ITSU

Rev.1.0

User Manual

IS0606 使用說明書

ITSU

User Manual

All information is correct at the time of printing

Thank you for purchasing ITSU product.

Please read the Safety Precautions carefully before use.The Safety Precautions are divided into warnings'and 'attention' in terms of the degree of danger. This book should be kept available for future reference after reading.

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Safety Instructions

Before operating the unit, please read all instructions carefully.

Make sure that the product is connected to a dedicated electric outlet for 220-240Vac, 50 Hz/60Hz.

Electricity Safety

- Do not handle the power plug or electric outlet with wet hands.
- Do not use a damaged power cord or plug.
- Plug in the power plug properly to operate the product.
- Do not attempt to disassemble or repair any electronic parts of the product.
- Do not spill water or liquids on the product.
- Do not use the product in a damp or humid environment.

Operation Safety

- Do not use the product near heating areas or on top of a heating surface.
- Do not use the product if you are experiencing health complications or conditions as stated below:
  - Suffering from heart diseases, malignant tumors, back pain, spine disorders, osteoporosis, high blood pressure and knee joint degeneration.
  - Pregnant or menstruating
  - Feeling unwell, fever, having inflammation, bruises and sensory impairment.

Others

- When there is a power outage, carefully unplug the product.
- If the product functions abnormally, immediately turn off the power, disconnect the power plug and contact our service centre.
- If you feel unwell or experience any discomfort while using the product, stop using it immediately.
- Close supervision is necessary when the product is near children, intants, or disabled persons.
- Do not insert your hand or foot into any openings of the product.
- The product is intended for use of one person each time.

Safety Instructions

Warning

- Do not fall asleep while using the product.
- Do not use the unit after drinking alcohol.
- Suggested usage time is 20 minutes, please rest for 30min before use it again.
- if you feel unwell or sick, Please stop immediately.
- Please follow the instructions accordingly while using the unit.
- While the product is in use, do not insert your hands into the space on the two sides of the product.
- Children should be supervised to ensure that they do not play with the product.

Use caution when handling the product, as some parts may contain sharp edges or protrusions that could cause injury if not observed.

Correct Disposal of this product

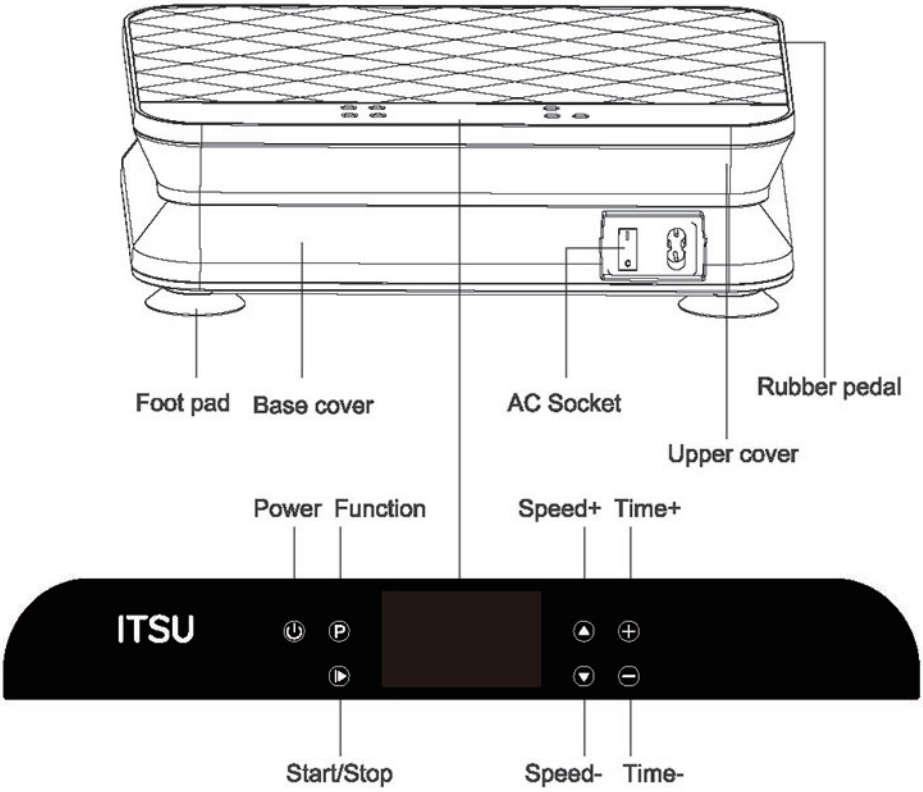
This marking indicates that this product should not be disposed with other household wastes. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources.

