



Yoga-Dynamic Air Traction Massage Mat



Instruction Manual
Model: **KH287**

*** Keep this manual for future reference ***

READ AND SAVE IMPORTANT SAFETY INSTRUCTION

Read the following safety information carefully before using this product. If you have any medical conditions (such as pacemaker and pregnant) or are undergoing medical treatment or surgery on the targeted area, we advise that you should consult with your doctor before use.

SAFETY NOTE:



Attention: Do NOT stand up on product. This product does NOT have water-proof, do not immerse water. Do not use this product under blankets or under other covers. This is not a mattress, not a pillow, not a toy.



Attention: This product is designed for private use, not intended for medical or commercial purpose. Children should be supervised to ensure that they do not use this product as a toy.

PRECAUTION:

- Make sure neck is free of ornamentation (necklaces, bands, etc.) before using this massager on neck or upper back area.
- Use this massager on soft surface such as carpet or bed to maximize comfort.

CAUTION:

- Do not immerse the product into water for cleaning.
- Do not stand up on this product or sit on its motor massage board. Use

it only when you are lying down with the mat on carpet or bed.

- Do not try to plug or unplug the power adaptor when hands are wet.
- Do not use the product if you are hungry, right after meal, drunk, or right after extreme exercise.
- Do not use the product if you have wound or are after surgery and not yet fully recovered on targeted area.
- Do not use this product continuously for more than 60 minutes at a time. It is recommended that you should take 5 to 10 minutes of break for every 60 minutes of massaging.
- Do not use this product while you are sleeping, and avoid falling asleep while the product is in use.
- Always unplug the product from the power outlet after use. Never leave this product unattended while its power is connected.
- Never use the product close to heater, fireplace, stove or other heat source.
- Always escort and pay attention while children, patients, disabled and elderly people are using this product. This product is not for children under age 12.
- Never use the product if the plug/wire/product is damaged, if it is not in a smooth operation as it should be, or if it immerses water.
- People with heart disease or are prohibited to have excited exercise should not use this product unless you have consulted with your doctor.
- People with skin allergy, wounded or after surgery and not well recovered should not use this product unless you have consulted with your doctor.
- Unauthorized person is not allowed to reconstruct or replace the component of this product.
- Do not use this product in sauna room or bathroom, or in area where

has high humidity or wet floor.

- Close supervision is necessary when this product is used by, close or next to children, invalids, or disabled person.
- Never let children, mental retarded and people with difficulty in action to operate this product and to reach the power source.
- If the product has not been used for a long time, check it before use again.
- Excessive use can lead to overheat and shorter product life. Should this occur, turn off and unplug the power, and allow the product to cool down before use again.
- Do not use this product as a substitute for medical treatment.
- This product is designed for household use only.

MEDICAL NOTES:

1. To avoid excessive stimulation of skin, the massage time should not exceed the recommended working time.
2. If you are under medical treatment and your doctor or orthopedist does not particularly forbid foot spa massage, you can enjoy the massage following your doctor's instruction.
3. A massage should never feel unpleasant. Should pain or discomfort result, discontinue use and consult with your doctor.
4. Excessive massage can also have harm to body.
5. People who are unable to feel normal temperature, the ill persons undergoing medical treatment and children should not use this product without adult supervision. Massaging could be dangerous to people with wound or injury on targeted areas. If in doubt, talk to your doctor in advance.

WARNING—TO REDUCE RISK OF BURN, FIRE, ELECTRIC SHOCK,

OR INJURY TO USERS:

1. This product should never be left unattended when it is plugged in. Unplug it from outlet when it is not in use.
2. Close supervision is necessary when this product is used by or close to children, invalids, or disabled persons. THIS PRODUCT IS NOT A TOY.
3. Use this product only for its intended use as described in this manual.
4. Never operate this product if it has a damaged power cord or plug, if it is not working properly, if it has been dropped or damaged on case or immersed water. Return the product to service center for examination and repair. Never try to take apart or repair this product by yourselves.
5. Do not carry this product with its power cord or cover or sleeve or use the power cord as a handle.
6. Turn off the device on the controller before unplug from wall outlet.
7. Use only the original adaptor that comes with the product.
8. Keep power cord away from heat or wet sources.
9. Always unplug the power cord from the electrical outlet after using and before cleaning.
10. Do not use attachments that are not recommended by manufacturer for this product.

