

Crazy *Fit* **Massage**



Manual Instruction Book

| | |
|----------------------------|----|
| ■ Introduction | 02 |
| | |
| ■ Structural Illustration | |
| ■ Name of CFM Part | 03 |
| ■ Display & Function | 04 |
| ■ Installation | 05 |
| ■ Features & Effectiveness | 08 |
| ■ Operation Instruction | 12 |
| ■ Safety Cautions | 15 |
| ■ Product Maintenance | 17 |
| ■ Specification | 18 |
| | |

INTRODUCTION

Thank you for purchasing Crazy Fit Massage (Short for CFM). Please read the operation manual thoroughly before you begin operating the massage unit. This operation manual should be kept available for future reference after you have read it through.

—■ Our company has the absolute right to alter the design, pictures and material color without prior notice. Design, pictures and material color seen in this manual is solely for illustration purposes. ■—

.....



STRUCTURAL ILLUSTRATION

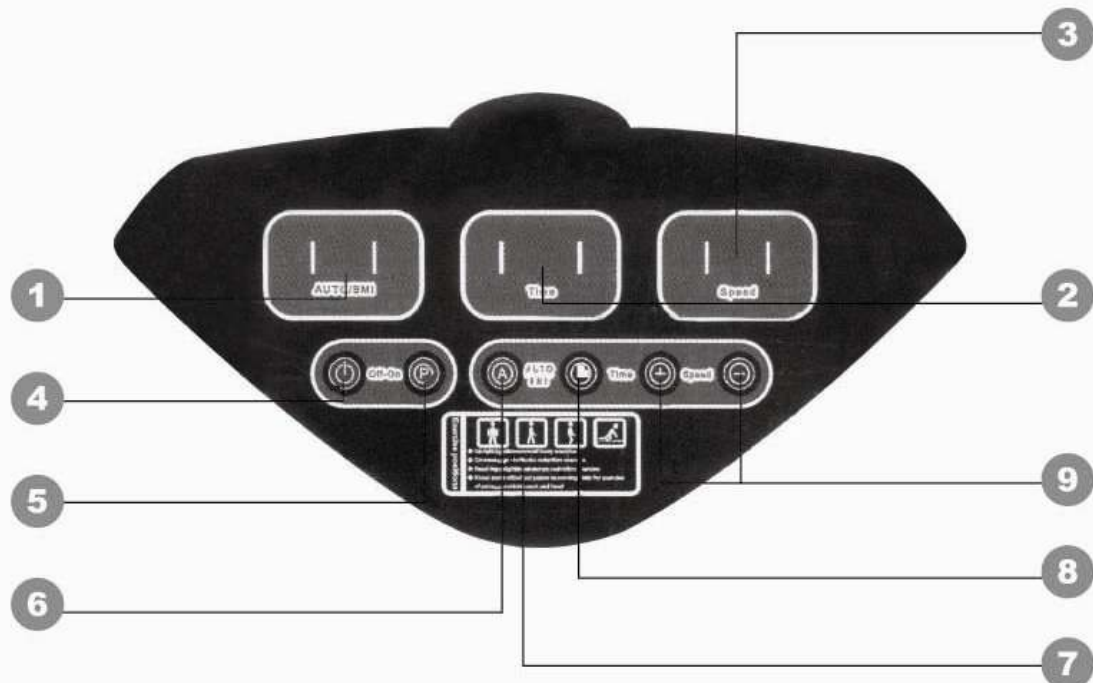
A. NAME OF CFM PART



-
- | | |
|---|---|
| 1. Console | 6. Adjustable Feet Cushion |
| 2. Body Fat Percentage Analysis (BMI) Sensor-Left | 7. Base Cover |
| 3. Support tube | 8. Stepping Board |
| 4. Safety Handle-Left | 9. Safety Handle - Right |
| 5. Wheels | 10. Body Fat Percentage Analysis (BMI) Sensor - Right |

