

刀模线不印刷

尺寸: 148*207.5mm , 四色印刷

封面封底 200g 铜版纸,过哑胶

封面封底 的内页 , 保持空白,不要印刷

内页128g铜版纸,不过胶

按照页码顺序,骑马钉装订成册

Fit.foundry

4-1 RECOVERY HEAT + MASSAGE

TOTAL BODY RECOVERY ESSENTIALS

USER
MANUAL



**WELCOME TO YOUR
NEW FIT FOUNDRY
4-1 RECOVERY
HEAT & MASSAGE
TOTAL BODY
RECOVERY
ESSENTIALS!**

FIT FOUNDRY BACK RELIEF WRAP



FITHBK-B

01. IMPORTANT NOTICE

IMPORTANT SAFETY INSTRUCTIONS & PRECAUTIONS

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:

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

- 01.** Do not reach for an appliance that has fallen into water. Unplug immediately.
- 02.** Do not use while bathing or in a shower.
- 03.** Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.
- 04.** Never use pins or other metallic fasteners with this appliance.
- 05.** Carefully examine the covering before each use. Discard the appliance if the covering shows any sign of deterioration, such as checking, blistering, or cracking.
- 06.** Keep Dry – Do not operate in a wet or moist condition.

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

- 01.** 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.
- 02.** Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 03.** Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- 04.** Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 05.** 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.

06. Do not carry this appliance by supply cord or use cord as a handle.

07. Keep the cord away from heated surfaces.

08. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like. Never operate on a soft surface such as a bed or couch where the air openings may be blocked.

09. 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 plug from outlet.

i. Use heated surfaces carefully. May cause serious burns. Do not use over insensitive skin areas or in the presence of poor circulation. The unattended use of heat by children or incapacitated persons may be dangerous.

ii. 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 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.

iii. Do Not Crush – Avoid sharp folds.

13. Use only with Listed/Certified Information Technology (Computer) Equipment Power Supply or Use only with Listed Class 2 Power Unit

14. All products included are for household use

15. Do not charge with an uncertified power source

16. Please do not machine wash this product.

17. Avoid contact of the charging port with water or liquids.

CONSULT A DOCTOR BEFORE USE:

- Patients suffering from osteoporosis, fractures, sprains, acute pain and other leg diseases.
- Patients with nerve disorders in the legs or sensory disturbances in the skin.
- Pregnant or postpartum women.
- Heart disease patients.

The product has a heating function, people who are not sensitive to temperature must pay attention.

Excessive massage is harmful to the body.

- This product is a household appliance and cannot replace medical equipment or medicines.
- Incorrect operation may result in safety accidents or property damage.

01. Please make sure the product is completely dry before use.

02. When starting to use this product, it is recommended to select the low temperature mode. Slight redness and warmth of the skin after use is normal. Please feel free to use it. However, if severe skin redness and swelling occur after use, please stop use immediately and consult a doctor.

03. The device is not waterproof and cannot be used in a wet place.

04. It is recommended to avoid direct contact of the product with the skin.

05. It is recommended to start with the lowest temperature and gradually adjust to the appropriate temperature according to personal conditions to avoid scalding the skin of people who are not sensitive to heat.

06. Long-term use will cause the product temperature to be high, so be careful of burns. (Continuous use of the heating function should not exceed 30 minutes)

07. If the user experiences any discomfort during use, such as dizziness, headache, asthma, etc, please stop using it immediately; if necessary, please contact your doctor.

08. When not in use, please turn off the product and keep it in a clean and dry place.

09. Do not expose the device to sunlight or fire to avoid damaging the thermal conductor of the insulator.

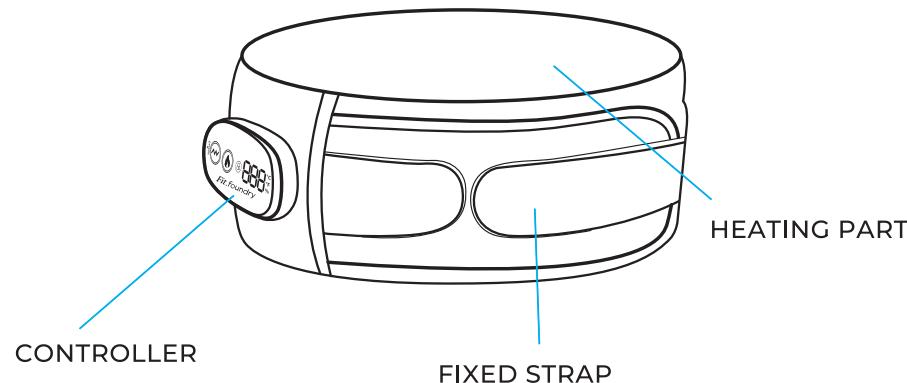
10. Do not disassemble or modify the controller and circuit board at will to avoid artificial damage.

SAVE THESE INSTRUCTIONS

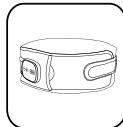
02. CHART OF PRODUCT

Thank you for choosing our upgraded Fit Foundry Back Relief Wrap! This innovative product is designed with top-notch elasticity and flexibility to fit your waist snugly, providing you with custom support and a soothing massage. Whether you're at work, driving, or just relaxing at home, our wrap helps relieve waist pressure and address any discomfort, giving you comprehensive care for your waist. Enjoy the comfort and relief our wrap brings to your everyday activities.

Please Note: This product is intended to provide relief and is not a replacement for medical devices or medications. If you experience any discomfort or unusual symptoms, discontinue use and consult a healthcare professional immediately.



03. OPERATIONAL GUIDELINES



01

Before you begin, inspect the product to ensure there are no broken parts or visible damage. Find a quiet and comfortable environment where you can fully relax and enjoy your massage.



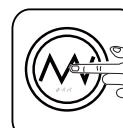
02

Place the product on the area you want to massage and adjust it so it fits snugly.



03

Press and hold the power button on the controller to turn on the device. If it doesn't turn on, it might need charging. Charge it up and try again.



