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## Fit Foundry Fit Foundry Joint Relief Wrap

# Fit Foundry Wearable Relief Pad Instruction Manual

Model: Fit Foundry Joint Relief Wrap

## PRODUCT OVERVIEW

The Fit Foundry Wearable Relief Pad combines heat and vibration technology to provide effective, non-invasive pain relief for muscle tension, aches, and soreness. It offers customizable therapy with multiple settings and is designed for portable, discreet use.



Image: The Fit Foundry Wearable Relief Pad, a black, flexible pad with a central control unit, shown alongside its compact remote control. The pad is designed to adhere to the body for targeted relief.

## SETUP

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### 1. Charging the Device

Before first use, fully charge the Wearable Relief Pad. Connect the provided Type-C USB charging cable to the device's charging port and to a compatible USB power source. A full charge typically takes approximately 2 hours.

### 2. Attaching the Pads

The device uses reusable hydrogel pads for adhesion. Carefully peel off the clear protective film from the hydrogel pad. Attach the pad to the desired area of your body, ensuring it is secure and comfortable. The pad should make full contact with the skin for optimal performance.

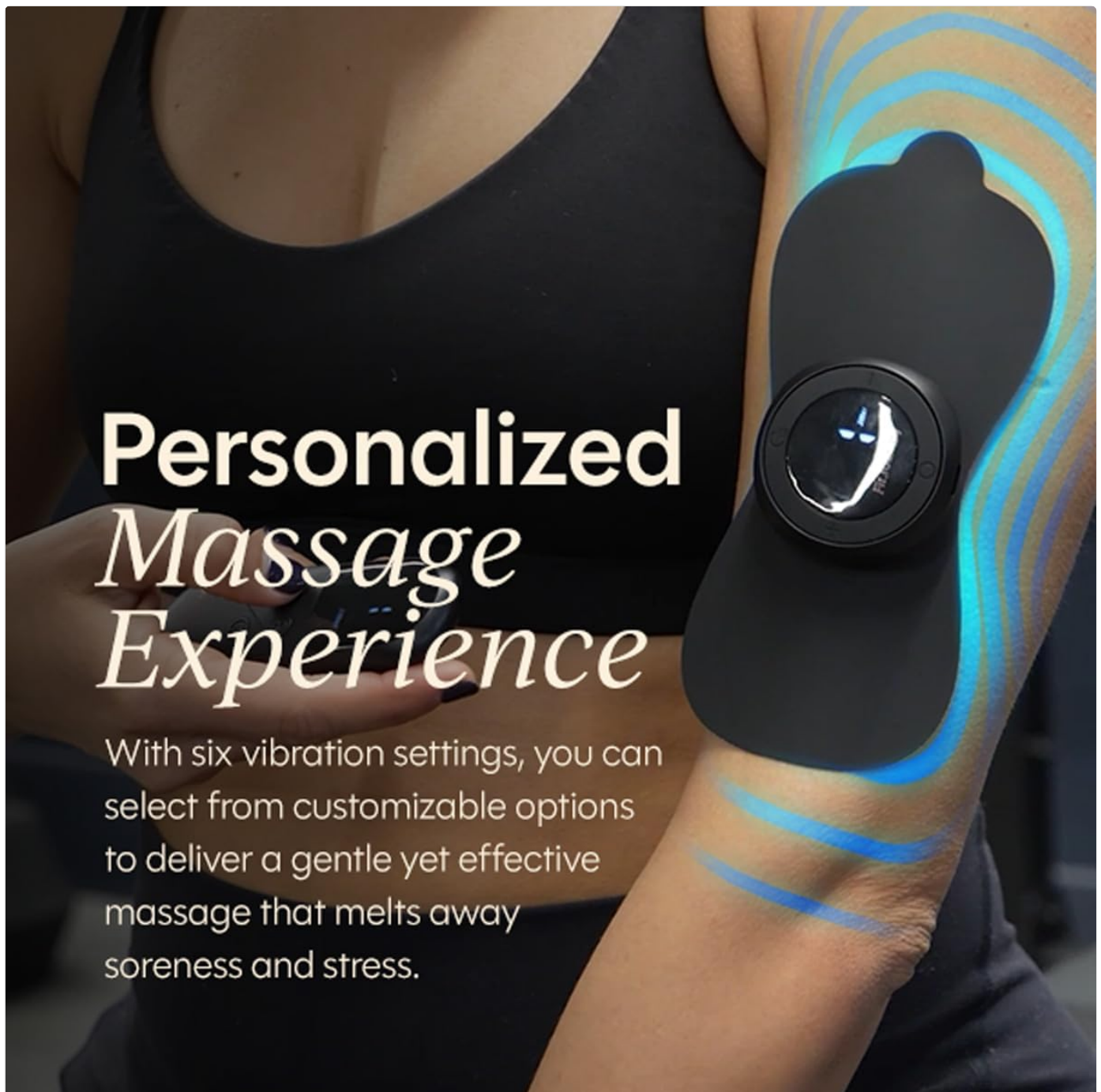


Image: A person demonstrating the application of the Fit Foundry Wearable Relief Pad to their upper arm. The black pad adheres smoothly to the skin, with the central control unit visible.

### 3. Remote Control Setup

The device includes a remote control for easy adjustments. Ensure the remote control has power (check battery if necessary). The remote allows you to control the heat and vibration settings without directly touching the pad's control unit.

## OPERATING INSTRUCTIONS

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### 1. Power On/Off

To power on the device, press and hold the power button on the central control unit of the pad or use the remote control. The device will indicate it is on (e.g., with an LED light). To power off, press and hold the power button again.

### 2. Adjusting Settings

The Wearable Relief Pad offers 6 vibration levels and 3 heat levels, providing 18 adjustable settings. Use the remote control to cycle through the vibration modes and adjust the heat intensity to your preference. The remote allows for targeted therapy customization.

### 3. Recommended Usage Areas

The pad can be applied to various body areas for targeted relief, including the arm, neck, abdomen, and thigh. Use the optional extension strap for a secure and comfortable fit on larger areas or for increased stability.



Image: A person demonstrating the application of the Fit Foundry Wearable Relief Pad to their thigh. The flexible design allows it to conform to the body's contours for effective treatment.

### 4. Usage Duration

Avoid prolonged use of the device. Do not fall asleep with the pad on. Refer to the safety guidelines for recommended usage durations.

