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› [FIT KING FT-001F Electric Foot Massager User Manual](#)

**FIT KING FT-001F**

# **FIT KING FT-001F Electric Foot Massager User Manual**

Model: FT-001F

## **1. INTRODUCTION**

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Thank you for choosing the FIT KING FT-001F Electric Foot Massager. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your device. Please read it thoroughly before use and retain it for future reference.

The FIT KING FT-001F is designed to provide a comprehensive foot massage experience, combining deep kneading, rolling, shiatsu, air compression, and heat functions to help relieve foot fatigue and improve circulation.



Image 1.1: The FIT KING FT-001F Electric Foot Massager, showcasing its sleek black design and foot inserts.

## 2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of electric shock, burns, fire, or injury, always follow these basic safety precautions:

- Read all instructions before using this appliance.
- Always unplug the appliance from the electrical outlet immediately after using and before cleaning.
- Do not use while bathing or in a shower.
- Do not place or store appliance where it can fall or be pulled into a tub or sink.
- Do not place in or drop into water or other liquid.
- Never use pins or other metallic fasteners with this appliance.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Contact customer service for examination and repair.
- Keep the cord away from heated surfaces.
- Never use while sleeping or drowsy.
- Never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use on bare skin.
- Do not use on infants, invalids, or on a sleeping or unconscious person.
- Do not use on insensitive skin or on a person with poor blood circulation.
- The appliance has a heated surface. Persons insensitive to heat must be careful when using the appliance.
- Do not use this massager for more than 20 minutes at a time. An automatic shut-off feature is included for safety.
- Consult your doctor before using this product if you have any medical conditions, including but not limited to pregnancy, diabetes, heart disease, or if you have a pacemaker.

## 3. PRODUCT OVERVIEW

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### 3.1 Components

- **Main Unit:** Houses the massage mechanisms and control panel.
- **Foot Inserts:** Fabric-lined compartments for your feet.
- **Control Panel:** Buttons for power, intensity, speed, mode, and heat.
- **Power Cord:** For connecting to an electrical outlet.
- **Removable Cloth Covers:** For hygiene and easy cleaning.

