

Lifelong LLM1180

Lifelong LLM1180 Back Massager with Heat User Manual

Model: LLM1180 | Brand: Lifelong

1. INTRODUCTION

Thank you for choosing the Lifelong LLM1180 Back Massager with Heat. This device is designed to provide deep tissue relief and relaxation for your back muscles. Featuring SL Tracker technology and 3D Shiatsu massage nodes, it targets muscle stiffness and fatigue. The massager is rechargeable, portable, and includes a heating function for enhanced comfort. Please read this manual thoroughly before use to ensure safe and effective operation.

2. SAFETY INSTRUCTIONS

- Always unplug the massager from the power source when not in use or before cleaning.
- Do not use the massager near water or in damp environments.
- Keep the massager away from heat sources and direct sunlight.
- Consult a physician before use if you have any medical conditions, are pregnant, have a pacemaker, or are undergoing medical treatment.
- Do not use the massager on swollen, inflamed, or injured areas of the skin.
- Avoid using the massager for more than 15 minutes continuously. The device has an auto shut-off feature for safety.
- Keep out of reach of children.
- Do not attempt to disassemble or repair the unit yourself. Contact customer support for assistance.

3. PRODUCT OVERVIEW

The Lifelong LLM1180 Back Massager is designed with an ergonomic shape to conform to the natural curve of your spine, providing targeted massage. It features advanced SL Tracker technology and 3D Shiatsu massage nodes.

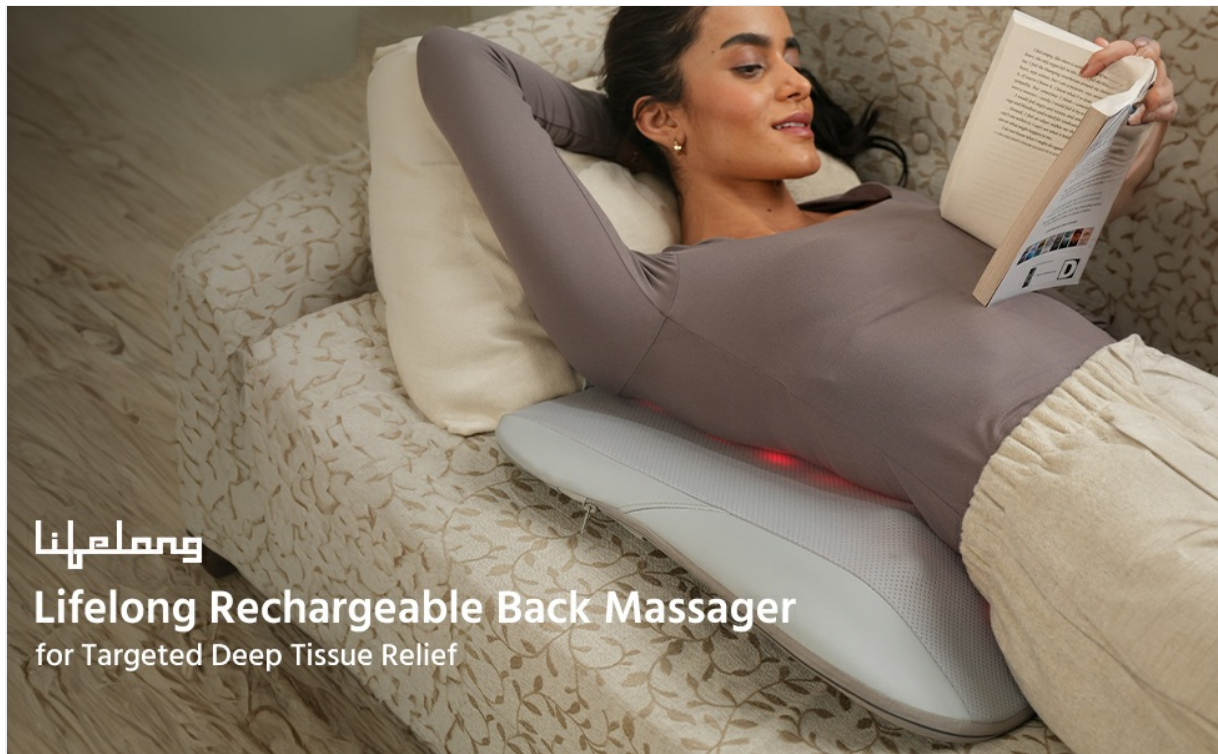


Figure 3.1: SL Tracker rollers inside the device follow the natural 'S' shape of your spine for comprehensive coverage.

