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## JZBRAIN FE-7204B

# JZBRAIN Leg Massager with Heat and Compression: FE-7204B User Manual

Model: FE-7204B | Brand: JZBRAIN

## 1. INTRODUCTION

Thank you for choosing the JZBRAIN Leg Massager with Heat and Compression. This device is designed to provide deep relief and everyday comfort for your feet and calves. It utilizes sequential air compression and optional heat therapy to improve circulation, ease muscle tension, and support recovery. Please read this manual carefully before use to ensure safe and effective operation.

## 2. SAFETY INFORMATION

### Legal Disclaimer

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is not a medical device. It is designed for personal relaxation and daily use. If you have conditions related to the heart, circulatory system, or legs, please consult your physician and follow their guidance before using this product.

### Usage Restrictions

- Cardiac pacemaker or implant users
- Internal metal device users
- Heart or blood pressure patients
- Pregnant or postpartum women
- Diabetic or sensory-impaired individuals
- People with weak bones
- Skin infection or wound sufferers
- Severe medical condition patients
- Mental health condition patients

If you experience any discomfort or adverse reactions, discontinue use immediately and consult a healthcare professional.

### 3. PACKAGE CONTENTS

Upon opening your JZBRAIN Leg Massager package, you will find the following items:

- 2 x Leg/Calf Massager Sleeves (Left and Right)
- 1 x Handheld Controller with LCD Display
- 1 x Power Adapter (100-240V)
- 1 x User Manual
- 1 x Quick Start Guide
- 1 x Portable Carrying Bag



Image: JZBRAIN Leg Massager components including the sleeves, controller, and power adapter.

### 4. PRODUCT OVERVIEW

The JZBRAIN Leg Massager is an advanced device designed for comprehensive lower leg therapy. It features:

- **3-Zone Air Compression:** Targets feet, lower calves, and upper calves with sequential squeezing action.
- **3 Heating Levels:** Optional warmth in three key zones (feet, lower, and upper calf) at 113°F, 122°F, and 131°F.
- **6 Massage Modes:** Auto, Pinch, Press, Foot, Calf, and Cycle modes to cater to various needs from daily fatigue to post-workout recovery.
- **9 Intensity Levels:** Adjustable pressure from 60–140mmHg for personalized comfort.
- **Zipper Design:** Easy to wear and adjust, ensuring a secure and comfortable fit for most leg sizes.
- **Smart Pressure Sensor:** Automatically adjusts pressure to prevent over-inflation and ensures safety.
- **Upgraded LCD Handheld Controller:** Features a bright backlit display and glowing buttons for easy control, remembers last settings.
- **20-Minute Auto Shut-Off:** For safety and convenience.

# AIR COMPRESSION FOOT & CALF MASSAGER WITH HEAT

 3 Heating Levels

 6 Massage Modes

 9 Intensity Levels

 20 Mins Auto-Off



Image: A user relaxing on a couch with the JZBRAIN Leg Massager in use, highlighting its comfort and ease of use.

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Image: Overview of key features: 3 Heating Levels, 6 Massage Modes, 9 Intensity Levels, and 20 Mins Auto-Off.

## 5. SETUP

- 1. Unpack:** Remove all components from the packaging.
- 2. Connect Controller:** Connect the air hoses from the leg massager sleeves to the corresponding ports on the handheld controller. Ensure a secure connection.
- 3. Connect Power:** Plug the power adapter into the controller and then into a wall outlet (110–240V).
- 4. Wear the Sleeves:** Sit comfortably. Unzip the leg massager sleeves and slide your feet and calves into them. Zip up the sleeves to ensure a snug but comfortable fit. The tapered calf design ensures a better fit.

Video: Demonstrates the unboxing, setup, and initial use of the JZBRAIN Leg Massager with Heat and Compression, showing how to wear the sleeves and connect the controller.



Image: Close-up of the zipper design for easy wearing and the 360-degree fully wrapped compression chambers.

## 6. OPERATING INSTRUCTIONS

### Controller Usage

The handheld controller allows you to customize your massage experience:

- Power Button (On/Off):** Short press to start/stop the device.
- Mode Button (M):** Cycles through 6 massage modes: Auto, Pinch, Press, Foot, Calf, Cycle.
- Intensity Button (|||):** Adjusts between 9 intensity levels (60-140mmHg).
- Heat Button (SSS):** Cycles through 3 heating levels (H1: 113°F, H2: 122°F, H3: 131°F) or turns heat off.
- Pause Button (►||):** Pauses/resumes the massage.

