



Shake-O-Max Massage Machine

Full Body Workout | Full Body Relief

Versatile Physical Therapy Solutions
for Muscle Strengthening and Relaxation



Instruction Manual

Model: **KH 355**

*** 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 have any underlying health conditions, we advise that you should consult with your doctor before use.

SAFETY NOTE:



Warning: 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 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.

CAUTION:

- Make sure neck or ankle is free of ornamentation (necklaces, bands, etc.) before using this product on neck or calf area.
- Do not immerse water in any circumstances.
- Do not use this product near fireplace or heater. Care should be exercised near open flame or with burning cigarettes.
- 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.

- Do not use this product continuously for more than 30 minutes at a time. The product has default working time of 15 minutes. It'll automatically turn off when the time is up. It is recommended that you should take 10 to 15 minutes break for every 30 minutes of use.
- 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 wall outlet after use. Never leave this product unattended while its power is connected or turned on.
- 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 without adult supervision.
- 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.
- 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 with high humidity.
- 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 cord.
- 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 minutes at a time.
2. If you are under medical treatment and your doctor or orthopedist does not particularly forbid 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 a healthcare professional.
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. 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 from wall 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. Do NOT reach for a unit that has been immersed in water. Immediately unplug the unit.
4. Use this product only for its intended use as described in this manual.
5. Never operate this product if it has a damaged power cord or plug, if it is not working properly, if it has been damaged on shell or immersed water. Return the product to service center for examination and repair. Never try to take apart or repair this product by yourselves.
6. Do not carry this product with its power cord or use the power cord as

a handle.

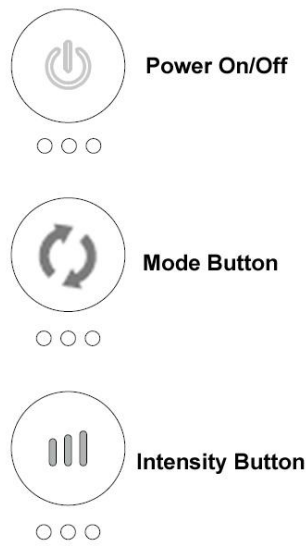
7. Turn off the product on the control panel before removing plug from outlet. Do not turn on the device during charging (if any).
8. Use only the original adaptor or charging cable that comes with the product.
9. Keep this product and its power cord away from fireplace or wet sources.
10. Always unplug the power cord from the wall outlet after using and before cleaning.
11. Do not use attachments that are not recommended by manufacturer for this product.

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

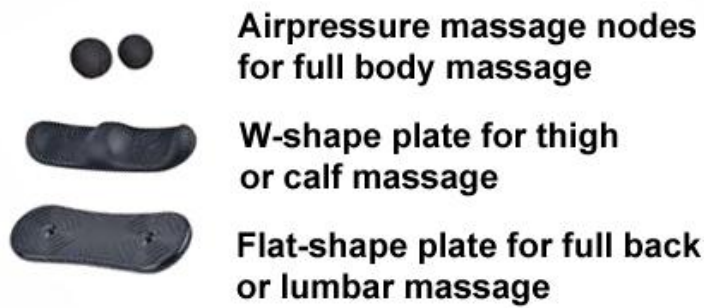
- Massage should be comfortable and pleasant. Should extreme pain result, discontinue use and consult with your doctor.
- Avoid using an uncertified extension cord because the extension cord may lead to overheat and risk of fire.
- This product should never be used by an individual with a medical condition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

Product Structure:

Control panel: figure 1



Massage Techniques: figure 2



Note: remove the plates or nodes gently when changing.

OPERATION INSTRUCTION:



Warning: do NOT stand up or sit on the product. This product is not a footstool.

