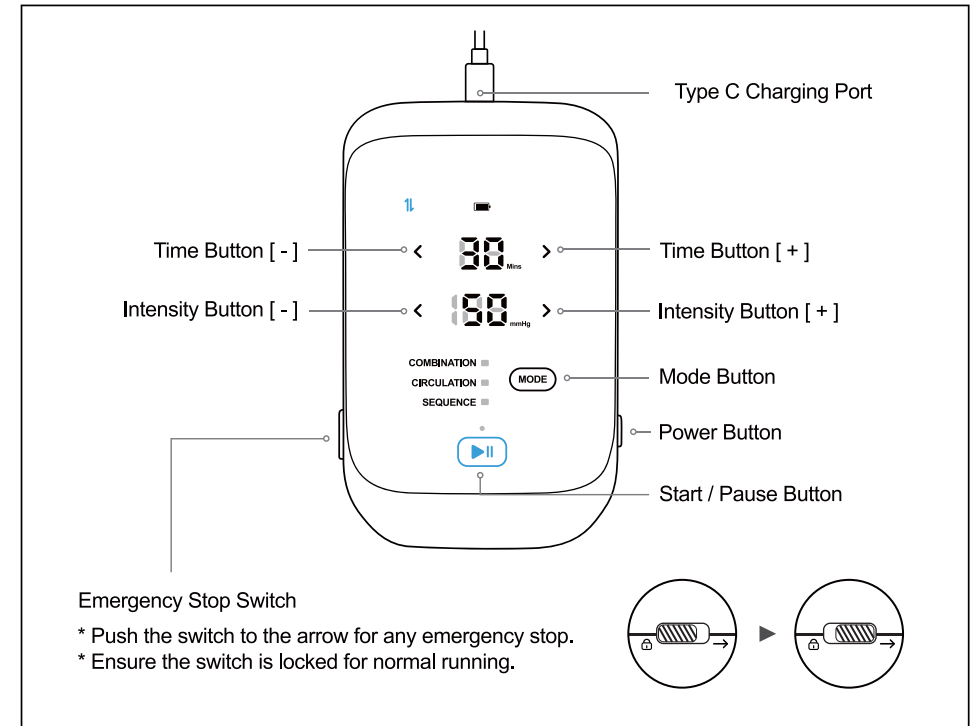
A8: Yes, you can prevent automatic synchronization between the two devices by unpairing them Via Bluetooth, allowing each person to use their device independently. Refer to page 8 for instructions. (Note: To resume synchronization, simply re-pair the Bluetooth devices.)

Q9: Why does the controller make sound?

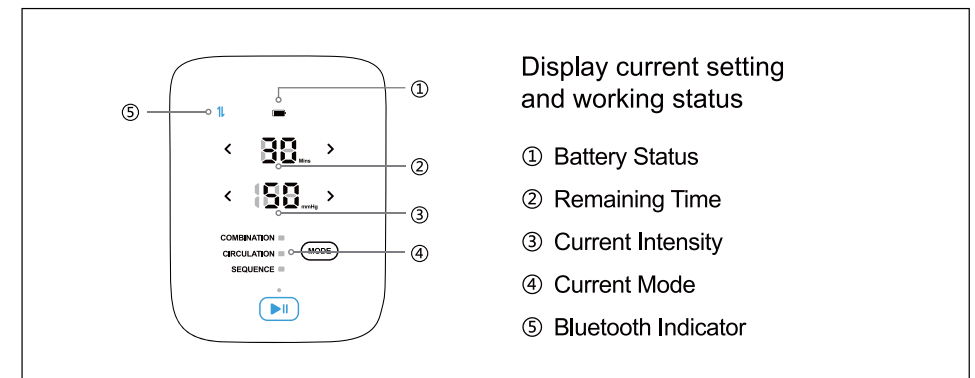
A9: The sound comes from the working air pump in the controller, which provides air continuously to the airbags in the sleeves. This is normal.