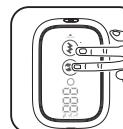
04

Press the vibration button to start the massage. The display will show "1", indicating the current vibration level. Press the vibration button repeatedly to switch between levels 1, 2, 3, and 0. For first-time use, we recommend starting with a lower gear and gradually increasing the intensity as you get used to it.



05

Press the heating button to activate the heating mode. The display will show "113°F", indicating the current heating temperature. Press the heating button repeatedly to switch temperatures (113/122/131/140 °F). For first-time use, start with a lower temperature and gradually increase it to avoid burns.



06

The controller has dual temperature units (°C and °F). Press and hold the heating button and vibration button at the same time to switch between units.



07

Short press the power button to lock the controller buttons. The button lock light will turn red, and the display will briefly show the current power level. This prevents accidental button presses during use. To unlock, press the power button again.



08

This product has a 30-minute timer. After 30 minutes, it will automatically shut down.

**09**

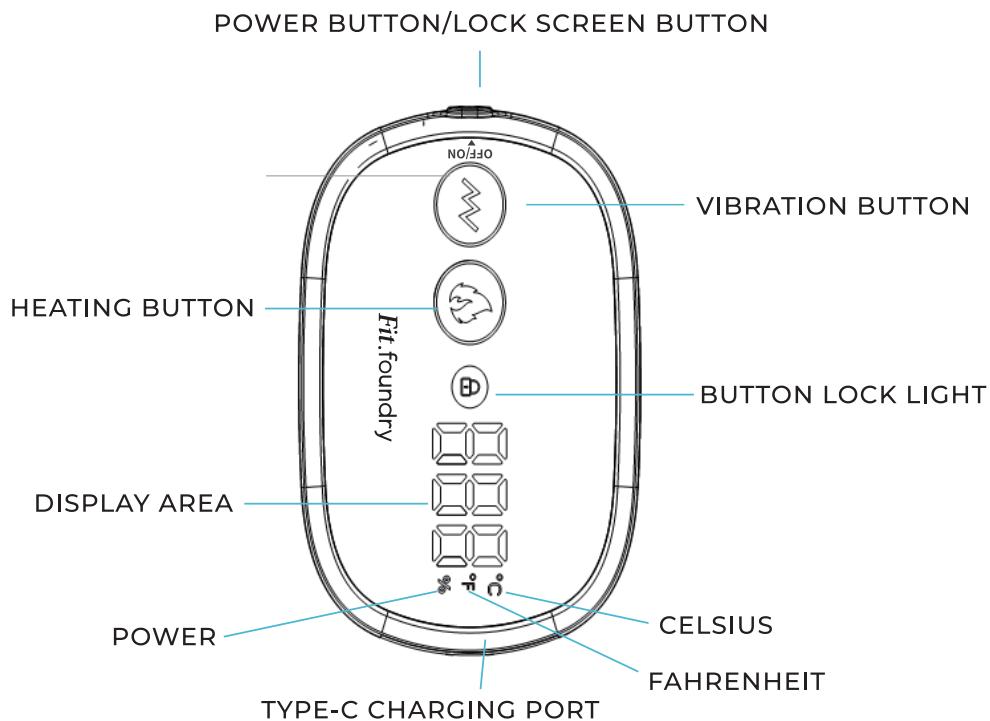
To turn off the device during use, press and hold the power button until the display shows "OFF."

**10**

After use, store the product and accessories in a dry and ventilated place, away from direct sunlight or moisture.

Note: If you feel uncomfortable or notice any abnormalities while using the product, stop using it immediately and contact our customer service for assistance.

CONTROLLER:



Note: The numbers on the controller screen indicate the massage gear, heating temperature (°C/°F) and charging current power&progress (%) .

01. When setting the heating function, the number +°C/°F represents the heating temperature.

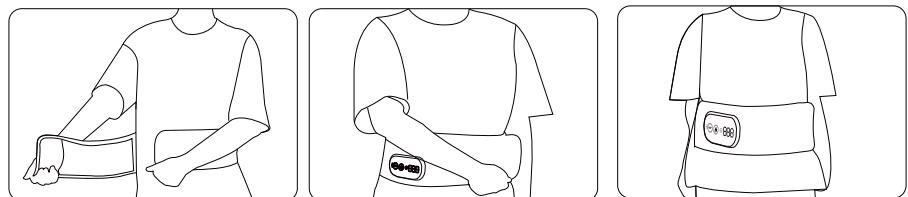
02. When setting the vibration function, the number represents the massage gear.

03. When the product is in use (not charging), press the switch button briefly to switch then the interface will display numbers followed by a percentage, representing the current remaining battery level.

04. When the product is charging, the number +% represents the charging progress.

05. Temperature (°F/°C): When in use, the display will show the temperature, with the default unit being °F. If you need to change the temperature unit, press the Heat and Vibrate buttons together for 2 seconds.

USAGE:



04. CHARGING STEPS

01. When the device is powered on, short press the power button to see the current battery level on the display.

02. If the screen shows that the power is below 20%, it's time to charge it.

03. Make sure the device is turned off before you start charging.

04. Take out the provided charging cable, connect it to the controller, and then to the charging adapter. The display on the controller will light up, showing that charging has started, and the numbers will gradually increase as it charges.

05. When the controller display shows "FL," it means the device is fully charged.

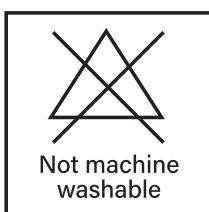
Note: Always use our original charging cable to avoid any issues with charging. Do not operate the controller while it's charging, as it may cause damage.

