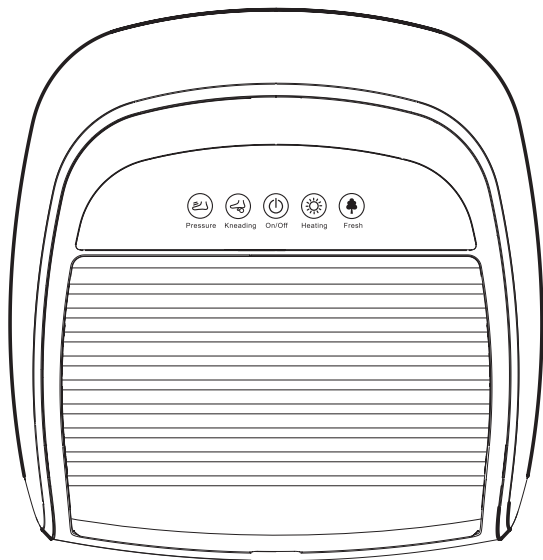




ADVANCED RECOVERY FOR ATHLETES



FOOT MASSAGER

PT: MANUAL DO USUÁRIO

EN: USER MANUAL

TECHNICAL PARAMETERS

Product name	Foot Massager
Model	Ava - Foot 3.0
Rated Voltage	100v - 240v
Frequency	60Hz
Rated Power	33w
Rated operation time	15 min

SAFETY GUIDELINES

Please consult your doctor before use if you are:

- Receiving medical treatment or not recovered from a surgery;
- A patient with hypertension, heart disease, cerebral arteriosclerosis or cerebral thrombosis;
- A patient with high fever, malignant tumor or osteoporosis;
- Pregnant or at menstruation;
- Using cardiac pacemaker or implanted medical device in foot;
- A patient with other acute diseases.

Use Environment

- Do not use the product in wet environment such as bathroom or near water sources to avoid malfunctions or even endanger personal safety.
- Do not use the product in the environment with room temperature higher than 40°C or in the local high temperature environment such as electric heater and stove.
- Do not use the product in the environment with room temperature lower than 5°C, because the thickening of lubricating oil may increase the wear of gear transmission parts and affect the service life.
- Do not use the product outdoors or expose it to the hot sun for a long time, which may damage the paint layer.
- If the product is moved from a low temperature storage place to a warm environment for use, water vapor may gather in the internal.

DEBUGGING

For any problems encountered during using of this product, please refer to the following tips and possible solutions. If this product is still in trouble, please send it to the service center or authorized technicians for inspection and repair.

Abnormal situation	Possible causes	Treatment
Not working	1. Not electrified 2. Function key not open	1. Connect power supply or check the connection of power supply 2. Turn up ON/OFF button
Stop operation suddenly	1. Power failure 2. Massage for more than 15 minutes 3. Continuous use too long, overheat protection 4. Rotation of massage ball blocked by excessive force.	1. Check the connection of power interface 2. Restart ON/OFF button 3. Restart ON/OFF button after the product cools down 4. Restart ON/OFF button

PRODUCT COMPOSITION

1. Central surface: Four independent control keys - controlling the massage function of the product
2. Front bottom center: Scraping massage head - realizing acupuncture point massage in arch area of foot and heatable
3. Front end of front bottom: Rolling massage head - realizing acupuncture point massage in sole area
4. Front bottom rear end: Top massage head - realizing acupuncture point massage in heel area
5. Surface lining: Air bag - close to instep and pneumatic massage on both sides of heel to realize air pressure massage
6. Front bottom surface: Washable cloth cover - easy to clean
7. Air pressure foot covering function
8. Red light heating function

Function Description:

1. When the massager is in the power-on standby state, the power indicator flashes
2. Power switch: press the power switch and the machine will start working
3. Red light heating function for foot massage: Three types of foot massage intensities can be selected, and the foot massage function can also be turned off using this button [1st gear green/2nd gear blue/3rd gear red, default to 2nd gear when turned on]

SAFETY GUIDELINES

- Do not let the control panel contact with liquids such as water, and do not operate the control switch with wet hands.
- Do not insert or drop articles into any opening of the product.
- Do not fall asleep during using the product.
- Do not use the product within one hour before and after meal in order to avoid adverse effects.
- The massage time for continuous use of this product shall not exceed 30 minutes, and the foot warming time shall not exceed hours.
- Do not use the product when drunk or feel discomfort.
- Stop use when feel discomfort during use.
- If you want to cut off the power supply, please turn off all operation controls and pull the power plug out of the socket.
- Please unplug the power plug from the socket after use or before cleaning.
- Stop immediately if the machine breaks down, and do send the machine to the manufacturer or its designated maintenance unit for repair before further use.
- This product cannot be used for self-diagnosis or treatment. If diagnosis or treatment is needed, it shall be treated by professional medical personnel.