NOTICE: this product should not be used in the following circumstances:

- Massage should be comfortable and pleasant. Should pain or discomfort result, discontinue use and consult with your doctor.
- Avoid the use of an uncertified extension cord because the extension cord may lead to overheat and risk of fire.
- This product should never be used by an individual with a medical condition that will limit the user's capability to operate the product.
- Never use this product if there is wound or injury on targeted areas.

- Do not use this product after taking pain relief medications, sedatives or alcohol. Consult with your doctor if you are under these circumstances.
- Do not use this product when you have insensitive skin in your targeted areas or in the environment of poor air circulation. The unattended use of heat by children or incapacitated persons may be dangerous.
- It is recommended not to use this product 30 minutes before or after your meal.

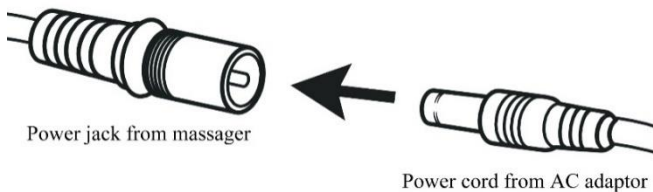
SPECIAL WARNING:

- Do not place this product where it may fall into a tub or swimming pool.
- Do not immerse water or other liquid with this product.
- Do not put your foot into the massage board when your foot is wet.
- Do not attempt to plug or unplug the power source while your feet are in the massage board or when your hands are wet.
- Use the product on a dry sturdy level surface.

