

## Operating Instructions

Air Compression Leg Massager  
Model: CM-010A



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**RoHS**  
Made in China



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

## Contents

Safety Precautions -----	1
FAQs -----	2
Troubleshooting -----	3
Specifications -----	3
Names of Components -----	3
Usage -----	3-5
Notes after Use -----	5
Cleaning and Storage -----	5
Disposal -----	6
Package Includes -----	6
Contact Us -----	6

## Safety Precautions

### Warnings

- Those with any of the following conditions or persons who are receiving medical treatment should consult the doctor before using the machine:
  - 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 on the body;
- Keep it out of the reach of infants, children and people without the ability to use it independently.
- Don't use other power adapter but the original one.
- Don't scratch, damage, process, excessively bend, pull or twist the power cord of power adapter. Otherwise, it may cause fire or electric shock.
- It is not allowed to use when the power adapter dysfunctions or the plug is loose.
- Don't plug or unplug the power adapter with wet hands.
- Don't put the controller in the quilt or use the machine in high temperature condition.
- It is forbidden to remodel, disassemble or repair the machine without permission.



### Cautions

- Stop using it immediately if you feel unwell. Don't use it again before consult the doctor.
- Don't use it in bathroom or other humid places.
- Unplug the power adapter from the socket before you clean and maintain it.

- Unplug the power adapter when you are not using it.
- Don't walk around when you are using this item or wearing the wraps.

## FAQS

Q1: How does this product massage?

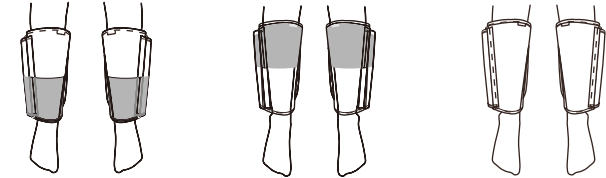
A1: There are 2+2 airbags inside. It will be inflated and deflated to simulate kneading and stroking of tissues like human hands. It can relax our muscles, increase circulation and relieve pain.

Q2: How many massage modes, and what's the difference?

A2: There are 2 massage modes,

#### Mode 1: Sequence Mode

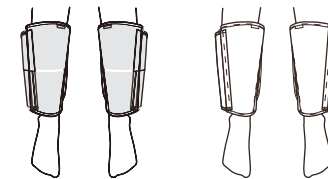
In this mode, sleeves will be inflated and deflated from lower to upper.



Mode 1: Sequence Mode

#### Mode 2: Whole Mode

In this mode, sleeves will be inflated and deflated simultaneously and wholly.



Mode 2: Whole Mode,

Q3: What should I do if I feel the massage strength is too light or too tight?

A3: There are 3 levels of massage strength selectable via the controller, please select the intensity which is fit for you. You can also adjust the strength via changing the tightness of Velcro on the wraps.

Q4: Why does not it work when I press the power button?

A4: Please ensure both 2 air hoses are inserted into the controller, otherwise, it will not work.

Q5: How long should we use it?

A5: We suggested you use it 1-2 times everyday, and 20 minutes per time. You can also use it longer if you feel too tired and want to enjoy more.

Q6: Why does the controller get hot?

A6: As we suggest, you can use it 20 minutes per time normally. If it keeps working too long, the controller will get hot, That's a normal phenomenon.

Q7: Why does the controller make a sound?

A7: The sound comes from the working air pump in the controller, providing air continuously to the airbags in the wraps, That's a normal phenomenon.

## Troubleshooting

Problems	Causes & Solutions
1. Doesn't work and Indicator light is off	Make sure the power adapter is connected well and press the power button of the controller.
2. Doesn't work but Indicator light is on	1. It works only when 2 air hoses are connected to the controller. 2. Please check if the air hoses are inserted correctly, (see "R" & "L" mark)
3. Break off during operation.	1. The power adapter or air hoses fall off. 2. The massager will shut off automatically in 20 minutes. 3. Check if both air hoses are inserted to the controller completely.
4. Too light or tight.	1. There are three massage levels to choose. 2. You can adjust the tight of the wrap to make the strength suitable. 3. Turn off the machine if you cannot bear the strength.
5. The controller gets hot.	It is normal if the controller gets hot after long time use. We suggest you can shut it down for 10 minutes.

## Names of Component

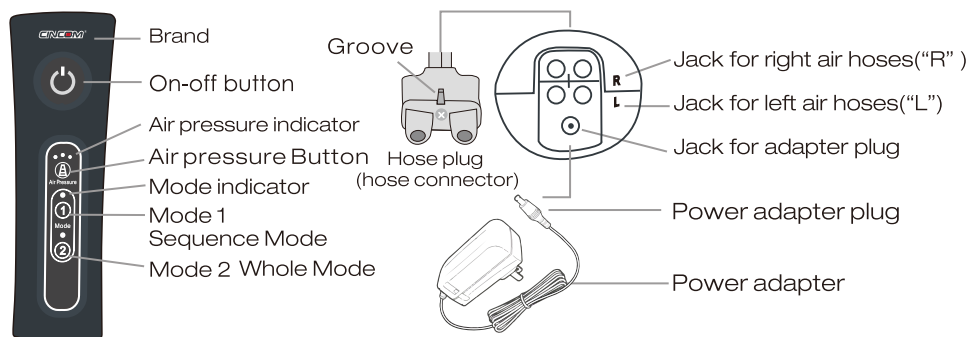
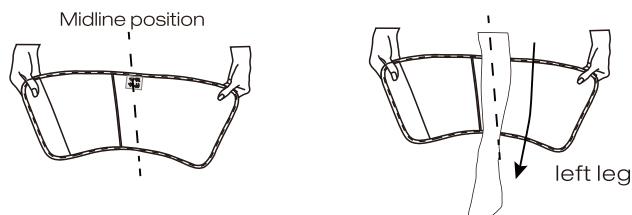


Diagram of the Controller

## Usage

**Cautions:** please read Safety Precautions carefully before use. In order to get better massage, please wear the sleeves properly.

