

MOUNTRAX FM-001

MOUNTRAX FM-001 Shiatsu Foot Massager with Heat User Manual

Brand: MOUNTRAX | Model: FM-001

INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use of your MOUNTRAX FM-001 Shiatsu Foot Massager with Heat. Please read all instructions carefully before operation and retain this manual for future reference.

SAFETY INFORMATION

Potential safety warnings may include avoiding use if you have certain health conditions, ensuring the device is unplugged when not in use, keeping it away from water due to 'not_water_resistance', and handling the corded electric massager with care to avoid electrical hazards.

Legal Disclaimer:

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

PRODUCT FEATURES

- **Dual Independent Rolling Heads:** Features 6 groups of ergonomic nodes targeting reflex areas (arch, heel, forefoot) for deep tissue massage.
- **16 Customized Modes:** Adjustable kneading (3 intensities) and air compression (3 intensities) for personalized massage.
- **Dual Control Options:** Easily adjust settings via touch panel or remote control.
- **Intelligent Heat Function:** Smart NTC Temperature Control Technology (up to 131°F/55°C) for rapid, constant heat.
- **Ultra-quiet Operation:** Operates at less than 40dB for use in quiet environments.
- **Washable Foot Covers:** Easy-zip design allows removal for machine washing, ensuring hygiene.
- **Auto Timer:** Includes 15/30-minute auto-timer settings.
- **Durable Material:** Constructed from Acrylonitrile Butadiene Styrene (ABS).

SETUP

1. **Unpack:** Carefully remove the foot massager and all accessories from the packaging.
2. **Position:** Place the massager on a flat, stable surface near an electrical outlet.
3. **Connect Power:** Plug the power adapter into the massager's power port, then plug the adapter into a suitable electrical outlet.
4. **Initial Check:** Ensure the foot covers are properly zipped and secured before use.

OPERATING INSTRUCTIONS

1. **Power On:** Insert your feet into the foot chambers. Press the **Power** button on the control panel or remote control to turn on the device.
2. **Select Time:** Press the **Time** button to choose between 15, 20, or 30-minute massage sessions.
3. **Adjust Kneading Intensity:** Press the **Kneading** button to cycle through 3 intensity levels (Low, Medium, High).
4. **Adjust Air Compression:** Press the **Air Compression** button to cycle through 3 intensity levels (Low, Medium, High).
5. **Activate Heat Function:** Press the **Heat** button to turn the heat function on or off. The heat will reach up to 131°F/55°C.
6. **Remote Control Usage:** All functions can be adjusted using the provided remote control for convenience.
7. **Power Off:** The device will automatically shut off after the selected time. To manually turn off, press the **Power** button.

Note: Start with Low intensity for both kneading and air compression, then gradually increase to find your preferred comfort level.

MAINTENANCE

- **Cleaning Foot Covers:** The internal foot covers feature an easy-zip design. Unzip and remove the covers for machine washing to maintain hygiene. Allow to air dry completely before reattaching.
- **Exterior Cleaning:** Wipe the exterior of the massager 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 when not in use.

TROUBLESHOOTING

- **Device Not Turning On:**
 - Ensure the power adapter is securely plugged into both the massager and a working electrical outlet.
 - Check if the power outlet is functional by plugging in another device.
- **Weak Massage/No Air Compression:**
 - Increase the kneading and/or air compression intensity using the respective buttons on the control panel or remote.
 - Ensure your feet are properly positioned within the foot chambers.
- **No Heat:**
 - Press the Heat button to activate the function. The heat may take a few minutes to reach its optimal temperature.

- **Unusual Noise:**

- Ensure the massager is on a flat, stable surface.
- If the noise persists, discontinue use and contact customer support.

SPECIFICATIONS

Product Dimensions	15.67 x 12.52 x 6.85 inches
Item Weight	8.16 Pounds (3700 Grams)
Model Number	FM-001
Power Source	Corded Electric
Material	Acrylonitrile Butadiene Styrene
Manufacturer	MOUNTRAX

WARRANTY AND SUPPORT

MOUNTRAX offers 24/7 customer support with reliable after-sales care. Our team resolves all product inquiries promptly. Contact us anytime—we're always ready to help.

For assistance, please refer to the contact information provided with your product packaging or visit the official MOUNTRAX website.

