

LifenaXX® * User Manual

Muscle Massager Compact LX-013

The Declaration of Conformity for this device is under the Internet link: www.technaxx.de/ (in bottom bar "Konformitätserklärung"). Before using the device the first time, please read the user manual carefully. Service phone No. for technical support: 01805 013643 (14 cent/minute from German fixed-line and 42 cent/minute from mobile networks).

Free Email: support@technaxx.de

Keep this user manual for future reference or product sharing carefully. Do the same with the original accessories for this product. In case of warranty, please contact the dealer or the store where you bought this product.

Warranty 2 years

Features

- The LifenaXX LX-013 is a cordless vibration Muscle Massager device that relaxes sore stiff muscles, increases circulation and range of motion, and improves the overall health of the body's soft tissue.
- 6 Speed Levels with 1200, 1600, 2000, 2400, 2800, 3200rpm.
- 12V Battery with 1500mAh
- 180 min. working time
- 5 different massager heads
- Automatic shutdown after 10 min.

Technical specifications

AC Adapter input (indoor use only)	230V
AC Adapter output	12.6V / 0.8A
Battery	12V / 1500mAh

Normal use

For adult use only.

- Put battery Switch to “ON” position, battery indicator light turns green (if battery has enough power). If the light is red charge the battery.
- Install 1 of the 5 heads according to your needs.
- Use only on a dry clean surface of the body over clothing by lightly pressing and moving across the body for approximately 60 seconds per region.
- Use the LifenaXX LX-013 only on the body’s soft tissue as desired without producing pain or discomfort. Do not use on head or any hard or bony area of the body.
- Use only the applicators that provide the best desired effect.
- Bruising can occur regardless of control setting or pressure applied. Check treated areas frequently and immediately stop at first sign of pain or discomfort.
- Keep fingers, hair or any other body part away from the shaft and backside of the applicator as pinching may occur.

Product Overview



1	Massage head	5	LED speed indication
2	High speed motor with soft start	6	LED indication battery
3	Battery	8	Battery switch
4	Start and level button		

Heads from left to right



Forked head	suitable for the muscles and soft tissue on both sides of the spine
Flat head	suitable for all body parts (muscles and soft tissue)
Global head	suitable for muscle groups and soft tissue
Bullet head	suitable for musculature and soft tissue near body joints
Soft rubber head	suitable for all body parts (muscles and soft tissue)

Install the heads

Replace the massage head as required. To do this, remove the original head (left picture) and insert another one in the holder (right picture)



Safety Instructions

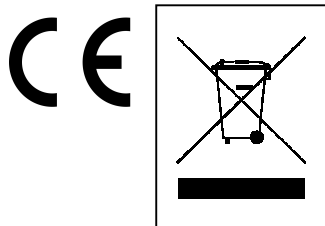
- Only recharge with supplied DC charger.
- This device is not intended for use by children or persons with limited mental capacity or lacking experience and/or lacking expertise.
- This device is not intended for commercial use.
- Any other use or modification of the device is considered improper and involves significant risks. The manufacturer assumes no liability for damages due to improper use.
- Never leave the LifenaXX LX-013 operating or charging unattended.

PLEASE DO NOT USE THE LIFENAXX LX-013 IN THE FOLLOWING CIRCUMSTANCES WITHOUT PRIOR CONSENT OF YOUR DOCTOR:

pregnancy, diabetes with complications such as neuropathy or retinal damage, wearing pacemakers, recent surgery, epilepsy or migraine, herniated disc, spondylolisthesis, spondylolysis or spondylosis, recent joint replacement surgery or spirals, metal pins or plates, or if you have any concerns about your physical health. These contraindications do not mean that you cannot use vibration or exercise equipment. However, we recommend that you consult a doctor first. The effects of vibration applications on certain medical conditions are currently being studied. This will probably lead to a reduction in the list of contraindications above. Practice has shown that integrating vibration applications into a treatment plan is advisable in a number of cases. This must be done on the recommendation and with the assistance of a doctor, specialist or physiotherapist.

WARNINGS & CAUTION:

For adult use only, apply to a dry, clean surface over clothing by light pressure and movement over the body. The application time should not exceed 60 seconds per body region. Use LX-013 only on soft body tissues and muscles, if you feel pain or discomfort stop the procedure. Use only the supplied applicators. Pressure points can occur regardless of the setting, control or applied pressure. Check the treated areas regularly and stop immediately at the first sign of pain or discomfort. Keep fingers, hair or other body parts away from the spindle and the back of the applicator as bruising may occur. Do not use the device in the presence of a flammable anesthetic mixture with air, oxygen or nitrous oxide, or near flammable substances, vapors or gases. Do not operate the device near heating openings or in direct sunlight. Keep the device dry and switch it off when not in use. Do not immerse the device in water. Frequent high-speed and high-pressure stimulation on the same spot may cause abrasion. If you experience pain or discomfort, please stop using the device immediately. Make sure that the equipment is not on the working state when charging!



Hints for Environment Protection: Packages materials are raw materials and can be recycled. Do not disposal old devices or batteries into the domestic waste. **Cleaning:** Protect the device from contamination and pollution (use a clean drapery). Avoid using rough, coarse-grained materials or solvents/aggressive cleaner. Wipe the cleaned device accurately. **Distributor:** Technaxx Deutschland GmbH & Co.KG, Kruppstr. 105, 60388 Frankfurt a.M., Germany