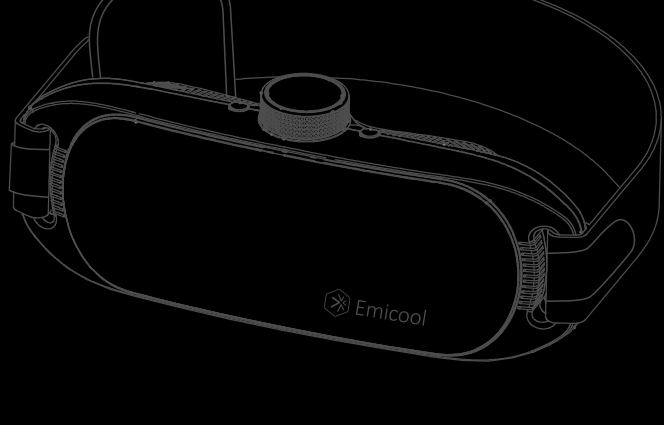


Portable Cool & Hot Sculpting device

Instructional Manual



Made in China

Tips

This product has the EMS low-frequency pulse function, please ensure that the massage head and the skin are in direct close contact before its use to make the proper use of the EMS Function!

Danger

Please never use this medical electronic massage devices together with the following devices to avoid any influence and thus injury.

Implantable medical electronic devices such as cardiac pacemakers.
Life sustaining medical electronic devices such as artificial heart lungs.
Electrocardiographs and other medical electronic devices.

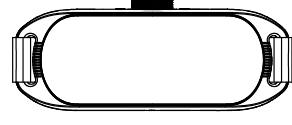
Caution

- Do not use this product near to the water or near to the place where there is fire.
- Do not use the product in high electromagnetic environment, high temperature environment or humid environment.
- Do not use the product in flammable and explosive places such as gas stations, high dust workshops and gas stations.
- Do not drop or disassemble the product by yourself. Please contact the after-sales service to deal with the situation if the equipment failure occurs.
- Do not plug and unplug the USB charging cable with wet hands to avoid electric shock or accidents.
- Do not use this product with other medical devices or more than 2 units of this product, otherwise it may cause physical discomfort.
- Do not use it while driving a car, as it may cause physical discomfort due to excessive stimulation and that might lead to an accident.
- Do not use for any other purposes other than massage as stated in the instruction manual to avoid accidents and malfunction.
- If discomfort is caused by excessive stimulation during use, stop using the product immediately.
- Please use with caution within half an hour after having the meals to avoid adverse effects due to the different physiologies of people.
- This product should not be used by people those who are physically incompetent, have sensory or mental impairment, or lack relevant experience and knowledge.
- Please do not give this product to the children or people without the ability to express consciousness to avoid accidents or physical discomfort.
- This product has heating and cooling functions, so please use with caution for people who are sensitive to temperature change or who are allergic to heat or cold.
- Do not use the product in the following cases: pregnant women or people with high fever, malignant tumors, untreated heart surgery, acute illnesses, or other diseases.
- This product contains lithium batteries, please do not disassemble, modify or throw into the fire to avoid danger.
- When disposing of this product, please dispose of it in accordance with the relevant environmental protection regulations of the city, otherwise it may cause environmental pollution.

Product Parameters

Product Name	Portable Cool & Hot Sculpting device	Product Model	HXR-L100
Product size	246mm*104mm*59mm	Rated Power	60W
Battery capacity	3000mAh	Charging Voltage	5 V
Product Weight	726g	Charging Port	USB Type-C

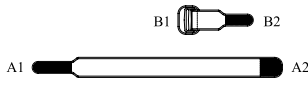
Product List



Main Device*1

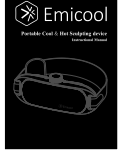


Type-C Charging Cable*1



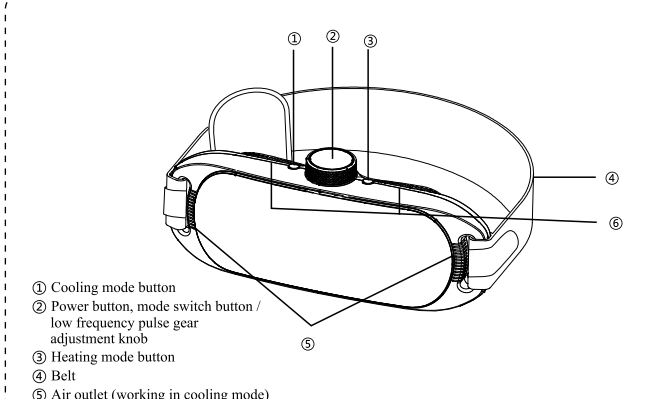
Belt*1, Extension belt*1

TIPS: When using, you need to connect A2 and B1, and A1 and B2 are fixed on both sides of the shaping device.