05. PRODUCT SPECIFICATIONS

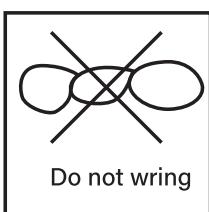
Material	Neoprene
Color	Black
Heating Area	24.80*3.60 cm
Battery Capacity	5000mAh/18.5Wh
Working Voltage	5V
Levels of Heating Displayed on The Screen	4 levels 113/122/131/140 °F (corresponding to 45/50/55/60 °C)
Levels of Vibration	3 levels
Power Supply Mode	Type-C USB charging
Power Cord Length	1 meter
Charging Time	3.5 hours
Usage Time	3 hours per full charge
Product Size	125.00*24.00*3.00 cm
Product Weight	0.71 kg

06. CLEANING AND MAINTENANCE

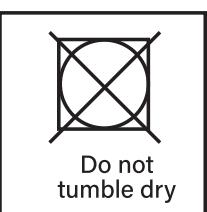
- 01.** Before cleaning, make sure to disconnect the power completely.
- 02.** When cleaning, use a damp cloth to wipe the product, but be careful not to wet the Type-C interface. Avoid using strong cleaners or hard brushes.
- 03.** Lay the product flat to dry.
- 04.** This product should not be machine washed or hand washed.
- 05.** Do not dry clean.



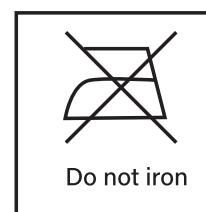
Not machine washable



Do not wring



Do not tumble dry



Do not iron

Fit.foundry

FIT FOUNDRY JOINT RELIEF WRAP



FITHJN-B

01. IMPORTANT NOTICE

IMPORTANT SAFETY INSTRUCTIONS & PRECAUTIONS

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:

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

- 01.** Do not reach for an appliance that has fallen into water. Unplug immediately.
- 02.** Do not use while bathing or in a shower.
- 03.** Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.
- 04.** Never use pins or other metallic fasteners with this appliance.
- 05.** Carefully examine the covering before each use. Discard the appliance if the covering shows any sign of deterioration, such as checking, blistering, or cracking.
- 06.** Keep Dry – Do not operate in a wet or moist condition.

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

- 01.** 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.
- 02.** Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 03.** Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- 04.** Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 05.** 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.

06. Do not carry this appliance by supply cord or use cord as a handle.

07. Keep the cord away from heated surfaces.

08. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like. Never operate on a soft surface such as a bed or couch where the air openings may be blocked.

09. 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 plug from outlet.

i. Use heated surfaces carefully. May cause serious burns. Do not use over insensitive skin areas or in the presence of poor circulation. The unattended use of heat by children or incapacitated persons may be dangerous.

ii. 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 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.

iii. Do Not Crush – Avoid sharp folds.

13. Use only with Listed/Certified Information Technology (Computer) Equipment Power Supply or Use only with Listed Class 2 Power Unit

14. All products included are for household use

15. Do not charge with an uncertified power source

16. Please do not machine wash this product.

17. Avoid contact of the charging port with water or liquids.

NOTES

- 01.** When you first start using this product, we recommend selecting the low-temperature mode and gradually adjusting to a temperature that feels right for you.
- 02.** Slight redness and warmth of the skin after use is normal. If you experience severe redness, dizziness, headache, or asthma, stop using it immediately and seek medical advice.
- 03.** It's best to avoid direct contact with the skin.
- 04.** The heating function should not be used continuously for more than 30 minutes to prevent burns.
- 05.** When not in use, please turn off the machine and store it properly.
- 06.** This product is a household appliance and not a substitute for medical equipment or medication. Incorrect operation may result in a safety accident or property damage.

WARNING:

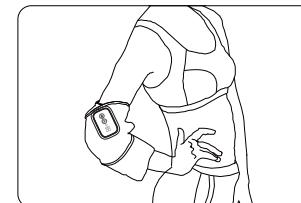
- 01.** Patients with osteoporosis, fractures, sprains, acute pain, and other leg issues should consult a doctor before use.
- 02.** Patients with leg nerve disorders or skin sensory disorders should use caution.
- 03.** Pregnant or postpartum women should consult a doctor before use.
- 04.** Patients with heart disease should consult a doctor before use.
- 05.** The massage surface heats up, so people who are not sensitive to heat need to be extra cautious.

SAVE THESE INSTRUCTIONS

02. CHART OF PRODUCT



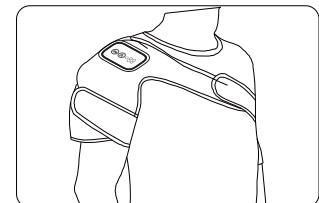
3-IN-1 MASSAGER:



ELBOW JOINT



KNEE JOINT



SHOULDER JOINT

03. OPERATIONAL GUIDELINES



Fix the device on your knee, elbow, or shoulder. When worn, the control panel should be positioned above the knees.



Press and hold the power button to turn on the machine. If it doesn't turn on, please charge it and try again.



If the anti-tamper mode light is green, it means the buttons are unlocked. You can now control the temperature and vibration settings.



Press the vibration button to start the massage. The display will show "1", indicating the current vibration level. Press the vibration button repeatedly to switch between levels 1, 2, 3, and 0. For first-time use, we recommend starting with a lower gear and gradually increasing the intensity as you get used to it.



Press the heating button to activate the heating mode. The display will show "113 °F", indicating the current heating temperature. Press the heating button repeatedly to switch temperatures (113/122/131/140 °F). For first-time use, start with a lower temperature and gradually increase it to avoid burns.