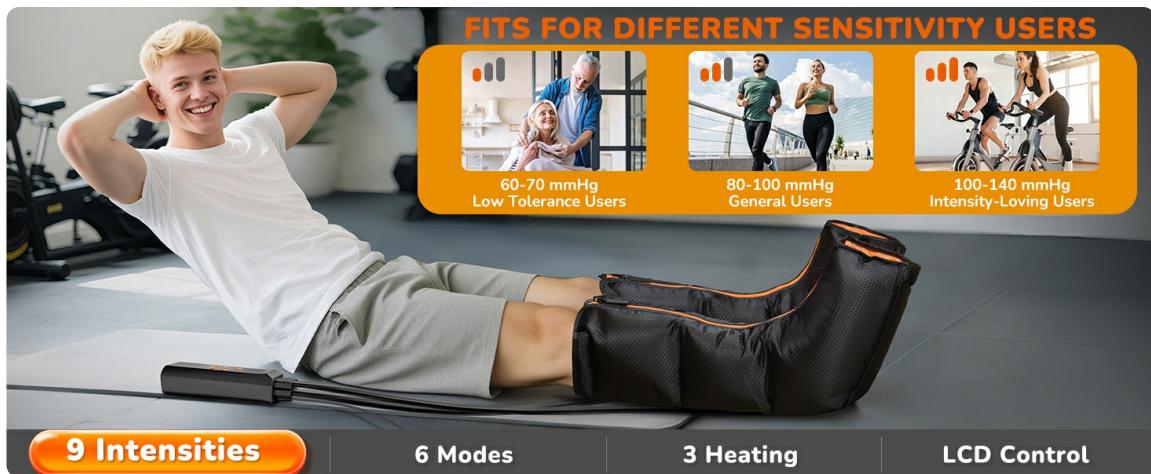


Image: Detailed view of the LCD handheld controller, showing button functions and display information for mode, heat, and intensity levels.

## Massage Modes & Intensities

Choose from 6 distinct massage modes and 9 intensity levels to suit your preference:

- **Auto Mode:** Cycles through feet → lower calves → upper calves. Best for light circulation recovery and daily lower leg fatigue.
- **Pinch Mode:** Feet, lower calves & upper calves → feet & lower calves → lower calves & upper calves. Best for enhanced circulation and alternating compression after sitting or walking.
- **Press Mode:** Compresses all three zones (feet, lower calves, and upper calves) at once, then releases together. Best for intense compression and deep recovery after workouts.
- **Foot Mode:** Applies compression only to the feet, focusing on the soles.
- **Calf Mode:** Focuses compression on the lower and upper calves only.
- **Cycle Mode:** Feet → lower calves → upper calves → feet & lower calves → lower calves & upper calves. Best for gradual, full-lower-leg compression to boost circulation.



Image: Visual representation of the 6 massage modes and their inflation sequences.

## Heat Function

The massager offers 3-zone heat therapy with three adjustable levels:

- **H1:** Gentle Warmth (113°F)
- **H2:** Soothing Heat (122°F)
- **H3:** Entire Relax (131°F)

Heat helps to expand blood vessels, loosen tight tissue, improve circulation, and speed up recovery. Use the

Heat Button on the controller to select your desired level or turn it off.

ZIPPER VS. VELCRO- WHAT SETS US APART		
Category	Zipper Style	Velcro Style
Wearability	<input checked="" type="checkbox"/> Quick Zip-On	<input type="checkbox"/> Strap & Wrap Fit
Ease of Use	<input checked="" type="checkbox"/> One-Step Slide In	<input type="checkbox"/> Multi-Step, Fiddly
Donning Time	<input checked="" type="checkbox"/> 15s	<input type="checkbox"/> 45+s
Cleanliness	<input checked="" type="checkbox"/> Hair-Free & Neat	<input type="checkbox"/> Attracts Lint & Hair
User Effort	<input checked="" type="checkbox"/> Effortless	<input type="checkbox"/> Needs Re-adjusting
Air Coverage	<input checked="" type="checkbox"/> 360° Wrap	<input type="checkbox"/> Partial Coverage

Image: Illustration of the three heat levels and their corresponding temperatures and benefits.