STRUCTURAL ILLUSTRATION

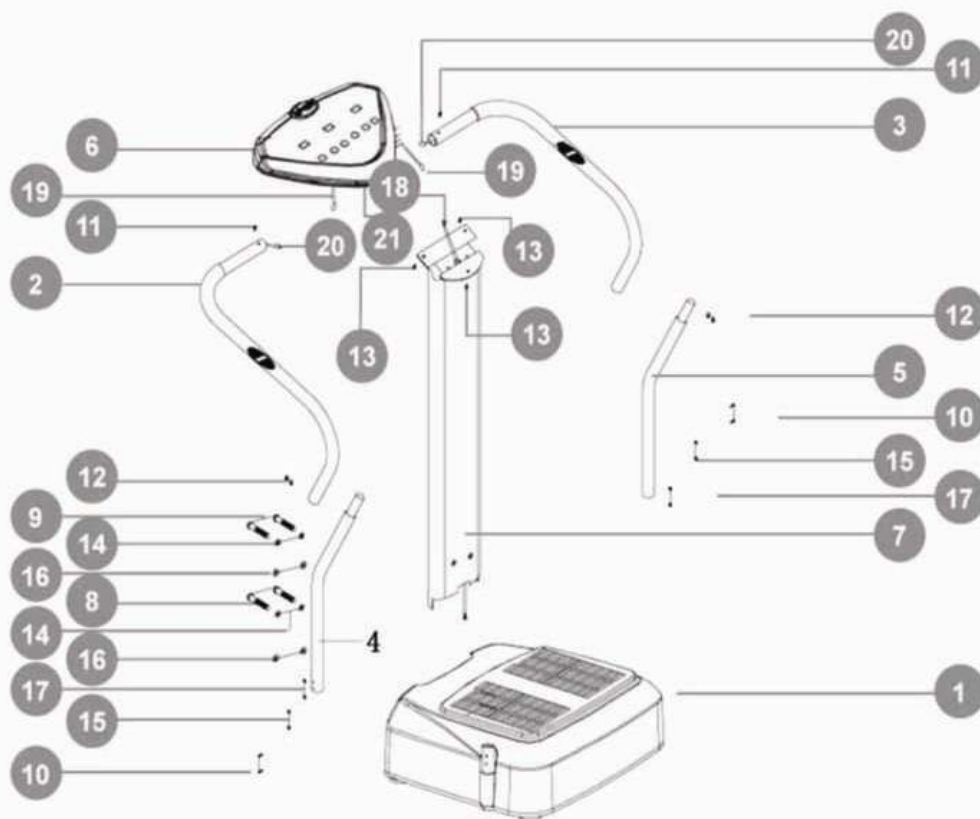
B. DISPLAY & FUNCTION



1. AUTO/ BMI (Body Fat Percentage Analysis)
2. Time
3. Speed
4. Power Stop Button
5. Start Button
6. Selection Key: AUTO Programme / Manual Programme / Body Fat Percentage Analysis (**BMI**) Programme.
7. Performance Guide
8. Setting Key: Timer / Gender / Age / Height / Weight.
9. Increase or Decrease Key: Speed / Time / Gender / Age / Height / Weight.

INSTALLATION

A. PART



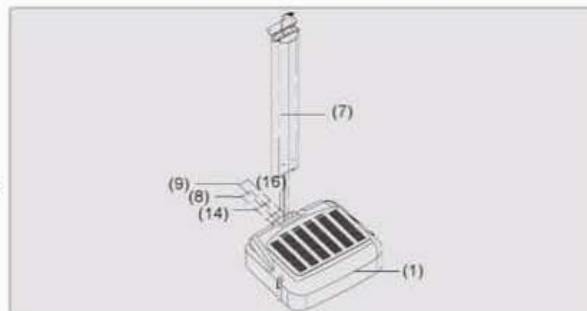
| No | Parts | Num | No | Parts | Num |
|----|------------------------------|-----|----|--|-----|
| 1 | Base Cover | 1 | 12 | Crossing screw(M6X12) | 4 |
| 2 | Safety handle--upper left | 1 | 13 | Crossing screw(M6X12) | 3 |
| 3 | Safety handle--upper right | 1 | 14 | Spring mattress(M8) | 4 |
| 4 | Safety handle--lower left | 1 | 15 | Spring mattress(M6) | 8 |
| 5 | Safety handle--lowre right | 1 | 16 | Washer(M8) | 4 |
| 6 | Console | 1 | 17 | Washer(M6) | 8 |
| 7 | Support tube | 1 | 18 | Signal Cable A | 1 |
| 8 | Socket head screw(M8X25) | 2 | 19 | Fat Percentage Analysis sensor (BMI) B | 2 |
| 9 | Socket head screw(M8X25)half | 2 | 20 | Fat Percentage Analysis sensor (BMI) A | 2 |
| 10 | Crossing screws(M6X12) | 4 | 21 | Signal Cable B | 1 |
| 11 | Screw(M8X50) | 2 | | | |