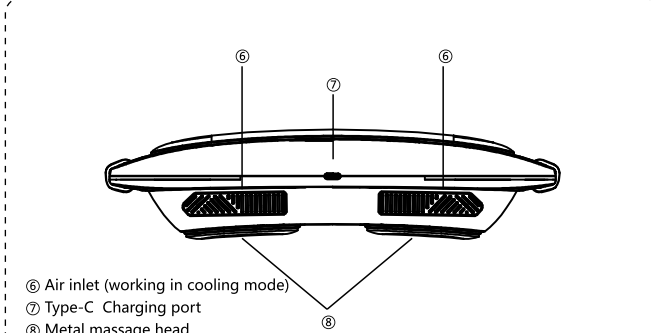


Instructions*1

Function and name of each part



- ① Cooling mode button
- ② Power button, mode switch button / low frequency pulse gear adjustment knob
- ③ Heating mode button
- ④ Belt
- ⑤ Air outlet (working in cooling mode)
- ⑥ Air inlet (working in cooling mode)



- ⑦ Air inlet (working in cooling mode)
- ⑧ Type-C Charging port
- ⑨ Metal massage head

Note: When the device is in cooling mode, please make sure that ⑤ air outlet ⑥ air inlet is not blocked to avoid affecting the cooling effect of the device.

Product Operating Instructions

- Press and hold the power button for 1.5 seconds to turn on the device, the device will enter standby mode, and will automatically shut down after 2 minutes if there is no subsequent operation.
- When the device is in standby mode,, short press the knob top to open or cut low-frequency pulse mode, low-frequency pulse has five modes, respectively
A0: no pulse
A1: Comprehensive body sculpting
A2: Kneading and relaxing
A3: Massage therapy
A4: gently patting the skin
- Low-frequency pulse mode has a total of 20 different levels of pulse frequencies, the default 0 pulse, turning on the pulse mode, clockwise rotation of the knob to increase the pulse gear & frequency, counterclockwise rotation of the knob to reduce the pulse gear & frequency. Please use this EMS function after wearing the device on the specific body part where you need massage, if the device is not worn, the gear will revert to 0 after 3 seconds.
- After the product is turned on, you can turn on the hot therapy function by short pressing the button. The hot therapy function has a total of 3 modes, and the temperatures range of the first, second & third mode 34±3°C, 39±3°C, 43±3°C respectively.

Cooling function can be turned on by short pressing button, the cooling function has 3 modes in total, the temperatures range of the first, second & third mode is 15±3°C, 10±3°C, 5±3°C respectively.

APP connection to control the device

1. Download the APP
Please go to the Google play or APP store, search the "Fit Shaper" or scan the QR code below to download the App.

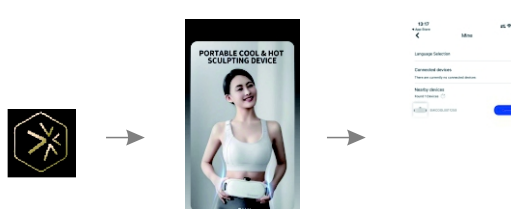


IOS

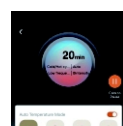


Android

2. Open the Fit Shaper APP, the click "Mine", search for the nearby devices, and then click "connect" after the device appears in the list as a connected device.



3. After the successful connection, you can choose the cycle temperature control mode or the manual temperature control mode.



cycle temperature control mode



manual temperature control mode

In the Auto Temperature Mode, you can choose four modes: Cold/Hot cycle, Cold/Hot alternate, Fat burning cycle and Freezing-fat cycle.
In the manual temperature control mode, you can adjust the using time duration, Cooling, Heating functions.

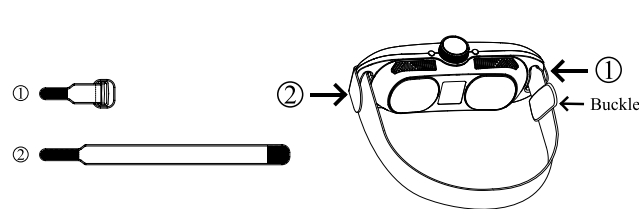
The Low Frequency Pulse Physical Therapy mode can be used in conjunction with all of the above modes.