## 7. SIZING & FIT

The JZBRAIN Leg Massager is designed with a zipper closure for easy wear and a tapered calf design for a better fit. It accommodates most users. Please refer to the following optimal size ranges:

- **Foot Circumference:** Max 11.8 Inches
- **Lower Calf Circumference:** Max 17 Inches
- **Upper Calf Circumference:** Max 18.5 Inches

If your calves are larger or more muscular, please check the sizing guide carefully to ensure a comfortable fit.

# ONE SIZE FITS MORE

Comfortably Fit Different Leg Shapes and Sizes

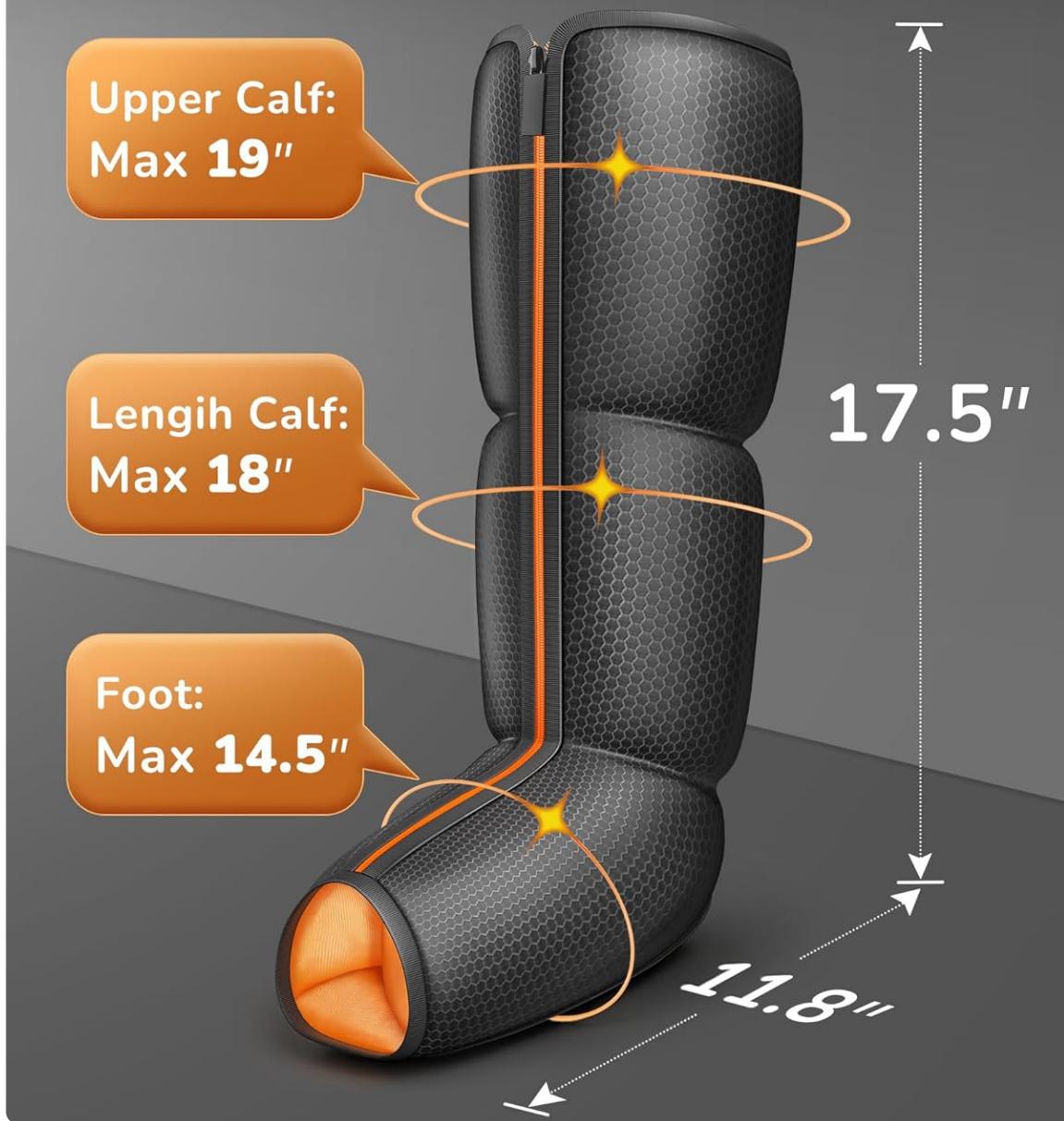


Image: Visual guide to the maximum dimensions for the upper calf, lower calf, and foot areas of the massager sleeves.