Caution: read this user manual carefully before use.

Warranty Claim

1. Warranty is not transferable.
2. This warranty is effective only if the product is purchased from ITSU or any authorized distributors.
3. Proof of purchase (original receipt) is required for all warranty repairs.
4. All implied warranties, including but not limited to these implied warranties of
5. Damage due to misuse, improper treatment and unauthorized modification and repairs are not covered by this warranty.
6. Warranty does not cover accessories and add-ons, which do not belong to the product.
7. Warranty is not effective to rental, business, commercial, institutional, or other non-residential users.
8. All services covered by this warranty must be approved by ITSU and repaired by authorized technicians only.
9. If replacement parts for defective materials are not available, ITSU reserves the right to make substitutions in lieu of repair or replacement.

Product Parts



Product Operation Guide

Please check before use

The product is for 220-240Vac, 50 Hz/60Hz.

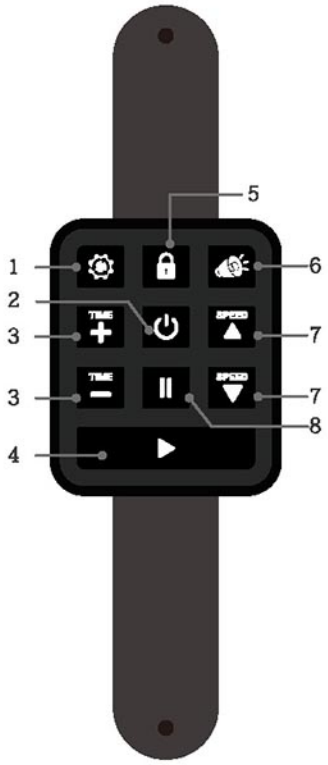
Make sure to connect the power plug to a grounded electric outlet (220-240Vac, 50 Hz/60Hz) dedicated to the product.

- Connect the AC plug to the electric outlet and turn on the main power source.
- To switch the product to standby mode, press the (on/off) button on remote control.
- Step on the product, press the following buttons repeatedly to activate your desired functions.

- The preset timer is 10 minutes.

- Press speed ＋ / — to adjust speed (20 speed levels).
- Auto Programs (5 preset programs)

Product Operation Guide



1.Program Mode Button: Toggle through the preset programs: P1, P2, P3, P4, P5.

2.Power Button: Power the Machine on and off.

3.Time +/- Buttons*: In standby, with Manual Mode selected: use the buttons to set a time duration for your custom workout.

4.Start Button: Start the selected preset program in program mode or a custom workout in manual mode.

5.Lock Button: Lock/unlock the display buttons.

6.Sound Button: Turn system sounds off/on.

7.Speed ^/v Buttons*: Once the custom workout has begun, press the Speed +/- buttons to adjust the speed.

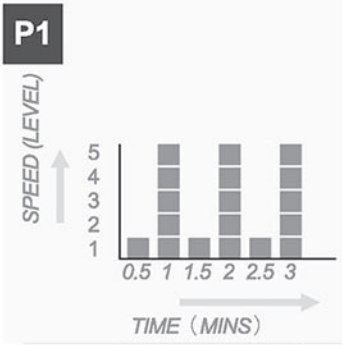
8.Pause Button: Stop the selected present program in program or a custom workout in manual mode.

