

## FIT KING FT-032KS

# FIT KING FT-032KS Knee Massager with Heat Instruction Manual

Model: FT-032KS

### 1. PRODUCT OVERVIEW

The FIT KING Knee Massager with Heat is a multi-functional device designed to provide targeted relief and improve circulation in the knee and surrounding areas. It combines heating and air compression massage functions to alleviate discomfort, reduce swelling, and support injury recovery. The device features multiple massage modes and intensity levels, allowing for a personalized experience.



Figure 1: FIT KING Knee Massager highlighting heat therapy on the knee joint.

## 2. SAFETY INFORMATION

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- Always follow the instructions provided with the massager.
- Do not use if you have a blood clot, heart condition, or are pregnant.
- Keep the massager away from water and do not use while sleeping or unattended.
- Do not apply heat to broken skin or areas with impaired sensation.
- Unplug the massager when not in use and store the power cord properly to prevent damage.
- If the massager becomes hot, stop using it immediately and unplug it.
- Consult a healthcare professional before use if you have any health concerns.

## 3. SETUP

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### 3.1 Unboxing and Initial Inspection

Upon receiving your FIT KING Knee Massager, carefully open the packaging and remove all components. Inspect the device for any signs of damage. The package should include the knee massager unit, a USB

charging cable, and this instruction manual.

### 3.2 Charging the Device

Before first use, ensure the device is fully charged. Connect the provided USB charging cable to the massager's charging port (typically USB-C) and plug the other end into a compatible USB power adapter (not included). The device's display will indicate charging status. A full charge ensures optimal performance.

### 3.3 Adjusting the Fit

The knee massager features adjustable Velcro straps to ensure a secure and comfortable fit for various leg sizes. Position the massager over your knee, ensuring the central heating areas are aligned with your kneecap. Secure the upper and lower straps firmly but comfortably around your thigh and calf. The device is designed to fit a range of sizes, typically accommodating knee circumferences up to 26 inches.



Figure 2: Adjustable Velcro straps for a secure and comfortable fit.

## 4. OPERATING INSTRUCTIONS

The control panel is designed for easy operation, allowing you to customize your massage experience.

### 4.1 Power On/Off

Press and hold the power button on the control panel to turn the device on or off. The display will illuminate upon activation.

## **4.2 Selecting Massage Modes**

The massager offers 3 professional massage modes. Press the 'Mode' button to cycle through the available options. Each mode provides a different pattern of air compression massage to target various areas around your knee, upper calves, and lower thighs.

## **4.3 Adjusting Heat Levels**

The device features 2 heating levels. Press the 'Heat' button to select your preferred temperature. The heating function can also be turned off individually if desired. The heating areas are strategically placed to quickly warm up your knee and provide soothing relief.

## **4.4 Adjusting Pressure Intensity**

There are 3 pressure intensities available for the air compression massage. Use the 'Intensity' button to adjust the strength of the massage to your comfort level.

## **4.5 Automatic Shut-off**

For safety and to prevent overheating or over-massaging, the device is programmed with a 20-minute automatic shut-off function. After 20 minutes of use, the massager will power down automatically.

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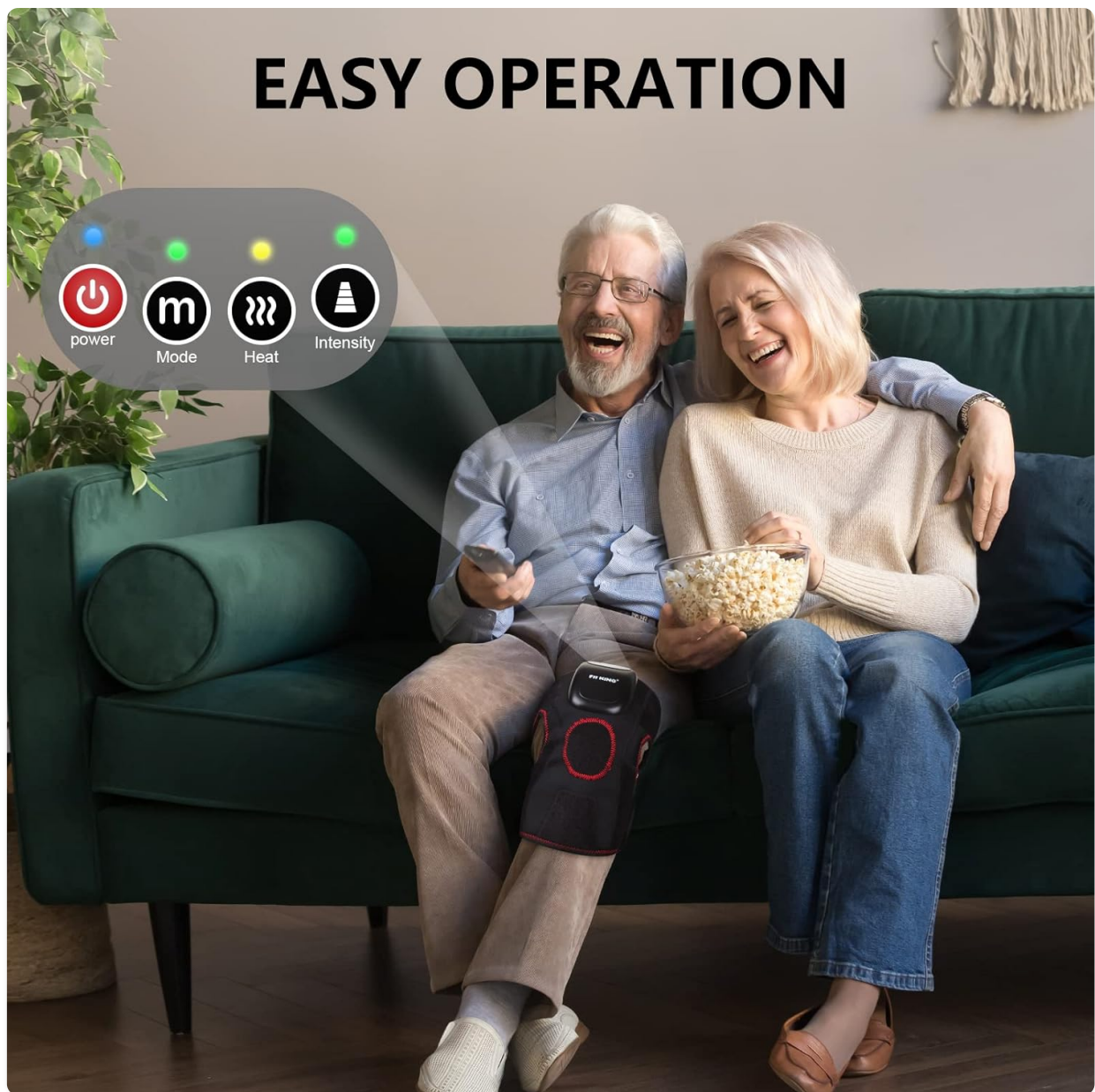