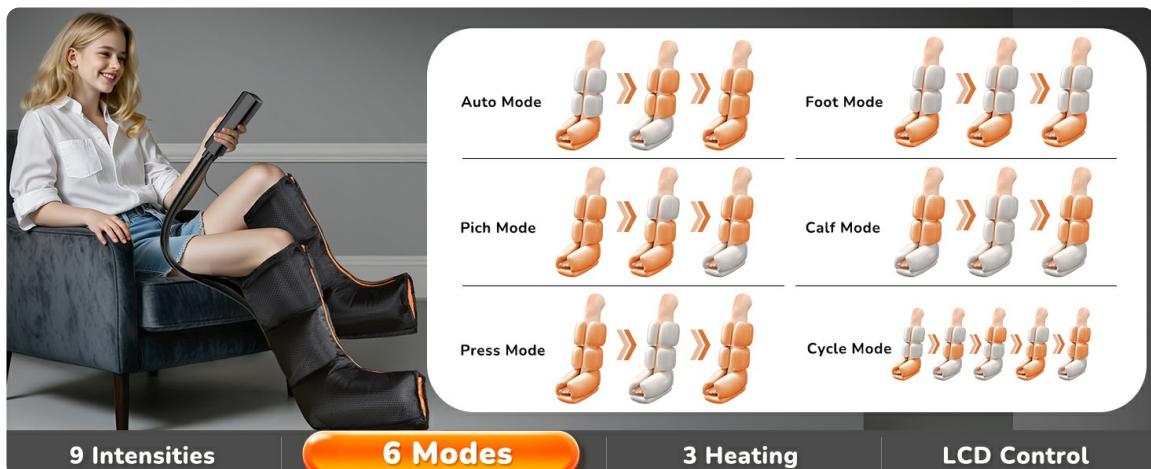


Image: Detailed optimal size ranges for foot, lower calf, and upper calf circumference for best fit.

## 8. MAINTENANCE

To ensure the longevity and hygiene of your JZBRAIN Leg Massager, follow these simple maintenance steps:

- **Cleaning:** The fabric is easy to clean. Wipe the surface of the sleeves with a soft, damp cloth. Do not immerse the device in water or use harsh cleaning agents.
- **Storage:** When not in use, store the massager in its portable carrying bag in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Avoid Punctures:** Handle the sleeves with care to avoid puncturing the air chambers.

## 9. TROUBLESHOOTING

If you encounter any issues with your JZBRAIN Leg Massager, please refer to the following common solutions:

- **Device Not Turning On:** Ensure the power adapter is securely plugged into both the controller and a working wall outlet. Check if the power button on the controller is pressed.
- **No Compression/Weak Compression:** Verify that the air hoses are securely connected to the controller and the sleeves. Ensure the sleeves are zipped up completely. Increase the intensity level using the controller.
- **No Heat:** Check if the heat function is activated on the controller and select a heat level (H1, H2, or H3).
- **Uneven Pressure:** Ensure the sleeves are worn correctly and are not twisted. The smart pressure sensor should automatically adjust for even inflation.

For further assistance, please contact JZBRAIN Customer Support.

## 10. SPECIFICATIONS

Product Dimensions	15.59 x 8.66 x 7.48 inches; 5.16 Pounds
Item Model Number	FE-7204B
Power Source	Corded Electric
Material	Nylon
Brand	JZBRAIN
Color	Black Orange
Special Feature	3 Heating Levels, Auto Shut-Off

## 11. WARRANTY & SUPPORT

JZBRAIN is committed to providing high-quality products and excellent customer service. For any warranty inquiries, product support, or technical assistance, please contact our customer support team.

- **Customer Support:** Available 24/7. Guaranteed reply within 24 hours.
- **Contact Information:** Please refer to the contact details provided in your product packaging or visit the official JZBRAIN website.