Note:The effective reception range of the remote Control signal is 2.5 meters.

please take out the insulation sheet as follow

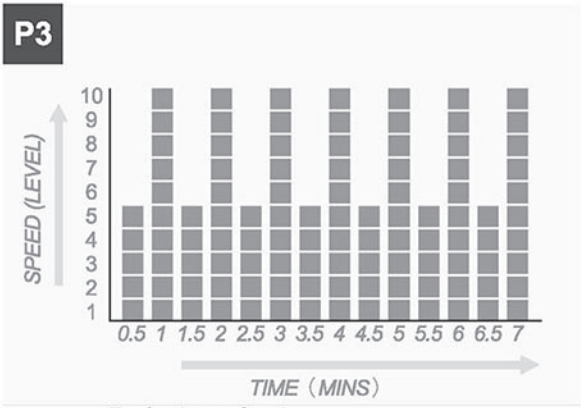
1.back of remote control 2.open the cap 3.take out the insulation sheet 4.put the battery back 5.close the cap

Product Operation Guide



3 minute workout

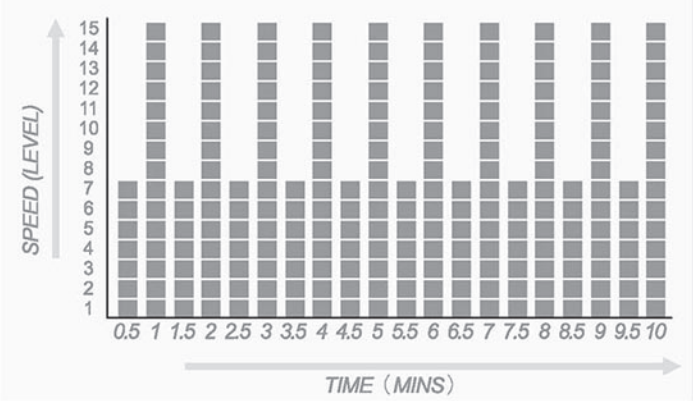
5 minute workout



7 minute workout

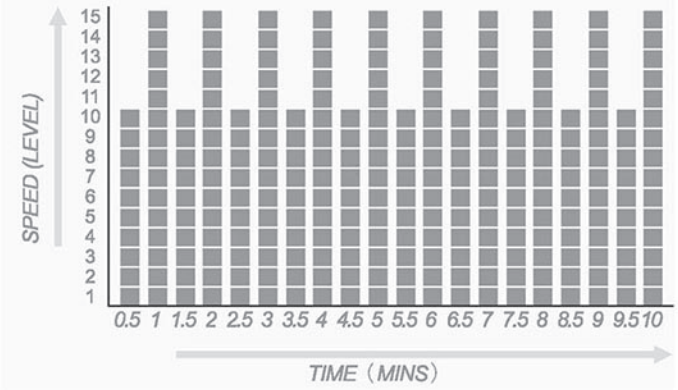
Product Operation Guide

P4



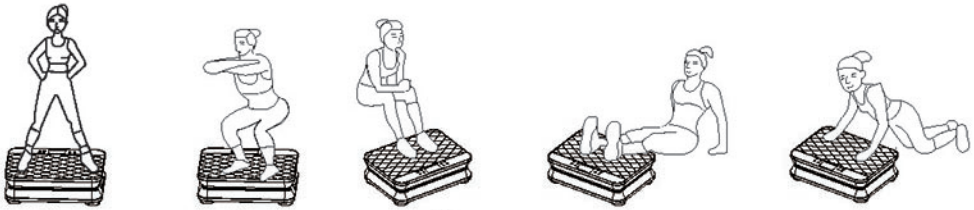
10 minute workout

P5



10 minute workout

How to use



1 2 3 4 5

1. Stand upright on the Product, with two legs Apart, the distance of two legs is mostly the Same as width of shoulder. This positon can exercise waists and buttocks to relieve stress on Waists and sculpture beautiful curve of buttocks.

2. Stand on the Product with two legs apart And knees bent. The posture can exercise thighs To sweep pain and soreness, improve blood Circulation, and reduce fat deposits.

3. Seat on chair or sofa, with feet put on the Product. This posture can exercise both thigh and calf.

4. Seat on carpet, with two legs put on the Product. This posture can exercise leg.

5. Kneel on the carpet, put hands onto the Product, with body lean forward, this posture Can exercise shoulder joint and arms.

