



Manuals.plus /

- › FIT KING /
- › FIT KING Foot Massager Machine FT-001FR User Manual

FIT KING FT-001FR

FIT KING Foot Massager Machine User Manual

Model: FT-001FR | Brand: FIT KING

1. INTRODUCTION

The FIT KING FT-001FR Foot Massager Machine is designed to provide deep kneading and shiatsu massage with optional heat, targeting various acupuncture points on the feet. It features air compression chambers to relieve pain associated with plantar fasciitis and tired muscles, and aims to improve circulation for overall wellness. This manual provides detailed instructions for safe and effective use of your foot massager.



Image: A man relaxing on a couch with his feet in the FIT KING Foot Massager, illustrating the product's use for relaxation and pain relief.

2. SAFETY INFORMATION

Important Safety Precautions:

- Always unplug the massager from the electrical outlet immediately after using and before cleaning.
- Do not use while bathing or in a shower.
- Do not place or store the massager 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.

- Keep the cord away from heated surfaces.
- Do not use on an infant, invalid, or on a sleeping or unconscious person.
- Do not use on sensitive skin or on a person with poor blood circulation.
- Never use while driving.

3. PRODUCT OVERVIEW

The FIT KING FT-001FR Foot Massager is designed for ease of use and effective massage. It includes a main unit with an integrated control panel and a convenient remote control.



Image: Top-down view of the FIT KING FT-001FR Foot Massager, showing the main unit and its remote control.

3.1 Components

- Main Massager Unit (Model: FT-001FR)
- Power Adapter
- Remote Control
- User Manual (this document)

3.2 Control Panel & Remote Functions

The massager features an intuitive control panel on the top of the unit and a remote control for convenient operation.



Image: Close-up of the control panel on the FIT KING Foot Massager, detailing each button's function.

- **Power Button:** Turns the unit on/off.
- **Kneading Button:** Adjusts kneading speed (Slow/Fast/Off).
- **Air Pressure Button:** Adjusts air massage intensity (Low/Middle/High).
- **Mode Button:** Cycles through massage modes (Mode A: Air Compression + Kneading; Mode B: Air Massage Only, Kneading Only, Air Compression + Kneading).
- **Heat Button:** Selects heat level (Low/High/Off).
- **Deflate Button:** Immediately reduces air pressure.

Your browser does not support the video tag.

Video: An official product video demonstrating the unboxing, features, and usage of the FIT KING Shiatsu Foot Massager with Remote. This video provides a visual guide to the product's operation and benefits.

4. SETUP

1. **Placement:** Place the foot massager on a flat, stable surface. Ensure there is enough space around the unit for proper ventilation.
2. **Power Connection:** Connect the power adapter to the massager's power input port, then plug the adapter into a standard electrical outlet.
3. **Foot Placement:** Sit comfortably and insert your feet into the foot chambers. Ensure your feet are fully inserted and comfortable. The massager accommodates foot sizes up to US men's size 11.5 and women's size 13.

EASY TO USE

Easier to Operate with Remote Control



Image: A person using the foot massager while seated at a desk, demonstrating a common setup for use.

ONE SIZE FITS MOST

Larger Size for Whole Family Use



Power Cord Length : 7.2 Ft

Image: A person using the foot massager while relaxing on a couch, showing another typical usage scenario.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off

Press the **Power Button** on the control panel or remote to turn the massager on or off. The unit will automatically shut off after 20 minutes of continuous operation to prevent over-massage.

5.2 Adjusting Massage Modes

Press the **Mode Button (M)** to cycle through the available massage programs:

- **Mode A:** Combines air compression and kneading massage.
- **Mode B:** Cycles through three techniques: air massage only, kneading massage only, and a combination of air compression and kneading.

5.3 Adjusting Intensity

The massager offers 6 air massage intensities. Press the **Air Pressure Button** to adjust the intensity level (Low, Middle, High). If the pressure is too strong, press the **Deflate Button** to immediately release air and reduce intensity.

5.4 Heat Function

The massager includes an optional heating function with 2 levels. Press the **Heat Button** to select Low, High, or turn the heat off. This function can be used independently of the massage.

5.5 Auto Shut-off

This massager is equipped with a 20-minute auto shut-off function to prevent over-massage and ensure safety.

5.6 Using the Remote Control

The remote control allows you to adjust all settings (Power, Kneading, Mode, Intensity, Heat) without bending over, enhancing convenience during your massage session.

6. MAINTENANCE

6.1 Cleaning the Fabric Cover

The inner fabric covers of the foot massager are removable and washable to ensure hygiene between uses.

1. **Remove:** Locate the zippers on the inner fabric covers within the foot chambers. Unzip and carefully remove the covers.
2. **Wash:** Hand wash the fabric covers with mild soap and water, or machine wash on a gentle cycle.
3. **Dry:** Air dry the covers completely before reattaching. Do not tumble dry.
4. **Reattach:** Once dry, zip the covers back into place securely.

Removeable & Washable Cloth Cover

Helps Keep a Clean and Healthy Environment



Image: A hand demonstrating the removal of the washable cloth cover from the foot massager's chamber.

6.2 Cleaning the Main Unit

Wipe the exterior of the massager with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.

7. TROUBLESHOOTING

If you encounter any issues with your FIT KING Foot Massager, please refer to the table below for common problems and their solutions.

Problem	Possible Cause	Solution
Massager does not turn on.	Power cord not properly connected or no power from outlet.	Ensure the power adapter is securely plugged into both the massager and a working electrical outlet. Try a different outlet.
Weak massage intensity.	Intensity setting is too low or feet are not properly positioned.	Increase the air pressure intensity using the Air Pressure button. Adjust foot position to ensure full contact with massage nodes.
No heat or insufficient heat.	Heat function is off or set to low. Heat may take a few minutes to become noticeable.	Press the Heat button to select a higher heat level. Allow 5-10 minutes for the heat to fully develop.
Massager stops unexpectedly.	Automatic 20-minute shut-off activated.	This is normal operation. If you wish to continue, simply press the Power button again.

8. SPECIFICATIONS

Feature	Detail
Product Dimensions	18.9 x 13.4 x 6.7 inches
Weight	10.85 Pounds
Power Source	Corded Electric
Massage Type	Shiatsu Kneading, Rolling, Air Compression
Heat Levels	2 (Low, High)
Air Massage Intensities	6
Auto Shut-off	20 minutes
Max Foot Size	US Men's 11.5 / Women's 13
Washable Cover	Yes

9. WARRANTY & SUPPORT

For warranty information, technical support, or any questions regarding your FIT KING Foot Massager, please contact FIT KING customer service. Refer to the product packaging or the official FIT KING website for the most current contact details.

FIT KING is committed to providing reliable products and customer satisfaction. Please retain your proof of purchase for warranty claims.