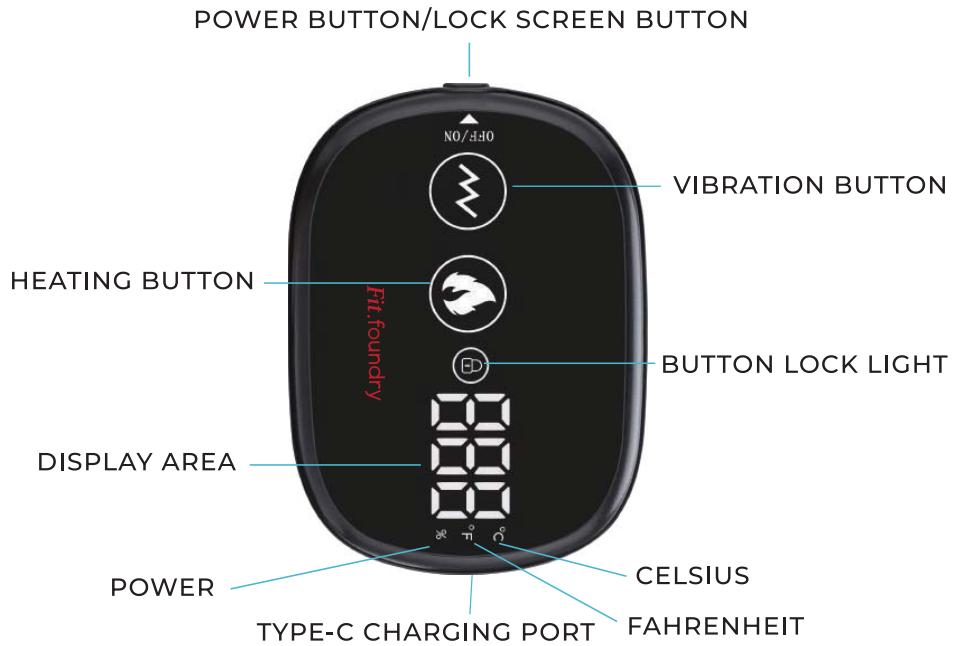


Once you've set the desired level, short press the start button. The key lock red light will turn on, indicating it is in a locked state. At this point, you cannot adjust the temperature or vibration intensity.



In any state, a long press of the power button will cause the machine to beep and shut down.

CONTROLLER:



USAGE:



01. Secure the machine to the knee, elbow, or shoulder.
02. Adjust the velcro strap to a secure and comfortable fit for the specific body part.
03. Congratulations on successfully wearing the product.

04. ABOUT CHARGING

01. When the device is powered on, short press the power button to see the current battery level on the display.

02. If the screen shows that the power is below 20%, it's time to charge it.

03. Make sure the device is turned off before you start charging.

04. Take out the provided charging cable, connect it to the controller, and then to the charging adapter. The display on the controller will light up, showing that charging has started, and the numbers will gradually increase as it charges.

05. When the controller display shows "FL," it means the device is fully charged.

Note:

01. Always use our original charging cable to avoid any issues with charging. Do not operate the controller while it's charging, as it may cause damage.

02. Do not charge the device while it's in use.

03. Temperature (°F/°C): When in use, the display will show the temperature, with the default unit being °F. If you need to change the temperature unit, press the Heat and Vibrate buttons together for 2 seconds.

04. Battery Life (%): The device will beep when the battery level drops below 5%. When fully charged, "FL" will be displayed.

05. PRODUCT SPECIFICATIONS

Material	Neoprene
Color	Black
Heating Area	12.00*8.00 cm
Battery Capacity	5000mAh/18.5Wh
Working Voltage	5V
Levels of Heating Displayed on The Screen	4 levels (113/122/131/140 °F) (corresponding to 45/50/55/60 °C)
Levels of Vibration	3 levels
Power Supply Mode	Type-C USB charging
Power Cord Length	1 meter
Charging Time	3.5 hours
Usage Time	3 hours per full charge
Product Size	82.00*24.00*3.00 cm
Product Weight	0.28 kg

Note: The soft texture of neoprene material conforms more closely to the curves of the body, ensuring the skin's ability to breathe and preventing the feeling of stuffiness and sweating.

06. CLEANING INSTRUCTIONS

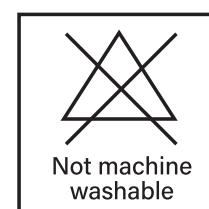
01. Before cleaning, make sure to disconnect the power completely.

02. When cleaning, use a damp cloth to wipe the product, but be careful not to wet the Type-C interface. Avoid using strong cleaners or hard brushes.

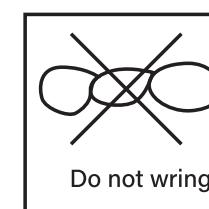
03. Lay the product flat to dry.

04. This product should not be machine washed or hand washed.

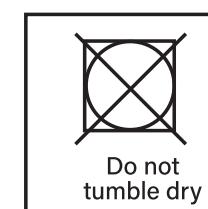
05. Do not dry clean.



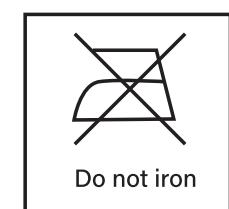
Not machine washable



Do not wring



Do not tumble dry



Do not iron

FIT FOUNDRY WEARABLE RELIEF PAD



FITHPD-B

01. IMPORTANT NOTICE

IMPORTANT SAFETY INSTRUCTIONS & PRECAUTIONS

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:

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

- 01.** Do not reach for an appliance that has fallen into water. Unplug immediately.
- 02.** Do not use while bathing or in a shower.
- 03.** Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.
- 04.** Never use pins or other metallic fasteners with this appliance.
- 05.** Carefully examine the covering before each use. Discard the appliance if the covering shows any sign of deterioration, such as checking, blistering, or cracking.
- 06.** Keep Dry – Do not operate in a wet or moist condition.

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

- 01.** 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.
- 02.** Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 03.** Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- 04.** Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 05.** 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.

06. Do not carry this appliance by supply cord or use cord as a handle.

07. Keep the cord away from heated surfaces.

08. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like. Never operate on a soft surface such as a bed or couch where the air openings may be blocked.

09. 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 plug from outlet.

i. Use heated surfaces carefully. May cause serious burns. Do not use over insensitive skin areas or in the presence of poor circulation. The unattended use of heat by children or incapacitated persons may be dangerous.

ii. 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 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.

iii. Do Not Crush – Avoid sharp folds.

