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› [FIT KING Leg and Foot Massager with Knee Heating Function User Manual](#)

FIT KING FT-011A

FIT KING Leg and Foot Massager with Knee Heating Function User Manual

Model: FT-011A

INTRODUCTION

Thank you for choosing the FIT KING Leg and Foot Massager with Knee Heating Function. This device is designed to provide air compression massage for your legs and feet, along with a soothing heating function for your knees, aiming to improve circulation and relieve discomfort. Please read this manual thoroughly before use to ensure safe and effective operation.



Image: The FIT KING Leg and Foot Massager, showing the two leg wraps with integrated knee heating pads and the connected handheld controller.

IMPORTANT SAFETY WARNINGS

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

- Do not use if you have any medical conditions such as pacemakers, heart disease, high blood pressure, or are pregnant, without consulting a doctor.
- Do not use on swollen, inflamed, or injured areas of the skin.
- Keep out of reach of children.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Never use while sleeping.
- Unplug from outlet when not in use and before cleaning.

- Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

PACKAGE CONTENTS

Your FIT KING Leg and Foot Massager package should include:

- 2 x Leg/Foot/Knee Massage Wraps
- 1 x Handheld Controller
- 1 x Power Adapter
- 2 x Size Extenders (for calves up to 66cm/26 inches)
- 1 x User Manual (this document)
- 1 x Storage Bag

PRODUCT FEATURES

- **Leg and Foot Air Compression Massage:** Features 2x2 large airbags for comprehensive massage of feet and calves.
- **Knee Heating Function:** Integrated heating pads protect knees, relieve pain, and improve circulation with 2 available heat levels.
- **3 Massage Modes:**
 - **Sequence Mode:** Airbags inflate and deflate in a sequence.
 - **Circulation Mode:** Airbags inflate and deflate in a circulating pattern.
 - **Whole Mode:** All airbags inflate and deflate simultaneously.
- **3 Intensity Levels:** Adjust air pressure from Minimum, Mid, to Maximum for personalized comfort.
- **10 Massage Techniques:** Offers a variety of massage methods within the modes.
- **Adjustable Size:** Includes 2 extenders to accommodate calf sizes up to 66cm (26 inches), suitable for most users.

KNEE PROBLEMS CAN NOT BE IGNORED



Image: A diagram illustrating the areas of the leg and foot targeted by the sequential compression massage, including toes, heel, instep, ankle, sole, calf, and knee (with heating indication).