Video: Official Fit Foundry demonstration of the Wearable Relief Pad application. This video illustrates how to correctly place the pad on various body parts and operate its functions.

## MAINTENANCE

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### 1. Cleaning the Pad

Clean the hydrogel pad after each use to maintain its adhesive properties and hygiene. Gently wipe the adhesive surface with a damp cloth. Do not use harsh chemicals or abrasive cleaners.

### 2. Storage

After cleaning, allow the pad to air dry completely. Reapply the clear protective film to the adhesive surface before storing. Store the device and pads in a cool, dry place away from direct sunlight and extreme temperatures.

### 3. Reusable Hydrogel Pads

The hydrogel pads are designed for multiple uses. If the adhesive strength diminishes over time, ensure the pads are clean and free of debris. Replacement pads may be purchased separately if needed.

## TROUBLESHOOTING

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### 1. Device Not Powering On

Ensure the device is fully charged. If the issue persists, try connecting it to a different USB power source.

### 2. No Sensation or Weak Sensation

Check that the hydrogel pads are securely attached to your skin and making full contact. Increase the vibration or heat intensity using the remote control. Ensure the device is powered on and connected to the remote.

### 3. Skin Irritation

If you experience any skin irritation, redness, or discomfort, discontinue use immediately. Ensure your skin is clean and dry before applying the pads. Avoid using the device on broken or sensitive skin.

## SAFETY INFORMATION

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Avoid prolonged use and do not fall asleep with the pad on. Keep away from flammable materials. Unplug and allow the pad to cool before storing. Do not use if you have a pacemaker or other medical device that could be affected by electromagnetic interference. Consult a doctor before use if you are pregnant, have a heart condition, or any other medical condition. Keep out of reach of children.

## INDICATIONS

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Muscle aches and pains, joint stiffness, general pain relief.

## SPECIFICATIONS

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- **Product Dimensions:** 6.93 x 3.03 x 0.12 inches; 9.59 ounces
- **Batteries:** 1 Lithium Ion batteries required. (included)
- **Material:** Neoprene
- **Color:** Black

- **Model Name:** Fit Foundry Joint Relief Wrap

## WARRANTY

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Fit Foundry products are covered by a limited warranty against manufacturing defects. Please retain your proof of purchase. For specific warranty details and duration, refer to the product packaging or contact customer support.

## SUPPORT

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For further assistance, product inquiries, or technical support, please visit the official Fit Foundry website or refer to the contact information provided in your product packaging. Our customer service team is available to help you with any questions or concerns.