Product Description

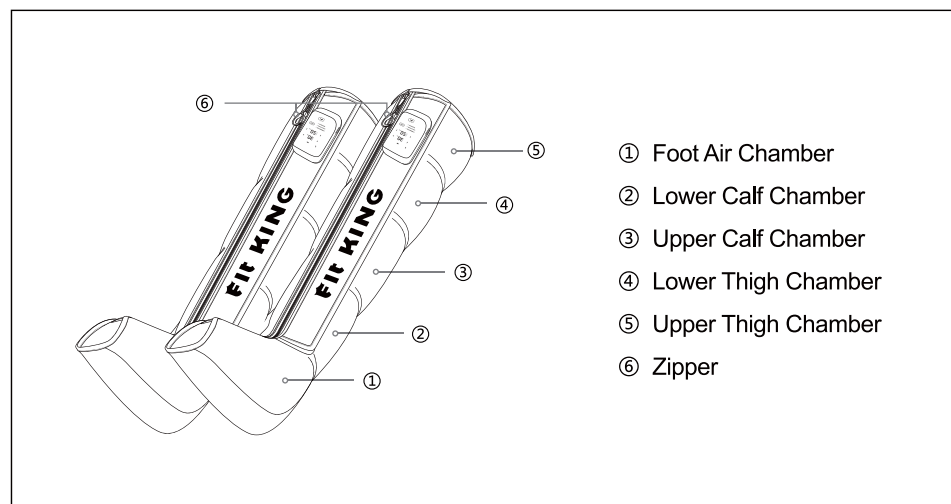
Controller



Display Screen



■ Massage Sleeves

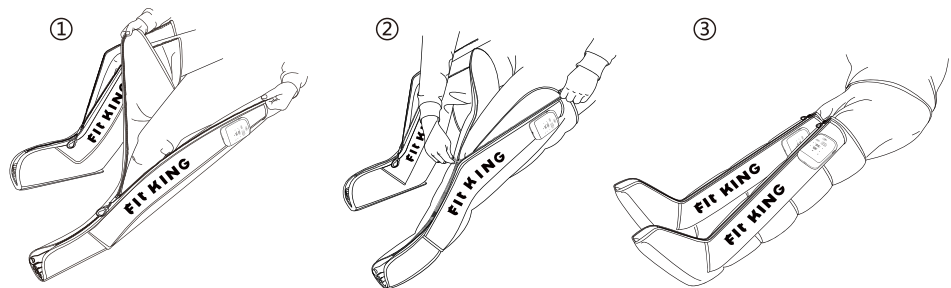


■ Operating Instructions

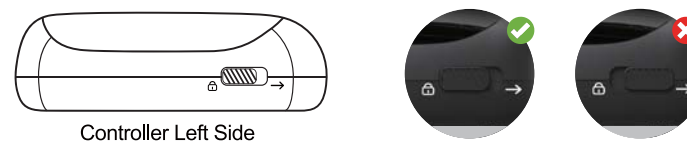
Please read safety precautions carefully before use the product. In order to get better massage experience, please use it according to the instruction.

1. It's recommended to fully charge it for 3.5-4 hours before the first use.
2. Please find a comfortable position reclining or lying down, and then put on the sleeves properly.

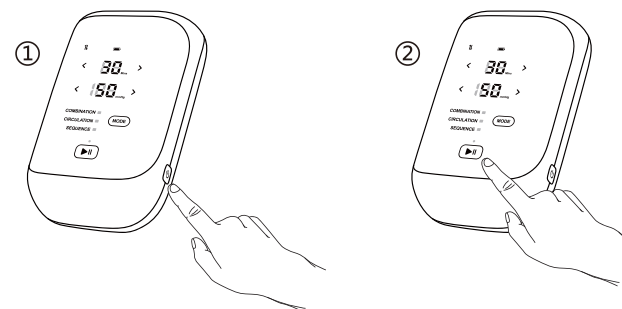
*** There's no difference between left and right sleeves.**



3. Check & ensure the Emergency Stop Switch is in the locked position before powering on, otherwise it will not work.



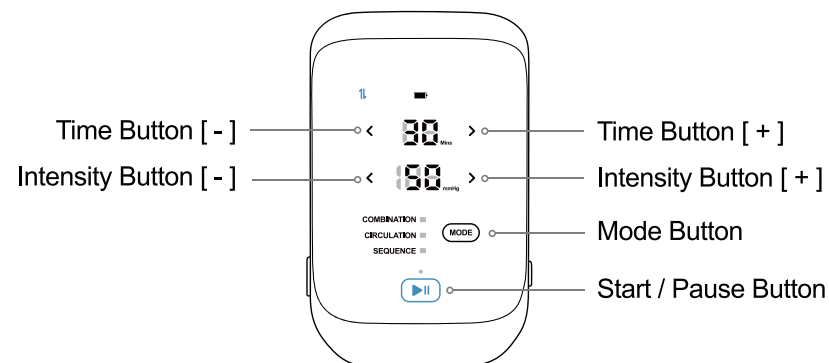
4. Press and hold the Power button (⏻) for 2 seconds to turn on the device. Then press the (▶||) to start.