13. Use only with Listed/Certified Information Technology (Computer) Equipment Power Supply or Use only with Listed Class 2 Power Unit

14. All products included are for household use

15. Do not charge with an uncertified power source

16. Do not expose to high temperature or high pressure.

17. Use a 5V 1A charger.

18. Avoid overcharging or deep discharging.

19. Keep away from water and fire.

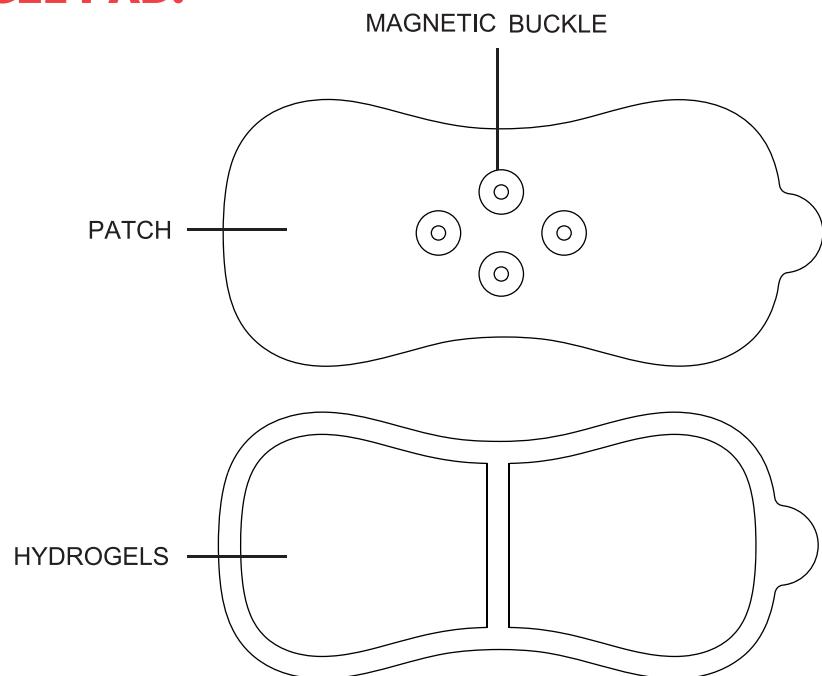
NOTES

- This product cannot be used as a mask or to treat undiagnosed pain. Always consult a doctor before using it.
- Do not use around the heart, mouth, or on infected skin. Avoid using this product in humid spaces, such as bathrooms.
- It is recommended to use this product under the supervision of a physical therapist if necessary.
- This product is only intended for external body use.
- If you want to achieve other therapeutic effects, please consult a relevant doctor before use.
- Do not use while sleeping, driving, or bathing.
- Avoid contact with jewelry or metal objects.
- Do not use if you have:
 - Any physical discomfort
 - Arrhythmia or heart problems
 - Epilepsy
 - Are pregnant
 - Cancer

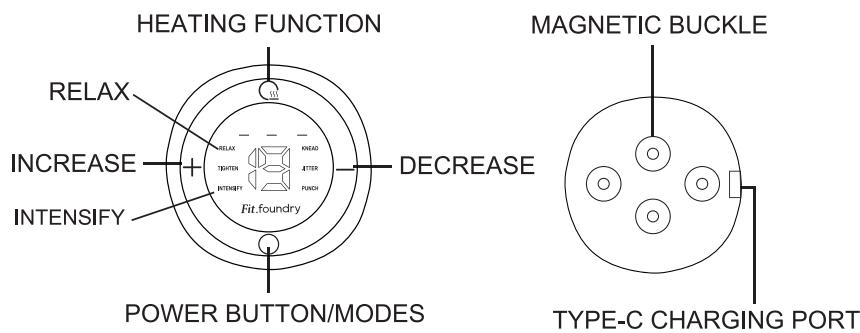
SAVE THESE INSTRUCTIONS

02. CHART OF PRODUCT

GEL PAD:

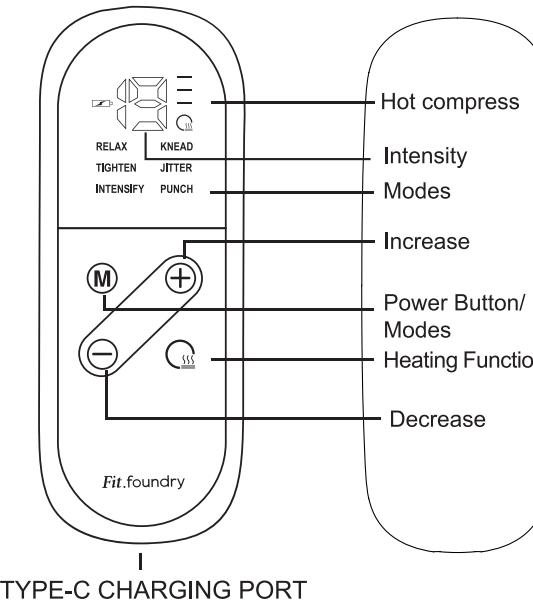


MAIN DEVICE:



03. OPERATIONAL GUIDELINES

REMOTE CONTROL:



MAINTENANCE INSTRUCTIONS:

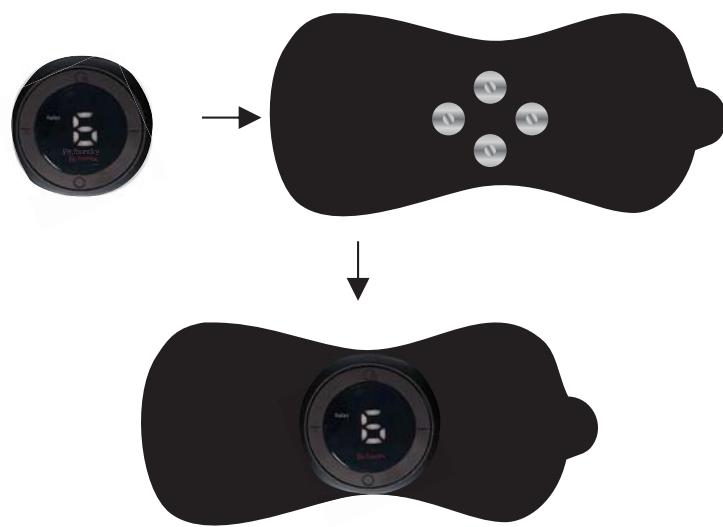
To ensure the adhesive surface of the gel pad stays effective, follow these steps to keep it clean:

01. Dip your finger in water droplets and gently wipe the adhesive surface of the hydrogel to clean off any dirt.
02. After thoroughly draining the water, place the adhesive surface (adhesive side up) in a well-ventilated, cool place to dry.
03. Allow it to dry naturally until there is no moisture left on the surface. Once dry, reattach the hydrogel to the bottom plate.