Functions and features:

Body beaut:By reposeful and high-frequency vibration and sway,Combined with various exercise postures, this machine can deeply Stimulate muscle tissue, lower fat accumulation, rehabilitate Elasticity of muscle, sculpture beautiful body shape, then make users Vitalized and feel confident.

Exercise: Borrow health and fitness ideas from Chinese traditional Culture like Kung Fu, Buddhism, Taoism, it advocates passive Exercise, which allow you to exercise in door in a relatively static Manner to get mind and body relaxed, pain and soreness relieved, Fatigue swept away, inner circulation improved, then make you Stronger an healthier.

Product Maintenance

- If the product was stored in a cold place for a period of time, it is suggested wait one hour before usage.
- If the product is going to be placed in a special environment, such as or sulfurous area, please contact our service center for protection to prevent malfunction.
- Always unplug the unit before cleaning it.
- Please do not use thinner, benzene or alcohol to clean the unit.
- Use dry cloth to thoroughly clean the product, do not wipe with wet cloth.
- Do not place the product near heaters, or exposed to heat resources or direct sunlight.
- If you may not use the product for a period of time, it is suggested to unplug the unit and store it well under a clean and dry environment.
- Do not eat or drink on the product, to prevent malfunction.
- Storage environment :Temperature-10℃~55℃,Humidity RH0~85%

AUTO	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10
P1	1	5	1	5	1	5														
P2	2	7	2	7	2	7	2	7	2	7										
P3	5	10	5	10	5	10	5	10	5	10	5	10	5	10						
P4	7	15	7	15	7	15	7	15	7	15	7	15	7	15	7	15	7	15	7	15
P5	10	15	10	15	10	15	10	15	10	15	10	15	10	15	10	15	10	15	10	15

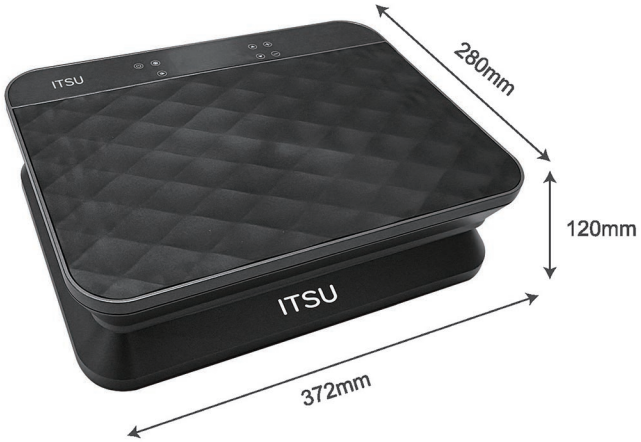
※Each block is 30 seconds

Common Problems & Solutions:

S/N	Problems	Causes	Solutions
1	The Product can not be started	The plug is not in place	Insert the plug
		The power switch is off	Turn switch on, the indicator
		Th fuse is burn	Replace with a new fuse of the same mode
2	Sound like phew or Da–da is heard during working	Normal sound generated by the Motor or from the abrasion Between mechanical units	No additional treatment is required
3	Operate the controller, but the Product no action	The electricity of batteries is worn out	Replace batteries
		The controller is too far away from the Product	The effective distance of infrared signal is 2.5M
4	Sudden stop	Default working time is up	Restart it after 10 minutes' interval
5	Can not operation	Too many commands sent to the Product and they can not be responded in time	Power off and then restart
6	Display "ER01" or "ER02"	The motor's working current is over	Disconnect the power supply,then Insert the plug and restart or contact with the after-seller

Product Specifications

Voltage	220 – 240Vac, 50/60Hz
Rated power	120W
Model	IS0606
Size	W372mm × D280mm × H120mm
Weight	Approx 6.7kg
Remote control power supply	CR2032 Battery
Material	Body: ABS resin, PVC resin, rubber Remote control: ABS resin, PVC resin Special mat: TPE
Maximum adaptive weight	100 kg



Contact Us

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感謝您購買ITSU的產品。
使用足底按摩器前請仔細閱讀安全注意事項。安全措施根據危險程度分爲“警告”和“注意”。這本書應保存起來，以備以後閱讀時參考。

