

wellcare



ROTATING VIBRATION DUMBBELL

USER MANUAL

Model Numbers:
FE-5835BK, FE-5835BU



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Important Safety Instructions

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Read this manual thoroughly before first use, even if you are familiar with this type of product. The safety precautions enclosed herein reduce the risk of fire, electric shock and injury when correctly adhered to. Make sure you understand all instructions and warnings. Keep the manual in a safe place for future reference, along with any warranty information, your purchase receipt and the original packaging carton. If you sell or transfer ownership of this product, pass on these instructions to the new owner of the product.

Always follow basic safety precautions and accident prevention measures, including the following:

Usage conditions and restrictions

- This product is intended for private use by adults only. It is not suitable for commercial or trade use. Do not use it for anything other than its intended purpose, and only use it as described in this manual.
- **Only use the device:**
 - on a dry surface of the body over clothing by lightly pressing and moving across the body for approximately 60 seconds per region.
 - on the body's soft tissue, as desired, without producing pain or discomfort — do not use it on the head or any hard or bony area of the body.
- Bruising can occur regardless of the control setting or

pressure applied. Check treated areas frequently and immediately stop using the device at the 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.
- Never insert any objects into the ventilation holes of the product.
- This product is NOT intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Supervise children to ensure they do not play with the product. Close supervision is necessary if the product is used by or near children.
- Do not expose the product to direct sunlight or place it near a heater or other heat source. Do not use it outdoors.
- Do not use the product while driving, straight after a meal, when intoxicated, or if there is risk that you might fall asleep.

Health matters

This product is a non-professional appliance designed to provide a soothing massage. Do not use it as a substitute for medical attention.

- **CAUTION: Consult your doctor prior to using this product:**
 - if you have any concerns regarding your health, or suffer from an illness that may give you cause for concern
 - if you are pregnant
 - if you have a cardiac pacemaker, artificial joints or electronic implants
 - if you suffer from one or more of the following illnesses and complaints: circulation disorders, varicose veins, open wounds, bruises, broken skin, inflammation of the veins.
- **CAUTION: Do NOT use this product:**
 - to supplement or replace medical treatment — chronic complaints and symptoms may be made worse
 - on swollen or inflamed areas or skin eruptions
 - if you suffer from any physical ailment that would limit your capacity to operate the control

Care, cleaning and storage

- Before cleaning or maintaining the device, make sure it is disconnected from the power socket.
- Only clean the housing with a soft, dry or slightly damp cloth. Do not use liquid or aerosol cleaners. Do not use solvent or oil-based cleaners.
- Do not use chemical, steel wool or abrasive cleaners to clean the outside of the massage seat as these chemicals may damage the finish.
- Store the appliance in a cool and dry indoor area, disconnected from the power supply and out of direct sunlight. Before prolonged storage, apply charge to bring the battery to about half charge. Prolonged storage of an empty battery may damage the battery. During prolonged storage, we recommend you use and recharge the appliance every three months.
- Do not use the product if it has been damaged or is not working properly.
- Do not attempt to repair, disassemble or modify the product; there are no user-serviceable parts inside. In case of damage, contact our after sales support centre.
- Improper installation or misuse may result in the risk of fire, electric shock and injury. We accept no responsibility for any eventual injury or damage caused by improper use or noncompliance with these instructions.
- Please dispose of the battery responsibly after the service life of the product.

Electrical safety (charging)

- **WARNING:** Only use the supplied cable to charge the appliance. Do not charge the appliance with a different charger. Using the wrong charger can cause fire or explosion of the battery.
- **Voltage:** Before connecting, ensure that the electrical voltage and circuit frequency correspond to those indicated on the rating label.
- **Charging:** When charging the appliance, place it on a flat surface, away from hot surfaces and close to a power point so no one trips over the cable. Do not leave the appliance charging or operating unsupervised. Do not attempt to use the device while it is being charged.
- **Protect from moisture:** To protect against electric shock, do not immerse the cable, plug or the device in water. Do not spill liquids into the device. Do not allow water to enter the ventilation holes of the device. Ensure your hands are dry before use.

DANGER - to reduce the risk of electric shock

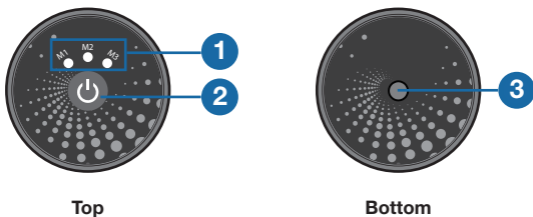
- DO NOT reach for an appliance that has fallen into water. Unplug it immediately.
- DO NOT use while bathing or in a shower.
- DO NOT place or store the appliance where it can fall or be pulled into a tub or sink.

WARNING - to reduce the risk of burns, electric shock, fire or injury to persons

- An appliance should NEVER be left unattended when plugged in. Unplug from outlet when not in use.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- DO NOT operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- DO NOT carry this appliance by the charging cable or use cable as a handle.
- NEVER operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- NEVER operate on a soft surface such as a bed or couch where the air openings may be blocked.
- Not recommended for use by people with diabetes.

- NEVER cover the appliance when it is in operation.
- DO NOT use this product for more than 15 minutes at a time.
- Extensive use could lead to the product's excessive heating and shorter life. Should this occur, discontinue use and allow the unit to cool before operating.
- DO NOT use this product before bed. The massage has a stimulating effect and can delay sleep.
- NEVER use this product while in bed.
- This product should NEVER be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls or who has sensory deficiencies in the lower half of their body.
- NEVER use this product in automobiles.
- This appliance is intended for indoor use only.