Note: Avoid long or frequent maintenance, as it may damage the adhesive surface and shorten its lifespan.



USAGE



01. Attach the main unit to the massage sticker.

02. Place the massage patch on the desired area, and wipe off any sweat from the contact area before use to ensure the patch adheres well. This product comes with 2 extension straps (See attached image), which can be used in conjunction to make the pad more conforming to the skin. The extension straps are not required accessories for every use, and we suggest that users can choose to use them according to their own needs.

03. Press and hold the power button for 3 seconds to turn on the remote control and the device. The indicator light will turn on. Press the power button to switch between different modes; there are 6 vibration models in total, including Relax-Tighten-Intensify-Knead-Jitter-Punch.

04. Use the "increase and decrease" buttons to adjust the intensity, with a total of 19 levels each vibration model.

05. Press the heating button to activate heating mode, which has 3 temperature levels: L-M-H, indicating Low-Medium-High. Press it again to adjust the temperature.

06. To shut down the remote control and the device, press and hold the power button for 3 seconds.

07. The vibration function of this product requires the pad to be attached to the skin and correctly connected to the main unit for testing in order to experience the vibration feature. Without contact with human skin, the vibration function will not be activated.

Precautions:

If the remote control is not operated during use, it will automatically shut down after 1 minute. When using it again, please press the power button on the main unit to turn it on.

SUITABLE FOR BODY MULTIPLE PARTS:

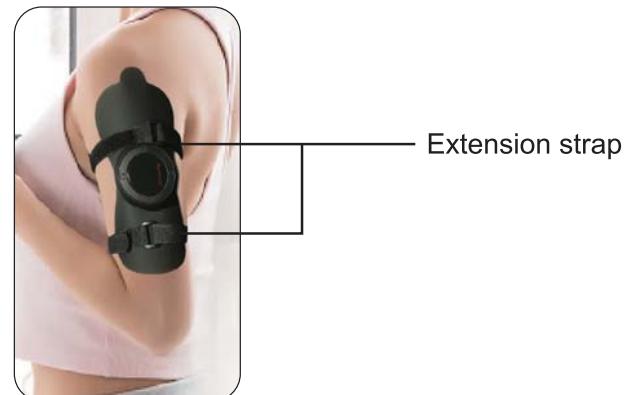


Arm

Neck

Abdomen

Thigh



04. PRODUCT SPECIFICATIONS

Material	ABS + PC+ Hydrogel
Color	Black
Battery Capacity	750mAh(Main device)/90mAh(Remote control)
Working Voltage	5V
Levels of Heating	3 levels
Levels of Vibration	6 levels
Power Supply Mode	Type-C USB charging
Power Cord Length	0.5 meter
Charging Time	1 hour
Usage Time	2 hours per full charge
Product Size	5.40*5.40*1.50 cm(Main device) 10.00*3.60*1.20 cm (Remote control) 17.60*7.70*0.30 cm(Pad)*2
Product Weight	0.1 kg

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FIT FOUNDRY CUPPING RELIEF DEVICE



FITHCUP-B

01. IMPORTANT NOTICE

IMPORTANT SAFETY INSTRUCTIONS & PRECAUTIONS

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:

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

- 01.** Do not reach for an appliance that has fallen into water. Unplug immediately.
- 02.** Do not use while bathing or in a shower.
- 03.** Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.
- 04.** Never use pins or other metallic fasteners with this appliance.
- 05.** Carefully examine the covering before each use. Discard the appliance if the covering shows any sign of deterioration, such as checking, blistering, or cracking.
- 06.** Keep Dry – Do not operate in a wet or moist condition.

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

- 01.** 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.
- 02.** Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 03.** Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- 04.** Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 05.** 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.

06. Do not carry this appliance by supply cord or use cord as a handle.

07. Keep the cord away from heated surfaces.

08. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like. Never operate on a soft surface such as a bed or couch where the air openings may be blocked.

09. 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 plug from outlet.

i. Use heated surfaces carefully. May cause serious burns. Do not use over insensitive skin areas or in the presence of poor circulation. The unattended use of heat by children or incapacitated persons may be dangerous.

ii. 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 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.

iii. Do Not Crush – Avoid sharp folds.

13. Use only with Listed/Certified Information Technology (Computer) Equipment Power Supply or Use only with Listed Class 2 Power Unit

14. All products included are for household use

15. Do not charge with an uncertified power source

16. In the early use, adjust the use time and strength according to your own situation.

NOTES This product can cause serious personal injury if used incorrectly. Do not use it with the following medical electronic equipment at the same time, as it can cause errors or damage to the medical instruments, which can be life-threatening:

01. Implantable medical electronic devices such as cardiac pacemakers.

02. Life-sustaining medical electronic devices such as artificial heart and lung machines.

03. Electrocardiographs and other medical electronic instruments.

04. Other medical implants.

USAGE PRECAUTIONS:

The products operate at a constant temperature of 42°C. While this temperature is safe under normal use, prolonged application to the same area may cause skin strain or discomfort. Please monitor carefully.

