

# RENPHO

# User Manual

## Foot and Calf Massager

Model: R-D001RS



## Introduction

Thank you for choosing the RENPHO Foot and Calf Massager. Please use this product with the utmost care and safety in mind. To ensure safety and avoid any accidental damage or injury, please read this manual carefully and use the product only as indicated. Non-compliance may cause serious injuries, death and/or severe property damage.

## IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following: Read all instructions before using (this appliance). DANGER – To reduce the risk of electric shock:

1) Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

1) An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.

2) Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

3) Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.

4) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

5) 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 examination and repair.

- 6) Do not carry this appliance by supply cord or use cord as a handle.
- 7) Keep the cord away from heated surfaces.
- 8) Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 9) Never drop or insert any object into any opening.
- 10) Do not use outdoors.
- 11) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 12) To disconnect, turn all controls to the off position, then remove the plug from the outlet.

**WARNING:** Do not stand on or in the appliance. Use only while seated.

**WARNING:** Do not use a massager in close proximity to loose clothing or jewelry.

**WARNING:** Keep long hair away from massager while in use.

**WARNING:** Temperatures sufficiently high to cause burns may occur regardless of the control setting. Do not use on an infant or invalid or on a sleeping or unconscious person. Do not use it on insensitive skin or on a person with poor blood circulation. Check the skin in contact with the heated area of the appliance frequently to reduce the risk of blistering.

**WARNING:** Do Not Crush – Avoid sharp folds.

**DANGER:** Never use pins or other metallic fasteners with this appliance.

**DANGER:** Carefully examine the covering before each use.

Discard the appliance if the covering shows any sign of deterioration, such as checking, blistering, or cracking.

**DANGER: Keep Dry – Do not operate in a wet or moist condition.  
For household use only. Do not immerse in water.  
SAVE THESE INSTRUCTIONS**

## **About the RENPHO Foot and Calf Massager**

### 1. Specification

Model: R-D001RS

Input: AC 100-240V 50/60Hz

Rated Power: 60W

Auto-off Timer: 15min/20min/30min

Product Size: L584\*W395\*H246mm

Product Weight: 8.2kg

### 2. Package Included

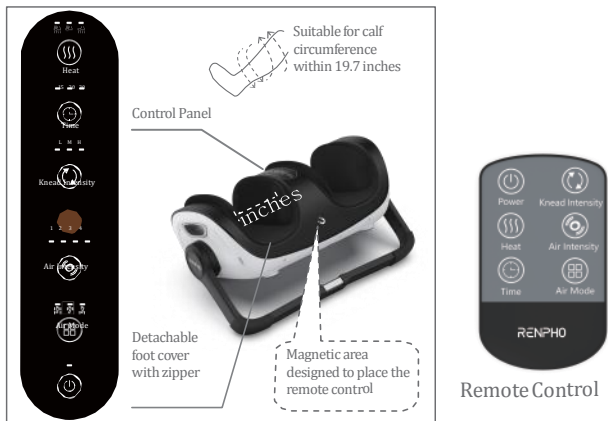
1 X RENPHO Foot and Calf Massager 1 X

Remote Control

1 X User Manual

Note: After powering on the treadmill, enable your mobile phone Bluetooth setting, search for R-D001RS and connect it.

### 3. Overview



### 4. Button Introduction

Button Name	Function
Power	Power ON/OFF
Air Mode	Full feet(Default), Fore feet, Rear feet, OFF
Air Intensity	1 (Default) / 2 / 3 / 4
Knead Intensity	L(Default) / M / H / OFF
Time (Auto-off)	15min (Default) / 20min / 30min
Heat	Instep+Bottom(Default), Instep, Bottom, OFF

Tips: Use your thumb to press buttons to get better touch sensitivity.

## Using the Renpho Foot and Calf Massager

### Massage Postures

When massaging calves, it is recommended to turn on only the Air pressure or Kneading function, and start from the lowest intensity.



Massage Feet






Massage Calves




Massage Arms

We recommend you limit massaging to 15-30 minutes. Longer massage time may cause mild pain.

### Operation

1. Connect the plug to the power source. The Power indicator flashes White accompanied by a beep sound and the massager enters standby mode.
2. Press the  Button to turn on the massager. Check the default Mode and Intensity in Button Introduction chart.
3. Press the  Button to switch the auto-off time among 15, 20, or 30 minutes. The timer will re-time each time you press the Time Button.
4. Press  to turn ON/OFF the Mode function or select Full feet, Fore feet or Rear feet area.

