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> ALLJOY 170CM Heated Lumbar Belt User Manual

ALLJOY XMHK-AJHV2P-DE-BK

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Model: XMHK-AJHV2P-DE-BK

INTRODUCTION

Thank you for choosing the ALLJOY 170CM Heated Lumbar Belt. This device is designed to provide targeted heat therapy and vibration massage to the lumbar region, helping to alleviate muscle pain, stiffness, and discomfort. Please read this manual thoroughly before use to ensure safe and effective operation. Keep this manual for future reference.

SAFETY INFORMATION

Important Safety Instructions:

- Do not use the heating belt while sleeping.
- Not suitable for use by children.
- Do not leave the device unattended during operation.
- Avoid using flammable liquids near the device.
- Do not use the device in the bath or in wet environments.
- Do not apply the device to damaged or irritated skin.
- Limit continuous use to a maximum of 30 minutes. Allow a break before re-using.
- Consult a physician before use if you have any pre-existing medical conditions, are pregnant, or have sensitive skin.
- If you experience any discomfort or adverse reactions, discontinue use immediately.

PRODUCT OVERVIEW

The ALLJOY Heated Lumbar Belt combines heat therapy with vibration massage to target lower back and abdominal discomfort. It features an adjustable design to fit various body types.

Key Features:

- **3 Adjustable Heat Levels:** Provides soothing warmth at 45°C, 55°C, and 65°C.
- **5 Vibration Massage Modes:** Offers various massage patterns for deep tissue relief.
- **One-Touch Control:** Simple interface for easy operation of heat, vibration, and power.
- **3 Timer Settings:** Automatic shut-off after 30, 45, or 60 minutes.
- **Flexible and Adjustable Design:** Total length of 170cm (including 50cm extension) with strong Velcro for a secure fit.
- **Integrated Lumbar Support:** Features 3 internal rods for targeted support to the lumbar spine.
- **Wired Operation:** Ensures continuous and stable heat without battery limitations, with a 2.2-meter power cord.



This image shows the ALLJOY heated lumbar belt being worn by a woman, illustrating the control panel. The panel features buttons for temperature adjustment, timer settings, massage modes, and power on/off. The heated areas on the back are indicated by red glow.



This image presents a visual summary of the heated lumbar belt's main features through icons and text, including adjustable heat, timer, vibration, 170 cm adjustable size, a 2.2-meter power cord, and integrated lumbar support.

SETUP

Follow these steps to set up your ALLJOY Heated Lumbar Belt:

1. **Unpack:** Carefully remove the heated lumbar belt from its packaging.
2. **Inspect:** Check the belt and power cord for any signs of damage. Do not use if damaged.
3. **Adjust Size:** The belt has a standard length and includes a 50cm extension. Attach the extension if needed to achieve a comfortable fit around your waist. The total adjustable length is up to 170cm.
4. **Position:** Wrap the belt around your lower back or abdominal area, ensuring the heating and massage elements are positioned over the desired area. Secure the Velcro straps firmly but comfortably.
5. **Connect Power:** Plug the power cord into the control unit on the belt, then plug the adapter into a standard electrical outlet.



This image illustrates the adjustable size of the heated lumbar belt, showing both a man and a woman wearing it. A diagram details the main belt length of 120 cm (47.24 inches) and an included 50 cm (19.69 inches) extension, allowing for a total length of 170 cm (67 inches) to fit various body types.

MODE D'EMPLOI

Mode d'emploi



This multi-panel image provides a step-by-step guide on how to properly wear the heated lumbar belt. It shows a woman securing the belt around her waist, ensuring a snug and comfortable fit for optimal heat and massage delivery.

OPERATING INSTRUCTIONS

The control panel on the belt allows for easy adjustment of settings.

1. **Power On/Off:** Press the **Power Button** (usually indicated by a circle with a vertical line) to turn the device on or off.
2. **Adjust Heat:** Press the **Heat Button** (often a flame icon) to cycle through the 3 temperature levels: Low (45°C/113°F), Medium (55°C/131°F), and High (65°C/149°F).
3. **Select Massage Mode:** Press the **Massage Button** (often a wavy lines icon) to choose from 5 different vibration massage modes.
4. **Set Timer:** Press the **Timer Button** (often a clock icon) to select a duration of 30, 45, or 60 minutes. The device will automatically shut off after the selected time.

You can use the heat and vibration functions together or independently based on your preference.

3 MODES MINUTERIE

Coussin chauffant pour le dos pour soulager la douleur



The image displays a woman comfortably seated on a couch, wearing the heated lumbar belt. It highlights the three available timer settings: 30, 45, and 60 minutes, indicating the automatic shut-off feature for safe and convenient use.



This image focuses on the vibration massage function of the heated lumbar belt. It shows the belt on a woman's back with glowing circles indicating the five vibration points, designed to provide deep tissue lumbar support.



The image demonstrates the lumbar support therapy provided by the heated belt, showing a woman wearing it. Thermal imaging visuals illustrate the heat distribution at three levels: High (149°F), Medium (131°F), and Low (113°F).

Proper care ensures the longevity and performance of your heated lumbar belt.

- **Cleaning:** Disconnect the power cord before cleaning. Wipe the surface of the belt with a soft, damp cloth. Do not immerse the belt or control unit in water. Do not use harsh chemicals or abrasive cleaners.
- **Storage:** Store the belt in a cool, dry place away from direct sunlight and moisture. Ensure the belt is completely dry before storing.
- **Handling:** Do not fold the belt sharply or place heavy objects on it, as this may damage the internal heating elements or wiring.

TROUBLESHOOTING

If you encounter any issues with your ALLJOY Heated Lumbar Belt, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Not plugged in correctly; Power outlet issue; Damaged cord.	Ensure power cord is securely connected to the belt and wall outlet. Test the outlet with another device. If cord is damaged, discontinue use and contact support.
No heat or weak heat.	Low heat setting selected; Device not fully warmed up; Internal heating element issue.	Increase the heat setting. Allow a few minutes for the belt to reach full temperature. If problem persists, contact support.
Vibration not working.	Vibration mode not activated; Internal motor issue.	Press the Massage Button to activate and cycle through modes. If problem persists, contact support.
Belt feels too hot.	High heat setting selected; Prolonged use.	Reduce the heat setting. Discontinue use if discomfort continues. Remember to limit use to 30 minutes.

SPECIFICATIONS

- **Model:** XMHK-AJHV2P-DE-BK
- **Brand:** ALLJOY
- **Material:** Soft, breathable fabric (belt); Plastic (control unit)
- **Color:** Black
- **Heat Levels:** 3 (45°C/113°F, 55°C/131°F, 65°C/149°F)
- **Massage Modes:** 5 Vibration modes
- **Timer Settings:** 3 (30, 45, 60 minutes)
- **Adjustable Length:** Up to 170 cm (67 inches) with 50 cm extension
- **Power Source:** Wired (2.2m power cord)
- **Package Dimensions:** 33.9 x 24.3 x 8.3 cm
- **Weight:** 850 grams

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the product packaging or contact ALLJOY customer service directly. Keep your purchase receipt as proof of purchase.

Manufacturer: ALLJOY

For further assistance, please visit the ALLJOY store on Amazon: [ALLJOY Store](#)