

R4

Multi-Angle
Lumbar Traction
Device

Instruction Manual



ELEEEELS



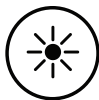
Dynamic
Stretching



Vibration
Massage



Hot
Compress



Red / Blue
Light
Therapy

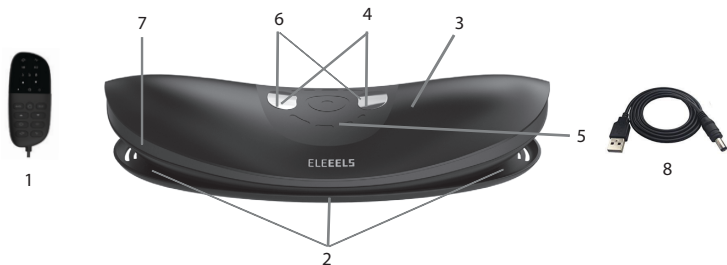


Low
Frequency
EMS
Massage



2-Hour
Battery Life

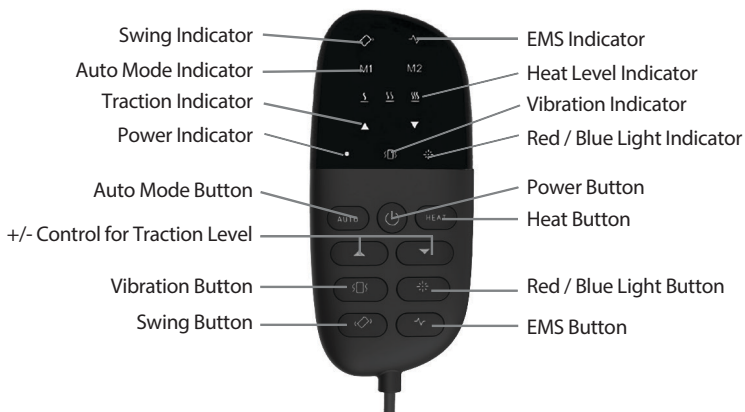
R4 at a Glance



- 1) User-friendly Controller
- 2) Dynamic Stretching
- 3) Multi-frequency Vibration Massage
- 4) Hot Compress
- 5) Red / Blue Light Therapy
- 6) Low Frequency EMS Massage
- 7) Charging Port
- 8) USB-DC Cable

Specifications

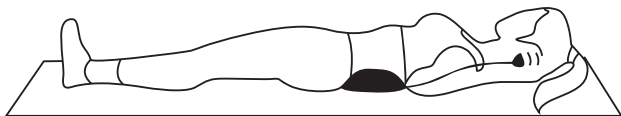
- Rated Voltage: 7.4V
- Input: DC 5V/2A
- Battery Capacity: 1500 mAh
- Rated Power: 10W
- Weight: 1700 grams
- Traction Level: 0 - 50 mm
- Operating Time: up to 1 - 1.5 hours of use per charge



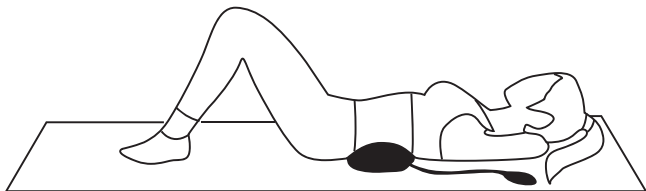
Preparation



1. The base plate must be placed beneath the device.
2. The plate is designed to improve the overall experience when using the traction device on a soft surface.
3. You can operate the device with or without the plate when the device is placed on hard surface.
4. Do not tread on the plate or use it for other purposes.



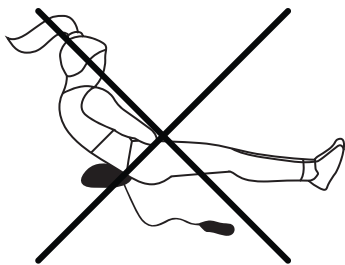
Place the device on a flat surface, and slowly lie on it under your waist between L1 and L5. Press the remote control to turn on the device.