安全指引

請在使用產品之前詳細閱讀此使用說明

本產品僅使用 220-240Vac, 50Hz/60Hz 的電源。

電器安全

- 雙手或雙腳沾溼時，切勿觸碰插座上之插頭
- 如遇本產品電源線脫落或表面破損、龜裂，切勿使用。
- 請將插頭完整插入插座後方使用。
- 不可試圖自行拆卸或修理本產品，本產品僅能由維修人員保養修理。
- 請勿將本產品浸泡。
- 請勿在濕氣過重之處使用本產品。

操作安全

以下人士，請在使用前先諮詢醫生的意見：

— 心臟病患者、惡性腫瘤患者、背痛、脊椎側彎或異常、高血壓、骨質疏鬆症等。

— 孕婦或月經期間

— 身體不適者、發燒、身體有紅腫或發炎、瘀青、過敏等。

其他事項

- 使用本產品時若遇停電，請立即拔除插頭。
- 當本產品操作異常時，請迅速關閉電源開關拔除插頭，並通知維修人員進行檢查，修繕。
- 在您使用本產品期間若感到任何不適，請立即停止操作。
- 孩童或行動不便者位處本產品周圍時，務必由成人在旁監督。
- 勿將手、腳插入按摩機構間隙。
- 本產品每次僅限一人使用。

安全指引

注意事項

- 達電源插上及本產品作動時，勿將其留置無人看管。
- 請由插頭處插入或拔除插頭，不可隨意拉扯電源線。
- 切勿將異物插入機構間隙內。
- 坐本機時必須坐立中間點，避免單邊重力施壓。
- 請在平坦之地面使用本產品。
- 本產品僅限於室內使用。
- 體重超過100公斤有機會加速機件耗損。

警告

- 請勿在打盹時使用本產品
- 酒醉者請勿使用本產品
- 每次使用10分鐘為準，視乎個人體質而決定時間
- 請務必依循本手冊所述使用本產品
- 使用時勿將手、腳插入按摩機構間隙
- 應監管兒童以確保他們不會玩耍本產品

