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> ALLJOY AJFLM22 Leg Massager with Heat and Air Compression User Manual

## ALLJOY AJFLM22

# ALLJOY AJFLM22 Leg Massager User Manual

Model: AJFLM22 | Brand: ALLJOY

## 1. IMPORTANT SAFETY INFORMATION

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Please read all instructions carefully before using the ALLJOY AJFLM22 Leg Massager. Retain this manual for future reference.

- **Usage Duration:** Do not use the device for more than 30 minutes in a single session to prevent overheating and overuse. This is especially important for elderly individuals.
- **Medical Conditions:** Consult a physician before use if you have any pre-existing medical conditions, including but not limited to, circulatory disorders, heart conditions, skin conditions, or if you are pregnant.
- **Injury:** Do not use on swollen, inflamed, or injured areas of the body.
- **Children and Pets:** Keep out of reach of children and pets. This device is not a toy.
- **Power Source:** Use only the provided power adapter. Ensure the power cord is not damaged or pinched.
- **Storage:** Store the device in a cool, dry place when not in use.

## 2. PRODUCT OVERVIEW

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The ALLJOY AJFLM22 Leg Massager is designed to provide comprehensive leg massage with air compression, heat, and vibration functions. It features integrated airbags to simulate hand pressure, promoting relaxation and improving circulation in your feet, calves, and thighs.

# 6 Massagemodi & 2 Wärmestufen

Linderung der Beinermüdung und Verbesserung der Durchblutung



Image 1: The ALLJOY AJFLM22 Leg Massager, showing the main unit and leg wraps.

## Key Features:

- **3-in-1 Functionality:** Air compression massage, heating, and vibration.
- **Airbag System:** Features 2x3 integrated airbags for comprehensive massage.
- **Multiple Modes:** 6 distinct massage modes.
- **Adjustable Intensity:** 3 intensity levels for air compression.
- **Heat Function:** 2 heat levels (42 °C, 52 °C) for feet and knees.
- **Vibration Function:** Targeted vibration for calves.
- **Adjustable Design:** Velcro closures and 2 extenders for a customizable fit (calf up to 25 inches, thigh up to

35 inches, foot up to 50 cm).

- **Automatic Shut-off:** 30-minute auto-off timer for safety.

### 3. SETUP INSTRUCTIONS

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Follow these steps to prepare your leg massager for use:

1. **Unpack:** Carefully remove all components from the packaging.
2. **Connect Hoses:** Connect the air hoses from the leg wraps to the corresponding ports on the handheld controller. Ensure a secure connection.
3. **Apply Wraps:** Place the leg wraps around your feet, calves, and thighs. Use the Velcro closures to secure them comfortably. Ensure they are snug but not overly tight, as the air compression will apply pressure.

# Anpassbares Wrap-Design für die meisten

Ergonomisches Design passt für die ganze Familie



Image 2: Adjustable wrap design with approximate dimensions for proper fit. The wraps can be extended using the included extenders.

- 4. Use Extenders (if needed):** If the wraps are too small, attach the provided extenders to the Velcro closures to achieve a comfortable fit. The maximum calf size is 25 inches, and thigh size is 35 inches with extenders.
- 5. Power Connection:** Plug the power adapter into the handheld controller, then plug the adapter into a standard electrical outlet.

## 4. OPERATING INSTRUCTIONS

The handheld LCD controller allows you to manage all functions of the leg massager.

# Verbesserter Handheld-Steuergerät

Hochwertig und einfach zu verwenden



3 Schwingungen



2 Wärmestufen



6 Luftkompressionsmodus



Langes Drücken:  
Ein/Ausschalten

Kurz drücken:  
Intensität einstellen

Image 3: The handheld controller, displaying mode, intensity, heat, and vibration settings.

1. **Power On/Off:** Press and hold the power button (⏻) to turn the device on or off.
2. **Select Mode:** Press the 'M' button to cycle through the 6 available massage modes. The selected mode will be displayed on the LCD screen.
3. **Adjust Intensity:** Short press the power button (⏻) to adjust the air compression intensity (Min, Mid, Max).
4. **Activate Heat:** Press the heat button (☰) to activate or adjust the heat function. There are 2 heat levels (42 °C, 52 °C).
5. **Activate Vibration:** Press the vibration button (⚡) to activate or adjust the vibration function. There are 3 vibration levels (M1, M2, M3) or turn it off.
6. **Automatic Shut-off:** The device will automatically turn off after 30 minutes of continuous use. If you wish to continue, simply restart the device.

## 5. MASSAGE FUNCTIONS EXPLAINED

### Air Compression Massage:

The device uses a system of airbags that inflate and deflate to apply pressure to your feet, calves, and thighs. This action mimics manual massage, helping to relieve fatigue and improve circulation.

