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Legxercise 853321005281_SML

LegXercise Passive Exercise Machine User Manual

Model: 853321005281_SML | Brand: Legxercise

Introduction

The LegXercise is an innovative passive exercise machine designed to provide continuous, gentle movement to your feet and lower legs. It is ideal for individuals who spend extended periods sitting or standing, helping to stimulate leg circulation and reduce swelling in the legs, ankles, and feet. This manual provides essential information for the safe and effective use of your LegXercise device.



The LegXercise device, a compact unit with two footpads for passive leg movement.

Safety Information

IMPORTANT: Please consult with your physician before using this device, especially if you have pre-existing medical conditions or concerns about circulation.

- Always use the device on a stable, flat surface.
- Do not stand on the device. It is designed for seated use only.
- Keep out of reach of children and pets.

Package Contents

- 1 x LegXercise Main Unit
- 1 x Power Adapter
- 1 x User Manual (this document)

Setup

1. **Unpack:** Carefully remove the LegXercise unit from its packaging.
2. **Position:** Place the unit on a flat, stable surface in front of your chair or sofa. Ensure there is enough space for comfortable use.
3. **Connect Power:** Plug the power adapter into the power input port on the LegXercise unit, then plug the other end into a standard electrical outlet.

Your browser does not support the video tag.

This video demonstrates the simple setup process: plugging in the device and placing your feet on the footpads.

Operating Instructions

1. **Sit Comfortably:** Sit in a chair or on a sofa with your feet positioned on the footpads of the LegXercise.
2. **Select Speed:** Locate the power switch/speed selector on the unit. The LegXercise typically offers two speed settings. Slide the switch to your desired speed (1 or 2) to begin the passive movement.
3. **Relax and Enjoy:** Allow the machine to gently move your feet back and forth. There is no need to exert effort.
4. **To Stop:** Slide the power switch to the "Off" position.



A user comfortably seated, demonstrating the LegXercise in action, providing gentle, continuous leg movement.



Side view of a woman relaxing on a sofa while using the LegXercise, highlighting its ease of use in various settings.

Benefits and Features

The LegXercise is designed to provide numerous benefits, especially for those with limited mobility or who spend long hours seated:

- **Stimulates Circulation:** The continuous, gentle motion helps to promote blood flow in the lower legs, which can be

beneficial for overall circulatory health.

- **Reduces Swelling:** Regular use can help alleviate swelling in the legs, ankles, and feet.
- **Prevents Discomfort:** Helps prevent leg cramps and the sensation of legs "falling asleep" often associated with prolonged inactivity.
- **Passive Exercise:** Requires no strenuous effort, making it suitable for a wide range of users, including seniors.
- **Silent Operation:** Equipped with a silent motor, allowing for discreet use while working, reading, or watching TV.



An illustration of the LegXercise unit, indicating the back-and-forth motion of the footpads.

Maintenance

To ensure the longevity and optimal performance of your LegXercise unit, follow these simple maintenance guidelines:

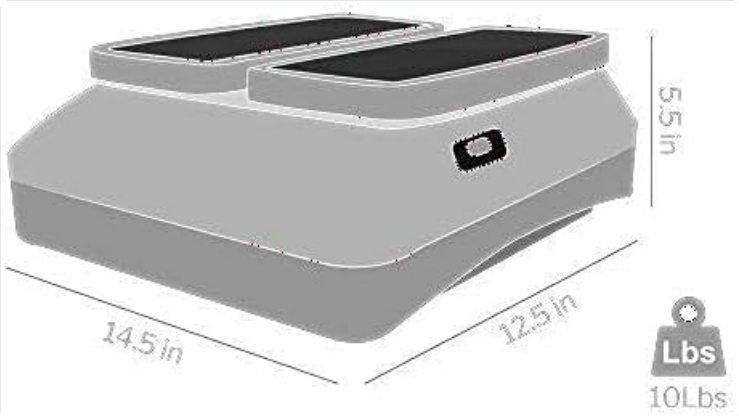
- **Cleaning:** Wipe the unit with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Storage:** Store the device in a cool, dry place when not in use.
- **Power Cord:** Inspect the power cord regularly for any signs of damage. If damaged, discontinue use and contact customer support.

Troubleshooting

Problem	Possible Cause	Solution
Unit does not turn on.	Not plugged in; Power outlet not working; Power switch is off.	Ensure power cord is securely plugged into unit and outlet; Test outlet with another device; Slide power switch to '1' or '2'.
Movement is too slow.	Set to lower speed.	Slide speed switch to the higher setting (2). Note: This model is designed for gentle, slow movement.
Unusual noise during operation.	Obstruction; Internal issue.	Check for any objects obstructing the footpads; If noise persists, discontinue use and contact customer support.

Specifications

Feature	Detail
Model Number	853321005281_SML
Brand	Legxercise
Dimensions (LxWxH)	12.5"D x 14.5"W x 5.5"H
Item Weight	10 Pounds
Material	Metal
Color	Grey
Power Source	Corded Electric
Operation Mode	Automatic
Maximum Speed	2 RPM



A diagram illustrating the compact dimensions of the LegXercise unit: 12.5 inches deep, 14.5 inches wide, and 5.5 inches high, with a weight of 10 lbs.

Warranty and Support

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official Legxercise website. Specific warranty details are not provided within this general user manual.

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