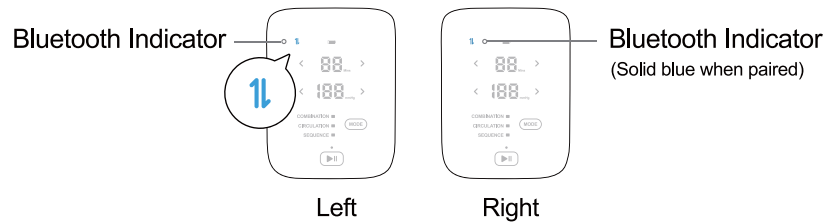
* The device will auto shut down after 2 minutes of standby if not in use.

5. Adjust Settings:

The two controllers can synchronize their operations via the built-in Bluetooth components. Setting up either controller will automatically sync the other one.



* After turning on both controllers, the Bluetooth connection takes about 10 seconds. Both Bluetooth indicators will light solid blue as below.

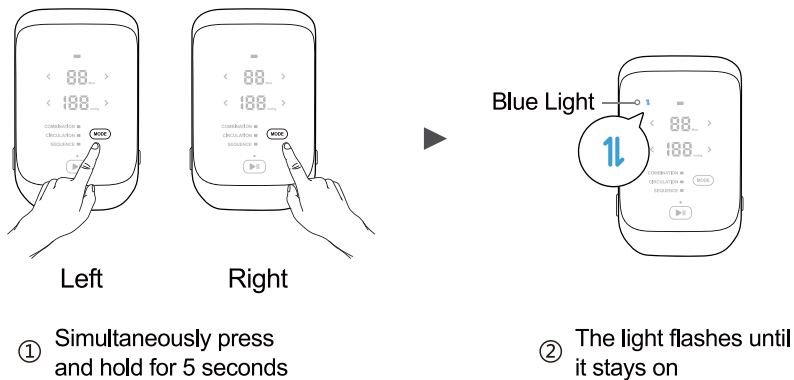


If users find that the massage experience on left leg and right leg is inconsistent during use, please re-pair the Bluetooth, refer to page 7 of the manual.

Pair and Unpair Devices

Pair Devices

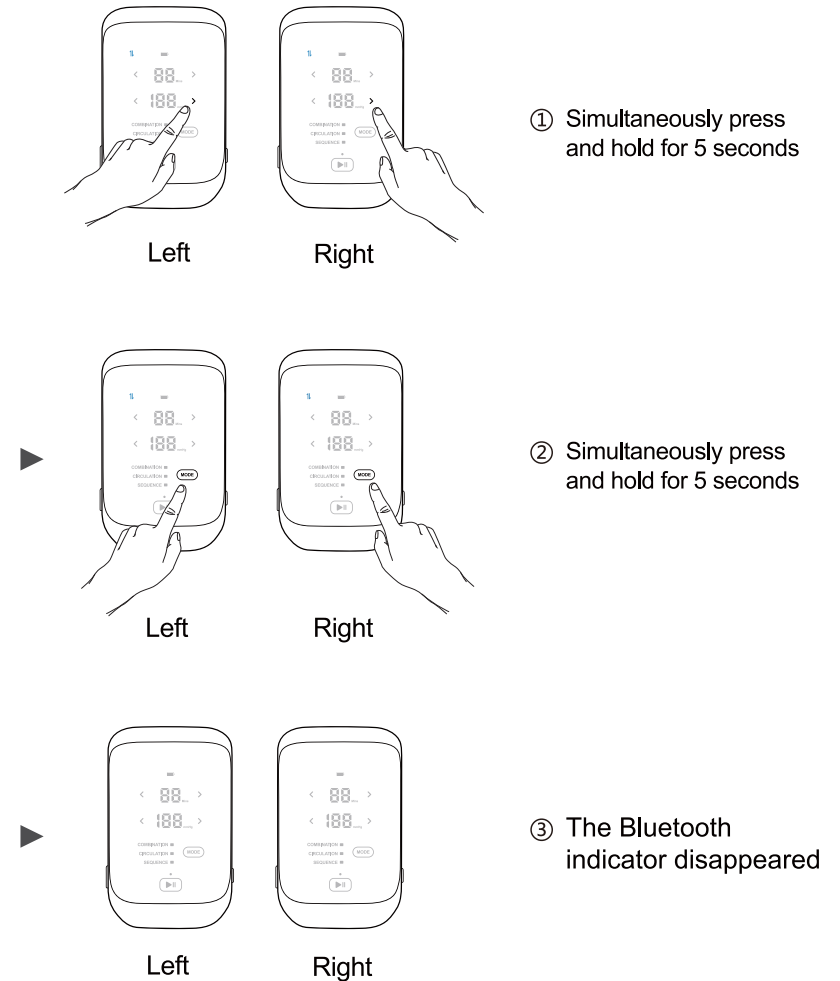
Press the Mode button at the same time and hold for 5 seconds until you hear one beep. The Bluetooth indicator lights will keep flash for about 10 seconds, then the device paired when the indicator lights stop flashing.