Key Features:

- **SL Tracker Technology:** Rollers follow the natural curve of your spine for a comprehensive massage.
- **3D Shiatsu Massage:** Deep kneading massage nodes alleviate stress and muscle stiffness.
- **Heat Function:** Provides soothing warmth up to 40°C to relax muscles.
- **Multiple Massage Modes:** Customizable options for upper back, lower back, or full back massage.
- **Rechargeable & Portable:** Built-in battery for cordless use, offering up to 4 hours of operation.
- **Auto Shut-off:** Automatically turns off after 15 minutes for safety and energy saving.
- **Washable Cover:** Easy to clean and maintain hygiene.



Figure 3.2: Front view of the Lifelong LLM1180 Back Massager.

4. SETUP

4.1 Charging the Massager

1. Locate the Type-C charging port on the side of the massager.
2. Connect the provided Type-C charging cable to the port and plug the other end into a suitable USB power adapter (not included).
3. The indicator light will show charging status (e.g., blinking while charging, solid when fully charged).
4. A full charge provides approximately 4 hours of use.



Figure 4.1: Type-C charging port.

4.2 Positioning the Massager

The massager can be used on various seating surfaces, including chairs, sofas, or even while lying down. Ensure the massager is placed securely against your back, aligning the massage nodes with the desired area of your spine.



Figure 4.2: Massager positioned on a chair.

5. OPERATING INSTRUCTIONS

The control panel is located on the side of the massager. It features intuitive buttons for power, mode selection, and heat function.