### 3.2 Control Panel Functions

# Reflexology Foot Massager with Heat

44 Massage Heads Massage from Toes to Heels

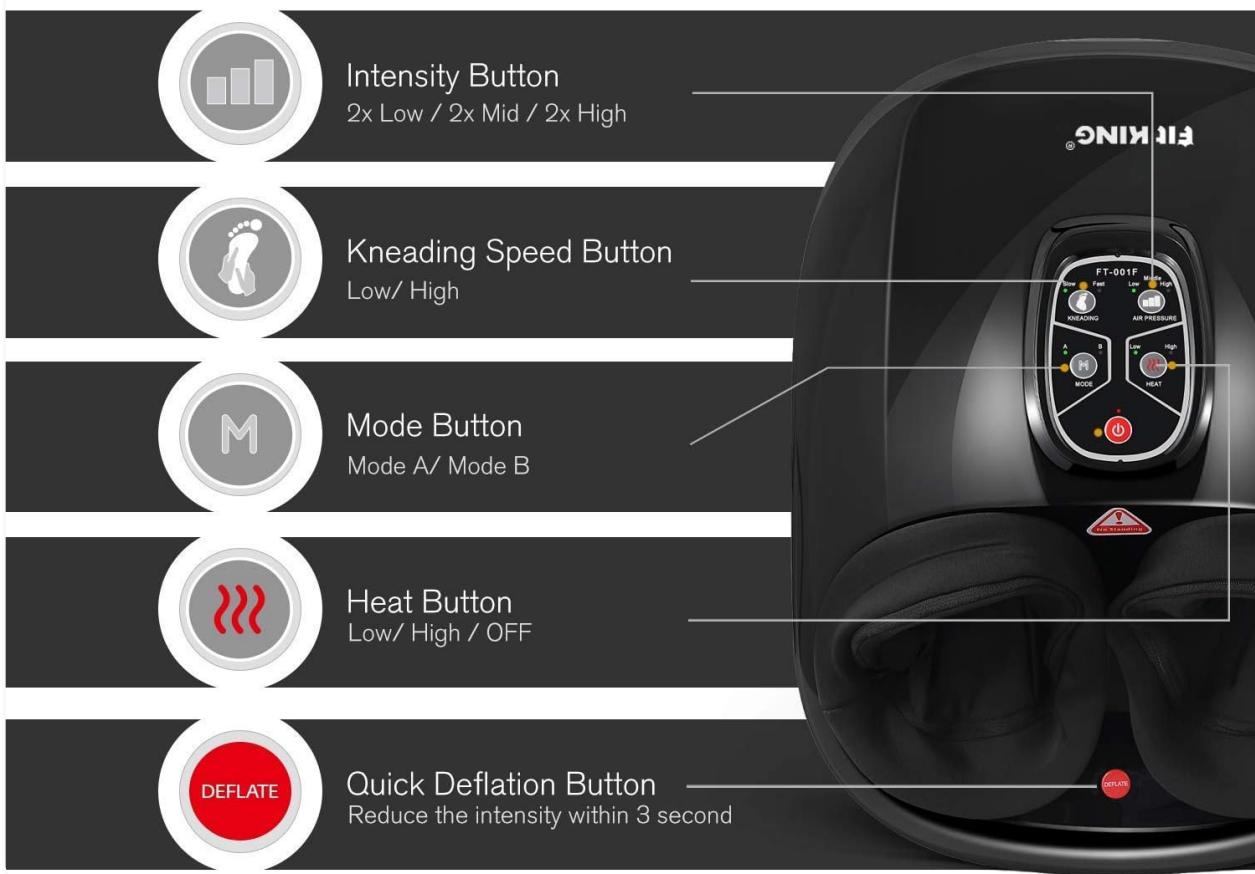


Image 3.1: Detailed view of the control panel on the FIT KING FT-001F foot massager.

- **Power Button (①):** Turns the massager on or off.
- **Intensity Button (②):** Adjusts air compression intensity (Low, Mid, High, with 6 selectable levels).
- **Kneading Speed Button (③):** Adjusts the rolling/kneading speed (Low, High).
- **Mode Button (M):** Selects between two massage modes (Mode A, Mode B).
- **Heat Button (⑤):** Activates or deactivates the heating function and selects heat level (Low, High, OFF).
- **Quick Deflation Button (DEFLATE):** Reduces air compression intensity within 3 seconds.

## EASY TO USE

More Functions and Easy to Adjust



*Image 3.2: Diagram illustrating the internal massage mechanisms, including air compression for the instep, air compression and rolling for the toes, and shiatsu, kneading, and heating for the arch.*

## 4. SETUP

- Unpack:** Carefully remove the foot massager from its packaging.
- Placement:** Place the massager on a flat, stable surface. Ensure there is enough space around the unit for proper ventilation.
- Power Connection:** Plug the power cord into a standard electrical outlet.
- Sit Comfortably:** Sit in a comfortable chair and place your feet into the foot inserts. Ensure your feet are fully inserted for optimal massage coverage.



*Image 4.1: A user comfortably seated, using the FIT KING FT-001F foot massager.*

## 5. OPERATING INSTRUCTIONS

Follow these steps to operate your FIT KING FT-001F foot massager:

1. **Power On:** Press the **Power Button** (①) to turn on the massager. The default settings will activate.
2. **Adjust Air Compression Intensity:** Press the **Intensity Button** (②) repeatedly to cycle through the 6 available air compression intensity levels (Low, Mid, High). The indicator lights will show the current setting.
3. **Adjust Kneading Speed:** Press the **Kneading Speed Button** (③) to switch between Low and High kneading speeds.
4. **Select Massage Mode:** Press the **Mode Button (M)** to choose between Mode A and Mode B. Each mode offers a different combination of massage techniques.
5. **Activate/Adjust Heat:** Press the **Heat Button** (⑤) to turn on the heating function. Press again to cycle between Low heat, High heat, and OFF.

6. **Quick Deflation:** If the air compression feels too strong, press and hold the **DEFLATE Button** for 3 seconds to quickly reduce the intensity.
7. **Automatic Shut-off:** For safety and to prevent overuse, the massager will automatically turn off after 20 minutes of continuous operation. You can restart it if desired.
8. **Power Off:** When finished, press the **Power Button** (①) to turn off the massager. Unplug the unit from the power outlet.

## 6. MAINTENANCE AND CLEANING

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Regular maintenance ensures the longevity and hygiene of your foot massager.

### 6.1 Cleaning the Removable Cloth Covers

The FIT KING FT-001F features removable and washable cloth covers for easy cleaning.

1. **Remove Covers:** Unzip or detach the cloth covers from the foot inserts.
2. **Wash:** Hand wash the covers with mild detergent and cold water, or machine wash on a gentle cycle. Do not bleach.
3. **Dry:** Air dry completely before reattaching. Do not tumble dry.
4. **Reattach:** Once dry, carefully reattach the covers to the foot inserts, ensuring they are properly secured.