INSTALLATION

B. STEPS

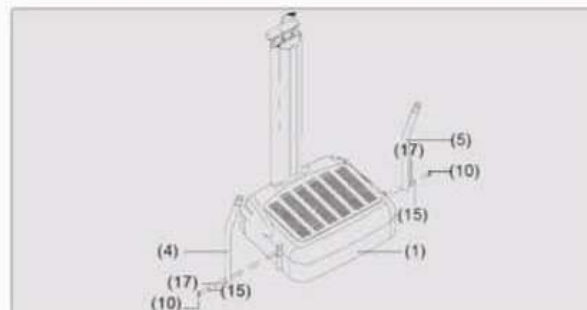
Step 1

1. Lay the pedestal on even ground
2. Connect the signal cables of support tube (7) and the wire from pedestal (1)
3. Lock them with socket head screw (8) (9), spring mattress (14), washer (16) as in picture



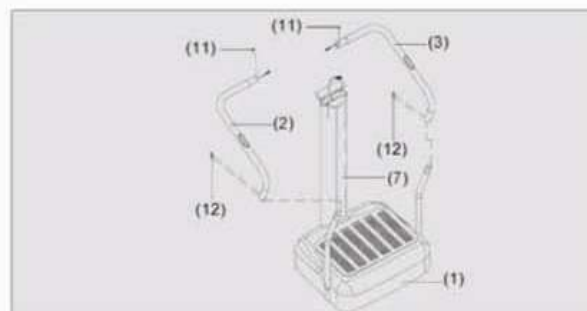
Step 2

Insert tubes (4) (5) into the holes on pedestal (1) and lock them with cross-screws (10), spring mattress (15)



Step 3

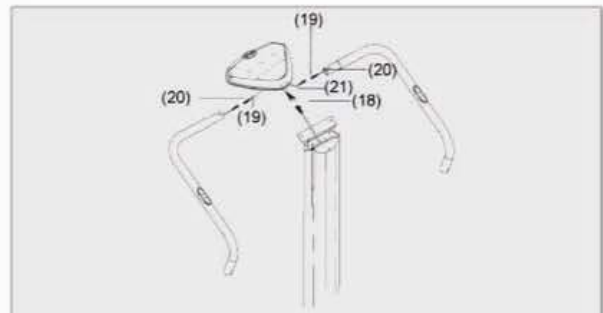
Connect the tube (2) (3) with tubes (4) (5), and fix then with screws (12), lock one end of the tubes (2) (3) with screws (11) onto support tube (7)



INSTALLATION

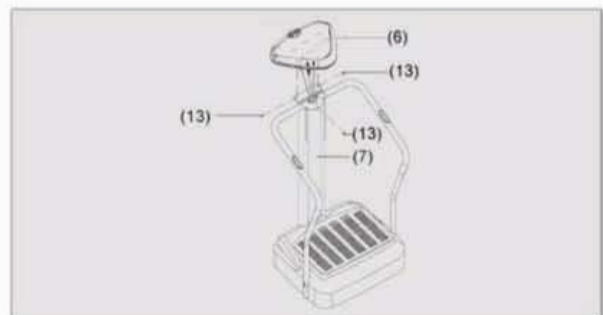
Step 4

Connect signal cable (18) (21) and connect fat percentage analysis A (20) with sensor B (19), put other wires into the support tube (7)



