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› MEDAMOC YBAMQ-1 Rechargeable 3-in-1 Back Massager User Manual

## MEDAMOC YBAMQ-1

# MEDAMOC YBAMQ-1 Rechargeable 3-in-1 Back Massager User Manual

Model: YBAMQ-1 | Brand: MEDAMOC

## 1. INTRODUCTION

The MEDAMOC YBAMQ-1 is a rechargeable 3-in-1 electric back massager designed to provide lumbar support, vibration massage, and heat therapy. This device aims to gently massage the waist, relieve pressure on the lower back, and soothe tense muscles. It is suitable for use in various settings, including beds, sofas, and during travel.

## 2. PRODUCT FEATURES

- **3-in-1 Functionality:** Combines airbag support, vibration massage, and constant temperature hot compress.
- **Adjustable Settings:** The lumbar support pillow can be adjusted manually and automatically to suit individual needs.
- **Comfortable Material:** Filled with air cotton to effectively disperse pressure on the waist.
- **Ergonomic Design:** Shaped to fit the natural curve of the waist, aiding in lower back pain relief.
- **Rechargeable:** Features a built-in battery for cordless operation, allowing use anytime, anywhere after a full charge.

## 3. SAFETY INFORMATION

- Read all instructions before use.
- Do not use this product as a substitute for medical treatment. Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Avoid using the massager in wet environments or near water.
- Keep out of reach of children.
- Unplug the device when not in use or before cleaning.
- Do not operate if the device or power cord is damaged.
- Do not use for more than 30 minutes continuously. Allow the device to cool down between uses.

- If the heat function feels too intense, use the provided fabric cover to reduce direct heat contact.

## 4. SETUP

1. **Unpacking:** Carefully remove the massager from its packaging. Ensure all components are present.
2. **Initial Charge:** Before first use, fully charge the device. Connect the USB-C charging cable to the massager and a suitable power adapter. A full charge takes approximately 2.5 hours. The device is fully charged when the charging indicator light changes or turns off.
3. **Optional Cover:** If you prefer a softer massage or wish to reduce the intensity of the heat, place the provided fabric cover over the massager.