Product Overview



- 1 Speed/intensity indicator - lights up red corresponding to the current speed/intensity.
- 2 Power/Function button - press to turn the device on. Press repeatedly to select between the 3 speed/intensity modes + auto mode.
 - M1: low speed/intensity
 - M2: mid speed/intensity
 - M3: high speed/intensity
 - Auto mode: Flashes M1, M2, M3 together
- 3 Charging port - connect the supplied charging adaptor to the charging port on the device and the other end to a wall plug to charge the device.

Getting Started

Before first use

- Unpack the product and accessories and ensure all parts of the product are undamaged and in good working order. Keep the original packaging carton and materials in a safe place. It will help prevent any damage if the product needs to be transported in the future, and you can use it to store the product when it is not in use. In the event that the packaging is to be disposed of, please recycle all packaging materials where possible.
- Plastic wrapping can be a suffocation hazard for babies and young children, so ensure all packaging materials are out of their reach and disposed of safely.
- Read this manual to familiarise yourself with the product. Pay particular attention to the safety instructions on the previous pages.

Charging LED indicator colour

- LED flashes blue at M1, M2, M3 respectively corresponding to % of battery charged.
- Fully charged - all indicators will light up

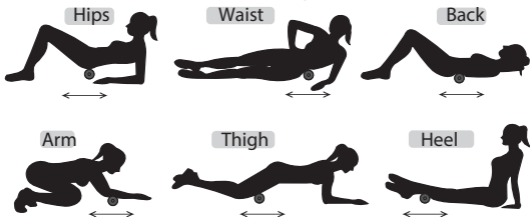
Operation

Charging the device

- Connect the supplied charging adaptor to the charging port on the device and the other end to a wall plug.
- The speed/intensity indicators will flash blue at M1, M2, M3 respectively when charging. All indicators will turn on once fully charged.
- Note: charging time is approximately 3 hours.

Using the device

- Press the Power/Function button to turn the device on. Press repeatedly to change the vibration speed/intensity. There are 3 built-in speed modes + auto mode. Press again to turn the device off.
- Place the device on the desired body part to massage and roll the device around.
- Note: the device will automatically turn off after 15 minutes.



Only use device:

- On a dry surface of the body, over clothing, by lightly pressing and moving across the body for approximately 60 seconds per region
- On the body's soft tissue, as desired, without producing pain or discomfort — do not use on the head or bony area of the body.
- Bruising can occur regardless of the control setting or pressure applied. Check treated areas frequently and immediately stop using the device at the first sign of pain or discomfort.

Other Useful Information

Troubleshooting

If the device does not work, check and ensure that it is fully charged. If all connections are correct and the product is still not working, please call our after sales support centre. Do not attempt to open and repair the product yourself.

Another reason for the device to switch off automatically are the in-built safety features. One safety mechanism switches the motor off automatically after 15 minutes' continuous operation.

Cleaning and care

- Before cleaning the device, make sure it is disconnected from the charging stand and power source.
- Use a soft, slightly damp sponge or cloth to wipe the device clean. Dry thoroughly using a dry cloth.
- Do not immerse the device in water or liquid or allow it to become wet.

Storage

- After use, wipe the device clean with a damp cloth.
- Store the device in the original box to keep dust accumulation to a minimum.

Service and repair

- The product contains no user-serviceable parts. Do not attempt to take it apart, repair or modify it.
- Do not operate the product if it is damaged or working abnormally. Contact our after sales support centre if a service is required.

Specifications

Battery capacity	Lithium 7.4V, 1800mAh
Charging voltage and current	DC9V, 1A
Charging Adaptor AC Input	100-240V, 50/60Hz
Max. power consumption	9W
Weight	810g (approx.)
Dimensions (W x H x D) (mm)	90 x 152 x 90

For Technical and Warranty Support

1300 886 649

tempo.org/support

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PO Box 132, Frenchs Forest NSW 1640

Compliance

This appliance has been fully tested and meets all requirements as set out by standards AS/NZS 60335.2.32 for electrical safety.



The RCM Mark (Regulatory Compliance Mark) indicates that the product complies with the relevant guidelines of the ACMA as well as corresponding government requirements for the safety of electrical devices.

Responsible disposal

WARNING! This product contains a rechargeable lithium-ion battery. Never throw the appliance into a fire and do not subject it to high temperatures. There is a risk of explosion!

At the end of its working life, do not throw this appliance out with your household rubbish. Electrical and electronic products contain substances that can have a detrimental effect on the environment and human health if disposed of inappropriately.

Cut the power cord of the battery charger and remove the lithium-ion battery pack from the appliance before disposal. Dispose of the appliance and the battery pack responsibly, observing any local regulations regarding the disposal of consumer goods and batteries. Contact your local authorities for advice on battery disposal and recycling facilities for electrical consumer goods.



Warranty returns

Should you for any reason need to return this product for a warranty claim, make sure to include all accessories with the product.

Product does not work?

If you encounter problems with this product, or if it fails to perform to your expectations, make sure to contact our After Sales Support Centre on (AU) 1300 886 649 or (NZ) 0800 836 761 for advice.

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Customer Helpline:

(AU) 1300 886 649 (NZ) 0800 836 761

Email: tempo.org/support