5. Press  Button to adjust the Air Intensity among 1/2/3/4.

6. Press the  Button to adjust the Knead Intensity among L/M/H/OFF.

7. Press the  Button to turn ON/OFF the heating function or select Full (Bottom+Instep), Instep or Bottom, heating area.

Note:

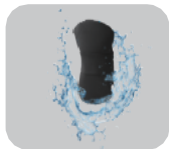
A: Heating, Kneading and Air pressure function can work independently.

B: Each press is accompanied by a beep sound and corresponding indicator light (When off, the LED goes out).

C: If none of the Heating, Kneading and Air pressure function is working, the Time and Power button indicator lights are on, and the massager will enter the standby state if there is no further operation within 10 seconds.

8. The foot massager fits up to US Men's size 14 (EU Men's size 48.5).

9. Removable mesh: Unzip to remove and clean



## Product Care and Maintenance

1. The use of non-rated voltage is prohibited.
2. It is prohibited for non-professional personnel to repair the massager or replace parts.
3. Do not use or store the appliance in wet environments or high temperatures.
4. Unplug the power cord from the outlet after using.
5. Ensure that the operation of this product does not exceed more than 30 minutes at any given time.
6. If you feel unwell or in any unusual discomfort, please stop using the product immediately.
7. If a high temperature or foul odor is experienced while using the product, stop using immediately and unplug the device.
8. Any Individual who may be pregnant or recently gave birth, has a heart condition or a pacemaker, suffers from diabetes or other sensory impairment, phlebitis and/or thrombosis, joint dysfunction, inflammation or injuries, weak bones, osteoporosis, a high fever, an abnormal or curved spine, is at an increased risk of developing blood clots, has pins/screws / artificial joints or other medical devices implanted in his / her body, is being treated for a medical condition or physical injury or is under a doctors care should consult with a medical professional before using a massaging device designed for home use.
9. Do not use sharp objects to handle the product in order to avoid damage.
10. Please keep the product clean. You can use soft cotton cloth and neutral detergent to clean it.



11. The product is a temperature-protection device; it will automatically shut-off when the temperature exceeds the safe limit.

## Troubleshooting Guide

Common problems	Possible Cause	Solutions
The product does not work	<ol style="list-style-type: none"><li>1. Disconnected power or loose plug causing poor contact.</li><li>2. The power switch is off or time is up.</li><li>3. The motor auto shuts-off due to the device being on too long activating overheating protection.</li></ol>	<ol style="list-style-type: none"><li>1. Re-plug to the power source.</li><li>2. Turn the power switch on again.</li><li>3. Use the massager after the motor cools off naturally.</li></ol>
The massage intensity is too high or too low	<ol style="list-style-type: none"><li>1. Your feet is positioned at the wrong angle. Didn't choose intensity level which is right for you.</li></ol>	<ol style="list-style-type: none"><li>1. Adjust the contact angle to get moderate intensity. The massager has 4 intensity levels, choose the intensity you prefer. We recommend low intensity to begin with.</li></ol>

<p>No heating or insufficient heating</p>	<ol style="list-style-type: none"> <li>1. The heating function isn't turned on.</li> <li>2. The working heat area might be bottom, not full/Instep.</li> <li>3. The product structure and working principle limits how fast the bottom can heat up. Therefore, the heating-up may seem a bit slow, wait a few minutes longer.</li> <li>4. The ambient temperature or the internal temperature of the product is too high, the heating function will be turned off because of the over-heated protection.</li> </ol>	<ol style="list-style-type: none"> <li>1. Press the " Heat" button. The white indicator light should turn on.</li> <li>2. Choose the Full Heat area to get more sufficient heating.</li> <li>3. It takes about a few minutes to fully heat up. Please be patient as this is to avoid the temperature rising too fast.</li> <li>4. After the internal temperature drops, the heating function will be auto-turned on.</li> </ol>
<p>The touch panel is not working properly</p>	<ol style="list-style-type: none"> <li>1. Fingers are wet.</li> <li>2. Insufficient touch area.</li> </ol>	<ol style="list-style-type: none"> <li>1. Dry your fingers before touching the button.</li> <li>2. Use your thumb to press buttons to get better touch sensitivity.</li> </ol>

## FCC Statement

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.

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.

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

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### - English:

This device complies with Industry Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions: (1) This device may not cause interference, and (2) This device must accept any interference, including interference that may cause undesired operation of the device.

### - French:

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radio électrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.