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## SLOTHMORE HY1129

# SLOTHMORE Leg Massager with Air Compression & Heat

## USER MANUAL



### 1. Important Safety Information

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Please read all instructions carefully before using the SLOTHMORE Leg Massager. Retain this manual for future reference.

- Do not use the massager while operating a vehicle or heavy machinery.
- Do not use the massager on injured, swollen, or sensitive areas of the body.
- Do not use the massager for longer than the recommended duration (maximum 25 minutes per session).
- Keep the massager away from water and do not use it in a damp or wet environment.
- Do not modify or tamper with the massager or its components.
- Consult a healthcare professional before use if you have any pre-existing medical conditions, are pregnant, or have a pacemaker.

### 2. Product Overview

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The SLOTHMORE Leg Massager with Air Compression & Heat (Model HY1129) is designed to provide relaxation and promote circulation in the calves, ankles, and feet. It features air compression massage and adjustable heat settings for enhanced comfort and relief.



Figure 2.1: The SLOTHMORE Leg Massager, featuring two leg wraps and a handheld controller.

### 3. Key Features

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#### **Air Compression Technology**

The massager utilizes 2x2 built-in airbags that inflate and deflate to mimic hand kneading, providing effective massage for the calves, ankles, and feet. This helps relieve leg fatigue and promotes better circulation.

# Air Compression Technology

Provides Deep Relief, Aids Recovery, and Promotes Full Relaxation



Feet



Ankle



Calfs

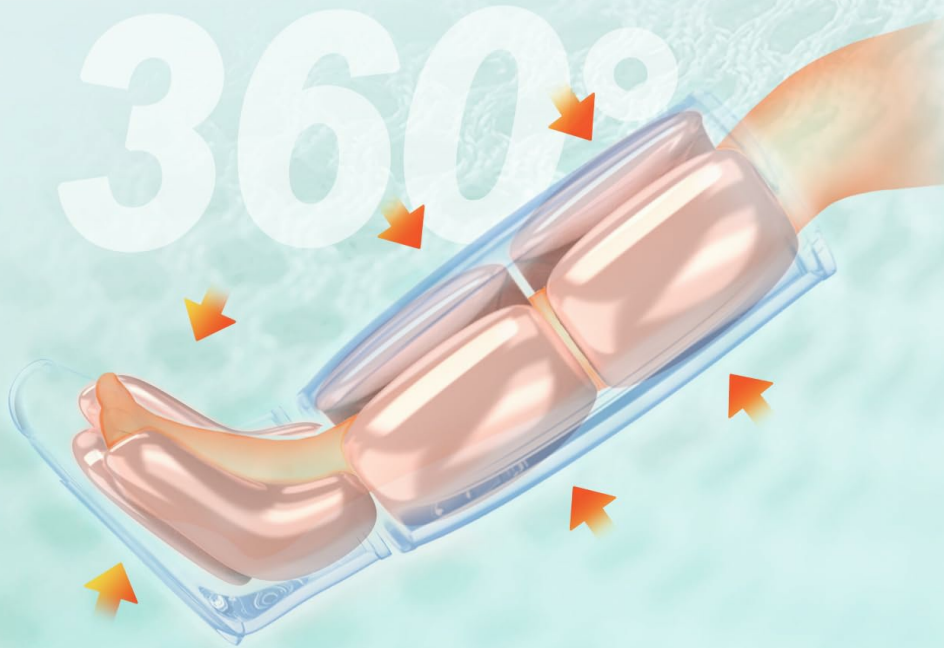


Figure 3.1: Illustration of air compression targeting feet, ankles, and calves.

## Soothing Heat Therapy

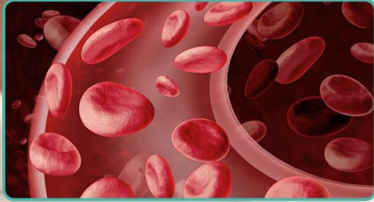
Equipped with 3 adjustable heat settings (up to 149°F), the massager delivers soothing warmth to the knee area, perfect for relieving cold feet and enhancing relaxation. The heat can be felt within 5 minutes of activation.

# Soothing Heat Therapy

Helps Blood Circulation & Fatigue Relaxation



115/135/149°F



- Up to 149°F, feel warmth in 5 mins
- Provide compression and heat to the foot, ankle and calf



Before Use



After Use

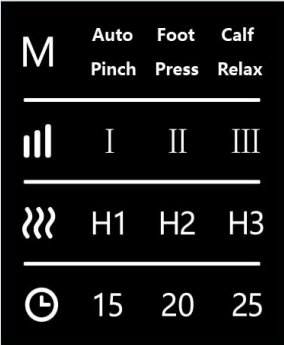
Figure 3.2: User enjoying heat therapy with the massager.