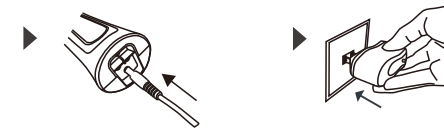
1. Wear the wraps on calves correctly as below.



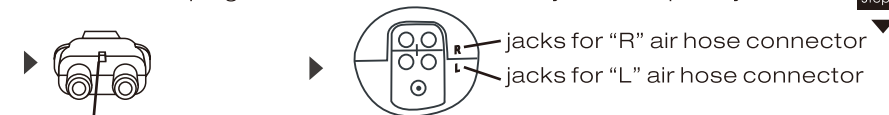
2. Check and adjust the position and tightness, don't wrap too tight.



3. Plug the power adapter into the controller and socket on each side.



4. Insert two air hose plugs into the controller correctly and completely.



Make sure it is aligned to the groove

Note: It only works when both 2 air hoses are inserted into the controller completely.

5. Take up the controller and press the on-off button to start the machine.

- It will begin with mode 1 and strength 1 (The lowest) by default.
- It will shut off after 20 minutes (You can restart it manually).

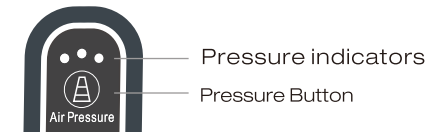


6. Press the mode "1" or "2" button to switch and enjoy different massage modes. The different between these 2 modes can be seen on Page 2 (FAQS: Q2/A2)



7. Press "Air Pressure" button to select intensity.

- 1) Three pressure levels for choice. We suggest you use the lowest level at the beginning.
- 2) You can change the tightness of the warps to make the strength suitable as you like.

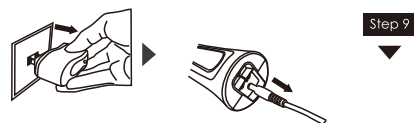


8. Press on-off button to turn it off.

**Warnings:** We suggest using it 20mins each time as the best. After 20-minute work, it will shut down automatically but you can restart it.

## Notes after use

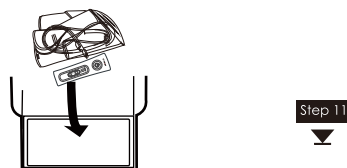
1. Unplug the power adapter from the socket.



2. Pull out the plugs of the power adapter and air hoses from the bottom of the controller.



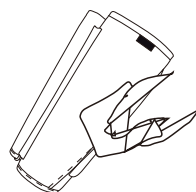
3. Take off the wraps, fold it into the storage bag or box.



## Cleaning

Make sure to cut off the power when you clean the machine.

1. If dirty, please wipe the controller, wraps and hoses with a soft cloth moistened by soap solution.
2. Don't use gasoline, alcohol, diluent and other irritating liquid to wipe the machine in case it causes malfunction or the components are damaged or discolored.
3. Don't allow foreign matters to enter the hoses.
4. Toothpicks can be used to remove the hair or chippings attached on the Velcros.



Cleaning diagram

## Storage

- Keep it out of the reach of children
- Don't disassemble the machine by yourself.
- Don't place it in high temperature and humidity condition.
- Avoid direct sunlight.
- Avoid needles puncture the air bags and hoses.
- Don't place heavy stuff on it.



## Disposal

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

## Package Included

- 2 x Leg Massager Wraps
- 1 x Power Adapter/ DC12V 1A
- 1 x Quick-Start Guide
- 1 x Handheld Controller
- 1 x User Manual
- 1 x Portable Storage Bag

## Specifications

Model	CM-010A
Name	Air Compression Leg Massager
AC/DC Adapter	AC Input: 100~240 Volts, AC 50/60Hz, DC Output: 12V 1A
Rated power	12W
Operating Conditions	Temperature: +5°C to 40°C (41°F to 104°F) Humidity: 1% to 90% non-condensing Atmospheric Pressure: 70 kPa to 106 kPa
Storage Conditions	Temperature: -20°C to 55°C Humidity: 5% to 90% non-condensing Atmospheric Pressure: 50 kPa to 106 kPa Keep dry and avoid direct sunlight exposure.
Timing	20 minutes

## Contact us

We provide 2-year warranty and lifelong after-sale service. If you have any problems during using of this product, please feel free to contact us. Our professional customer service team will help you!

E-mail: [service@cincomhealth.com](mailto:service@cincomhealth.com)

Note: Please include the order number together with the problems you meet in the mail.