

SKG BM3-E

SKG BM3-E Leg Massager with Heat Compression - User Manual

Model: BM3-E

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1. INTRODUCTION

Thank you for choosing the SKG BM3-E Leg Massager. This device is designed to provide relaxation and improve circulation in your legs through air compression massage and heat therapy. Featuring adjustable settings, a user-friendly touch screen, and a portable, wireless design, the BM3-E offers a personalized and convenient massage experience. Please read this manual thoroughly before use to ensure safe and optimal operation.

2. IMPORTANT SAFETY INFORMATION

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

- Read all instructions before using the massager.
- Do not use if you have any medical conditions such as pacemakers, heart conditions, blood clots, severe varicose veins, or are pregnant, without consulting a physician.
- Keep the device away from water or damp environments. Do not immerse in water.
- Do not use the massager on swollen, inflamed, or injured areas of the skin.
- Do not use while sleeping or drowsy.
- Keep out of reach of children.
- Only use the provided charging cable.
- If you experience any discomfort during use, discontinue immediately.

3. PRODUCT COMPONENTS

The SKG BM3-E Leg Massager system includes the following main components:

- Two Leg Massage Wraps with integrated control panels
- Charging Cable (USB-C)
- User Manual



This image displays the complete SKG BM3-E Leg Massager system, including two grey leg wraps with integrated control panels and a separate, larger control unit. The leg wraps show a red glow, indicating the heating function.

Control Panel Overview

Each leg wrap features an integrated control panel for easy access to settings:



This image provides a detailed view of the massager's control panel, featuring a digital display showing 'Lift-model', 'Leg-model', 'Knead-model' with corresponding levels, and touch buttons for power, mode, intensity, and heat.

- **Power Button:** Press and hold to turn on/off.
- **Mode Button:** Cycle through massage modes (Lift, Leg, Knead).
- **Intensity Button:** Adjust massage intensity (3 levels).
- **Heat Button:** Adjust heating level (5 levels).
- **Digital Display:** Shows current mode, intensity, and heat settings.

4. SETUP AND FIRST USE

4.1 Charging the Device

The SKG BM3-E is battery-powered and wireless. Before first use, fully charge both leg wraps.

1. Connect the charging cable to the charging port on each leg wrap's control unit.
2. Plug the other end of the cable into a compatible USB power adapter (not included).
3. The charging indicator on the display will show charging status. Once fully charged, the indicator will

change.

4.2 Wearing the Leg Massager

The massager is designed to be soft, adjustable, and breathable for comfortable wear.

1. Unfold the leg wraps.
2. Wrap one massager around each leg, ensuring the control unit is positioned comfortably.
3. Secure the wraps using the adjustable fasteners to achieve a snug but not overly tight fit. Ensure there is enough space for air compression.



A person is shown wearing the SKG BM3-E Leg Massager wraps on their lower legs, demonstrating how the device is worn for use.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off

- To turn on: Press and hold the Power button on each control unit for 2-3 seconds. The display will light up.
- To turn off: Press and hold the Power button on each control unit for 2-3 seconds. The display will turn off.

5.2 Selecting Massage Mode

The BM3-E offers three distinct massage modes:

1. Press the **Mode** button to cycle through the available modes:

- **Lift Mode:** Gentle, upward compression for relaxation.
- **Leg Mode:** Rhythmic compression targeting different leg areas.
- **Knead Mode:** Stronger, pulsating compression for deeper relief.

2. The selected mode will be indicated on the digital display.

5.3 Adjusting Massage Intensity

Each massage mode has three intensity levels:

1. Press the **Intensity** button to cycle through the three levels (1, 2, 3).
2. Level 1 is the gentlest, and Level 3 is the strongest.
3. The current intensity level will be shown on the display.

5.4 Activating Heat Function

The BM3-E features five levels of heat therapy:

1. Press the **Heat** button to activate the heating function and cycle through the five levels.
2. The display will indicate the current heat level.
3. To turn off the heat, continue pressing the Heat button until the heat indicator disappears from the display.

6. CARE AND MAINTENANCE

6.1 Cleaning

- Ensure the device is turned off and unplugged before cleaning.
- Wipe the surface of the leg wraps with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- Do not immerse the device in water or allow liquids to enter the control unit.
- Allow to air dry completely before storing or next use.

6.2 Storage

- Store the massager in a cool, dry place, away from direct sunlight and extreme temperatures.
- The foldable design allows for compact storage.
- Keep out of reach of children.

7. TROUBLESHOOTING

If you encounter any issues with your SKG BM3-E Leg Massager, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or not charged.	Charge the device fully. Ensure the power button is pressed and held for 2-3 seconds.

Problem	Possible Cause	Solution
No or weak compression.	Wraps are too loose; low battery; incorrect mode/intensity.	Adjust wraps for a snug fit. Recharge the device. Select a higher intensity level.
No heat or insufficient heat.	Heat function not activated; low heat level selected.	Press the Heat button to activate. Increase the heat level.
Device turns off unexpectedly.	Low battery.	Recharge the device.

If the problem persists after trying these solutions, please contact customer support.

8. PRODUCT SPECIFICATIONS

Feature	Specification
Brand	SKG
Model Number	BM3-E
Dimensions (L x W x H)	36 x 22 x 9.5 cm (approx. 14.2 x 8.7 x 3.7 inches)
Weight	1.09 kg (approx. 2.4 lbs)
Power Source	Battery Powered
Massage Modes	3 (Lift, Leg, Knead)
Intensity Levels	3
Heating Levels	5
Special Features	Heat, Foldable, Portable, Wireless
Water Resistance Level	Not Waterproof

9. WARRANTY AND CUSTOMER SUPPORT

SKG products are manufactured to the highest quality standards. For warranty information, please refer to the warranty card included with your purchase or visit the official SKG website. If you have any questions, concerns, or require technical assistance, please contact SKG customer support through the contact information provided on the official website or your purchase platform. Please retain your proof of purchase for warranty claims.