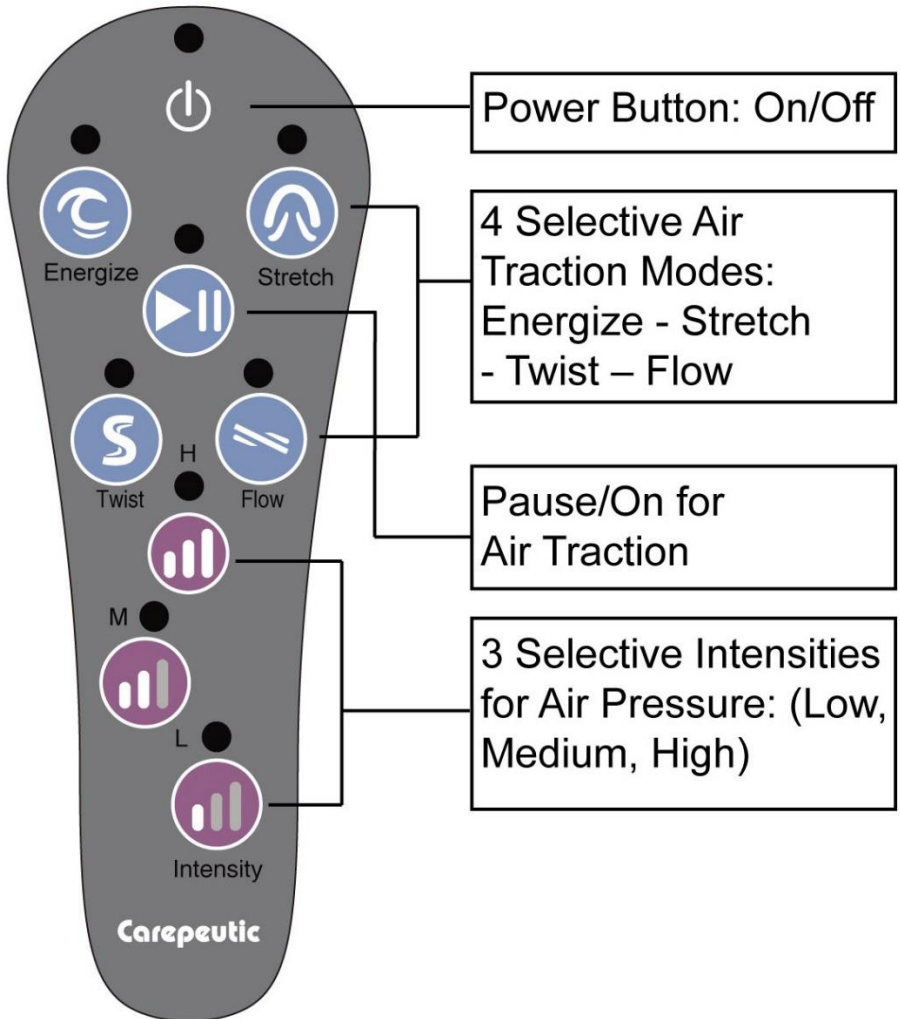
OPERATION GUIDE

Power Connection:

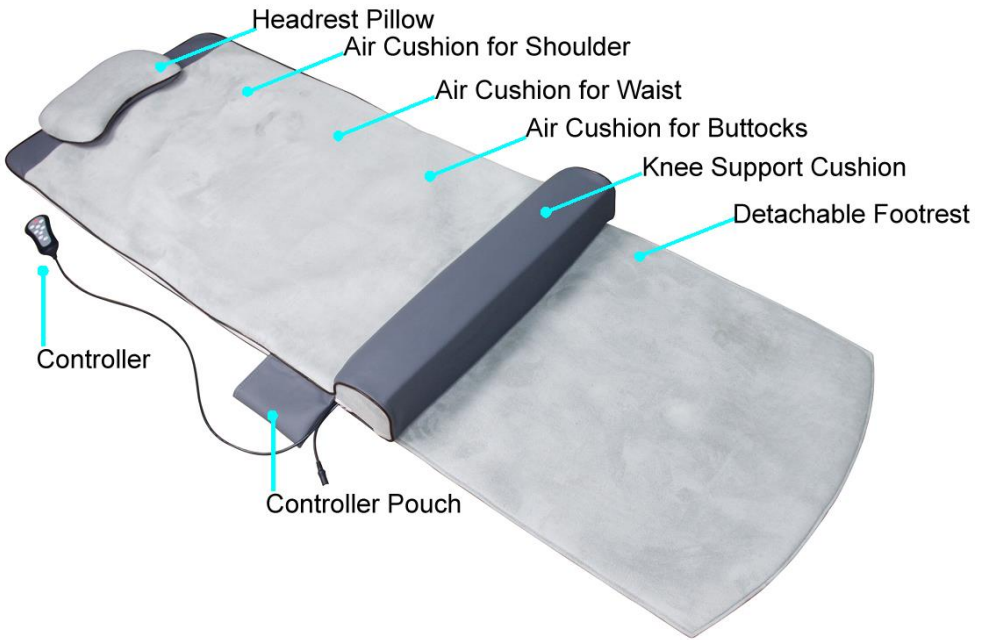
- Connect the AC to the electric outlet and to the power jack on massager.



Control Panel:



Mat:



Note: the detachable footrest mat is optional.

OPERATION INSTRUCTION:



1. Do not stand up on this product. Use it only when you are lay down on a sofa or bed or flat surface.
2. Place mat on flat, soft surface such as bed or soft carpet or large size sofa.
3. Headrest pillow is detachable. You can adjust its position to maximize comfort.
4. Detachable Extension mat is optional. Use it when needed.
5. Plug in power adaptor to power jack and to wall outlet.
6. Lie down on the mat and adjust your body posture to the most comfortable position. (Note: do not turn on power before you lay down on mat).
7. Press power button On/Off to turn on power.
8. Choose traction modes to start exercising:
 - **Energize:** focus on spine pain.
 - **Twist:** focus on shoulder and buttock pain.

