

anko

Massage Mat User Manual



Model No.: CF-3703
Rev 2

Note: The specifications and/or components of this appliance are subject to change without prior notice.

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**READ AND SAVE THESE INSTRUCTIONS FOR
FUTURE REFERENCE**

1 Warnings

Before using this appliance, read and follow all warnings and instructions in this manual, even if you are familiar with this product.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

WARNING Only use the Power Supply that was provided with this appliance. Model No. ZD012M120100AU

2 Important Safeguards



Please read this instruction manual carefully before first use. It is advisable to keep this instruction manual for future reference.

DO NOT use this product as a substitute for medical attention.

DO NOT use this product for more than 30 minutes at a time. Allow at least 60 minutes cool down period in between uses. Extensive use could lead to the appliance overheating and reduce the life of the product.

DO NOT leave the appliance unattended when in use or plugged in.

Take care that children cannot touch the appliance when in use, and make sure they cannot reach and pull the power cord.

To protect against the risk of electric shock, do not immerse the appliance, cord or power supply in water or other liquids.

DO NOT use or store the product near sinks, baths or showers containing water or near running water.

DO NOT use in the bath, shower, spa, pool etc.

Always disconnect the power supply from the power point after use.

DO NOT use if the power supply or power supply cord is damaged. It must be disposed of in order to avoid a hazard.

The use of accessories not intended for use with this appliance may cause injuries to the user or damage to the appliance.

Do not place this unit on other appliances, on uneven surfaces or where it could be subject to heat sources (e.g., radiators or stoves), direct sunlight, excessive dust.

This Appliance should not be placed near a hot gas or electrical burner or placed in a heated oven.

The appliance should always be switched off before disconnecting from the power supply. Never pull the cord to disconnect the power supply from either the appliance or the power point. Grasp the plug / Power supply body.

There are no user-serviceable parts in this appliance.

If this appliance is to be used by a third party, please supply the instruction manual with it.

Ensure children and babies do not play with plastic bags or any of the packaging material.

DO NOT operate the appliance or touch the power supply with wet hands to reduce the risk of electric shock.

DO NOT carry the appliance by the power cord.

DO NOT use the appliance while sleeping or if feeling sleepy.

DO NOT use this product before bed. The massager has a stimulating effect and may delay sleep.

DO NOT use this product while in bed.

DO NOT use machinery or heavy equipment while using this appliance.

DO NOT cover the appliance while in use. The product will overheat and may cause fire, electrocution, damage to property, or injury to persons.

This appliance must not be used by persons insensitive to heat and other very vulnerable persons who are unable to react to overheating if using the Heat Function.

The appliance has a heated surface. Persons insensitive to heat must be careful when using the appliance.

Prolonged Heat application can result in skin burns.

This appliance is intended for human use only. Not for animals and pets.

Do Not Allow Pets or Animals to Lie or Chew On this Appliance or on Electrical Cords etc.

The unattended use of heat by children or incapacitated persons may be dangerous.



This product is Not to be used by very young children (0-3years)

Children under the age of three are not to use this appliance due to their inability to react to overheating.

This product is not intended for medical use. It is intended only to provide a comfortable massage.

If you have any concerns regarding your health, consult your doctor before using this appliance.

Individuals with pacemakers should consult a physician before using this product.

In case of pregnancy, diabetes or illness, consult your doctor before using this product.

Massage should be pleasant and comfortable. Should pain or discomfort result, or if you experience pain in a muscle or joint for a prolonged period of time, stop use and consult your doctor.

Never use any massager on the face, open wounds, discoloured areas, areas of poor circulation or any areas of the body that are swollen, burned, inflamed or where skin eruptions or sores are present.

Never reach or touch an appliance that has fallen into water. Unplug from the mains power point immediately.

Position the power supply cord properly so that it will not be walked on or pinched by items placed on or against it.

DO NOT store or use the appliance near or in high temperature areas.

ONLY for indoor domestic use. Industrial or commercial use invalidates the warranty.

No liability can be accepted for any damage caused by non-compliance with these instructions or any other improper use or mishandling of the appliance.

IMPORTANT

If you have any concerns regarding your health, consult your doctor before using this appliance. Individuals with pacemakers should not use this product. If you experience pain in a muscle or joint for a prolonged period of time, discontinue use and consult your doctor. Persistent pain could be a symptom of a more serious condition.