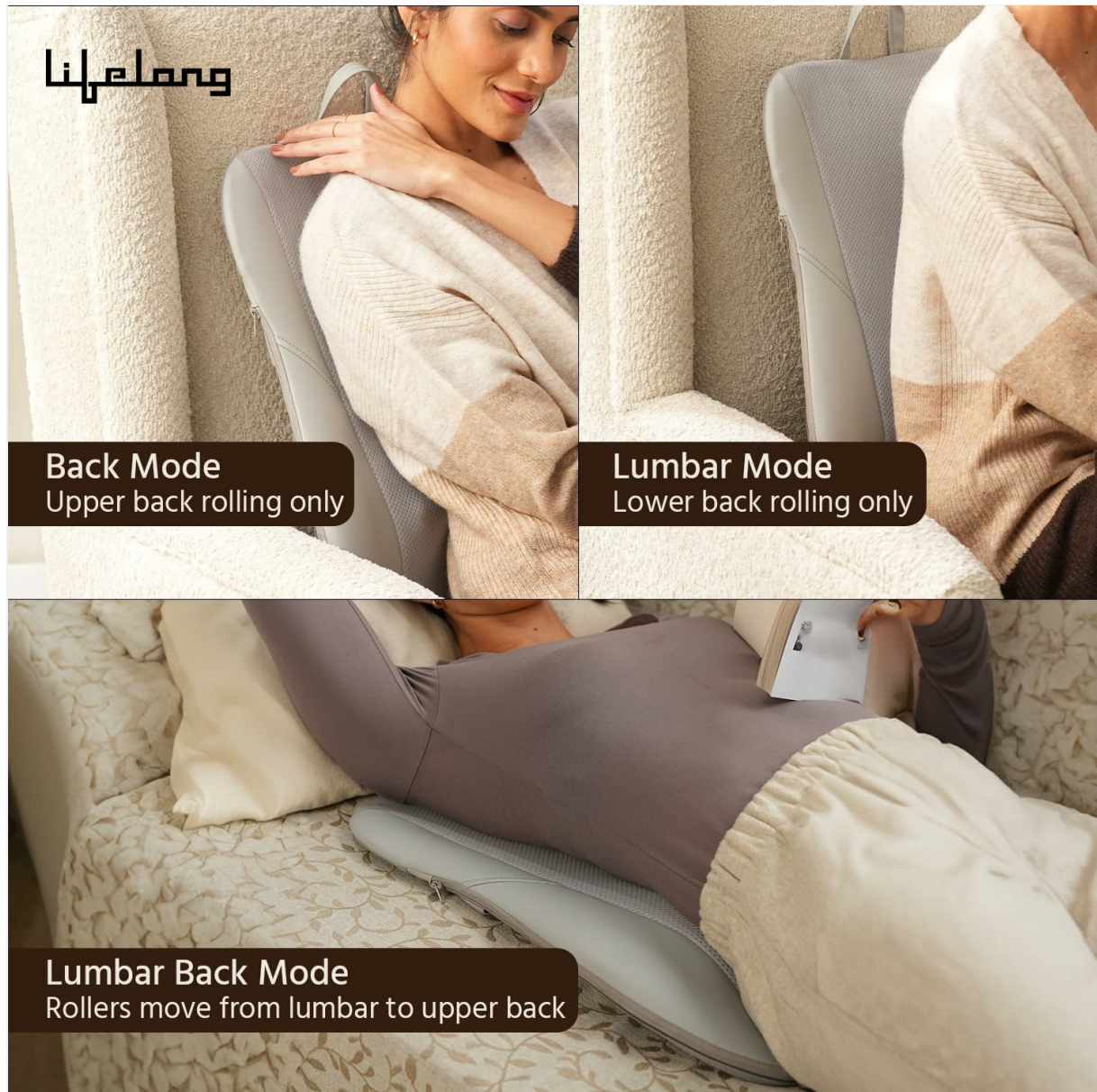


Figure 5.1: Control Panel.

5.1 Power ON/OFF

- Press the **Power button** (🔌) once to turn on the massager. It will start in a default mode.
- Press and hold the **Power button** to turn off the massager.

5.2 Selecting Massage Modes

Press the **Mode button** (🔘) to cycle through the available massage modes:

- **Back Mode:** Targets the upper back with rolling massage.
- **Lumbar Mode:** Focuses on the lower back with rolling massage.
- **Lumbar Back Mode:** Rollers move from the lumbar region to the upper back, providing a full back massage.



Figure 5.2: Massage Modes: Back, Lumbar, and Lumbar Back.

5.3 Activating Heat Function

- Press the **Heat button** (🔥) once to turn on the heating function. The heat indicator light will illuminate.
- Press the **Heat button** again to turn off the heating function.
- The heat function can be used independently or in conjunction with any massage mode.



Figure 5.3: Heat function heats up to 40°C.

