

## DYMROGE 10224705

# DYMROGE Electric Heated Waist and Back Massage Belt User Manual

Model: 10224705

## 1. INTRODUCTION

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Thank you for choosing the DYMROGE Electric Heated Waist and Back Massage Belt. This device is designed to provide targeted heat therapy and massage for various body parts, promoting relaxation and temporary relief from muscle soreness and discomfort. Please read this manual thoroughly before use to ensure safe and effective operation.

### Product Features:

- **Premium Material:** Made from breathable diving-level fabric, offering a lightweight, soft, elastic, and thermally insulating experience.
- **Dual Functionality:** Combines 3 rapid heating modes with 3 vibration massage modes.
- **User-Friendly Interface:** Features a touch screen for easy control and adjustment.
- **Portable & Rechargeable:** Equipped with a 5000mAh battery for wireless use, allowing for relaxation anytime, anywhere.
- **Versatile Application:** Suitable for the waist, abdomen, back, shoulders, legs, and knees.



Image 1.1: The DYMROGE Electric Heated Waist and Back Massage Belt, showcasing its design and integrated control panel.

## 2. SAFETY INFORMATION

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To prevent injury or damage to the device, please adhere to the following safety guidelines:

- **Do Not Use While Charging:** The device should not be operated when connected to a power source for charging.
- **Avoid Direct Skin Contact:** Do not use the heating function directly on bare skin to prevent burns. Always use over clothing.
- **Integrated Thermal Protection:** The device includes a built-in thermal protection module for enhanced safety.
- **Charging Precautions:** Use only the original USB Type-C charging cable provided. Charging requires a 5V 2A adapter (not included). Do not operate the screen controller during charging, as this may cause damage.
- **Cleaning Instructions:** Wipe the device with a damp cloth for cleaning. Do not immerse in water or machine wash, as it contains internal motors and electronic components.
- **Consult a Physician:** If you have any pre-existing medical conditions, are pregnant, or have sensitive skin, consult a healthcare professional before using this product.
- **Keep Out of Reach of Children:** This device is not a toy and should be stored away from children.

## 3. PACKAGE CONTENTS

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Please verify that all items are present in your package:

- 1 x Heating Waist Belt (118x20cm)
- 1 x Long Strap Belt (92x8cm)
- 1 x Extension Belt (29.5x16.5cm)
- 1 x 1m USB Type-C Charging Cable
- 1 x User Manual



Image 3.1: Contents of the product package, including the heating waist belt, straps, USB cable, and user manual.

## 4. SETUP AND ASSEMBLY

Follow these steps to prepare your heated waist belt for use:

1. **Attach Long Strap:** Buckle the long strap to the back of the heating waist belt.
2. **Position Heating Pad:** Place the heating pad area on your lower back or desired body part.
3. **Wrap the Belt:** Wrap the belt around your waist, ensuring the control screen is positioned on your left side. If needed, attach the extension belt to achieve a comfortable fit (the extension strap can accommodate waist sizes up to 147cm). The strong Velcro ensures the belt stays in place.
4. **Secure the Belt:** Fasten the belt securely with the long strap.



Image 4.1: Visual guide demonstrating the steps to properly wear the heating waist belt.

## 5. OPERATION

The DYMROGE Heated Waist Belt features an intuitive touch screen for easy control.

1. **Power On/Off:** Long press the power button located on the side of the control unit to turn the device on or off. The screen will illuminate upon activation.
2. **Adjust Heating Mode:** Touch the heating button on the screen to cycle through the 3 heating modes:
  - Low Heat: 45°C (113°F)
  - Medium Heat: 54°C (129.2°F)
  - High Heat: 65°C (149°F)
3. **Adjust Massage Mode:** Touch the vibration button on the screen to select one of the 3 vibration massage modes.
4. **Temperature Unit Conversion:** To switch the temperature display between Celsius (°C) and Fahrenheit (°F), simultaneously press the Heating button and the Vibration button for 3 seconds.
5. **Anti-False Touch Lock Function:** Briefly press the power button to activate the lock function, preventing accidental changes to settings. The lock icon will change color to indicate activation.

# Touch Screen Buttons

Simple and convenient operation



Image 5.1: Detailed view of the touch screen buttons for heating, vibration, and temperature display.

# Temperature Display can Convert between °C/°F

Long press the heating button and vibration button to switch the temperature display between °C/°F



Image 5.2: Illustration of how to switch the temperature display between Celsius and Fahrenheit.

## 6. CHARGING THE DEVICE

The device is equipped with a 5000mAh rechargeable battery for cordless operation.

- Connect the provided 1m USB Type-C cable to the charging port on the control unit.
- Plug the other end of the USB cable into a 5V 2A power adapter (not included).
- The screen will display the charging status.
- **Important:** Only use the original charging cable. Using a different cable may result in incomplete charging or no charging at all. Do not operate the screen controller while the device is charging to prevent potential damage.



Image 6.1: The charging display indicating battery level during charging.

## 7. MAINTENANCE AND CLEANING

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Proper maintenance ensures the longevity and hygiene of your device.

- **Cleaning:** To clean the belt, gently wipe it with a damp cloth.
- **Do Not Wash:** Do not immerse the belt in water or place it in a washing machine. The internal motors and electronic components are not waterproof and will be damaged.
- **Storage:** Store the device in a cool, dry place away from direct sunlight when not in use.



Image 7.1: Visual guide for cleaning and maintenance, emphasizing not to wash or immerse in water.

## 8. TROUBLESHOOTING

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If you encounter any issues with your DYMROGE Heated Waist Belt, please refer to the following common problems and solutions:

- **Device Not Turning On:**
  - Ensure the battery is sufficiently charged. Connect the device to a power source using the original USB cable and a 5V 2A adapter.
  - Long press the power button for at least 3 seconds to activate.
- **Heating/Massage Not Working:**
  - Check if the device is powered on.
  - Ensure the lock function is not active. Briefly press the power button to unlock if necessary.
  - Verify that you are not using the device while it is charging.
- **Incomplete or No Charging:**
  - Confirm you are using the original USB Type-C cable.
  - Ensure your power adapter provides 5V 2A output.
  - Check for any damage to the charging cable or port.
- **Device Cannot Be Turned Off:**
  - Long press the power button for several seconds. If the issue persists, allow the battery to fully discharge.

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

## 9. SPECIFICATIONS

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Feature	Detail
Brand	DYMROGE
Model Number	10224705
Material	Diving-level Fabric
Color	Dark Grey
Belt Dimensions	118 x 20 cm (46.5 x 7.9 inches)
Extension Strap Dimensions	29.5 x 16.5 cm (11.6 x 6.6 inches)
Battery Capacity	5000 mAh Lithium-polymer
Voltage	5 Volts
Heating Elements	2
Heating Modes	3 (45°C, 54°C, 65°C)
Massage Modes	3
Special Features	Display, Battery Operated, Portable, Rechargeable, Wireless
Charging Requirement	5V 2A Adapter (not included)

## 10. WARRANTY AND SUPPORT

DYMROGE is committed to providing quality products. While specific warranty details are not provided in this manual, we encourage you to contact us directly if you experience any issues with your product.

If you encounter any problems or have questions regarding the use, maintenance, or functionality of your DYMROGE Electric Heated Waist and Back Massage Belt, please reach out to our customer support team. We are dedicated to ensuring your satisfaction and will assist you in resolving any concerns.

For support, please refer to the contact information provided with your purchase or visit the official DYMROGE website.