Charging the battery:

1. This product is powered with built-in lithium battery. It comes with USB charging cable that is compatible with most smartphone USB adaptors.
2. It is recommended to have the product fully charged for the first time use.
3. Turn off the device completely. Connect the USB cable with USB adaptor to wall outlet for charging.
4. During charging, the **Power** button indicator light is **flashing**. During charging, do NOT use the product.
5. When it is fully charged, the Power button indicator light is on **solid in green**.
6. Unplug the charging cable from massager and wall outlet.
7. To check battery power level, press the **Power button** once to check its battery status, if the Power indicator light is on in **green** color, the battery capacity is good to use. If the power indicator light is on in **yellow** color, it is time to recharge it.
8. When the battery power is **low**, the power indicator light **flashes in yellow**, it is time to recharge it.

Note:

- During charging, do NOT use the product.
- This product should never be left unattended when it is plugged in for charging. Unplug from wall outlet after fully charged.

Power On/Off:

- **Press and Hold the power button** for 3 seconds to turn on the device.
- The massager starts massaging automatically with Mode 1.
- **Press and Hold the power button** for 3 seconds again to turn off the device.
- **Timer:** The massager has default working time of 15 minutes, it'll shut off automatically after 15 minutes.

Massage modes:

- This massager has 3 selective massage modes.
- After the power is turned on, press the **Mode button** once to switch from Mode 1 to Mode 2 or to Mode 3.

Massage Intensity:

- Vibration massage has 3 selective intensities.
- After the power is turned on, press the **Intensity button** once to switch from Level 1 to Level 2 or to Level 3.

How to change and use the plates and nodes:

- Refer to Figure 2, there are 2 changeable plates and 2 nodes.
- The 2 EVA nodes are for acupressure massage.
- The W-shape plate is for thigh or calf massage.
- The flat-shape plate is for full back or lumbar massage.
- **Note:** remove the plates or nodes gently when changing.

Care and Maintenance

- This product has no waterproof. Do not immerse water.
- Before cleaning, you must turn off the device.

- Clean the product with a soft, dry towel. Never use strong abrasives, detergents or cleaning agents for cleaning.

Storage:

- Turn off the device or unplug the power cord from the electrical outlet and allow it to cool down.
- Place it in a clean, dry location.
- Do not drag or carry the unit with its power cord.
- Do NOT carry the product with its plate or nodes, the main unit may drop off when carrying.
- This product is designed for household use only.
- Never put the product close to fireplace or other heating sources.

Features:

- A physical therapy solution for full body workout and full body relief.
- Powerful vibration massage with 3 selective modes and 3 selective intensities.
- Changeable massage plates and nodes offer a broader range of deep and light massage techniques.
- Cordless and compact design gives you ease of use on shoulder, full back, lumbar, thigh and calf.
- Timer: Auto shut off after 15 minutes.

Specifications:

- With 3 changeable massage heads and plates made of high-quality PU foam and EVA balls.
- With 3 selective vibration modes.

- With 3 selective vibration intensities: 3200RPM/2800RPM/2500RPM.
- With 3 cell 18650 battery 2000mAh (11.1V).
- Charging time: 4 - 5 hours
- With USB charging cable included
- Handles with anti-slip silicone rubber grip.
- Product dimension: 15.5 x 7 x 8.75 inches.
- Product weight: 4.4 lbs.



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	Battery power is low or default working time is up	Press the power button once to check its battery capacity status. If the indicator is not on in Green, recharge it. Auto shut off after 15 minutes. Unplug the unit and turn it on again.
Vibration massage stops working	Default working time is 15 minutes.	Turn off the power and unplug the unit, wait for 20 to 30 minutes, and turn it on again.

Unable to turn on power	Operate the power button incorrectly.	Press and Hold the Power button for 3 seconds to turn it on or off.
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Note: This product is not intended to diagnose, treat, cure, or prevent any disease.

Parts included:

1. Massage machine x 1
2. W-shape plate x 1
3. Flat-shape plate x 1
4. EVA massage ball x 2
5. USB charging cable x 1
6. Manual x 1

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.

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Engineering and conceptualized in USA

