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> [Lifelong LLM81 Foot Massager & Crazyfit Vibration Plate Massager Instruction Manual](#)

Lifelong LLM81, Crazyfit Vibration Plate Massager Machine

Lifelong LLM81 Foot Massager & Crazyfit Vibration Plate Massager Instruction Manual

Model: LLM81 (Foot Massager), Crazyfit Vibration Plate Massager Machine

INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Lifelong LLM81 Foot Massager with Heat and the Lifelong Crazyfit Vibration Plate Massager Machine. Please read this manual thoroughly before operation and retain it for future reference.



This image displays both products included in the bundle: the Lifelong LLM81 Foot Massager, designed for foot pain relief with heat and kneading functions, and the Lifelong Crazyfit Vibration Plate Massager Machine, used for full-body vibration exercise and muscle toning.

IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of electric shock, burns, fire, or injury, always follow these basic safety precautions:

- Read all instructions before using the appliance.
- Do not use while sleeping or drowsy.
- Do not use on infants, invalids, or on a sleeping or unconscious person.
- Do not use on sensitive skin or in the presence of poor blood circulation.
- Never operate if the appliance has a damaged cord or plug, if it is not working properly, or if it has been dropped into water.
- Keep the cord away from heated surfaces.
- Do not use outdoors.

- Unplug from outlet when not in use and before cleaning.
- Do not attempt to repair the appliance yourself. Contact qualified service personnel.
- Consult your doctor before using if you have any medical conditions, are pregnant, or have a pacemaker.

PRODUCT OVERVIEW: LIFELONG LLM81 FOOT MASSAGER WITH HEAT

Features:

- Flexible rubber kneading pads for a realistic massage experience.
- Integrated heat function for enhanced pain relief and relaxation.
- 4 automatic massage programs and 3 custom massage modes.
- Powerful 40W motor (AC-220-240V, 50Hz).
- Automatic 15-minute shutoff for safety and convenience.
- Designed to relieve fatigue, improve blood circulation, and promote overall wellness.

PRODUCT OVERVIEW: LIFELONG CRAZYFIT VIBRATION PLATE MASSAGER MACHINE

Features:

- Compact design for convenient home workouts and easy storage.
- Revolutionary design to improve fitness and flexibility.
- Aids in muscle toning and calorie burning.
- Provides full-body vibration massaging.

SETUP: LIFELONG LLM81 FOOT MASSAGER

1. Unpack the foot massager and ensure all components are present and undamaged.
2. Place the massager on a flat, stable surface.
3. Ensure your feet are clean and dry before use.
4. Plug the power cord into a suitable AC-220-240V, 50Hz electrical outlet.

OPERATING INSTRUCTIONS: LIFELONG LLM81 FOOT MASSAGER

1. Sit comfortably in a chair and place your feet into the massager.
2. Press the power button to turn on the device.
3. Select your desired massage program (automatic or custom mode) using the control panel.
4. Activate the heat function if desired.
5. The massager will operate for 15 minutes and then automatically shut off. You can manually turn it off at any time.
6. After use, unplug the device from the power outlet.

SETUP: LIFELONG CRAZYFIT VIBRATION PLATE MASSAGER

1. Unpack the vibration plate and place it on a firm, level surface.

2. Ensure there is sufficient clear space around the machine for safe operation.
3. Plug the power cord into a suitable electrical outlet.

OPERATING INSTRUCTIONS: LIFELONG CRAZYFIT VIBRATION PLATE MASSAGER

1. Step onto the vibration plate, ensuring your feet are positioned securely.
2. Press the power button to turn on the machine.
3. Select your desired program or adjust the intensity and duration using the control panel.
4. Maintain a balanced posture during your workout.
5. After your session, press the power button to turn off the machine and unplug it.

MAINTENANCE AND CARE

- Always unplug the device before cleaning.
- Wipe the surface of both massagers with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- Do not immerse either device in water or any other liquid.
- Store the massagers in a cool, dry place, away from direct sunlight and moisture.
- Do not wrap the power cord around the device, as this may damage the cord.

TROUBLESHOOTING

Foot Massager:

- **Device not turning on:** Ensure the power cord is securely plugged into a working outlet. Check for any damage to the cord or plug.
- **Heat function not working:** Verify that the heat function is activated on the control panel. Allow a few minutes for the heat to build up.
- **Massage intensity feels weak:** Ensure your feet are properly positioned. Try selecting a different massage mode.

Vibration Plate Massager:

- **Device not turning on:** Check the power connection and ensure the outlet is functional.
- **Vibration is inconsistent:** Ensure the machine is on a flat, stable surface. Check for any obstructions underneath.

If problems persist, discontinue use and contact customer support.

SPECIFICATIONS

Lifelong LLM81 Foot Massager:

- **Model Name:** LLM81
- **Power Source:** Corded Electric
- **Power:** 40W
- **Voltage:** AC-220-240V, 50Hz
- **Material:** Rubber

- **Special Feature:** Heat, Kneading
- **Automatic Shutoff:** 15 minutes

Lifelong Crazyfit Vibration Plate Massager Machine:

- **Generic Name:** Body Massager
- **Power Source:** Corded Electric (assumed, as no specific details provided for this product alone)
- **Function:** Vibration, Muscle Toning, Calorie Burning

WARRANTY AND SUPPORT

Lifelong products are designed for durability and performance. For warranty information, product support, or service inquiries, please refer to the warranty card included with your purchase or visit the official Lifelong website. Keep your purchase receipt as proof of purchase for warranty claims.