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> beoka Leg Massager ACM-A1 Instruction Manual

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beoka Leg Massager ACM-A1 Instruction Manual

Model: ACM-A1 | Brand: beoka

INTRODUCTION

The beoka Leg Massager ACM-A1 is a cordless air compression system designed for leg recovery, circulation improvement, and pain relief. It features multiple massage modes and intensity levels to cater to various needs, from fatigue relief to deep muscle care. This manual provides essential information for safe and effective use of your device.

SAFETY INFORMATION

Always follow the instructions provided with the massager. Do not use the massager if you have any medical conditions, are pregnant, or have any injuries or skin conditions in the area to be massaged. Keep the massager clean and dry to prevent electrical shock. Do not use the massager while sleeping or in the bath. If you experience any discomfort or pain while using the massager, stop using it immediately and consult a healthcare professional.

WHAT'S IN THE BOX

- Compression Massager x 2
- Type-C Charging Cable x 2
- Battery Storage Bag x 2
- User Manual x 1
- Accessory Box x 1
- Warranty Card x 1
- Backpack x 1

What's in the Box?



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Image: All components included in the beaka Leg Massager ACM-A1 package.

SETUP INSTRUCTIONS

1. **Charge the Batteries:** Ensure both removable Li-ion batteries are fully charged using the provided Type-C charging cables. The battery indicator lights will be continuously on when fully charged.

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Video: Instructions on how to charge and store the beaka Leg Massager batteries.

2. **Select Correct Size:** Choose the appropriate size (S, M, or L) for your legs to ensure an accurate and comfortable fit. Refer to the sizing chart below.

Three Sizes To Suit Your Needs

Size	Inseam	Height
Small	<31"	<5'3"
Medium	31" - 35"	5'4"- 6'3"
Large	>35"	>6'4"

How to measure the inseam?

1. Please measure from the heel to the top of the thigh to ensure an accurate fit;

2. the inseam measures from the heel to the top of the thigh;

3. the width measures the circumference of the widest part of the thigh.

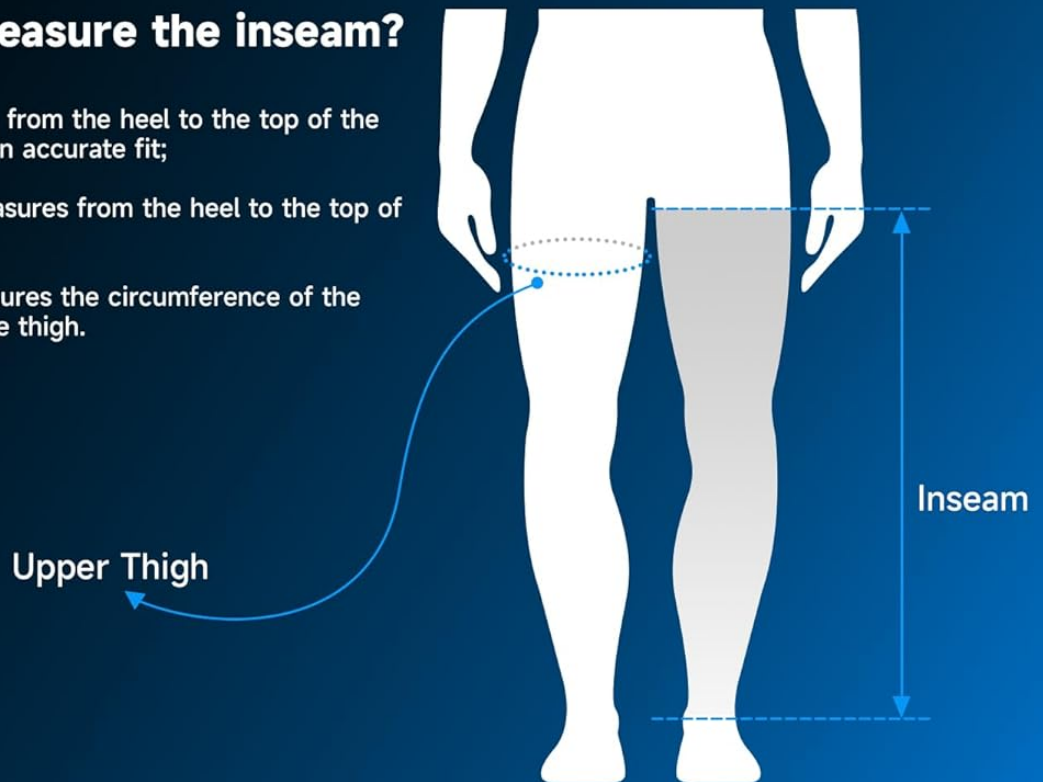


Image: Sizing guide for the beoka Leg Massager, detailing measurements for Small, Medium, and Large sizes.