# ONE SIZE FITS MOST

Larger Size for Whole Family Use



Image 6.1: A hand demonstrating the removal of the washable cloth cover from the foot massager.

## 6.2 General Cleaning

- Always unplug the massager before cleaning.
- Wipe the exterior of the unit with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- Do not immerse the unit in water or any other liquid.
- Store the massager in a cool, dry place when not in use.

## 7. TROUBLESHOOTING

If you encounter any issues with your FIT KING FT-001F, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Massager does not turn on.	Not plugged in correctly or power outlet issue.	Ensure the power cord is securely plugged into both the massager and a working electrical outlet. Test the outlet with another device.
Massage feels too weak or too strong.	Intensity settings are not adjusted to preference.	Adjust the <b>Intensity Button</b> (②) for air compression or the <b>Kneading Speed Button</b> (③) for rolling/kneading. Use the <b>DEFLATE Button</b> for quick air release.
Heat function is not working.	Heat function is off or set to a low level.	Press the <b>Heat Button</b> (⑤) to activate and cycle through Low and High heat settings. Allow a few minutes for the heat to become noticeable.
Unusual noise during operation.	Normal operating sounds or minor obstruction.	Some operational noise from the motor and air pump is normal. Ensure no foreign objects are inside the foot inserts. If the noise is excessive or unusual, discontinue use and contact support.
Massager stops unexpectedly.	Automatic 20-minute shut-off activated.	This is a safety feature. You can restart the massager by pressing the <b>Power Button</b> (①).

If the problem persists after attempting these solutions, please contact FIT KING customer support.

## 8. SPECIFICATIONS

Feature	Specification
Model Number	FT-001F
Brand	FIT KING
Power Source	Corded Electric
Material	Fabric
Product Dimensions (L x W x H)	46L x 34.3W x 21.1H centimeters (approx. 18.1L x 13.5W x 8.3H inches)
Net Product Weight	3.96 Kilograms (approx. 8.73 lbs)
Special Feature	Removable (washable cloth covers)
Massage Type	Shiatsu, Kneading, Rolling, Air Compression, Heat
Automatic Shut-off	20 minutes

## Removeable & Washable Cloth Cover

Helps Keep a Clean and Healthy Environment



*Image 8.1: Diagram illustrating the dimensions of the FIT KING FT-001F foot massager.*

## 9. WARRANTY AND SUPPORT

FIT KING is committed to providing high-quality products and customer satisfaction.

- **Warranty:** We offer a 24-month warranty for quality-related issues from the date of purchase.
- **Returns:** You may return an undamaged foot massager within 30 days of purchase.
- **Customer Service:** For any questions, concerns, or support needs, please contact FIT KING customer service through the channels provided at the point of purchase or on the official FIT KING website. We offer lifetime after-sales service.

## Related Documents - FT-001F

 User Manual	<p><a href="#">Fit King Leg &amp; Foot Massager with Heat User Manual</a></p> <p>User manual for the Fit King Leg &amp; Foot Massager with Heat, model FT-081A. Provides safety precautions, component names, specifications, FAQs, usage instructions, cleaning, storage, disposal, and contact information.</p>
 User Manual	<p><a href="#">Fit KING FT-075A Leg &amp; Foot Massager User Manual</a></p> <p>Discover how to use your Fit KING FT-075A Leg &amp; Foot Massager. This comprehensive user manual details safety precautions, product features, specifications, operating instructions, and maintenance for optimal circulation and muscle relief.</p>
 User Manual	<p><a href="#">Fit KING FT-012A Leg &amp; Foot Massager User Manual</a></p> <p>User manual for the Fit KING FT-012A Leg &amp; Foot Massager, detailing safety precautions, specifications, components, usage, cleaning, storage, and contact information for this air compression therapy device.</p>
 User Manual	<p><a href="#">Fit KING FT-009A Leg &amp; Foot Massager User Manual</a></p> <p>User manual for the Fit KING FT-009A Leg &amp; Foot Massager. Provides instructions on operation, safety precautions, specifications, and maintenance for this air compression leg and foot massager.</p>
	<p><a href="#">FT-060A Quick Start Guide: Fit King Compression Boots</a></p> <p>A quick start guide for the Fit King FT-060A cordless compression boots, detailing charging, usage, and optimal settings for pain relief and circulation.</p>
 Operating Instructions	<p><a href="#">FIT KING Foot and Leg Massager: Operating Instructions</a></p> <p>Step-by-step instructions for using the FIT KING Foot and Leg Massager, including setup, operation, and storage. Features circulation enhancement and knee heat.</p>