SEQUENTIAL COMPRESSION MASSAGER

Improve Body Circulation & Relieve Pain

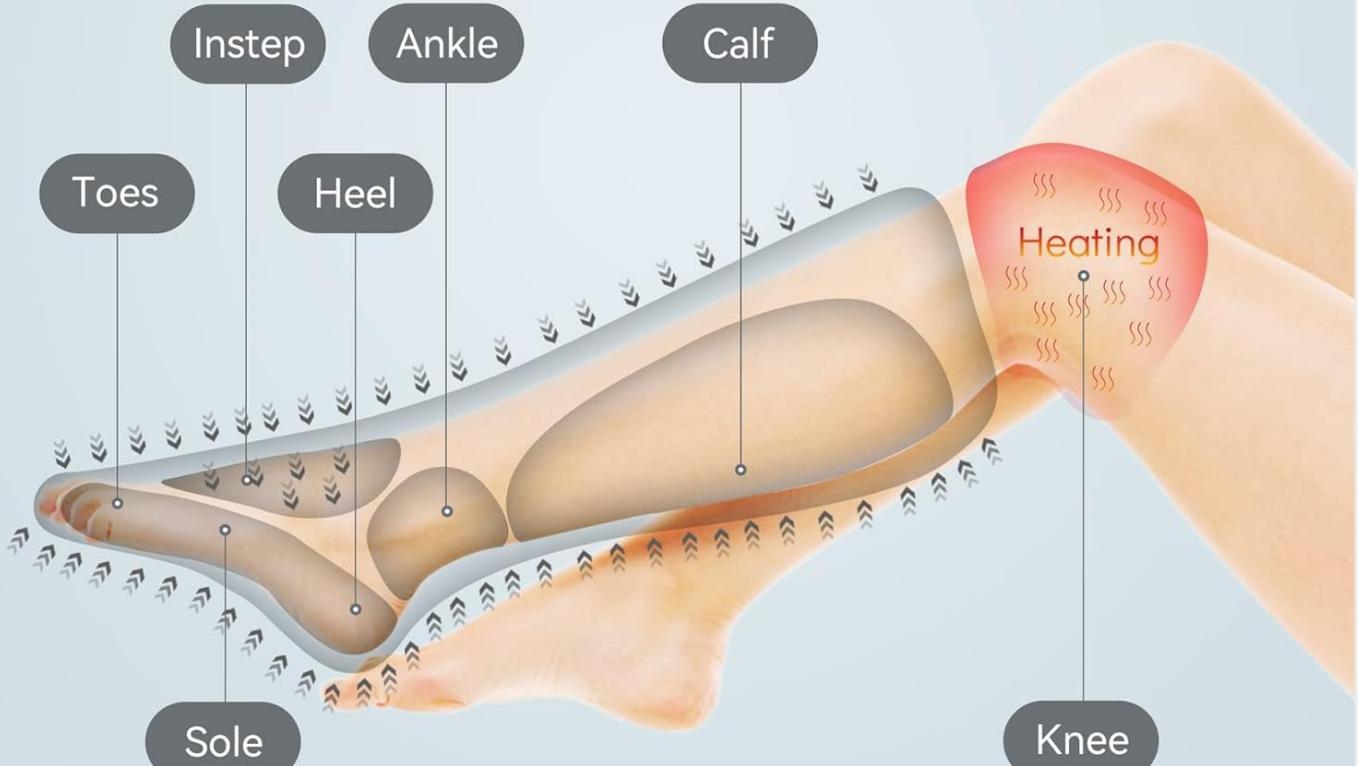


Image: A diagram showing the dimensions of the leg wrap and how the size extenders increase the calf perimeter from a maximum of 22 inches (56cm) to 28.5 inches (72cm).

SETUP INSTRUCTIONS

- Unpack:** Carefully remove all components from the packaging.
- Connect Hoses:** Connect the air hoses from the leg wraps to the corresponding ports on the handheld controller. Ensure a secure connection. The controller has "UP" marked for the upper hose connection.
- Apply Wraps:** Place the leg wraps around your legs, ensuring the knee heating pads are positioned correctly over your knees. Secure the wraps using the Velcro fasteners. Adjust for a comfortable, snug fit.

LEG & FOOT COMPRESSION MASSAGER

Sequential compression massager for circulation and pain relief



Image: A person relaxing on a couch with the leg massager wraps applied, demonstrating the connection of the wraps to the handheld controller.

4. **Use Extenders (if needed):** If the wraps are too tight, attach the provided size extenders between the wrap and the Velcro fasteners to increase the circumference.
5. **Connect Power:** Plug the power adapter into the handheld controller, then plug the adapter into a standard electrical outlet.

OPERATING INSTRUCTIONS

Familiarize yourself with the handheld controller:



Image: A detailed view of the FIT KING massager's handheld controller, highlighting the Power, Heat, Mode, and Intensity buttons, along with indicators for Mode, Pressure, Heat, and Power.

1. **Power On/Off:** Press the **ON/OFF** button to turn the device on. The power indicator light will illuminate. Press again to turn off.
2. **Select Mode:** Press the **Mode** button to cycle through the 3 massage modes: Sequence, Circulation, and Whole. The corresponding mode indicator light will show the active mode.
3. **Adjust Intensity:** Press the **Intensity** button to select one of the 3 air pressure levels: Min, Mid, or Max. The pressure indicator lights will show the current setting.
4. **Activate Heat Function:** Press the **Heat** button to turn on the knee heating function. Press again to cycle between 2 heat levels (Min/Max) or turn off the heat. The heat indicator lights will show the active level.
5. **Enjoy Massage:** Relax and enjoy your massage. The device has an automatic shut-off timer for safety and convenience.

KNEE HEATING THERAPY KIT

Enjoy 3 compression massage modes and 2 heating levels from foot to leg right at home



Image: A woman comfortably seated, using the FIT KING massager, with the knee heating pads visibly positioned over her knees, indicating the heating therapy in action.

MAINTENANCE

- **Cleaning:** Disconnect the power adapter before cleaning. Wipe the surface of the leg wraps and controller with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device in a cool, dry place, away from direct sunlight and extreme temperatures. Use the provided storage bag to keep components organized and protected.
- **Avoid Damage:** Do not twist or bend the air hoses excessively. Avoid placing heavy objects on the device.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Device does not turn on.	Power adapter not connected properly or no power from outlet.	Ensure power adapter is securely plugged into the controller and a working electrical outlet.
No air pressure or weak massage.	Air hoses are loose or disconnected; wraps are not secured tightly.	Check all hose connections to the controller and ensure they are firm. Re-adjust wraps to be snug on your legs.
Knee heating function not working.	Heat function not activated or low heat setting selected.	Press the Heat button to activate and cycle to the desired heat level (Min/Max). Allow a few minutes for heat to build.
Device suddenly stops during use.	Automatic shut-off timer activated.	This is normal operation. Turn the device off and then on again to restart a new massage cycle.

SPECIFICATIONS

- **Model:** FT-011A
- **Brand:** FIT KING
- **Color:** Dark Grey
- **Item Weight:** 1.11 Kilograms (approx. 2.45 lbs)
- **UPC:** 694090030308
- **Calf Circumference (Max):** 56cm (22 inches) without extenders, 72cm (28.5 inches) with extenders.
- **Massage Modes:** Sequence, Circulation, Whole
- **Intensity Levels:** 3 (Min, Mid, Max)
- **Heat Levels:** 2 (Min, Max)

WARRANTY AND SUPPORT

FIT KING offers a **24-month warranty** for quality-related issues. For any questions, concerns, or support needs, please contact FIT KING customer service through the retailer's platform or the official FIT KING website. Please have your purchase details and product model number (FT-011A) ready when contacting support.