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FEETMOR FH68

FEETMOR Wireless Heating Belt Instruction Manual

Model: FH68

INTRODUCTION

The FEETMOR Wireless Heating Belt is designed to provide targeted heat and massage therapy for various body aches, particularly in the back and abdominal areas. Its portable and rechargeable design allows for use anytime, anywhere, offering relief from muscle aches, joint stiffness, and lower back pain.

This manual will guide you through the proper setup, operation, and maintenance of your heating belt to ensure safe and effective use.

PRODUCT FEATURES

- **Safe Heating System:** Built-in high temperature protection function automatically stops heating if the temperature may cause burns, resuming when safe.
- **Easy to Use:** Equipped with physical buttons for simple temperature and massage mode adjustments.
- **Pure Carbon Fiber Heating Element:** Emits far-infrared rays beneficial for enhancing blood circulation.
- **Versatile Power Options:** Supports direct adapter connection for continuous use and features a rechargeable battery for portability. The battery can be charged while in the belt.
- **Comfortable Design:** Features durable hook and loop fasteners, unique fabric for a better fit, and an adjustable elastic strap.
- **Integrated Massage Function:** Provides vibration massage alongside heat therapy for enhanced relief.

Heating Pad with Massager



4 Power
Display



Even
Heating



5 Min Over-Heating
Protection



7.4 Safe
Voltage



Comfortable
and Flexible



Cordless
Design



Figure 1: Key features of the FEETMOR Wireless Heating Belt, including its ergonomic design and safety mechanisms.

SAFETY INFORMATION

Please read and understand all safety warnings before using the FEETMOR Wireless Heating Belt.

- Do not use if you have a medical condition or are pregnant. Consult a healthcare professional before use if you have any pre-existing medical conditions.
- Keep away from children. This product is not a toy.
- Always follow the temperature settings and do not leave the heating pad unattended while in use.
- Do not use on sensitive skin areas or in the presence of poor circulation.
- Do not use while sleeping.
- Our products do not cure any disease and are intended only for pain relief in special people.

INDICATIONS FOR USE

The FEETMOR Wireless Heating Belt is indicated for temporary relief of minor aches and pains associated with:

- Muscle aches
- Joint stiffness
- Lower back pain
- Menstrual cramps
- Lumbar sprain
- Muscle strain



Figure 2: The heating belt provides targeted relief for various types of pain.

SETUP AND CHARGING

Your FEETMOR Wireless Heating Belt comes with a rechargeable battery and a power adapter for flexible use.

Battery Installation and Charging

1. Locate the battery pocket on the heating belt.
 2. Insert the provided power pack (battery) into the pocket. Ensure it is securely placed.
 3. Connect the power pack to the internal cable within the pocket.
 4. To charge the battery, you can either:
 - Leave the battery in the belt and connect the charging adapter directly to the belt's charging port.
 - Remove the battery from the belt and connect it to the charging adapter.
- Plug the charging adapter into a standard wall outlet. The battery indicator lights will show charging status.



Figure 3: Battery powered operation, showing the battery securely placed in its pocket.



Figure 4: Adapter powered operation, allowing continuous use without relying on battery life.

Wearing the Belt

The heating belt is designed to be worn around the waist or other areas requiring heat and massage. Adjust the durable hook and loop fasteners and elastic strap for a snug, comfortable fit. The heated portion should be positioned over the area of discomfort.



Figure 5: The FEETMOR Wireless Heating Belt ready for use.

OPERATING INSTRUCTIONS

The FEETMOR Wireless Heating Belt features intuitive controls for both heating and massage functions.

Power On/Off

- To turn on the device, press and hold the power button (usually indicated by a power symbol or a prominent button on the control panel) for approximately 3-5 seconds until the indicator lights illuminate.
- To turn off the device, press and hold the same power button for 3-5 seconds until the indicator lights turn off.

Adjusting Heating Modes

The heating belt offers three adjustable heating modes:

- **High:** Approximately 149°F / 65°C (Red indicator light)
- **Medium:** Approximately 131°F / 55°C (Blue indicator light)
- **Low:** Approximately 113°F / 45°C (Green indicator light)

Press the heating button (often indicated by a flame symbol) repeatedly to cycle through the different temperature settings. The corresponding indicator light will change color.

Adjusting Vibration Modes

The heating belt also provides three vibration modes:

- **High:** Continuous Vibration
- **Medium:** Strong Intermittent Vibration
- **Low:** Moderate Intermittent Vibration

Press the vibration button (often indicated by a wave or vibration symbol) repeatedly to cycle through the different massage intensities.

Both heating and massage functions can be used simultaneously or independently.



Back Massager with 3 Adjustable Heating/Vibration Modes

3 Heating Modes



High - 149°F/ 65°C



Medium - 131°F/ 55°C



Low - 113°F/ 45°C

3 Vibration Modes



High - Continuous Vibration



Medium - Strong Intermittent Vibration



Low - Moderate Intermittent Vibration



Long press for 5 seconds to turn on/off, press once to switch models, heating and massage function can work simultaneously or separately.

Figure 6: Control panel and mode settings for heating and vibration.

Product Demonstration Video

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Video 1: A demonstration of the FEETMOR Wireless Heating Belt, including unboxing, battery installation, wearing the belt, and operating the heating and massage functions. This video provides a visual guide to the product's features and ease of use.

MAINTENANCE AND CARE

To ensure the longevity and proper functioning of your FEETMOR Wireless Heating Belt, follow these maintenance guidelines:

- **Cleaning:** Disconnect the power pack and adapter before cleaning. Wipe the surface of the belt with a soft, damp cloth. Do not submerge the belt or battery in water. Do not use harsh chemicals or abrasive cleaners.
- **Storage:** Store the heating belt in a cool, dry place away from direct sunlight and extreme temperatures. Ensure the belt is completely dry before storing.

- **Battery Care:** Fully charge the battery before first use. If storing for an extended period, charge the battery every 3-6 months to maintain its capacity.
- **Inspection:** Regularly inspect the belt and power cords for any signs of damage, wear, or fraying. Discontinue use if any damage is found and contact customer support.

TROUBLESHOOTING

If you encounter any issues with your FEETMOR Wireless Heating Belt, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Battery is not charged or not properly connected.	Ensure the battery is fully charged and correctly inserted into its pocket and connected to the internal cable. If using the adapter, ensure it is securely plugged into both the belt and a working power outlet.
Heating function is not working.	Over-heating protection activated or incorrect mode selected.	Allow the device to cool down if it has been in continuous use. Ensure the heating mode is selected (red, blue, or green indicator light). If the issue persists, contact customer support.
Vibration function is not working.	Incorrect mode selected.	Ensure the vibration mode is selected by pressing the vibration button. Cycle through the modes to check functionality.
Belt feels too hot or too cold.	Temperature setting is not appropriate for user preference.	Adjust the heating mode to a lower or higher setting as desired. Ensure the belt is not directly on bare skin if discomfort occurs.

If these solutions do not resolve the issue, please contact FEETMOR customer support for further assistance.

SPECIFICATIONS

Specification	Detail
Model Number	FH68
Brand	FEETMOR
Material	Carbon Fiber
Color	Black
Item Weight	1.3 Pounds
Batteries	1 Nonstandard Battery (included)
Special Feature	Heat
Waistline Compatibility	29"-57" (with extension belt)

WARRANTY AND SUPPORT

For warranty information or technical support regarding your FEETMOR Wireless Heating Belt, please refer to the product packaging or contact FEETMOR customer service directly. Contact details can typically be found on the manufacturer's website or the purchase platform.

Please retain your proof of purchase for any warranty claims.