**3000MAH  
LARGE BATTERY**

**2.5H** Charging Time

**4.5H** Working Time

**30Min** Auto-Shut off

**Lower back fatigue from sitting**

**Waist discomfort due to prolonged labor**

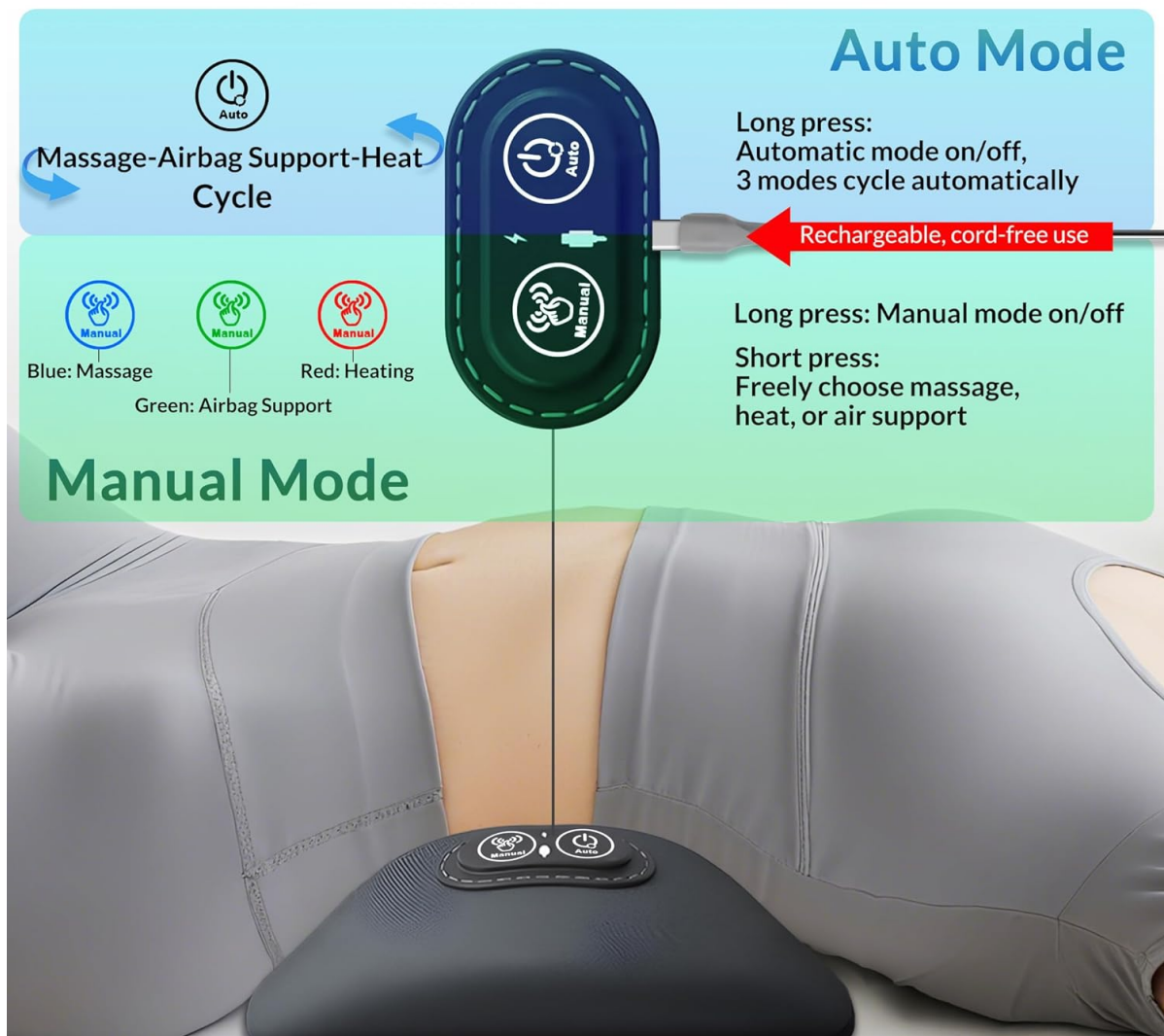
**Lumbar degeneration**

This image illustrates the massager's 3000mAh large battery, indicating a 2.5-hour charging time, 4.5-hour working time, and a 30-minute auto-shut off feature for safety and energy saving.

## 5. OPERATING INSTRUCTIONS

The massager features both automatic and manual operating modes, controlled by dedicated buttons.

# BATTERY POWERED



This diagram explains the control panel, detailing how to activate Auto Mode (automatic cycle of massage, airbag, heat) and Manual Mode (individual selection of massage, heat, or air support).

## 5.1. Auto Mode

- **Activation:** Long press the 'Auto' button (usually indicated by a circular arrow icon).
- **Function:** In Auto Mode, the device automatically cycles through three modes: massage, airbag support, and heat therapy.
- **Deactivation:** Long press the 'Auto' button again to turn off Auto Mode.

## 5.2. Manual Mode

- **Activation:** Long press the 'Manual' button (usually indicated by a hand icon).
- **Function Selection:** Short press the 'Manual' button to cycle through individual functions: blue light for massage, green light for airbag support, and red light for heating.
- **Heat Function:** When the red light is active, heat is being applied. If the heat is too intense, you can turn it off by short pressing the 'Manual' button again until the red light is off, or by using the fabric cover.
- **Deactivation:** Long press the 'Manual' button again to turn off Manual Mode.