PRODUCT MAINTENANCE

a) Storage

- Put the product in the color box when not in use, and place it in a safe, dry, ventilated and cool place.
- Do not twist the switch power and wires.
- Do not hang the product with switching power or wires.
- Protect the product surface from being scratched by sharp objects.
- Do not place the product in direct sunlight or high temperature.

b) Cleaning

- Make sure the main power switch is turned off before cleaning, and unplug the power plug.
- Clean the product surface with dry cloth.
- Do not hang the product with switching power or wires.
- Do not clean the product with corrosive cleaning agents such as benzene or thinner.

c) Maintenance

- Keep the product clean and away from high temperature.
- If the product is not used for a long time, shield it with a dust cover [please purchase it yourself] to prevent dust.

SAFETY GUIDELINES

Metal parts, which may affect the normal operation of the product and even cause damage. It is recommended to leave the product at normal room temperature for one hour before start it for use.



Warning

- Keep the product away from sharp objects, and do not continue to use when the foot cloth cover is damaged to avoid toes get sucked into the machine and cause personal injury.
- The product is not a toy. Please take good care of children and prevent them from playing with it!
- If the product falls into the water accidentally, do return it for depot service, otherwise it must not be used!
- There is high pressure in the product. It is forbidden to repair the product by yourself, otherwise personal injury may happen!

SAFETY GUIDELINES

Notice

- Make sure to be aware of all contents of this manual in detail before use in order to guarantee the safety and proper use of this product.
- Take good care of children and prevent them from playing with the product.
- This product is not intended to be used by people who are physically unsound, have sensory or mental disabilities, or lack relevant experience and knowledge (including children), unless there is a person responsible for their safety to supervise and guide their use of this product.
- There are heating devices in the product, and the surface of the appliance is very hot. People who are not sensitive to heat should pay attention when using it.
- Do not pull the power cord or hang the product with power cord to prevent wire breakage or poor contact. Hold the plug first when pulling off the power plug.
- If the power cord is damaged, the product must be replaced by the manufacturer or its designated maintenance unit or professional maintenance personnel in order to avoid dangers.
- Do not cover the product with blanket or block the heat dissipation opening under the machine during use, Otherwise it may cause failure or damage due to excessive temperature of internal parts.
- Do not use force to press or press the operation panel with fingernail. The switch shall be pressed lightly.

PRODUCT COMPOSITION

4. Air pressure: There are three types of air pressure intensity options, and the air pressure massage function can also be turned off using this button (1st gear green, 2nd gear blue, 3rd gear red, default to 2nd gear when turned on)
5. Red light heating: Press the red light heating button once to turn on the red light heating, press again to turn off the red light heating.
6. The default startup negative ion function can also be controlled to be turned off.
7. Pressing the negative ion button in the shutdown state can activate the 5-minute deodorization function.

Product Characteristics:

- Streamlined design, stylish and beautiful, lightweight and portable.
- Integrated with multiple functions such as foot massage, airbags, red light heating negative ions and deodorization
- Full sole massage and deep massage of each acupuncture point to dredge all meridians and foot reflection zones of the whole body.
- Removable and washable cloth cover to keep clean at all times.

WARRANTY AUTHORITY

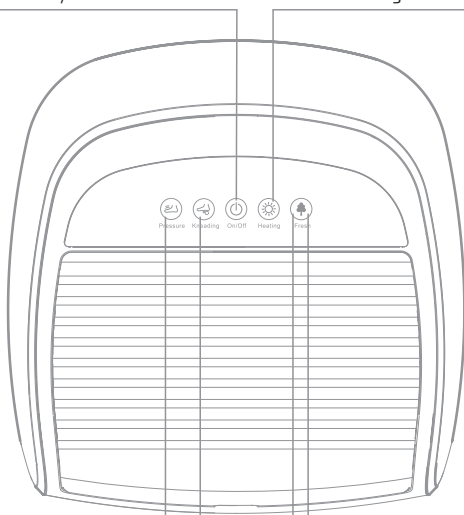
1. The warranty authority is not transferable.
2. The product can enjoy free warranty within the warranty period from the date of purchase of the machine (appearance is not covered by the warranty)
3. The valid warranty period of this product is one year.
4. When requesting warranty service, please show the original purchase proof and warranty card.
5. The purchase time shall be subject to the valid documents issued by the counter.
6. The warranty does not apply to rental, trading, commercial, institutional and other residential users.
7. Following situations do not fall within the warranty scope, and only paid repair services are provided (by charging labor and material fees)
 - (a) Damage caused by any human factors, including use in abnormal working environment, use and storage not in accordance with instructions, damage caused by improper use, etc.
 - (b) The user dismantles, repairs or refits the machine by himself/herself or a third party without authorization of the Company
 - (c) Damage caused by poor self-transportation after purchase,
 - (d) Damage caused by other force majeure factors (such as flood, fire, lightning strike and earthquake, etc.)

SAFETY GUIDELINES

Function description of control panel:

Switch control key

Red light heating control key



Airbag strength control key

Negative ion control key

Foot massage intensity control key

Deodorant control key in off state



ADVANCED RECOVERY FOR ATHLETES

Informações | Informations



AVA - BRASIL



AVA - PORTUGAL



FCC

MADE IN CHINA

Modelo: Ava - Foot 3.0
Green Fit Recovery, Ida.
Avenida Engenheiro Duarte Pacheco, Torre 2, 8 andar,
Sala 10, Zip Code: 1070-102, city Lisboa, Portugal;
ID number: 518 096 700;
Resp. Técnico: Rodrigo Santana