VISUAL AIDS

Product Overview

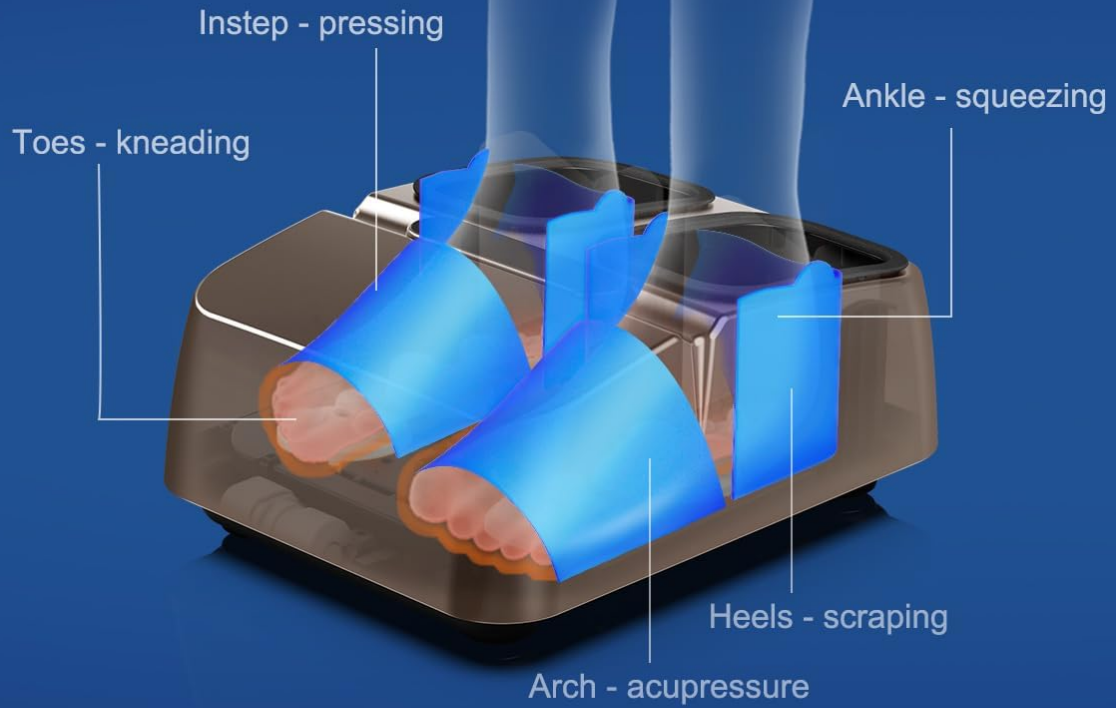


Image: The MOUNTRAX Foot Massager Machine in gray, showing the control panel and remote control. This image provides a general view of the product and its primary accessories.

360° Air Compression 3D Massage

360° AIR COMPRESSION 3D MASSAGE

Targets the arch, heel and toes



Kneading



Pressing



Squeezing



Acupressure



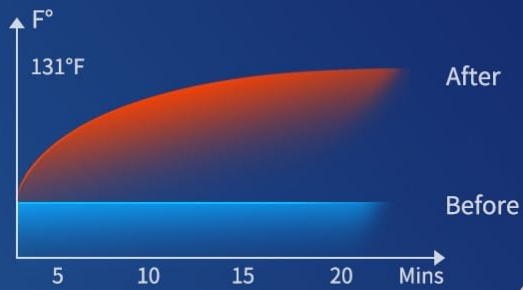
Scraping

Image: A diagram showing how the 360° air compression and 3D massage functions target different areas of the foot, including instep pressing, toe kneading, ankle squeezing, heel scraping, and arch acupressure.