# 2 \*2 Airbags Kompressions massagegerät

4 Intensitäten verfügbar, um das ganze Bein  
zuentspannen



Knee/Soles Heat



Calf Massage



Feet Massage



Thigh Massage

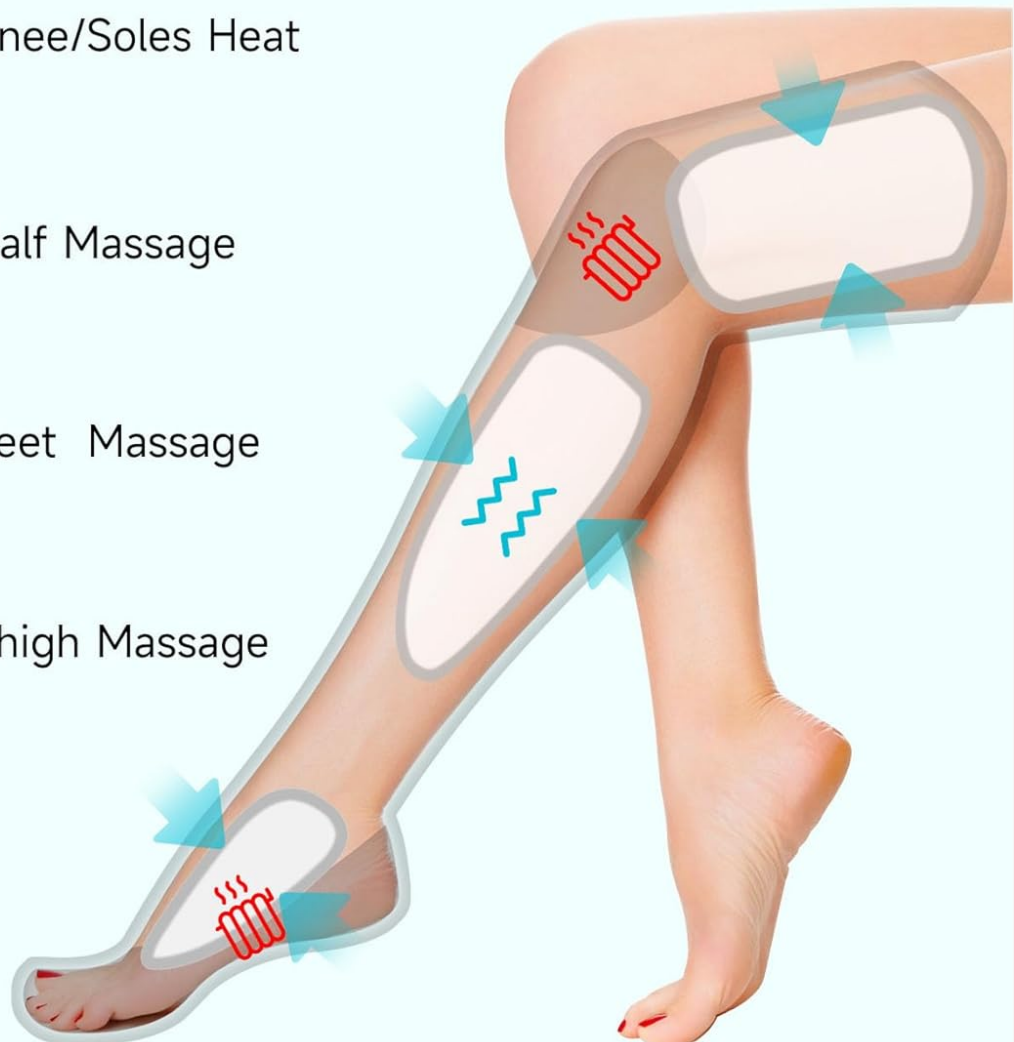


Image 4: Diagram illustrating the targeted massage areas including knee/soles heat, calf massage, feet massage, and thigh massage.

### Heat Function:

The integrated heating elements provide soothing warmth to the soles of your feet and knees. This can help relax muscles and enhance comfort, especially for cold extremities.

## Vibration Function:

The vibration feature targets the calf muscles, offering an additional layer of relaxation and relief.

## 6. MAINTENANCE

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Proper maintenance ensures the longevity and optimal performance of your leg massager.

- **Cleaning:** Disconnect the device from the power source before cleaning. Wipe the surface of the wraps and controller with a soft, slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** After use, allow the device to cool down. Store the leg massager and its components in the provided storage bag in a clean, dry place, away from direct sunlight and extreme temperatures.
- **Inspection:** Regularly inspect the power cord and air hoses for any signs of damage. If any damage is found, discontinue use and contact customer support.

## 7. TROUBLESHOOTING

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If you encounter any issues with your ALLJOY AJFLM22 Leg Massager, please refer to the following common problems and solutions:

- **Device Not Turning On:**
  - Ensure the power adapter is securely plugged into both the controller and a working electrical outlet.
  - Check if the power button is pressed and held for a few seconds to initiate power on.
- **No Air Compression:**
  - Verify that the air hoses are firmly connected to both the wraps and the controller.
  - Ensure the wraps are properly secured around your legs; loose wraps may not compress effectively.
  - Check the intensity setting on the controller; increase it if necessary.
- **No Heat Function:**
  - Ensure the heat function is activated on the controller and a heat level is selected.
  - Allow a few minutes for the heating elements to warm up.
- **Discomfort During Use:**
  - Reduce the intensity level.
  - Ensure the wraps are not applied too tightly before inflation.
  - If discomfort persists, discontinue use immediately.

If these steps do not resolve the issue, please contact ALLJOY customer support.

## 8. SPECIFICATIONS

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Feature	Specification
Model Number	AJFLM22
Dimensions (L x W x H)	34 x 17 x 22 cm (Product); 54L x 35W x 46H cm (Item)
Weight	2.3 kilograms

Material	Nylon
Power Source	Electric Cable
Massage Modes	6
Intensity Levels	3
Heat Levels	2 (42 °C, 52 °C)
Vibration Levels	3
Automatic Timer	30 minutes
Target Body Part	Legs (Feet, Calves, Thighs, Knees)
UPC	751965309294

## 9. WARRANTY AND SUPPORT

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The ALLJOY AJFLM22 Leg Massager comes with a **365-day worry-free warranty**.

For any questions, concerns, or technical support, please contact ALLJOY customer service. Our friendly and timely support team is available to assist you with any issues you may encounter during subsequent use.

Please refer to the product packaging or the retailer's website for specific contact information.