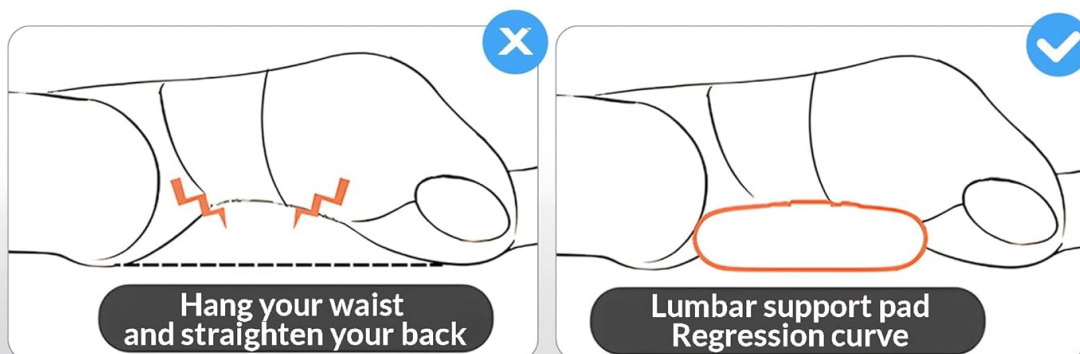
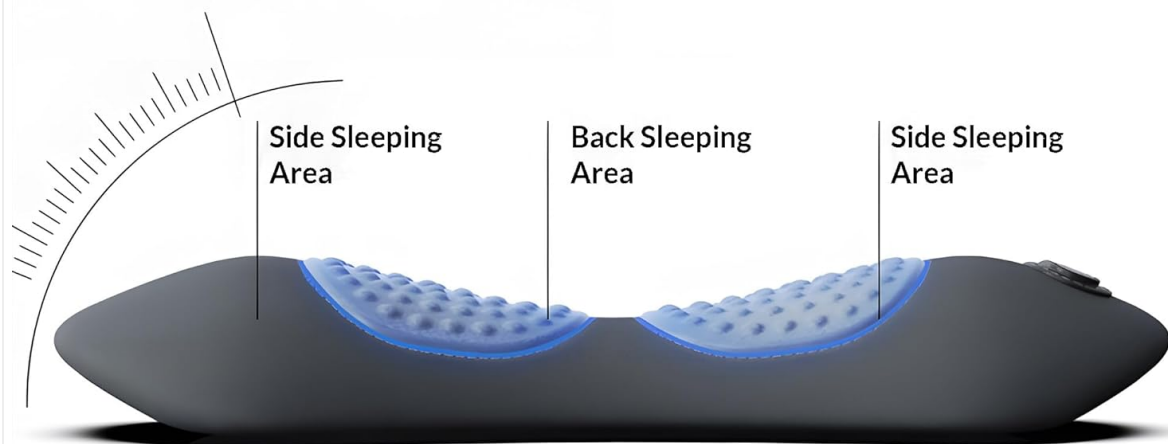
## 5.3. Placement and Usage

- Position the massager behind your lower back while seated or lying down. Ensure it aligns with the