Safety & Intelligent Heat Function

SAFETY & INTELLIGENT HEAT

Rapid heating in 3-5 minutes
heating temperature up to **131°F/55°C**



Built-in **NTC** temperature control technology, effectively prevent overheating

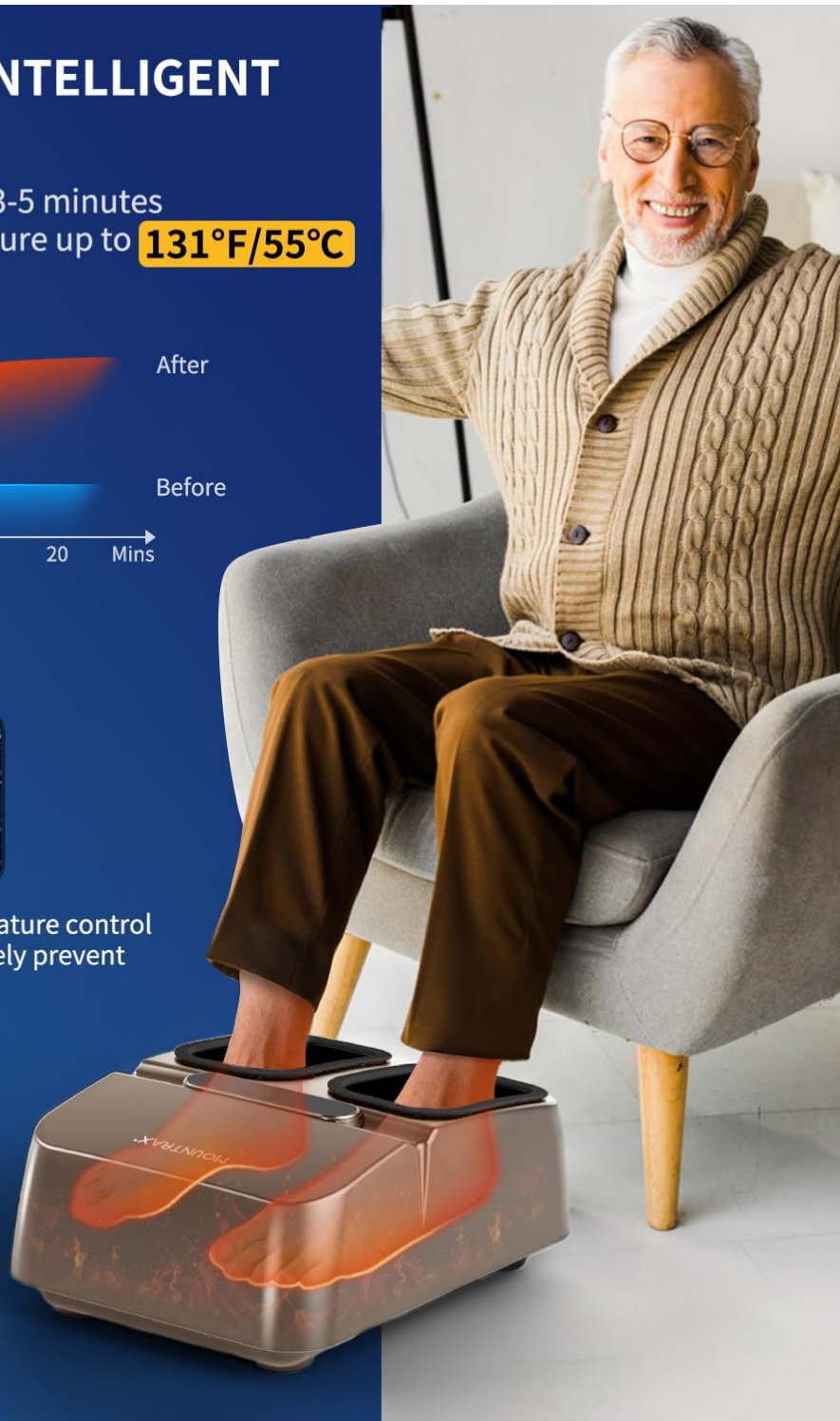


Image: A man comfortably using the foot massager, highlighting the rapid heating capability (131°F/55°C in 3-5 minutes) and the built-in NTC temperature control technology to prevent overheating.

Dual Control Options

DUAL CONTROL OPTIONS

Remote or Panel Control

3 LEVELS OF AIR PRESSURE

- 1 Gentle massage
- 2 Relaxing massage
- 3 Deep massage



Time



Heat



Power



Kneading



Air Compression

Image: A user operating the foot massager with the remote control, demonstrating the dual control options (remote or panel) and the three levels of air pressure: Gentle, Relaxing, and Deep massage.

Ultra-Quiet Operation

ULTRA-QUIET OPERATION

Low noise less than

40 dB



Image: A woman using the foot massager while a cat sleeps peacefully nearby, emphasizing the ultra-quiet operation (less than 40dB) suitable for shared spaces.

Convenience Features



Image: A collage showcasing key convenience features: a 15/30-minute auto timer, anti-slip rubber pads on the base, and removable, washable foot covers for easy cleaning.

Product Dimensions



Image: A technical drawing indicating the product dimensions: 15.7 inches (length), 12.5 inches (width), and 6.79 inches (height).

Official Product Video

Your browser does not support the video tag.

Video: Hermence Despointes demonstrates the MOUNTRAX Foot Massager, highlighting its features and ease of use. This video provides a visual guide to the product's operation.