3. **Wear the Massager:** Put on the compression boots, ensuring they cover your thighs, knees, calves, ankles, and feet. Zip them up securely.



Image: Demonstrates the easy-to-wear zipper design of the beoka Leg Massager.

OPERATING INSTRUCTIONS

1. **Power On:** Push the power switch on the main unit to the "ON" position. The device will beep and the power indicator will light up.
2. **Select Mode:** Briefly press the mode button to cycle through the 3 massage modes:
 - **Fatigue Relief (Blue):** Suitable for long periods of standing or walking.
 - **Sports Recovery (Green):** Ideal for deep muscle relief after exercise.
 - **Deep Care (Yellow):** For daily relaxation and stiffness relief.
3. **Adjust Intensity:** While in operation, briefly press the gear button to switch between 5 intensity levels (1-5).

5 Intensity × 3 Massage Modes Meet Your Various Massage Needs

M1

Fatigue Relief

M2

Sports Recovery

M3

Deep Massage



Level 1

70mmHg



Level 2

80mmHg



Level 3

90mmHg



Level 4

100mmHg



Level 5

110mmHg



Image: Overview of the 3 massage modes and 5 intensity levels available on the beoka Leg Massager.

- APP Connection (Optional):** Connect the massager to the dedicated app for personalized massage experiences and advanced control.

Who Need?



Office Staff



Sports Enthusiast



Athletes



Fitness People



Enjoy Features

Scientific recovery method



Promote blood circulation



Professional sports relief



Daily relaxing massage



Image: The beoka app allows for personalized control and settings for the leg massager.

5. **Power Off:** In any mode, push the power switch to the "OFF" position to turn off the main unit and release pressure. Alternatively, press and hold the standby button for 1.5 seconds to reset intensity to level 0 and enter standby mode.

PRODUCT FEATURES

- **15 Customized Massages:** 5 adjustable intensities and 3 massage modes (Fatigue Relief, Sports Recovery, Deep Care) for varied needs.
- **Fully Overlapping Air Chambers (360-Degree Massage):** 5 chambers provide precise, 360-degree massage to thighs, knees, calves, ankles, and feet, promoting post-workout recovery.



Image: Visual representation of the 5-zone, 360-degree full coverage compression massage.

- **Cordless & Removable Battery:** Unique design with no wires or sockets. The battery can be removed and charged via Type-C, providing up to one hour of massage on a full charge.
- **Easy to Use & Clean:** Made of easy-to-clean material, features one-button inflation and deflation, and supports APP connection.

MAINTENANCE

The leg recovery compression system is made of easy-to-clean material. Wipe down the boots with a damp cloth after each use. Ensure the device is completely dry before storing. Do not submerge the device in water.

Fully Overlapping 5 Air Chambers 360° Massage



Image: The waterproof and sweat-proof material of the massager is easy to clean with a simple wipe.

TROUBLESHOOTING

- **Device not turning on:** Ensure the battery is fully charged and correctly inserted. Check the power switch is in the "ON" position.
- **App connectivity issues:** Ensure Bluetooth is enabled on your device and the massager is powered on. Try restarting both the app and the massager.

- **Insufficient pressure:** Adjust the intensity level using the gear button or through the app. Ensure the boots are zipped up tightly.
- **Discomfort during use:** Reduce the intensity level or change the massage mode. If discomfort persists, discontinue use and consult a healthcare professional.

SPECIFICATIONS

- **Product Dimensions:** 33 x 8 x 5 inches; 4.45 Pounds
- **Item Model Number:** ACM-A1
- **Batteries:** 2 AA batteries required (for controllers, not main unit). Main unit uses rechargeable Li-ion battery.
- **Material:** Nylon Plastic
- **Power Source:** Air Powered
- **Manufacturer:** Sichuan Qianli-beoka Medical Technology Inc.

WARRANTY & SUPPORT

beoka professional therapy applications provide a 3-year warranty service. For support or warranty claims, please refer to the contact information provided in the Warranty Card included in your package.