安全指引

使用時要小心處理產品，部分零件可能含有鋒利的邊緣或突出物，若疏忽可能會導致受傷。

處理此器材的正確方法

本標誌表示此產品皆不可與家庭廢棄物一同丟棄。為避免任意丟棄對環境與人體健康可能造成的傷害，應增加回收後可利用物質的再使用性。

歸還使用過器具，請遵循歸還及回收程序，或與原購買零售商聯繫。

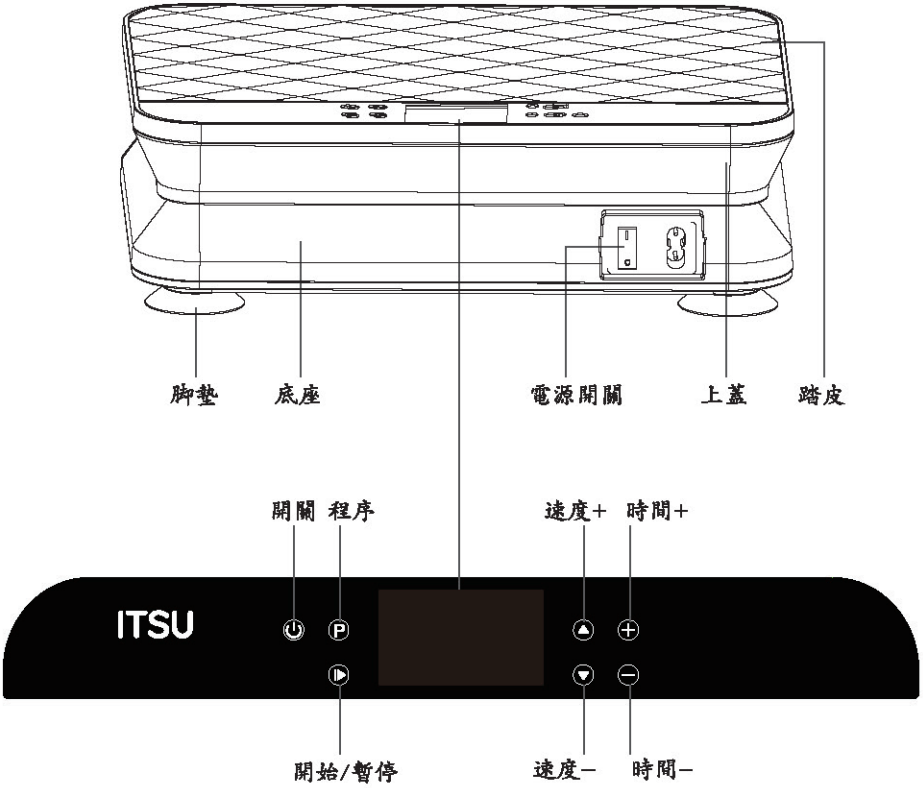
他們能將產品進行對環境安全的回收。

警告：使用前仔細閱讀此說明書。

保修權限

1. 本保修權限不得轉讓於其他人或產品
2. 本保修服務僅有效餘ITSU或其授權代理購買產品
3. 當要求保修服務時，請出示正本購買收據。
4. 保修範圍內的維修服務自購買日起有效，期限需視各國的保修政策而定。
5. 由於錯誤的使用，不適當保養以及未經授權私自改裝和維修產品而導致的損壞，不屬於保修範圍。
6. 此保修範圍不包括不屬於產品本身的附件。
7. 此保修範圍不適用於租憑交易，商業機構或其他非居民使用者。
8. 此保修範圍內所涉及的維修服務需經過ITSU授權，且必須由授權的技術人員維修。
9. 若需更換的維修附件缺貨，ITSU有權採用替代配件進行維修。

產品配件



操作指南

請務必詳讀下列事項方開始使用本產品。本產品僅使用220-240Vac,50Hz/60Hz的電源。請事先檢查您家中電壓是否與本產品上所標示之規格相符。

- 將交流電源插頭接至電源插座。並啟動總電源開關。
- 若要將電源切換至待機模式，請按下位於控制面板下的電源開關鈕。
- 站在腳踏墊上，並選擇您想使用的按摩功能。