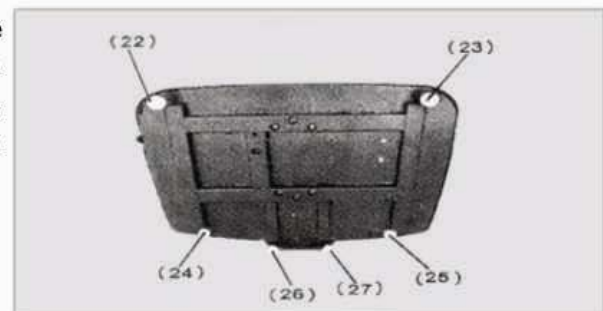
Step 5

Fix the panel (6) on the tube (7) with screws (13)



Step 6

Lay the CFM down on its back so that the underside of the base is exposed. Install the wheels and the cushion feet to the base of the CFM. Once the wheels and feet are installed you may erect the CFM to its upright position (22~27)



FEATURES & EFFECTIVENESS

A. FEATURES

■ 3 Different Preset Programmes

Choose from 3 preset programmes, each stimulating different terrain profiles with different level:

- **P1:** Cardiovascular Exercise
- **P2:** Detoxify Programme
- **P3:** Body Perfection Programme

■ 20 Variants of Speed Range

Reduce unwanted body fats effectively with 20 variants of speed range and strong massage vibration.

■ Ergonomic Construction with Fashionable Steamline Design

Unique ergonomic design with original streamline form.

■ Easy-to-operate Control Panel with Window Display Screens

Design with an easy - to - operate control panel with LCD display screens that you can manually customized your workout and preset your training goals - show your desired workout time and level of speed.

■ Durable Steel Frame Printed with Fashionable Color

It comes with durable steel frame printed with fashionable color to provide a tough and sporty design. It's a specially design massager to provide convenience and is also user friendly.

■ Current Overload Protection

■ Disturbance and Static Electricity Resistance

B. EFFECTIVENESS & TRAINING GUIDE

1. Improves Blood Circulation
2. Intestinal Improvement
3. Perfect Thigh Function
4. Bump Firming Function
5. Waist & Abdomen Shaping Function
6. Shoulder Shaping Function



FEATURES & EFFECTIVENESS

P1: Cardiovascular Exercise

Steps to improve blood circulation, promote metabolism & regulate nervous system

1



3 min Straight Standing Pose

2



1 min Walking Style (Left leg infront)

3



2 min Horse Riding Pose

4



1 min Stand-a-side Pose

5



1 min Walking Style (Right leg infront)

6



2 min Straight Standing Pose

Steps for firming - Intensive exercise

1



2 min Straight Standing Pose

2



2 min Horse Riding Pose

3



1 min Lotus Pose

4



2 min Walking Style (Left leg infront)

5



1 min Push-up Pose

6



2 min Walking Style(Right leg infront)

FEATURES & EFFECTIVENESS

P2: Detoxifying Program

Step for Intestinal Improvement

1



2 min Walking Style (Right leg in front)

2



2 min Straight Standing Pose

3



2 min Lotus Pose

4



2 min Walking Style (Left leg in front)

5



1 min Stand-a-side Pose

6



1 min Straight Standing Pose

P3: Body Perfection Program

Step for Waist & Abdomen Slimming

1



2 min Straight Standing Pose

2



2 min Walking Style (Left leg in front)

3



1 min Horse Riding Pose

4



2 min Walking Style (Right leg in front)

5



1 min Stand-a-side Pose

6



2 min Straight Standing Pose

FEATURES & EFFECTIVENESS

Steps for Perfect Thigh / Lower Body

1



2 min Straight Standing Pose

2



1 min Horse Riding Pose

3



2 min Bow & Arrow Step Pose

4



1 min Push-up Pose

5



2 min Bent-leg Pose

6



2 min Walking Style

Step for Upper Body Program

1



2 min Straight Standing Pose

2



2 min Sitting Pose

3



3 min Cat Pose

4



3 min Walking Style

5



1 min Stand -a - side Pose

















6



2 min Walking Style

OPERATION INSTRUCTION

1. Insert the power plug correctly into the power socket of the CFM, check the voltage and switch on power.
2. Choose your desire posture on the CFM as shown by the above sketch maps.
3. Press the start button to begin the programme.
4. You may set your gender, age, height and weight by pressing the programme button sequentially. Hold the body fat percentage sensor to obtain your BMI result.