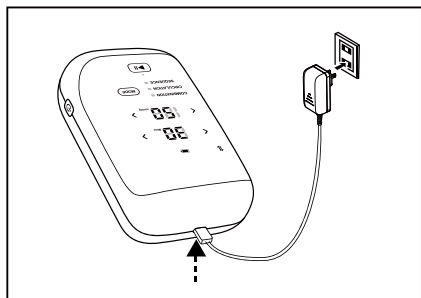
If you want to operate the two sleeves separately, you can unpair the Bluetooth.

Unpair Devices

Press the intensity increase button ">" at the same time and hold for 5 seconds until you hear one beep. Then press and hold the mode button for 5 seconds until you hear another beep. The Bluetooth indicator lights disappeared, unpairing successful.



About Charging



How to charge the battery?

- Power off the device.
- Connect the included charger to the Type-C port.
- Plug in to a wall outlet.

Please use the included charger and avoid using other chargers.

Note: This device cannot be used while charging.

Battery Capacity	2600 mAh
Charging Life	3.5 - 4 Hours
Battery Life	Depending on the Intensity & Mode Used
	3-5 Days with 30 Minutes of Daily Use
	1.5-2.5 Hours of Continuous Use Per Charge
Battery Indicator Guide	Charging: White Light Flashes
	Fully Charged: White Light Stays on
	Battery>50%: White Light Stays on
	Battery<50%: Orange Light Stays on
	Battery<20%: Red Light Stays on
	Battery<10%: Red Light Flashes (Charging Reminder)

Specifications

Product Name	Air Compression Recovery System
Model	FT-129A-S / FT-129A-M / FT-129A-L
Voltage	AC 100~240V, 50 / 60Hz, DC 5V/3A
Rated Power	15W
Mode	3 Modes: Sequence / Circulation / Combination
Strength Levels /Pressure Range	11 Levels: LOW-50~70 mmHg; MID-80~110 mmHg; HIGH-120~150 mmHg Default Intensity is 50 mmHg, each press +/-10 mmHg
Dimension	420 x 239 x 198 mm / 16.5 x 9.4 x 7.8 in
Weight	(S) 4.2 kg / 9.26 lbs; (M) 4.5 kg / 9.92 lbs; (L) 4.6 kg / 10.1 lbs
Timer	15~60 Mins. The default value is 30 Mins, each press +/- 5 Mins
Sleeve Type	5-Chambers Sleeve: Foot / Lower Calf / Upper Calf / Lower Thigh / Upper Thigh
Operating Conditions	Temperature: +5°C to 35°C (41°F to 95°F) Humidity: 5% to 85% non-condensing; Atmospheric Pressure: 75 kPa to 106 kPa;
Storage Conditions	Temperature: -20°C to 40°C (-4°F to 104°F) Humidity: 30% to 85% non-condensing; Atmospheric Pressure: 75 kPa to 106 kPa; Keep dry and avoid direct sunlight exposure