- 預設時間為10分鐘。(燈號提示：單數為閃爍燈，雙數為恆亮燈)
- 可調整按摩速度的快慢，共5段速度供選擇

操作指南

1.程序模式按鈕：默認狀態是手動模式，按一下就運行P1，按二下運行P2，按三下運行P3,按四下運行P4, 按五下運行P5。再按回到手動模式。如此循環。

2.電源按鈕：打開和關閉電源。

3.時間+/−按鈕：在待機狀態下，選擇手動模式：使用按鈕設置自定義訓練的持續時間。

4.啓動按鈕：在程序模式下啓動選定的預設程序,或在手動模式下啓動自定義訓練。

5.鎖定按鈕：鎖定/解鎖按鈕功能操作。

6.聲音按鈕：關閉/打開系統聲音。

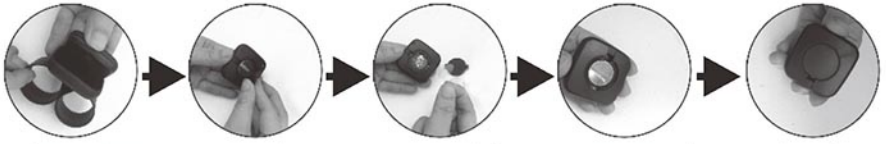
7.速度+/−按鈕：自定義訓練開始後，按速度+/−按鈕調整速度。

8.停止按鈕：在程序模式下停止選定的預設程序，或在手動模式下停止自定義訓練。

*不能爲預設程序調整速度和時間。

備注：遠程控制信號的有效接收範圍爲2.5米。

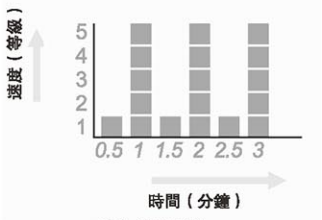
請按以下步驟取出絕緣片



1.遥控器背面　2.開蓋　3.取出絕緣片　4.把電池放回去　5.合上蓋子

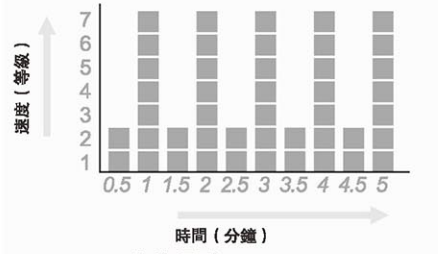
操作指南

P1



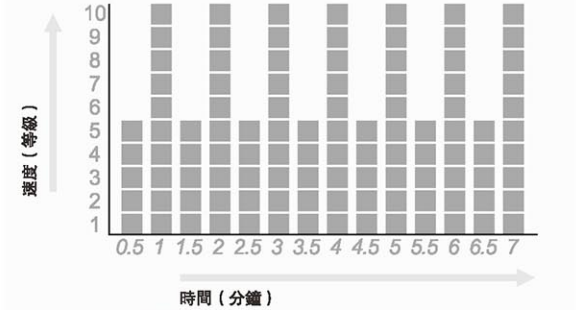
3分鐘運動

P2



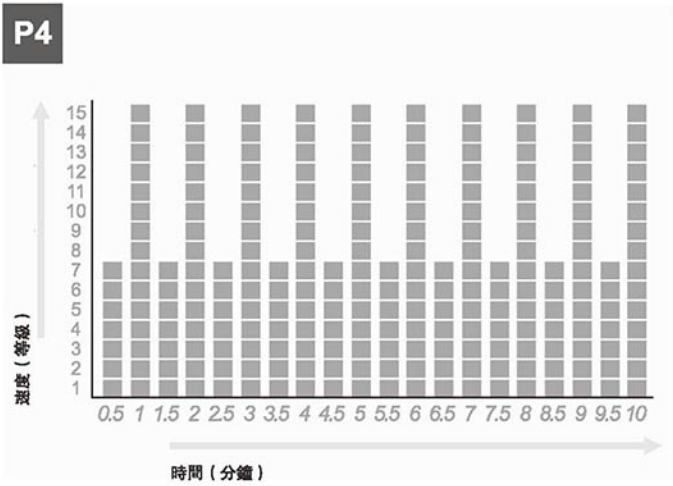
5分鐘運動

P3



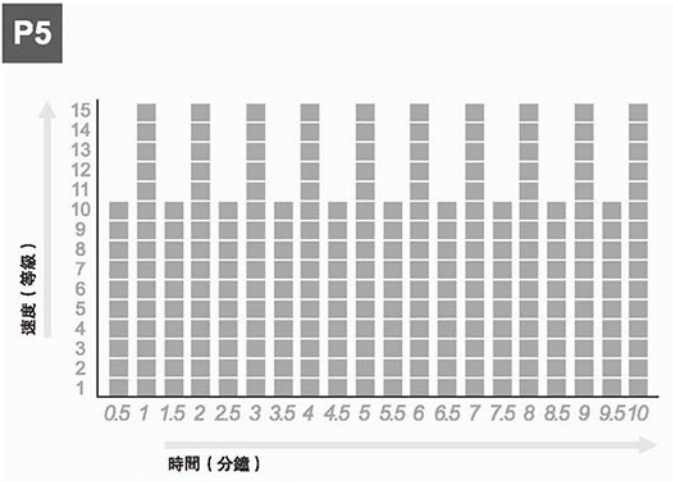
7分鐘運動

P4



10分鐘運動

P5



10分鐘運動（加强版）

運動指南

1. 直立在產品上，兩條腿分開，兩條腿的距離等同於肩膀的寬度。這個位置可以鍛煉腰部和臀部，以減輕腰部的壓力，並雕刻優美的臀部曲綫。

2. 站在產品上兩腿分開並且膝蓋彎曲。這種姿勢可以鍛煉大腿，消除疼痛和酸痛，改善血液循環，減少脂肪沉積。

3. 按圖所示。坐在椅子或沙發上的座位，脚放在產品上。這種姿勢可以鍛煉大腿和小腿。

4. 坐在地毯上，把兩條腿放在產品上。這種姿勢可以鍛煉大腿內側和小腿肌。

5. 跪在地毯上，雙手放在產品上，身體向前傾，這種姿勢可以鍛煉肩關節和手臂。

功能和特性:

