


# Operating Instructions

## Air Compression Massager with Heat CM-030A



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

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# 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.



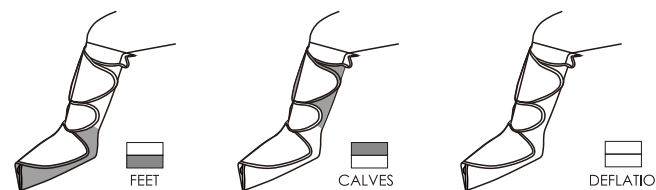
## Cautions

- 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

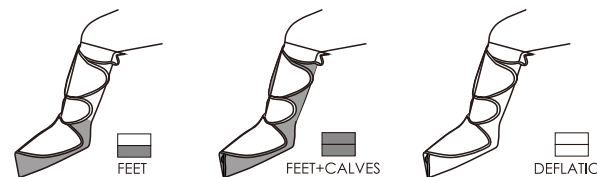
Q1: How does this product massage?  
 A1: There are 2+2 airbags inside. It will be inflated and deflated to simulate kneading and stroking of tissues like human hands. It can relax our muscles, increase circulation and relieve pain.

Q2: How many massage modes, and what's the difference?  
 A2: There are 3 massage modes.  
 Mode1: Sequence Mode  
 In this mode, sleeves will be inflated and deflated from lower to upper.



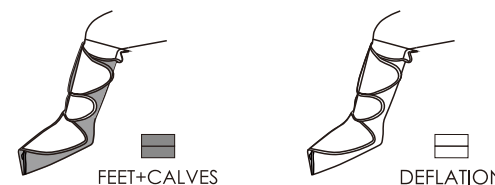
MODE1: SEQUENCE MODE

Mode 2: Circulation Mode,  
 In this mode, sleeves will be inflated and deflated circularly from lower to upper.



MODE 2: CIRCULATION MODE

Mode 3: Whole Mode,  
 In this mode, sleeves will be inflated and deflated simultaneously and wholly.



MODE 3: WHOLE MODE

Q3: Why can't I feel the heat?

A3: The heating function is off by default. You can press the "Heat" button to turn it on and wait for 3-5 minutes. Please make sure both 2 air hoses are inserted into the controller correctly and completely.

Q4: What should I do if I feel the temperature is too hot?

A4: Please use the lower temperature or turn it off. We suggest you wear trousers if necessary.

Q5: What should I do if I feel the massage strength is too light or too tight?

A5: 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.

Q6: Why does it not work when I press the button?

A6: Please ensure both 2 air hoses are inserted into the controller, otherwise, it will not work.

Q7: How long should we use it?

A7: We suggest you use 1-2 times everyday, and 20 minutes per time. You can also use it for long time if you feel too tired or want to continue to enjoy.

Q8: Why does the controller get hot?

A8: As we suggest you can use it 20 minutes per time normally. If it keeps working too long time, the controller will get hot, it's a normal phenomenon.

Q9: Why does the controller make sound?

A9: The sound comes from the working air pump in the controller, providing air continuously to the airbags in the wraps, it's normal phenomenon.

Q10: What should I do if I have bigger calves?

A10: For bigger calves, please use the extensions included to expand the size of the wraps.



Q11: what should I do if I have bigger feet?

A11: For bigger feet, please unbutton the top of toes part.



## Troubleshooting

Problems	Causes & Solutions
1. The product does not work, and the indicator light is off.	Make sure the power adapter is connected well and press the power button of the controller.
2. The product does not work, but the 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 "UP" mark)
3. Sudden interruption of operation.	1. the power adapter or air hoses fall off; 2. the massager works after 20 minutes and shut off automatically;
4. Too light or tight.	1. There are three massage levels for you to choose; 2. You can adjust the width of the strap 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 too long time use. We suggest you shut it down for 10 minutes.

## Names of Component

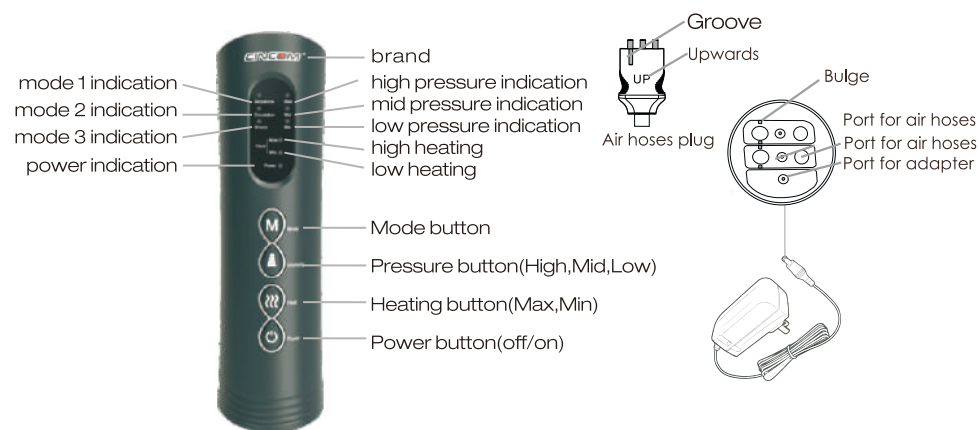
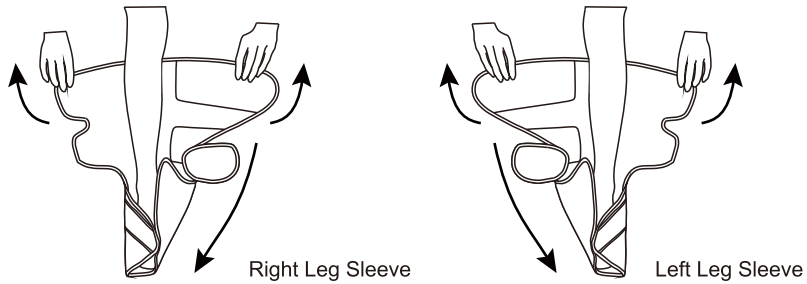