Figure 3: Easy operation control panel for selecting modes, heat, and intensity.

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Video 1: Official product demonstration of the FIT KING Knee Massager with Heat FT-032KS, showcasing its features and ease of use.

## 5. MAINTENANCE

### 5.1 Cleaning

To clean the massager, gently wipe the surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water. Ensure the device is unplugged and completely dry before storage or next use.

### 5.2 Storage

Store the knee massager in a cool, dry place away from direct sunlight and extreme temperatures. Keep the power cord neatly coiled to prevent damage. The device comes with a storage bag for convenient portability and protection.

## 6. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Check the charging cable connection.
- **No heat or weak heat:** Verify that the heat function is activated and set to the desired level. Ensure the device is properly positioned on the knee.
- **No or weak massage:** Check that the massage mode and intensity are selected. Ensure the device is securely fastened to the knee.
- **Unusual noise:** If you hear any unusual noises, immediately turn off the device and unplug it. Contact customer support if the issue persists.

## 7. SPECIFICATIONS

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- **Brand:** FIT KING
  - **Model:** FT-032KS
  - **Functions:** Heating, Air Compression Massage
  - **Heating Levels:** 2 (Low-Heat: 37-43°C, High-Heat: 42-48°C)
  - **Massage Modes:** 3 professional modes
  - **Pressure Intensities:** 3 levels
  - **Compression Airbags:** 2+2 for upper calves and lower thighs
  - **Power Cord Length:** 103.9 inches
  - **Auto Shut-off:** 20 minutes
  - **Adjustable Size:** Via Velcro straps
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# KNEE PAIN RELIEF & CIRCULATION

## 2 Heating Levels

 **LOW-HEAT: 37-43°C**     **HIGH-HEAT: 42-48°C**

## 3 Intensities



Figure 4: Visual representation of heating levels and massage intensities.

## 8. WARRANTY AND SUPPORT

For detailed warranty information, product registration, or customer support, please refer to the official FIT KING website or contact their customer service directly. Keep your purchase receipt as proof of purchase for warranty claims.

**Related Documents - FT-032KS**



[Fit KING FT-012A Leg & Foot Massager User Manual](#)

User manual for the Fit KING FT-012A Leg & Foot Massager, detailing safety precautions, specifications, components, usage, cleaning, storage, and contact information for this air compression therapy device.



[Fit KING FT-009A Leg & Foot Massager User Manual](#)

User manual for the Fit KING FT-009A Leg & Foot Massager. Provides instructions on operation, safety precautions, specifications, and maintenance for this air compression leg and foot massager.



## FT-060A Quick Start Guide: Fit King Compression Boots

A quick start guide for the Fit King FT-060A cordless compression boots, detailing charging, usage, and optimal settings for pain relief and circulation.



## FIT KING Foot and Leg Massager: Operating Instructions

Step-by-step instructions for using the FIT KING Foot and Leg Massager, including setup, operation, and storage. Features circulation enhancement and knee heat.



## FIT KING Calf Massager: Operating Instructions

Step-by-step guide for using the FIT KING Upgraded Cordless Calf Massager, covering setup, operation of power, mode, and intensity buttons, and storage for effective leg circulation and pain relief.



## Fit KING FT-075A Leg & Foot Massager User Manual

Discover how to use your Fit KING FT-075A Leg & Foot Massager. This comprehensive user manual details safety precautions, product features, specifications, operating instructions, and maintenance for optimal circulation and muscle relief.