- **Flow:** focus on lumbar pain.
 - **Stretch:** focus on lower back pain.
9. Press Pause/On button to pause traction during exercising if needed.
 10. Choose traction intensity: Low, Medium, and High. It is recommended to start with Low intensity for the first time use.
 11. Default traction time: 20 minutes. It'll shut off automatically after 20 minutes.
 12. Press power button On/Off to turn off power any time.
 13. After the power is shut off, always wait until all air bags get flat before sitting up from mat.
 14. During exercising, the traction may sway from side to side or move from top to bottom. Try not to get up before you turn off the power.

Care and Maintenance

- Before cleaning, you must turn off the power and unplug the power cord from the electrical outlet.
- This product or its cover is not washable.
- Clean the product only with a soft, dry towel. Never use strong abrasives, detergents or cleaning agents for cleaning.

Storage:

- Unplug the power cord from the electrical outlet and allow it to cool down.
- Place it in its box or in a clean, dry location.
- Do not drag or hang the unit with its power cord.
- This product is designed for household use only.
- Never put the product close to fireplace or other heating sources.



Folded



Zipped & Carrying

Features:

- Inspired by yoga exercises, integrating yoga concept into acupressure massage for relief of back pain, sciatic pain and hip discomfort.
- Smart controlled air chambers generate dynamic movements in sequence and sway from side to side to relax back bones and tendons and soften muscles.
- 6 sets of acupressure air bags located in 3 reflex zones: upper back, lower back and buttocks. It helps enhance tissue relaxing and releases surface hardening and soreness.
- 4 selective yoga traction modes, energize, stretch, twist and flow, for hips and back pain exercise.
 - Energize: focus on spine pain.
 - Twist: focus on shoulder and buttock pain.
 - Flow: focus on lumbar pain.
 - Stretch: focus on lower back pain.
- Position holding with core stretching generates deep release for hips, hamstrings and lower back.
- Stretching with 3 selective intensities: low, medium, high.
- Default working time: 20 minutes auto shut off.
- Foldable and portable with built-in zipping system and carrying strap.
- Detachable headrest pillow and knee rest cushion maximize comfort during traction exercising.
- Detachable extension mat (optional).
- Made of high quality breathable, soft and durable suede material.
- Also applicable for long-term bedridden patients to have side-to-side body swaying to prevent pressure ulcers.

Specifications:

- Powered with home use AC adaptor (included), DC 12V, 1.5A

- Power consumption: 18W
- Timer: 20 minutes
- 6 traction air bags.
- Mat size (with extension): 65L x 24W x 1.5H inches
- Mat size (without extension): 47L x 24W x 1.5H inches
- Product weight: 10 lbs
- Pillow size: 13L x 3H inches



Correct Disposal of this product:

This marking indicates that this product should not be disposed with other household wastes. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used product, please use the return and collection system or contact the retailer where the product was purchased from.

Troubleshooting:

Problem	Cause	Solutions
No power	Power jack is off	Unplug and plug in the power jack again

Traction stops after using about 20 minutes	Its default working time is 20 minutes	Turn off the power and turn it on again.
Air bags are not inflating after using about 15 minutes	Air chambers blocked during exercising	Turn off power, fold it back and unfold it, take up the mat and try to have it straightened out on a flat surface, and then turn on power again.
Loud traction noise	This is normal during traction exercising when the air chambers are generating movements	Try to choose Low Intensity.

Note: This product is not intended to diagnose, treat, cure, or prevent any disease.

Limited Warranty:

Please contact seller for warranty. Limited warranty from manufacturer only for original purchaser against manufacturing or workmanship defect under normal use. Due to the hygiene or rehabilitation nature of this product, it is non-returnable unless it is in unused condition.

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