## Multiple Modes & Intensity Levels

The massager offers 6 distinct massage modes and 3 intensity levels, allowing for a customized experience to meet specific needs for circulation and pain relief.

# Smart Handheld Controller

Big screen,  
senior-friendly



- 6 Massage Modes for Different Massage Program on Your Legs
- 3 Massage Intensities
- 3 Heating levels
- Easy pause button for continuous massage on any area

Figure 3.3: Handheld controller displaying modes and intensity levels.

### Size-Adjustable Design

The leg and foot massager wraps are adjustable via Velcro straps, accommodating calf sizes up to 22 inches and feet up to US Men's Size 14. This ensures a comfortable fit for most users without the need for extensions.

# One Size Fit Most

Fit US People from  
5'1 to 6'2 (155cm-189cm)



Figure 3.4: Diagram showing adjustable sizes for calves and feet.

## 4. Setup Guide

Follow these steps to properly set up your SLOTHMORE Leg Massager:

1. **Identify Left and Right:** Each leg wrap is marked with 'L' for left and 'R' for right. Ensure you place the correct wrap on the corresponding leg.
2. **Position the Wraps:** Slide your feet into the foot sections of the wraps. Ensure the heat sleeve (indicated by a small label) is positioned around your knee for optimal heat therapy. The wraps should cover your calves, hamstrings, and quads.
3. **Secure with Velcro:** Use the adjustable Velcro straps to secure the wraps snugly around your legs. Adjust as necessary to ensure a comfortable yet firm fit. The material is designed to be comfortable against the skin.
4. **Connect to Controller:** Connect the air hoses from the leg wraps to the handheld controller. Ensure all connections are secure.
5. **Power On:** Plug the power cord into a suitable electrical outlet and then into the controller.

*Note: The massager is designed for use while seated or lying down. Walking around with the massager on is not recommended due to the cords and potential for dislodging connections.*

## 5. Operating Instructions

The handheld controller allows you to customize your massage experience:



Figure 5.1: Detailed view of the handheld controller.

**Power Button:** Press to turn the device ON/OFF.

**Mode Button (M):** Cycle through 6 different massage modes (Auto, Foot, Calf, Pinch, Press, Relax) to target various areas and massage styles.

**Intensity Button (|||):** Adjust the air compression intensity through 3 levels (I, II, III) to suit your comfort preference.

**Heat Button (~~~):** Select from 3 heating levels (H1, H2, H3) for the knee area. The heat function warms up quickly.

**Timer Button (Clock Icon):** Set the massage duration to 15, 20, or 25 minutes. The device will automatically shut off after the selected time.

**Pause Button (Play/Pause Icon):** Pause the current massage program for continuous massage on any specific area.

Once powered on, the massager will begin inflating and deflating the airbags, providing a compression sensation that promotes blood flow and helps reduce soreness and inflammation.

## 6. Maintenance and Care

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- **Cleaning:** Wipe the surface of the massager wraps and controller with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the massager in a cool, dry place away from direct sunlight and extreme temperatures. Ensure the wraps are neatly folded to prevent damage to the air hoses.
- **Handling:** Handle the device with care. Avoid sharp objects that could puncture the airbags or damage the fabric.

## 7. Troubleshooting

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- **Device not turning on:**
  - Ensure the power adapter is securely plugged into both the wall outlet and the controller.
  - Check if the power outlet is functional.
- **No compression or weak compression:**
  - Verify that all air hoses are securely connected to both the wraps and the controller.
  - Check for any kinks or blockages in the air hoses.
  - Ensure the wraps are properly secured and snug on your legs.
- **Heat function not working:**
  - Ensure the heat setting is activated on the controller.
  - Allow a few minutes for the heat to build up.

If issues persist, please contact SLOTHMORE customer support for assistance.

## 8. Product Specifications

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Specification	Detail
Brand	SLOTHMORE
Model Number	HY1129
Product Dimensions	16.14 x 9.84 x 8.27 inches
Item Weight	3.2 Pounds
Color	Black
Material	Acrylic
Power Source	Corded Electric
Massage Modes	6
Intensity Levels	3
Heating Levels	3
Max Calf Size	22 inches
Max Foot Size	US Men Size 14

## 9. Warranty and Support

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For warranty information, product support, or any inquiries regarding your SLOTHMORE Leg Massager, please contact the manufacturer directly through their official website or the contact information provided with your product packaging.