Please avoid using this product under the following circumstances to prevent accidents or discomfort:

- 01.** If you are pregnant, menstruating, have damaged skin, varicose veins, or are taking medication.
- 02.** If you have infectious diseases, skin sensitivities, are a postoperative patient, have a high fever, or are critically ill.
- 03.** If you have a malignant tumor, local damage, ulceration, traumatic fracture, acute suppurative inflammation, or loss of skin elasticity.
- 04.** If you have abnormal heart, brain, nerve, or blood pressure conditions.
- 05.** If you suffer from severe neurosis, convulsions, spasms, or manic anxiety.
- 06.** If you have bleeding-prone diseases such as thrombocytopenia, leukemia, hemophilia, Henoch-Schonlein purpura, or other bleeding disorders.
- 07.** Avoid using near the heart, facial features, private parts, or large blood vessels on the body surface.
- 08.** If you have a skin perception disorder or abnormal skin.
- 09.** If you are being treated by a doctor or feel physically abnormal.
- 10.** If you are excessively fatigued, drunk, or have been staying up too late (avoid using it 2 hours before and after meals).
- 11.** If your skin is allergic to metal and red light.
- 12.** This product has a heating surface. It should not be used by children, those who are unable to express their wishes freely, or those who are unable to manage themselves.

SAVE THESE INSTRUCTIONS

02. PRODUCT FEATURES

This product integrates the functions of intelligent breathing cupping, red light hot compress, and one-key pressure relief. It dynamically adjusts the vacuum negative pressure in real-time by intelligently monitoring the pressure in the tank. It is a thoughtful product suitable for use at home or in the office.



03. OPERATIONAL GUIDELINES

Instructions for Use:

01. Read the safety precautions carefully before using this product. If it does not meet the use conditions, do not use it.
02. Clean and moisturize the skin with a wet towel or spray to enhance the experience.
03. Tighten and install the transparent tank. Wipe the instrument with a wet towel before and after use.
04. Check if the instrument is complete and functioning normally.

1 Power / Mode:

01. Press and hold the power button for 1.5 seconds to start the machine. The LCD will display a 20-minute countdown, and the temperature indicator will light up. The machine will automatically shut down after 20 minutes.
02. Press and hold the power button for 1.5 seconds to shut down. The LCD and temperature indicator will go out.
03. When the machine is on, short press the power button to change the mode. The machine has two modes: deep negative pressure mode and soothing mode (breathing pattern).
04. The default startup mode is deep negative pressure mode, with the negative pressure function and heating function automatically turned on.

2 Suction Strength:

01. The machine defaults to the third gear strength when powered on.
02. Short press to adjust the suction strength through 12 therapy levels. Level 0 turns off the negative pressure function.
03. Each short press will increase the gear by one. The LCD will display the corresponding strength gear, then return to the 20-minute countdown after 1 second.
04. When the intensity reaches the highest gear, short press again to return to gear 0 and turn off the negative pressure function.
05. For first-time use or if your skin is not accustomed, start with gear 1.

3 Temperature Control:

01. The default 3rd-gear temperature setting will start, with the red light at the bottom turning on. Adjust the temperature by short pressing the button through 12 gears. Level 0 turns off the heating function.

02. When the temperature reaches the ninth gear, the temperature indicator will start changing into a colorful light and flash. The higher the temperature, the faster the change speed of the colorful light.

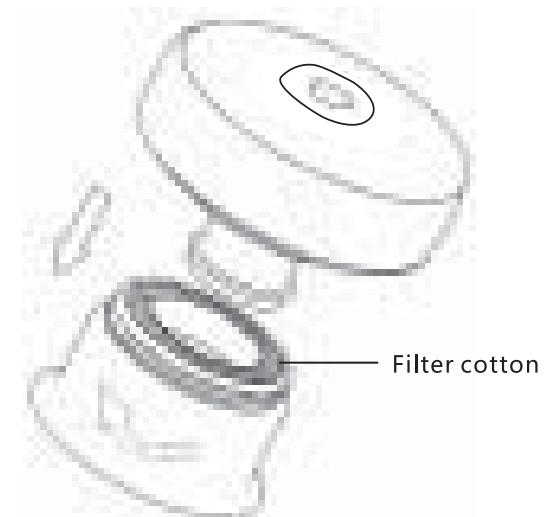
03. When the temperature reaches the highest gear, short press again to turn off the heating function (gear 0), and the temperature indicator will go out. The red light at the bottom will turn off.

4 Pressure Relief / Pause:

- During cupping, if you want to stop or remove the product, briefly press this key to pause cupping. The tank adsorption function and pressure relief will allow you to easily lift the tank and enter the standby state.

Note:

- When using this machine with liquid products such as essential oils, ensure the oil is evenly applied to the skin and there is no obvious liquid before using the machine.
- The machine is equipped with a filter device that filters out most particles and liquid impurities during use to protect the internal cleanliness and maintain the product's service life. Check and replace the filter cotton regularly according to your personal needs.



After replacing the attached filter cotton, restore and install the transparent can body.

04. CHARGING INSTRUCTIONS:

- 01.** Connect the type-C charging cable to the adapter socket, and plug the other end into the product's charging interface to start charging. The adapter size is 5V---1A.
- 02.** Keep the type-C charging port dry and clean during charging. Charging time may vary slightly due to environmental conditions. Do not charge for more than 8 hours.
- 03.** During charging, the white indicator will flash and will turn off once the device is fully charged.
- 04.** The product cannot be used while it is charging.

05. CLEANING AND MAINTENANCE

► Follow these steps to keep your device in good condition and extend its service life:

- 01.** Wipe the device with a dry, non-woven cloth. Avoid using acid-based detergents, alcohol, diluents, gasoline, or solvents like nail polish remover.
- 02.** After each use, turn off the power supply and clean the device with a wet towel.
- 03.** Store the product in a safe and dry place.
- 04.** Do not leave the product idle with water residue on it.
- 05.** Avoid using a hard brush or stainless steel ball to clean the surface to prevent damage.
- 06.** Do not use water or other liquids to flush the instrument directly.
- 07.** If the product is idle for a long time, charge it regularly to ensure it operates normally.

