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## DR-HO'S DRHO10

# DR-HO'S Motion Ciser User Manual

Model: DRHO10

## 1. INTRODUCTION

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The DR-HO'S Motion Ciser is an innovative device designed to stimulate circulation and muscles in the lower body. Developed by a professional chiropractor, it combines the benefits of a walking simulator with a heated massager, targeting muscles from the feet to the hips. This manual provides essential information for the safe and effective use of your Motion Ciser.

## 2. SAFETY WARNINGS

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**Please read all safety warnings carefully before using the device.**

- Do not use on bare skin.
- Avoid contact with water.
- Do not use while sleeping.
- Stop use immediately if pain or discomfort occurs.
- Keep out of reach of children and pets.
- Do not expose to high temperatures.
- Do not use if you have known health problems or are pregnant.
- Consult a doctor before use, especially if you have pre-existing medical conditions.

## 3. PRODUCT OVERVIEW AND COMPONENTS

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The DR-HO'S Motion Ciser system includes the main unit, a remote control, and a power adapter.



Image 3.1: The DR-HO'S Motion Ciser main unit, remote control, and power adapter.

The main unit features two foot platforms designed for oscillating movement and thermal therapy. The remote control allows for convenient adjustment of settings.



Image 3.2: Key features of the Motion Ciser, including stimulation levels, temperature control, and design aspects.

## 4. SETUP

1. **Unpack:** Carefully remove all components from the packaging.

2. **Placement:** Place the Motion Ciser on a flat, stable surface, such as the floor in front of a chair or sofa. Ensure there is enough space around the device for comfortable use.
3. **Connect Power:** Insert the power adapter into the DC input port on the Motion Ciser. Plug the other end of the adapter into a standard electrical outlet.
4. **Remote Control:** Ensure the remote control has a working battery (1 CR5 battery required, typically included or pre-installed).

## 5. OPERATING INSTRUCTIONS

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The Motion Ciser is designed to awaken muscles, stimulate circulation, and provide soothing massage and thermal therapy.

### Getting Started:

1. Sit comfortably in a chair with your feet placed on the foot platforms of the Motion Ciser.
2. Press the Power button on the device or the remote control to turn it on.

### Key Functions:

- **Muscle Awakening:** The oscillating movement helps to stimulate blood circulation throughout the lower body, including legs, knees, ankles, and feet. This can help alleviate feelings of heaviness, fatigue, or numbness.
- **Massage Function:** The device's vibrating action provides a relaxing massage, ideal for soothing muscles after physical exertion.
- **Thermal Therapy System:** The Motion Ciser releases heat, adjustable from 30°C to 50°C, directly to the muscles. This thermal therapy enhances relief for stiffness, pain, and numbness.
- **Adjusting Oscillation Speed:** The device adapts to your rhythm. Use the remote control to adjust the oscillation speed of the pedals between 1 and 10 levels, finding the intensity that suits you best.



## Il sollicite tous les muscles du bas du corps !

Allant des pieds aux hanches. Que vous souhaitiez faire un peu d'exercice ou conserver une bonne forme physique, le Motion Ciser Dr Ho est fait pour vous. Réveiller les muscles ou soulager les douleurs... ses différentes fonctionnalités permettent de répondre au mieux aux besoins de votre corps.

Image 5.1: Illustration of the massage and thermal therapy functions in use.



10 niveaux de stimulation



5 niveaux de température 30°-50°



Télécommande



Allumage LED



Silencieux



conception robuste et durable

Image 5.2: The Motion Ciser can be used comfortably at home or in an office setting.

## 6. MAINTENANCE

To ensure the longevity and proper functioning of your DR-HO'S Motion Ciser, follow these simple maintenance guidelines:

- **Cleaning:** Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water. Ensure the device is unplugged before cleaning.
- **Storage:** Store the Motion Ciser in a cool, dry place away from direct sunlight and extreme temperatures when not in use.
- **Inspection:** Periodically check the power cord and adapter for any signs of damage. If damage is found, discontinue use and contact customer support.

## 7. TROUBLESHOOTING

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If you encounter any issues with your Motion Ciser, please refer to the following common troubleshooting tips:

- **Device does not turn on:**
  - Ensure the power adapter is securely plugged into both the device and a working electrical outlet.
  - Check if the power outlet is functional by plugging in another appliance.
- **Remote control not working:**
  - Check the battery in the remote control. Replace if necessary (1 CR5 battery).
  - Ensure there are no obstructions between the remote control and the device's sensor.
- **Unusual noise or vibration:**
  - Ensure the device is placed on a flat, stable surface.
  - If the noise persists or is excessive, discontinue use and contact customer support.

For issues not covered here, please contact DR-HO'S customer support.

## 8. SPECIFICATIONS

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<b>Brand</b>	DR-HO'S
<b>Item Model Number</b>	DRHO10
<b>Product Dimensions (L x W x H)</b>	38 x 40 x 175 cm
<b>Item Weight</b>	4.19 Kilograms
<b>Color</b>	Grey
<b>Power Source</b>	Battery Powered (for remote) / AC Adapter (for main unit)
<b>Battery(ies) Required</b>	1 CR5 (for remote)
<b>Special Feature</b>	Heat Function (30°C to 50°C)
<b>Massager Form</b>	Foot Massager
<b>Specific Uses For Product</b>	Muscle Pain Relief, Circulation Stimulation
<b>Product Benefits</b>	Blood Flow Control

## 9. WARRANTY AND SUPPORT

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For warranty information or technical support, please refer to the documentation included with your purchase or visit the official DR-HO'S website. Keep your proof of purchase for any warranty claims.