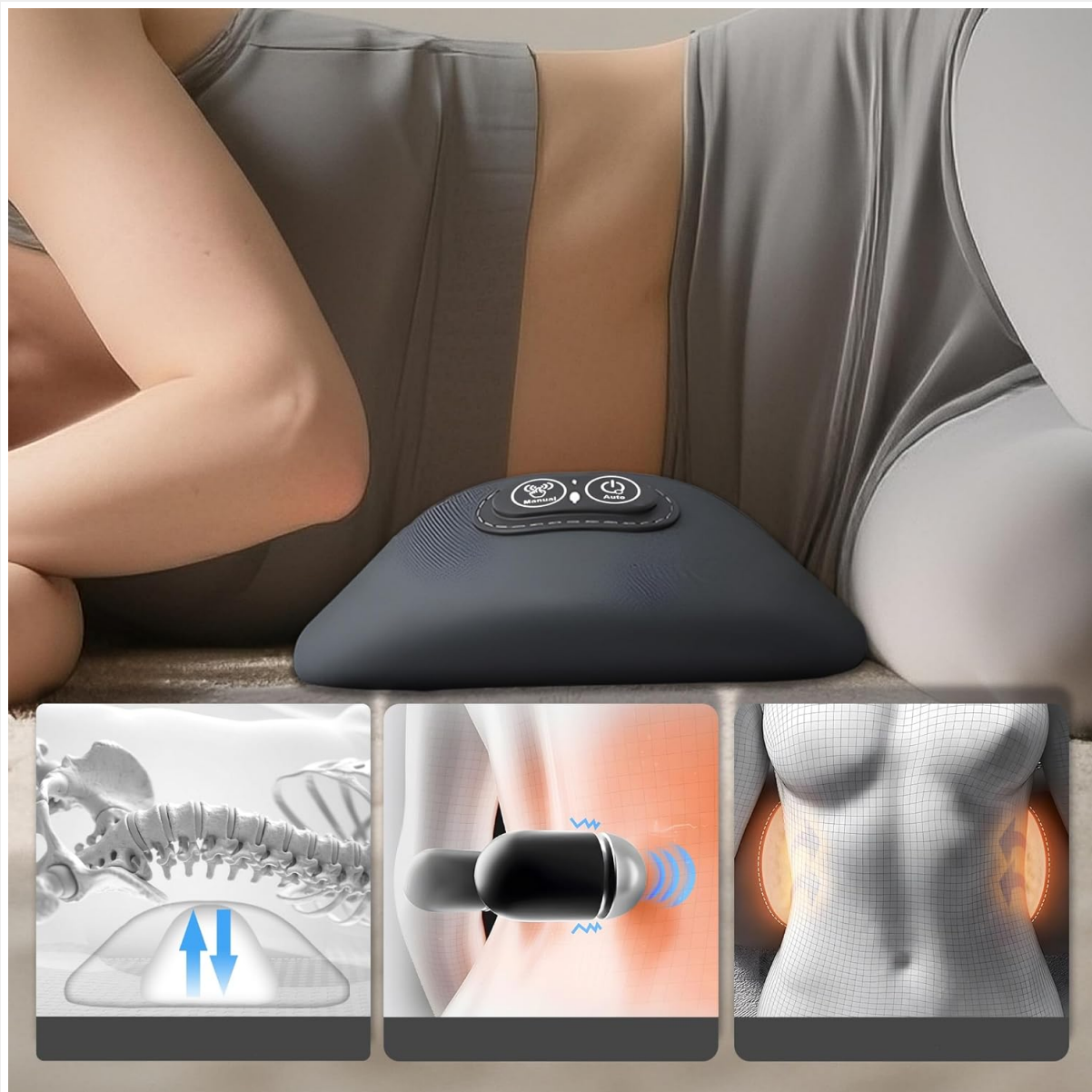
natural curve of your spine for optimal support and massage.

- The massager is designed with a 135-degree golden curve to fit the lumbar region, providing support and promoting a healthy spinal posture.
- Use the integrated attachment strap to secure the massager to a chair or seat back, ensuring it stays in place during use.

## 135° GOLDEN CURVE



This image highlights the ergonomic 135-degree golden curve design, showing how it supports the lumbar spine for back, side, and stomach sleepers, correcting posture compared to unsupported positions.



This image displays the massager in use, positioned under the lower back, demonstrating its ergonomic fit and the internal mechanisms for massage and support.

## 6. MAINTENANCE

- **Cleaning:** Disconnect the massager from power before cleaning. Wipe the surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the massager in a cool, dry place away from direct sunlight and extreme temperatures.
- **Cover Care:** The fabric cover can be removed and hand-washed with mild detergent. Air dry completely before reattaching.

## 7. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. If using while plugged in, verify the power connection.
- **No heat or weak heat:** Check if the heat function is activated (red light on in Manual Mode). If using the fabric cover, remove it to test direct heat intensity.
- **Massage feels weak:** Ensure the massager is positioned correctly against your back. The fabric

cover can slightly dampen the massage intensity.

- **Unusual noises:** Discontinue use immediately and contact customer support if you hear any abnormal sounds.

## 8. SPECIFICATIONS

<b>Brand</b>	MEDAMOC
<b>Model Number</b>	YBAMQ-1
<b>Product Dimensions</b>	58.42 x 22.86 x 7.62 cm (23 x 9 x 3 inches)
<b>Item Weight</b>	680.39 g (1.5 lbs)
<b>Material</b>	Cotton
<b>Power Source</b>	Battery Powered
<b>Special Features</b>	Vibrating, Heat, Airbag Support
<b>Color</b>	Gray
<b>Auto-Shutoff</b>	30 minutes
<b>Charging Time</b>	Approx. 2.5 hours
<b>Working Time</b>	Approx. 4.5 hours (on full charge)

## 9. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or contact the retailer where the product was acquired. You may also visit the official MEDAMOC website for further assistance.