If the connection is not successful, then please make sure that the device or host is on and the Bluetooth function of the cell phone is turned on as well(Android cell phones need to turn on the GPS positioning function at the same time).

If the device is not connected within 2 minutes or the connection is not successful, the device will be automatically shut down.

Wearing method

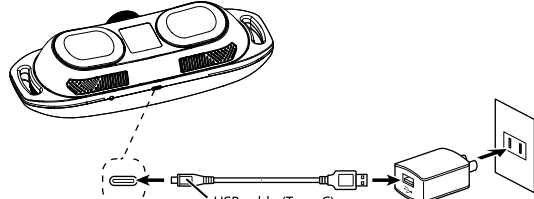
- Connect the narrower ends of 1 and 2 to both sides of the product from the inside out through Velcro
- Place the product on the area of the body where it will be used
- Connect the wider part of 2 to the buckle position of 1 through Velcro
- Fix the product on the body part and adjust the tightness



Product charging

If it is used for the first time or has not been used for a long time, please charge it as follows:
1. The USB cable in the accessory should be plugged into the charging socket or charging port which is available on the bottom left side of the product

2. Insert the USB cable into the power adapter and connect the power adaptor to the electricity



- After the charging starts, the LED power indicator flashes on the product power button screen
- The product will be fully charged for about 4 hours, continue charging for 5 minutes after the power indicator goes off, please unplug the power in time after the full charging of the device.

*Note: Do not use this product while charging.

Troubleshooting

Possible conditions	Possible causes/handling methods
Cannot start after pressing the power button	Please check whether the product has sufficient power or not Please confirm whether the product start-up operation is standardized (press and hold the on/off button for more than 1.5 seconds)
Stopped during its use	The device will automatically stop working after 10min of use, which is a normal phenomenon, if you need to continue to use the power can be turned on again Please confirm whether the device is in low battery status, if the battery power is insufficient, please charge it and use it again after its fully charged.
Unable to charge or very short life span	If the ambient temperature is particularly high or low, the device will not start, please charge at 15-40°C. Please check whether the USB connection cable and the host power adapter are in good contact The first charge or long time no use, please first full charge before its use. The device cannot be charged during startup, please turn off the power before charging
Knob can not adjust the gear or mode	Please make sure the device or product is in one of the modes A1-A2-A3-A4 Please adjust the knob in the opposite direction to ensure that the device is not in the lowest gear/ highest gear
No sensation of low frequency pulses	Please make sure that the skin is in proper & direct contact with the two massage heads (such as clothes, accessories and other items are between the skin and device, please remove before its use). Please check whether the low frequency pulse level is too low and increase the pulse level appropriately.
There is a tingling sensation	Please check if the skin is dry due to cold weather, you can use wet towel/ moistened paper towel to moisten the skin and then use the product. Please check whether the low frequency pulse level is too high and then lower the pulse level appropriately.
Redness of the skin after use	Please confirm whether there is a wound on the skin surface or not, if there is a wound, you need to wait for the wound to recover before using the product. This is a normal phenomenon after the skin has been cold/heated, and will return to normal within half an hour after you stop using the device.
Equipment heating up after shutdown	Please check if your skin is allergic to the material of the massage head. This is the normal phenomenon after the end of the usage of the device in the cooling mode, and can be restored to normal temperature after a few minutes of stopping the device.

*Note: If the problem still exists after following the above steps, please cut off the power and contact customer service to deal with it.

Maintenance and Storage Method after its use

Maintenance method

- Be sure to unplug the power cable or cord before maintenance.
- Do not use detergent, thinner, gasoline or other chemicals to wipe.
- When the device is dirty, it can be wiped with a dry soft cloth or dry towel to avoid washing in running water or other liquids.
- After each use, please clean the massage head in time. When the massage head is particularly dirty, wipe or disinfect it with a soft cloth dipped in a small quantity of medically approved cleaner.
- Please do not disassemble, repair or modify this product without permission to avoid accidents or failures.

Storage Method

- Be sure to unplug the power supply during storage.
- Please do not keep it in a damp place or a place exposed to direct sunlight.
- If the product is not used for a long time, please fully charge the product and put it in the storage bag, then put it in a dry and ventilated place.
- Do not store it in a place where infants or pets can touch it.
- Please do not place it on cloth, paper products or wooden furniture that are easy to fade.