| Button | Message Mode | Instruction | Timer | Speed |
|--|------------------------------------|---|---|--|
|  | STOP | Press this button to immediately terminate the massage function of the CFM | Adjustable | Adjustable |
|  | START | The CFM is in standby mode once the power is on. You may set the time at this mode. | Press  /  to set the time. Maximum setting is 10 minutes. | |
|  | AUTO PROGRAMME (P1-P2-P3) | Auto mode CFM is activated once this button is pressed. You may choose your CFM programme preference by pressing this button. P1. P2. P3 are shown sequetially each time the button is pressed. | Not Adjustable | Not Adjustable |
|  | (BMI) BODY FAT PERCENTAGE ANALYSIS | Press this button until 1 is shown on the window display. You may set your gender, age, height and weight at this mode for body fat percentage (BMI). | A) Gender | 1: Male 2: Female |
| | | | B) Age | Default Age: 20 Press  /  to adjust your age. |
| | | | B) Height | Default Height 1.7m Press  /  to adjust your height. |
| | | | B) Weight | Default Weight 70kg Press  /  to adjust your weight. |
|   | TIMER / SETTING | At standby mode, press this button to set time, the initial and maximum setting is 10 minutes. | Initial Time 10 minutes Press  /  to set the time. Maximum setting is 10 minutes. | |
| | INCREASE / DECREASE | At Manual Mode, press these button to adjust the massage speed. | | |

How to use the power switch



Power Switch:

Secure the electrical cord to the power connector. Turn on main power at this switch. If necessary press the reset button located next to the power switch to turn the unit on again.

OPERATION INSTRUCTION

5. It is advisable to drink 500ml of lukewarm water before use in order to eliminate the toxic wastes.

Tips

Drink 3000ml of water daily for a healthier lifestyle as it can revitalize your energy in your body. Water can benefit your body as follows:

- Helps prevent indigestion
- Reduce sickness especially in the kidney
- Enhance metabolism rate
- Improve blood circulation and prevent heart disease
- Strengthen your immune system
- Reduce pressure and stress
- Prevent fatigue and increase stamina in the body
- Enhance your skin texture for a freshness look

6. Do not using more than 20 minutes each time.

7. Please take 15-20 minutes break before starting the next session.

REFERENCE DATA

Design of Exercise Programme

| Category | Exercise Cycle | Exercise Time | Exercise Speed |
|----------|--------------------|------------------------|--------------------|
| EXERCISE | 1 - 3 times / day | 5 - 20 minutes / time | At a uniform speed |
| SLIMMING | 14 - 8 times / day | 10 - 20 minutes / time | Slow down |

Reference Result of (BMI) Body Fat Percentage Data

| Gender | Age | Underfat | Healthy Range | Overweight | Obese |
|--------|-----------|-----------|---------------|------------|----------|
| FEMALE | 20-40 yre | under 21% | 21-33% | 33-39% | Over 39% |
| | 41-60 yre | under 23% | 23-35% | 35-40% | Over 40% |
| | 61-79 yre | under 24% | 24-36% | 36-42% | Over 42% |
| MALE | 20-40 yre | under 8% | 8-19% | 19-25% | Over 25% |
| | 41-60 yre | under 11% | 11-22% | 22-27% | Over 27% |
| | 61-79 yre | under 13% | 13-25% | 25-30% | Over 30% |

OPERATION INSTRUCTION

Comparison Table of Automatic Programme Data

| Time(mins) Programme | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-------------------------|----|----|----|----|----|----|----|---|----|----|
| P1 | 6 | 10 | 16 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |
| P2 | 6 | 8 | 10 | 14 | 6 | 5 | 4 | 3 | 2 | 1 |
| P3 | 10 | 4 | 16 | 4 | 16 | 4 | 10 | 4 | 40 | 4 |

(The numbers in this table represent the speed show by meters)

SAFETY CAUTIONS

To maintain the operational standard of the CFM, please note the following:

A. BEFORE OPERATE THE CFM

1. Use the CFM for its intended use as described in this user guide.
2. Do not relocate or use force to relocate the product to prevent damages, i.e., Wooden floor. Damages may be caused to the wooden floor.
3. Do not use 30 minutes before and after meal.
4. Only one person can step on the stepping board at any one time. Failing to do so, it may cause injury or breakdown of CFM.
5. Hold safety handle correctly before you exercise. It helps you to balance when you are using the CFM.
6. Check the exercise speed level before you operate the CFM and ensure it is under safe speed and comfortable level. You may get hurt if the speed is set too high.
7. Ensure there is sufficient gap between your feet at the initial stage. Recommendable range: the gap between your feet on the stepping board should be around the range of 30cm.
8. Do not use this machine for other purposes besides exercise.
9. Do not operate or touch this CFM with wet or humid hands. It may cause CFM to break down or electric shock.
10. Do not use any kind of sharp things like spoon, knife or any dangerous materials on the CFM. Do not insert fingers at the gap of the stepping board.

B. DURING OPERATE THE CFM

1. If any discomforts or abnormalities with the CFM arise, please stop using the product and consult a physician immediately.
2. Do not use force against the machine. (Risk for injuries and malfunction might occur).
3. When not in use, please turn off the power and unplug the power cord. (Running electricity may present risks for electric shock or fire).
4. Do not exercise more than 10 minutes using the same pose. You may get muscular cramps.

C. AFTER USING THE CFM

1. Please turn off the power and unplug the power cord after use.

SAFETY CAUTIONS



WARNING

If you are under medical treatment or any of the following symptoms, please consult your doctor before use:

- Epilepsy
- Diabetes
- Heart and vascular diseases
- Slipped disc, discopathy en spondylitis
- Knee and hip implants
- Pacemaker
- Recently inserted IUD, metal pins
- Thrombotic conditions
- Tumor
- Recent infections
- Recent operative wounds
- Pregnant women
- Severe migraine

PRODUCT MAINTENANCE

A. HOW TO STORE

1. Do not store the CFM:
 - Near heat or open frame.
 - Under the direct sunlight for a long period time.
 - Harmful gas and dust, especially humidity.
2. Keep the CFM
 - Usage temperature: 0-35°C.
 - Keeping temperature: 5-50°C.
 - Humidity: under 40-80%.
3. If the CFM is not use for long period of time, cover it with a piece of clean cloth to protect it from dust.
4. Do not store the CFM under direct sunlight or at places of high temperature.
5. Do not coil the wire cord as it may cause malfunction to the machine.

B. SELF-MAINTENANCE

1. Before cleaning, ensure that the main switch is turned off and AC plug is removed from the electrical outlet.
2. Do not using the CFM too long for the first time.
3. Switch off power and remove the plug from the socket every time after use.

C. PROTECTION OF CFM

1. Do not use this machine in wet areas such as bathroom, swimming pool or spa.
2. Do not use it when there is too much dust, oil, smoke or caustic gas.
3. Avoid damaging the surface of the CFM surface with heavy object, by knocking hard, scratching with force.

D. CLEANING

1. Using corrosive cleanser is prohibited. Do not use benzene or thinner to clean or spray insecticide on the machine.

SPECIFICATION

| | |
|----------------------------|---|
| ■ Product Name | ■ Crazy Fit Massage |
| ■ Input | ■ <input type="checkbox"/> 100-120V <input type="checkbox"/> 220-240V |
| ■ Frequency Range | ■ 50~60Hz |
| ■ Power Consumption | ■ <input type="checkbox"/> 200W <input type="checkbox"/> 300W <input type="checkbox"/> 500W |
| ■ Amplitude | ■ 0-10mm |
| ■ Motor | ■ 1.5 HP |
| ■ Speed Range | ■ <input type="checkbox"/> 1-20 <input type="checkbox"/> 1-30 <input type="checkbox"/> 1-50 |
| ■ Preset Programme & Users | ■ 3 Preset Programme |
| ■ Display | ■ Programme, Time, Body Fat Percentage (BMI), Speed |
| ■ Dimensions | ■ approx. 720mm (L) x 630mm (W) x 1210mm (H) |
| ■ Load Weight | ■ 150kg |
| ■ Net Weight | ■ 42kg |
| ■ Gross Weight | ■ 46kg |



Crazy Fit **Massage**

CE.Rohs