3 Components



1	Massage Mat	5	Massage Zone "Leg"
2	Massage Zone "Neck"	6	Heat Zone
3	Massage Zone "Back"	7	Power Supply: ZD012M120100AU
4	Massage Zone "Thigh"	8	Controller

4 Features

- Built-in 10 vibration massage motors.
- Upper Back Heater.
- 5 pre-programmed massage modes.
- 3 levels of vibration intensity.
- 30-minute Auto-Off timer.
- Convenient Corded Remote controller

5 Operation Procedure

NOTE: This appliance will automatically turn off after approximately 30 minutes of operation.

Do Not use for more than 30 minutes at a time without a 60 minute cool down period in between.

This should not be considered as a substitute for manually turning off your appliance. Always remember to turn off and unplug when not in use.

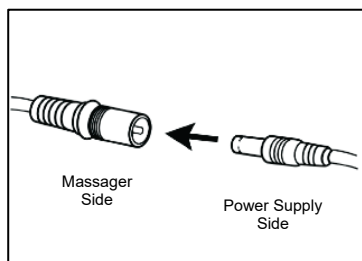
5.1 Power supply

Use only with Power Supply Model: ZD012M120100AU

Before first use, please read this Instruction Manual carefully.

Unfold the massage mat and place it on the sofa, floor or flat surface.

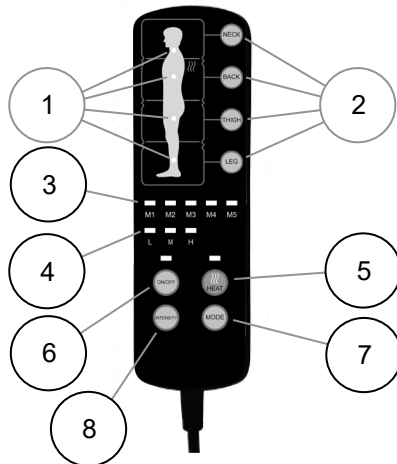
Insert the small plug end of the power supply into the small socket of the massager as shown.



Plug the power supply into the power point and switch it on.

The appliance is now ready for use.

5.2 Massager Controller



Note: When first turned on, the controller will default to Mode 1.

You can then change the Mode or operate the massage zones manually.

1. **Massage Zone Indicator Lights.** These light up depending on the massage zone selected.
2. **Massage Zone Selector buttons for Manual Mode.**
3. **Pre-Programmed Massage Mode Indicator Lights.** These light up depending on the massage mode selected.
4. **Massage Intensity Indicator Lights.** These light up depending on the massage intensity selected.
5. **Heat Button:** With the Controller switched on, press this button and the Massager Upper Back heater will start to heat.

The Indicator light located above this button will illuminate indicating it is heating.

Press this button again, and the Heater will turn off, indicated by the indicator light turning off.

Note: You may use this heat function whilst using the massager in any mode.

Press the On / Off button to turn the massager off.

6. **On / Off Button:** Press the On / Off Button to switch On and bring the controller out of Standby.

The Indicator Light will illuminate and the massager will start in the default mode.

Press again and the controller will turn Off and go into standby. The indicator light will turn off.

7. **Mode Button (5 Modes):** With the Controller switched on and the On / Off button pressed the Massager will start in default Mode 1 and Medium Intensity.

The “M1” Indicator light will illuminate.

Description of Mode 1: alternating massaging cycle from Neck to Leg. - Repeat

Press this button again, and the massager mode will change to Mode 2 and the “M2” Indicator light will illuminate.

Description of Mode 2: alternating massaging cycle from Back to Leg to Neck to Thigh. - Repeat

Press this button again, and the massager mode will change to Mode 3 and the “M3” Indicator light will illuminate.

Description of Mode 3: alternating massaging cycle from Back to Thigh to Back to Leg to Neck to Leg to Neck to Thigh. - Repeat

Press this button again, and the massager mode will change to Mode 4 and the “M4” Indicator light will illuminate.

Description of Mode 4: alternating massaging cycle from Back to Thigh to Back to Thigh to Back to Leg to Back to Leg to Neck to Leg to Neck to Leg to Neck to Thigh to Neck to Thigh. - Repeat

Press this button again, and the massager mode will change to Mode 5 and the “M5” Indicator light will illuminate.

Description of Mode 5: alternating massaging cycle intensity from low to high through all massage zones. - Repeat

Press this button again, and the massager mode will cycle back around to Mode 1.