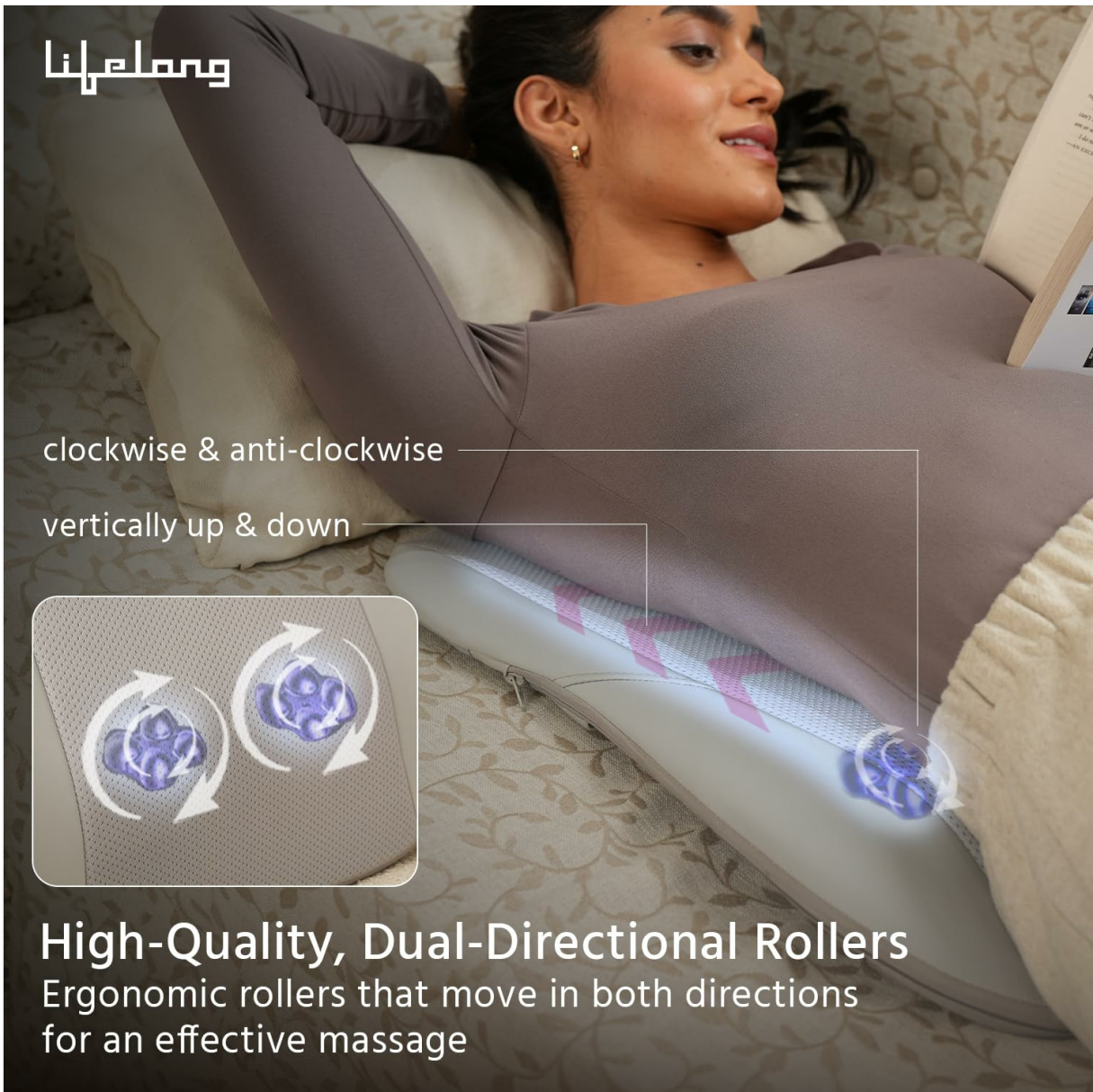
5.4 Auto Shut-off

For your safety and to prevent overheating, the massager will automatically turn off after 15 minutes of continuous operation. If you wish to continue your massage, simply press the Power button again to restart the device.

6. MAINTENANCE

6.1 Cleaning

1. Ensure the massager is turned off and unplugged before cleaning.
2. The outer cover is washable. Carefully remove the cover from the massager.
3. Hand wash the cover with mild detergent and cold water. Do not bleach or iron.
4. Allow the cover to air dry completely before reattaching it to the massager.
5. Wipe the main unit with a soft, slightly damp cloth. Do not use abrasive cleaners or immerse the unit in water.



High-Quality, Dual-Directional Rollers

Ergonomic rollers that move in both directions for an effective massage

Figure 6.1: Washable cover and elastic belt for secure grip.

6.2 Storage

- Store the massager in a cool, dry place when not in use.
- Avoid placing heavy objects on top of the massager.
- Keep the massager away from sharp objects that could damage the fabric or internal components.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Massager does not turn on.	Battery is low or depleted.	Charge the massager fully using the provided Type-C cable.
No heat is felt.	Heat function is not activated.	Press the Heat button to turn on the heating function. Allow a few minutes for the heat to become noticeable.
Massage feels weak or inconsistent.	Improper positioning or low battery.	Ensure the massager is correctly positioned against your back. Recharge the battery if it is low.

Problem	Possible Cause	Solution
Massager stops unexpectedly.	Auto shut-off feature activated (15-minute timer).	This is normal operation. Press the Power button to restart the massage.

8. SPECIFICATIONS

Feature	Detail
Model Number	LLM1180
Product Dimensions	44L x 7W x 51H Centimeters
Item Weight	1.95 kg (1950 Grams)
Power Source	Battery Powered (Rechargeable)
Material	Acrylonitrile Butadiene Styrene
Massage Therapy Technique	Kneading, Shiatsu
Heat Function	Heats up to 40°C
Auto Shut-off	15 minutes
Country of Origin	China

9. WARRANTY AND SUPPORT

Your Lifelong LLM1180 Back Massager comes with a standard manufacturer's warranty. For warranty details, please refer to the warranty card included with your product or visit the official Lifelong website.

Customer Support:

For any product-related queries, technical assistance, or warranty claims, please contact Lifelong customer support:

- **Phone:** +91 9711558877
- **Email:** customercare@lifelongonline.com
- **Address:** Lifelong Online Retail Private Limited, 5th Floor, Unit No. 508, DLF South Court, Saket District Center, Saket New Delhi, India - 110017

Please have your model number (LLM1180) and purchase details ready when contacting support.