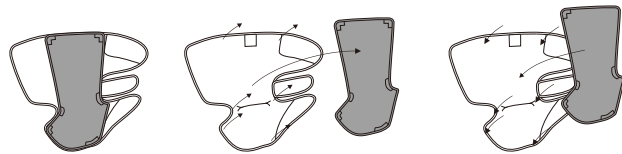
Diagram of the Controller



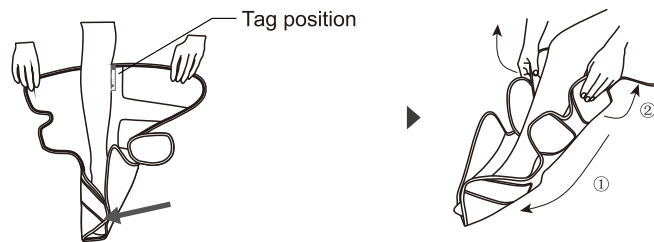
## Usage

Cautions: Please read safety precautions carefully before using the product. In order to get better massage, please wear the sleeves properly.

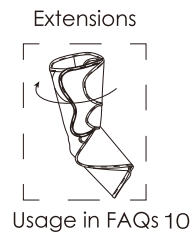
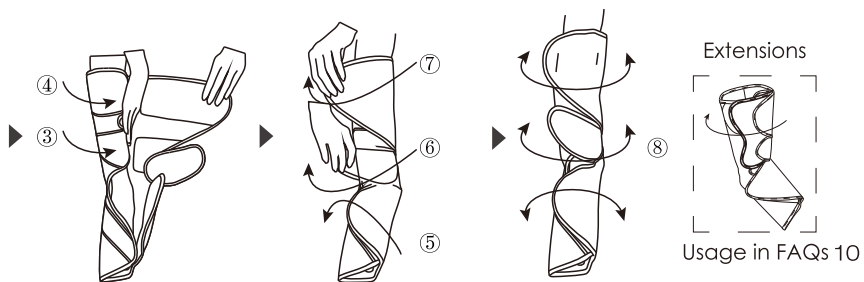
1. Make sure the inner cover is attached properly.



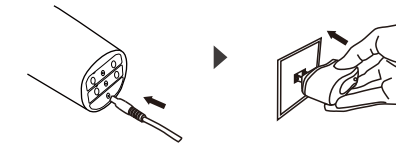
2. Wear the wraps on your legs correctly.



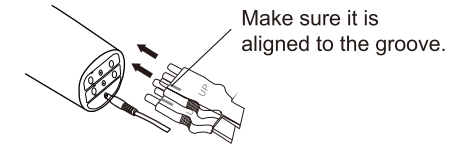
3. Fix all the velcros according to your size, don't wrap too tight. (Use the Extensions for bigger calves)



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



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

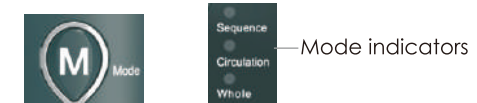


6. Take up the controller and press the Power button to start the machine.

- 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).
- The heat function is off by default, you can start it via "Heat" button, 2 heating levels selectable, you can also close it if you do not need.

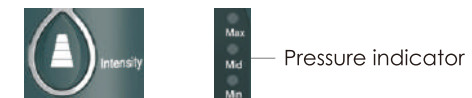


7. Press "Mode" to switch and enjoy the different massage modes, the difference between these 3 modes can be seen on Page 3.



8. Press "Intensity" 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.
- 3) If you feel the strength is too high, you can press slightly "Power" button to stop it.



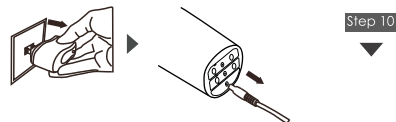
9. Press "Power" button to turn it off.



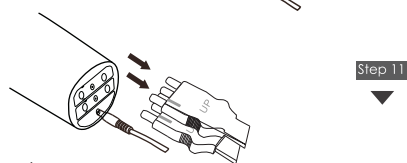
**Warnings:** We suggest 20mins each time as the best. After 20-minute work, it will shut down automatically but you can restart it.

## Notes after use

10. Unplug the power adapter from the socket.



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



12. 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.

## 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.

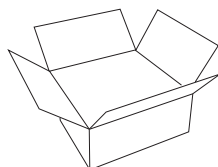


## Disposal

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

## Package Included

- 2 x Leg Massager Wraps
- 1 x Handheld Controller
- 1 x Power Adapter/ DC12V 3A
- 1 x User Manual
- 1 x Quick-Start Guide
- 2 x Extensions
- 1 x Portable Storage Bag



## Specifications

Model	CM-030A
Name	Air Compression Massager with Heat
AC/DC Adapter	AC Input: 100~240 Volts, AC 50/60Hz, DC Output: 12V 3A
Rated Power	36W
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.

## Contact us

We provide 2-year warranty and lifelong after-sale service for all products in or store, if you have any problems while using, feel free to contact us via

email: [service@cincomhealth.com](mailto:service@cincomhealth.com).