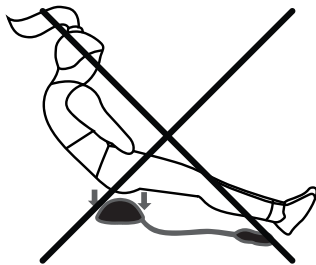
Press and hold the +/- button to adjust the traction level during operation.



Once you finish the traction section, press - button to adjust the traction level back to original level. Continue to lie on the device for 3 minutes before getting up slowly.



Do not get up until the traction level is back to original level.



It is forbidden to sit directly on the device during operation.

INSTRUCTIONS

PLEASE READ PRIOR TO USE

CHARGING

- 1) Connect the provided USB-DC cable to the charging port on the device.
- 2) The charging speed depends on what adapter is used. It is suggested to use an USB adapter supporting 5V/2A to fully charge in approximately 3 hours.
- 3) During charging, the power indicator flashes slowly. When the power indicator stops flashing, the device is fully charged.

OPERATING

- Press the power button once to turn on the device.
- Press the auto mode button to switch between 2 auto modes: M1 (traction + vibration + red / blue light), M2 (traction + swing + red / blue light).
- Press the heat button repeatedly to adjust the heat intensity during operation (low / medium / high).
- Press and hold the +/- button to adjust the traction level during operation. Release the +/- button once comfortable height is reached.
- Press the vibration button to turn on and turn off vibration massage during operation.
- Press the red / blue light button to turn on and turn off red / blue light during operation.
- Press the swing button to turn on and turn off left and right stretching during operation.
- Press the EMS button to turn on low frequency EMS. Press the EMS button repeatedly to increase the EMS level (level 1 - level 10). Press the EMS button again for 2 seconds to turn off low frequency EMS.
- Press the power button once to turn off the device.
- When the device stops operation after a 10-minute session, press the power button to start a new one.
- When the battery level is lower than 10%, the power indicator flashes. Please recharge the battery. Operation could be continued during charging.

MAINTENANCE, CLEANING & STORAGE

- Use a slightly damp towel to clean the device and a soft cloth to dry it.
- Do not clean the device with chemicals or alcohol.
- Only use the USB-DC cable supplied by the ELEEEELS for recharging.

WARNINGS & CAUTION

- Do not immerse in water. Keep away from liquids or heat sources. Keep ventilation ports free from dust and debris.
- Do not remove screws or attempt to disassemble.

- Do not operate continuously for more than one hour. Allow device to rest for 10 minutes before re-using.
- For adult use only. Do not use if injured. Consult your doctor before using this product

SAFETY INSTRUCTIONS

DANGER: TO REDUCE RISKS OF ELECTRIC SHOCK, FIRE, AND PERSONAL INJURY, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH THE FOLLOWING INSTRUCTIONS:

- Do not drop the device.
- Do not tamper or alter the device in any way.
- Never leave the device unattended during operating or charging.

DISCLAIMER

Please do not use the ELEEEELS R4, or any massage device without first obtaining approval from your doctor if you have any of the following conditions: pregnancy, neuropathy, retinal damage, pacemaker user, recent surgery, epilepsy or migraines, herniated disks, spondylolisthesis, spondylolysis, or spondylosis, recent joint replacements, surgical pins or plates, or you have any concerns about your physical health.

WARRANTY

IF WITHIN ONE YEAR FROM THE DATE OF PURCHASE, THIS PRODUCT FAILS DUE TO A DEFECT IN THE MATERIAL OR WORKMANSHIP, ELEEEELS WILL REPAIR OR REPLACE THE PRODUCT; OR FAILED COMPONENT(S), FREE OF CHARGE

THIS WARRANTY EXCLUDES:

- (a) Damage caused by accident, abuse, or mishandling during transport;
- (b) Damage arising from use of units from unauthorized repair;
- (c) Malfunction of units that are not used in accordance with ELEEEELS instructions;
- (d) Damage for which the cost of repair exceeds the cost of the product;
- (e) Deterioration of the delivered product resulting from abnormal storage and/or safeguarding conditions on the client's premises, and
- (f) Any product for which a dated proof of purchase cannot be provided.

Please visit below link for instruction manual in other languages:

<http://www.eleeeels.com/im>