Troubleshooting

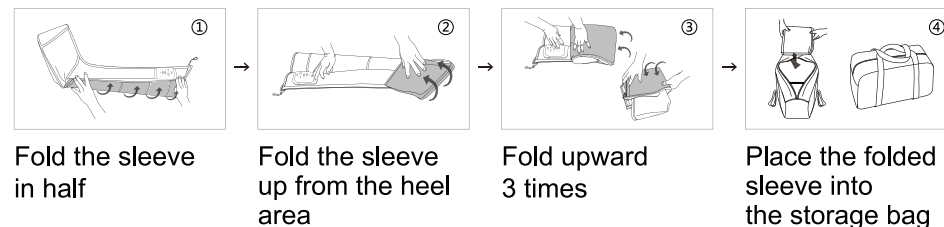
Problems	Possible Causes	Solutions
The controller cannot be charged	The charging cable is not securely inserted.	Please firmly reinsert the charging cable.
Device not working	Low battery (The charging indicator flashes red light, device powered off after beep 10 times)	Recharge the battery fully.
	The Emergency Stop Switch now is in the position "→". (After power-on, device beeps 6 times then shuts down)	During operation, please make sure the switch be moved to position "↶".
Device stops during operation	If device is powered on but Start button "▶" is not pressed within 2 minutes, it will automatically shut down with an audible beep.	Touch Start button "▶" to activate device after power-on within 2 minutes.
	Session timer ended.	The device will shut down automatically once the preset time ends. Press the Power button "⏻" to restart.
	Sleeve air leakage. (Devices shuts down after 2 minutes with 6 beeps)	Please check leg sleeve for air leaks. If found, contact support at service@ifitking.com
	Charging during use. The device will shut down automatically after inserting the Type-C charging cable.	Please avoid using the product while charging; This device cannot be used while charging.
After shutting down, press the Power button but no response	Press the Power button immediately after shutting down.	After shutting down, please wait 2 seconds before pressing the Power button.
Massage sleeves are out of synchronization / Bluetooth status indicator do not light up	The device's Bluetooth is not connected.	Re-pair the Bluetooth for both sleeves. Please refer to the Page 7 pair device details.

* You're welcome to reach us at service@ifitking.com if further assistance is needed.

Notes After Use

1. After using this device, please turn off the controller by pressing the Power button.
2. Take off the sleeves and pack all the accessories into the storage bag after the boots completely deflate.

How to fold the sleeves?



Cleaning

Make sure to cut off the power before you clean the device.

1. If dirty, please wipe the controller and sleeves with a damp, clean cloth.
2. Dry thoroughly with a clean cloth.
3. Don't use gasoline, alcohol, diluent, and other irritating liquid to wipe the device in case it causes malfunction or the components are damaged or discolored.
4. Don't dry clean.

Storage & Maintenance

1. Don't disassemble the device by yourself. It has no user-serviceable part. If you have any problems during using this product, please contact customer service at service@ifitking.com.
2. Keep it out of the reach of infants, children and people without the ability to use it independently.
3. Don't place it in high temperature and humidity condition.
4. Avoid direct sunlight.
5. Avoid needles puncture the sleeves.
6. Don't place heavy stuff on it.

7. Keep the open ports of the controller, and power inlet free of debris.
8. Do not allow lint or dust accumulates, wipe down the device with a dry cloth before use.

Disposal

Please adhere to the local regulations when you dispose of the wasted

Package Includes

- 2 x Massage Sleeves
- 1 x User Manual
- 1 x Charger (DC 5V 3A)
- 1 x Quick Start Guide
- 1 x Portable Carrying Bag

Contact Us

If you have any problems during using, please feel free to contact our after-sales support team at any time.

E-mail: service@ifitking.com

Note: Please include the order number along with the problems you meet in the mail, videos & pictures are welcomed for better and faster service.

Warranty

We provide 2-year warranty from the date of purchase, covering defects in materials or workmanship under normal use, as confirmed by our authorized service personnel.

Please note that the following cases are excluded from the free warranty, even with in the warranty period:

- 1 Lack of valid proof of purchase (e.g., missing order ID or purchase record)
2. Damage due to improper use, including but not limited to incorrect power supply, use of incompatible accessories, improper installation, accidental drops, exposure to extreme temperatures or humidity, liquid ingress, and animal damage.

3. Damage caused by external factors, such as transportation and other accidents, unauthorized repairs or modifications, or force majeure events (e.g., natural disasters, voltage fluctuations).
4. Normal wear and tear from regular use that doesn't affect performance.
5. Consumables and accessories (e.g., charging cable, carrying bags).

FCC Approved Equipment Authorization

FCC ID: 2BQV7-FT-129A

FCC Warning

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.

NOTE 2: 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.

I Labels

The following labels and symbols appear on the product and/or packaging.

LABEL	DESCRIPTION	LOCATION
	Read instructions before use.	On packaging label
	Warnings, read instructions before use.	On packaging label
	Double Insulation. Equipment consists an extra layer of supplementary insulation over the basic insulation, or a single layer of special reinforced insulation directly over the live parts.	On packaging label
	Separate collection for waste electrical and electronic equipment.	On product label
	In accordance with Directive 2014/35/EU electrical equipment designed for use within certain voltage limits, and Directive 2014/30/EU electromagnetic compatibility.	On product label
	The electromagnetic radiation from the device is below the limits specified by the Federal Communications Commission.	On product label
RoHS	A directive in the European Union that regulates the use of certain hazardous substances in electrical and electronic equipment (EEE).	On product label