06. PRODUCT SPECIFICATIONS

Suction Strength	-60 ~0 kpa
Material	ABS+Silicone
Color	Black
Rated Power	2.5W
Battery Capacity	1800 mAh
Working Voltage	3.7V
Charging Voltage	5V
Levels of Heating	12 levels
Levels of Pressure	12 levels
Power Supply Mode	Type-C USB charging
Charging Time	2.5-3 hours
Usage Time	3 hours per full charge
Power Cord Length	0.8 meter
Product Size	9.30*9.30*7.80 cm
Product Weight	0.22 kg

07. FAULT ANALYSIS AND TROUBLESHOOTING

Fault phenomenon	Fault judgment and solution
Unable to power on	1. Press and hold the power button for more than 1.5 seconds to start up. 2. Please charge the machine and try again.
Unable to charge	1. Replace the adapter with a row socket and try again. 2. Please pull out the charging head and plug it in again and confirm that it is inserted in place. 3. Please check the charging head and charging port for dirt or sundries. If yes, please clean up. 4. Replace the adapter or charging cable.
Weak suction	1. Remove the transparent tank and re-tighten it for installation. 2. Check whether the air inlet and exhaust holes are blocked. 3. Check whether the filter cotton needs to be replaced.
Weak temperature sense	1. Check whether the temperature function is turned on and the temperature prompt light is on. 2. Due to the influence of ambient temperature, please increase the temperature gear. 3. The battery is low, please charge it.

 If the problem cannot be solved, do not disassemble the machine without permission.

Reminder

1. When using it for the first time, please pay attention to step-by-step adjustment to find a suitable mode and intensity.
2. In the deep negative pressure mode, if the suction reaches a certain degree, please press the pressure relief / pause key in time to stop working or relieve pressure to avoid skin discomfort.

USAGE PRECAUTIONS

01. Use the products only as instructed in the user manual.
02. The products may become warm to the touch after extended use, which is normal. In case of any abnormal situation, remove the product immediately.
03. It is normal to experience redness or bruising after use, which typically resolves within two days (duration may vary based on individual skin types).
04. If you experience any discomfort during or after use, discontinue use immediately and consult a doctor.
05. The products are intended for single-user use. If sharing with another user, turn off the device and clean the transparent cup thoroughly before reuse.
06. Ensure the transparent cup is securely adhered to the skin, making even contact. Avoid using it on wounds or scars.
07. Do not use the transparent cup if it is chipped or damaged.
08. Do not use the products while driving.
09. Avoid plugging or unplugging the USB charging cable with wet hands to prevent electric shock or accidents.
10. This product contains lithium battery. Do not disassemble, immerse in water, or expose to fire to prevent damage or explosion.
11. After use, blood vessels in the skin may dilate. It is advisable to rest for 45 minutes before bathing.

Important Notice

1. To ensure the best performance and safety of your devices, please use only the charging cables included in the package. Using alternative cables may result in improper charging and could potentially damage your devices.
2. The devices are not designed for QC, USB PD, Super Charge, Super VOOC. Using fast charging may cause overheating or potential damage to your devices. For the best performance and safety, please use standard charging methods.
3. Adhering to these recommendations will help maintain the longevity and functionality of your devices.

DECLARATION

01. Product Purpose: The products are intended to relieve muscle tension and pain, enhance muscle flexibility, and improve blood circulation. They should be used in accordance with any applicable conditions or restrictions outlined in the instruction manual. Using the products for other purposes that may cause harm is prohibited.

02. Safety Warning: The products are designed to comply with all relevant safety standards. However, improper use may result in injury or damage. Please adhere to the safety guidelines provided in the instruction manual.

03. Limitation of Liability: We are not liable for any indirect, special, incidental, punitive, or consequential damages arising from improper use of this product.

04. Disclaimer: To the fullest extent permitted by applicable law, we disclaim all warranties, both express and implied, including but not limited to warranties of merchantability and fitness for a particular purpose. The information in the user manual is for reference only, and we are not responsible for any losses resulting from its use.

05. Intellectual Property: We retain all intellectual property rights related to the products, including but not limited to trademarks, copyrights, designs, and patents.

06. Force Majeure: We are not responsible for any damages caused by factors beyond our control.

07. Updates and Modifications: We reserve the right to update and modify the instruction manual without prior notice.

08. User Acknowledgment: By using this product, you confirm that you have read, understood, and agree to these disclaimers.

LIMITED WARRANTY FOR FITNESS ACCESSORIES

THANK YOU FOR PURCHASING A FIT FOUNDRY PRODUCT. WE OFFER A LIMITED WARRANTY FOR 180 DAYS FROM THE DATE OF PURCHASE COVERING MANUFACTURING DEFECTS.

WARRANTY COVERAGE:

Our warranty covers defects in materials and workmanship under normal use. It does not cover damage caused by misuse, accidents, or modifications.

HOW TO MAKE A CLAIM:

- 01.** Do not return the product to the retailer.
- 02.** Contact our customer service with the following information:
 - Proof of purchase
 - Description of the defect
 - Photos of the defect (if possible)

CONTACT US:

- Email: [Hello@shopfitfoundry.com](mailto>Hello@shopfitfoundry.com)
- Phone: 1-888-635-1967
- Website: Shopfitfoundry.com
- Address: Fit Foundry Customer Service, Brooklyn, NY 11204

Fit Foundry disclaims all other warranties and is not liable for incidental or consequential damages. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state or province to province.

Thank you for choosing Fit Foundry.

FCC STATEMENT

**The statements should be displayed in the user manual:
changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.**

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 contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

(1)This device may not cause interference.

(2)This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique 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;
- (2)L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

This equipment complies with FCC/IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.

ce matériel est conforme aux limites de dose d'exposition aux rayonnements, FCC /CNR-102 énoncée dans un autre environnement.

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