身體美:通過反復的震動和擺動，結合各種運動姿勢，可以深層刺激肌肉組織，減少脂肪堆積，恢復肌肉彈性，塑造美麗的身體形態，使使用者充滿活力和自信。

練習:借用中國傳統文化的健康和健身的想法像功夫,佛教,道教,它提倡被動鍛煉,讓你鍛煉的同時在一個相對靜態的方式來得到身心放鬆,讓疼痛得到緩解,疲勞一掃而空,內循環改善,然後讓你更強更健康。

產品保養

- 如果您的產品因運送、搬移或其他原因而曾置在低溫的環境下過久，請待置於室溫一小時方開機使用。
- 若欲將本產品置於特殊環境如：易受鹽分、硫磺等物質侵蝕的地區，敬請事先告知安裝人員做好防護措施，否則將可能造成機體損壞。
- 清潔保養本產品時，請先自插座取下插頭
- 請勿以苯類、稀釋劑或任何侵蝕性溶劑擦拭本機。
- 請僅使用乾布擦拭本機，切勿用濕布。
- 切勿將本產品長期暴露於陽光直射處，亦不可擺放接近於火源、高溫處。
- 若您將有一段時日部會使用到本產品，建議將電源線拔除後整齊捲好，並儲放本產品於較無塵且乾燥空間。
- 切勿在產品上飲食、以防不慎傷害到本產品。
- 儲存環境為：攝氏-10 C ~ 55 C，濕度為RH 0~85%

AUTO	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10
P1	1	5	1	5	1	5														
P2	2	7	2	7	2	7	2	7	2	7										
P3	5	10	5	10	5	10	5	10	5	10	5	10	5	10						
P4	7	15	7	15	7	15	7	15	7	15	7	15	7	15	7	15	7	15	7	15
P5	10	15	10	15	10	15	10	15	10	15	10	15	10	15	10	15	10	15	10	15

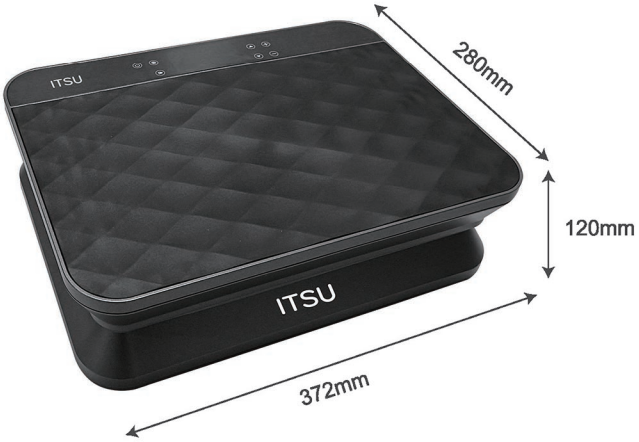
※每一區塊為30 秒

常見問題及解決方案

序列號	現象	可能原因	處理方法
1	無法開機	電源插頭沒有插好	插好電源插頭
		產品電源開關未打開	打開電源開關指示燈亮
		瞬間電流過大,保險絲熔斷	更換同型號的保險絲
2	機器工作中發出"咻咻"或"噠噠"的聲音	這是機器運轉時發出的聲音，而非機械故障，屬正常工作聲音	無需處理
3	手控器操作，機器無反應	手控器電池沒電	更換電池
		手控器遙控距離太遠	紅外感應的有效範圍爲2.5M
4	使用過程中停止	默認工作時間到	間隔10分鐘後再次開機使用
5	無法正常操作	可能執行命令過於頻繁	關閉電源，重新啓動

產品規格

額定電壓	220 – 240Vac, 50/60Hz
額定功率	120W
型號	IS0606
尺寸	W372mm × D280mm × H120mm
重量	約 6.7kg
遠程控制電源	CR2032 Battery
成分主體	ABS樹脂、PVC樹脂、橡膠，遙控:ABS樹脂、PVC樹脂，特殊的墊子:TPE
最大承重量	100 kg



聯絡我們

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