Note: During any of the pre-programmed Modes, you can adjust the intensity by pressing the Intensity Button.

Pressing any of the four buttons “Neck”, “Back”, “Thigh” or “Leg” will cancel the pre-programmed Mode and will enter Manual Mode.

You can select either of the four zones or a combination of the four.

Press the On / Off button to turn the massager off.

8. **Intensity Button:** With the Controller switched on, press this button and the Massager will change intensity.

The default Intensity when first turned on is "Medium".

The indicator light "M" will illuminate indicating it is on Medium Intensity.

Press this button again, and the massage intensity will decrease to Low intensity indicated by the indicator light changing to "L".

Press this button again, and the massage intensity will increase to High intensity indicated by the indicator light changing to "H".

Press this button again, and the massage intensity will cycle back to Medium indicated by the indicator light changing to "M".

Press the On / Off button to turn the massager off.

Note: The Massager / Heat will automatically turn off after approximately 30 minutes, or alternatively, you can manually turn it off before the 30 minutes has passed.

6 Cleaning the Massager

CAUTION: DO NOT IMMERSE IN WATER OR LIQUID.

- Turn off and unplug from power supply prior to cleaning.
- Do Not immerse the Massager, controller or power supply in water, or any other liquid.
- Spot Clean only with a soft, very slightly damp sponge.
- **NEVER** allow water or any other liquids to come into contact with the massager or controller, especially the power socket and power supply.
- Never use abrasive cleaners, solvents, steel wool, scouring pads, brushes, or strong chemicals that might or might not be flammable and/or damaging to the product to clean.

DO NOT place in a washing machine or dishwasher.

7 Completion and Storage

- After you have finished using the massager, if need be, clean it as described under the Cleaning section, then store it safely in its box and in a dry place.
- Do Not wind the power supply cord around the massager or power supply body as this will damage the cord over time. Simply loop the cable and place it next to the power supply.

8 Troubleshooting

Problem	Cause	Remedy
No Power.	Power Not Switched On.	<p>Plug in power supply and Switch On at power point.</p> <p>If still no power, check the power point has power supplied by checking with another appliance such as a table lamp.</p> <p>If no power to the power point, call an electrician.</p>
	Power supply not plugged into the appliance.	Insert small plug end on the Power supply into the appliance.
	Over Temperature protection device has activated and turned off for your safety.	Unplug the power supply from the power point and allow the appliance to cool down for approximately 60 minutes before restarting.
No Massage / Vibration	Appliance not switched on.	Press the On/Off button on the controller.
	The controller has timed out after approx. 30 minutes	Press the On/Off button on the controller.
Vibration too Low / High	The Intensity is either set to High or Low	Press the Intensity button to select the required amount of vibration
Heat Function won't operate	The controller is Off	Press the On/Off button on the controller to start the massager, then press the Heat button
	The Heat button has not been Pressed "On"	Press the Heat button.
Appliance turns off during use.	The appliance has an auto-off function that activates after approximately 30 minutes of use.	Allow the product to cool for at least 30 minutes and then turn on again.

9 Warranty Against Defect

12 Month Warranty

Thank you for your purchase from Kmart.

Kmart Australia Ltd warrants your new product to be free from defects in materials and workmanship for the period stated above, from the date of purchase, provided that the product is used in accordance with accompanying recommendations or instructions where provided. This warranty is in addition to your rights under the Australian Consumer Law.

Kmart will provide you with your choice of a refund, repair or exchange (where possible) for this product if it becomes defective within the warranty period. Kmart will bear the reasonable expense of claiming the warranty. This warranty will no longer apply where the defect is a result of alteration, accident, misuse, abuse or neglect.

Please retain your receipt as proof of purchase and contact our Customer Service Centre 1800 124 125 (Australia) or 0800 945 995 (New Zealand) or alternatively, via Customer Help at Kmart.com.au for any difficulties with your product. Warranty claims and claims for expenses incurred in returning this product can be addressed to our Customer Service Centre at 690 Springvale Rd, Mulgrave Vic 3170.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

For New Zealand customers, this warranty is in addition to statutory rights observed under New Zealand legislation.

IMPORTANT!

For all technical queries or difficulties in operating the product and for spare parts, contact H.E. Group customer service 1300 105 888 (Australia) and 09 8870 447 (New Zealand).