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> HUANUO Adjustable Desk Footrest HNFR3 User Manual

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Model: HNFR3

1. INTRODUCTION

The HUANUO Adjustable Desk Footrest HNFR3 is designed to enhance comfort and improve posture while working or relaxing. By elevating your feet and legs, it helps maintain proper ergonomic alignment, reducing strain during long periods of sitting. This footrest features adjustable height and tilt angles, along with a textured massage surface for added comfort.



Image 1.1: User demonstrating proper ergonomic posture with the footrest.

2. SAFETY INFORMATION

Please read and understand the following safety guidelines before using the footrest:

- **Do Not Stand On The Foot Rest:** This product is designed for foot support only. Standing on it may cause damage to the unit or lead to personal injury.
- Ensure the footrest is placed on a stable, flat surface to prevent accidental movement.
- Keep hands and fingers clear of moving parts during height and angle adjustments.

3. SETUP

The HUANUO Adjustable Desk Footrest HNFR3 comes pre-assembled for immediate use. No tools are required for assembly.

3.1 Initial Placement

1. Remove the footrest from its packaging.
2. Place the footrest on the floor under your desk or in your desired seating area.

3. Ensure the non-slip feet are securely positioned on the floor to enhance overall stability.

3.2 Height Adjustment

The footrest offers three manual height positions to suit your needs. To adjust the height:

1. Gently lift the footrest platform.
2. Locate the adjustment mechanism on the sides of the base.
3. Select one of the three height settings: 4.3 inches (11 cm), 5.5 inches (14 cm), or 6.7 inches (17 cm).
4. Ensure both sides are locked into the same height position for stability.



Image 3.1: Visual representation of the three height settings.

4. OPERATING INSTRUCTIONS

4.1 Angle Adjustment

The footrest platform is designed to tilt freely between -30° and $+30^\circ$. This dynamic movement encourages leg and foot circulation, preventing stiffness. The angle cannot be fixed, allowing for continuous micro-adjustments by the user.

1. Place your feet on the footrest surface.
2. Apply gentle pressure with your feet to tilt the platform to your preferred angle.
3. Allow the footrest to rock back and forth naturally to promote leg movement.

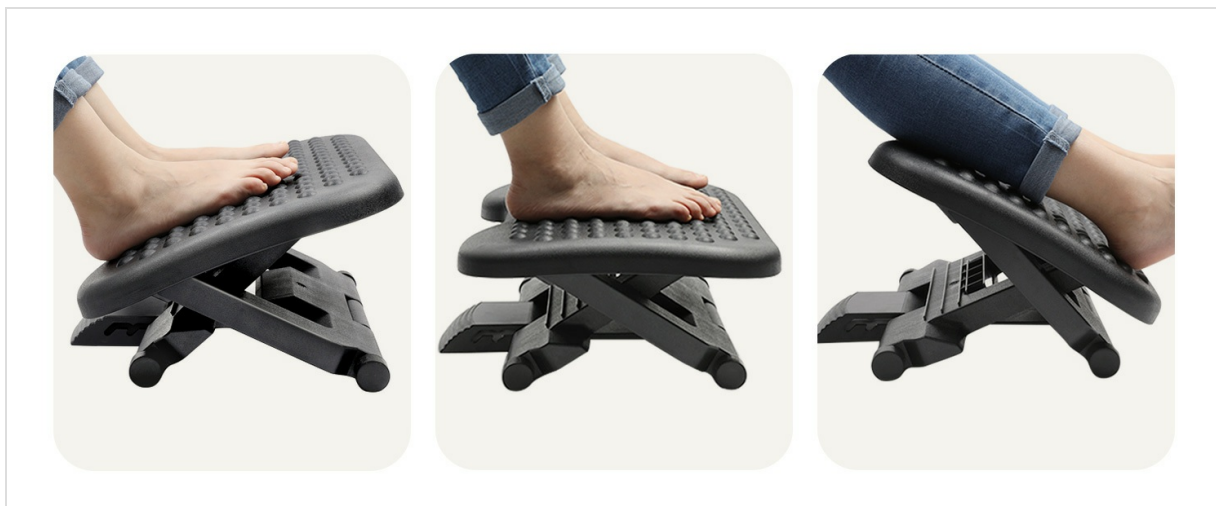


Image 4.1: Demonstration of the footrest's tilt functionality.

4.2 Massage Surface Use

The footrest features a large non-skid surface (18" X 13") with geometric circular bumps. This textured design provides a gentle massage effect, which can help relieve fatigue and enhance comfort during use.

1. Place your bare feet or feet with socks directly onto the textured surface.
2. Gently move your feet across the bumps to stimulate circulation and reduce stress.



Image 4.2: Close-up of the massage textured surface.

5. MAINTENANCE

To ensure the longevity and hygiene of your HUANUO footrest, follow these simple maintenance steps:

- **Cleaning:** The footrest surface is washable and easy to clean. Use a damp cloth with mild soap and water to wipe down the surface. Avoid harsh chemicals or abrasive cleaners.
- **Drying:** Allow the footrest to air dry completely before reuse.
- **Inspection:** Periodically check for any signs of wear or damage to the adjustment mechanisms or non-slip feet.



Image 5.1: Cleaning the footrest surface.

6. TROUBLESHOOTING

If you encounter any issues with your footrest, please refer to the following common solutions:

- **Footrest feels unstable:** Ensure the footrest is placed on a flat, even surface. Check that both sides of the height adjustment mechanism are securely locked into the same position.
- **Difficulty adjusting height:** Make sure to lift the platform slightly before attempting to change the height setting. Do not force the mechanism.
- **Footrest slides on the floor:** Verify that the non-slip feet are clean and free of debris. If used on a very smooth surface, consider placing a non-slip mat underneath.

If the problem persists, please contact customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	HUANUO

Feature	Detail
Model Number	HNFR3
Material	ABS Plastic
Color	Black
Product Dimensions	17.32 x 13.39 x 4.33 inches (44 x 34 x 11 cm)
Item Weight	4.69 pounds
Adjustable Height Positions	4.3" (11cm), 5.5" (14cm), 6.7" (17cm)
Tilt Angle Adjustment	-30° to +30° (free-floating)
Surface Type	Massage textured, non-skid



Image 7.1: Product dimensions.

8. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the product packaging or contact HUANUO customer service directly. Keep your purchase receipt for warranty claims.

Contact Information: Please visit the official HUANUO website or refer to the contact details provided with your product for assistance.

9. VIDEO RESOURCES

No instructional videos are available for embedding based on the provided product data.