

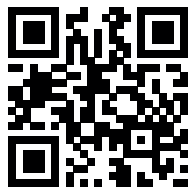
RE•ATHLETE

SPINA



Back and Neck Massager

USER MANUAL



Contact us:

www.reathlete.com
support@reathlete.com

Thank you for purchasing the SPINA Massager.

Enjoy the wide range of health and wellness benefits that come from using our product. The SPINA Massager improves blood circulation and relieves muscle pain, helping you cope with everyday stress. When taking pleasure in the massage, please remember about safety and care.

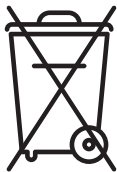
Following the guidelines listed in this User Manual will ensure that the operation of this product poses no risk to the user. Failure to comply with the requirements described in the manual may cause injuries, property damage, and/or void the product warranty.

Before you start using the SPINA Massager, please read all the directions carefully and keep this manual for future reference. This product is intended for private use only.

Technical Specifications

Product Name & Model	Spina 443H
Rated Voltage	DC12V
Rated Power	48W
Default Timer	15 minutes

To ensure safety, we have equipped this massager with an overheat protection device and programmed it with a 15-minute Auto Shut-Off.



Please Recycle Properly

Electrical appliances should not be disposed of as other household wastes. Please promote environmental protection and use specialized collection facilities. Check with your local authority for information regarding disposal and recycling of electrical devices in order to avoid causing harm to the environment.

Setting Up the Massager

Place the massager on a couch, a recliner, or an office chair and fasten the straps to secure the device.

Connect adapter plug tip into DC jack of the massager and plug the AC Adapter into an electrical outlet*.

*In case you are not going to use the massager for an extended period of time, please remove the electrical plug from the outlet.

The Neck Flap Usage

Use the neck flap as a cushion if you prefer a mild neck massage. For a more intense neck massage, unzip and remove the flap.

LED Indicators

LED lights at the top of the remote indicate which settings are on.

Neck: Clockwise / Counterclockwise massage direction.

Back: Full back / Lower back / Upper back massage zone.

Seat: Low / Medium / High: Seat vibration intensity.

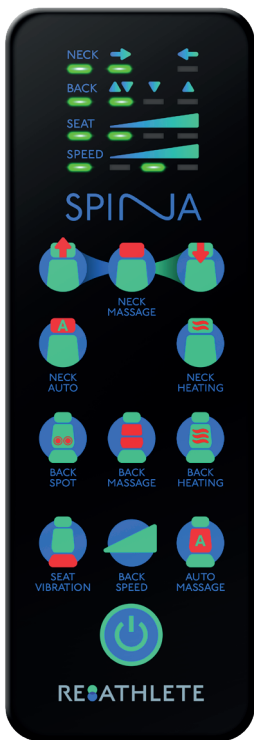
Speed: Low / Medium / High: Back massage intensity.



Default mode

When you turn the massager on, it is in default mode:

- Clockwise neck massage
- Full back massage, medium intensity
- Seat vibration off
- Neck Heating on
- Back Heating off



Using the Remote



Press the power button on the remote to turn on the massager. The indicator will light up, and the default massage program will start. The massager will shut off automatically after 15 minutes of use.



Neck Massage: Press to activate. Press again to change the massage direction. Press once again to turn the neck massage function off.



Up/Down: Press and hold to move the neck massager pillow to the desired spot.



Neck Auto: Start the default neck massage routine.



Neck Heating: Turn on/off the heating function for the neck.



Back Spot: Press to focus the massaging nodes on the spot you choose. Press again to continue with the back massage.



Back Massage: Press to start the lower and upper back massage. Press again for the lower back massage only. Press again for the upper back massage only.



Back Heating: Turn on/off the heating function for the back.



Seat Vibration: Press to activate the seat vibration and select its intensity: Low - Medium - High. Press again to turn it off.



Speed: Select the rotational speed of the nodes: Low - Medium - High.



Auto Massage: Activate the default back massage routine.

When the massager is turned off, the kneading nodes move to their default starting positions in the bottom.

When the heating function is on, neck massage and back massage indicators turn red.

Safety Measures

Before using this electric massager, please read the instructions below carefully.

Warning

To reduce the risk of an electric shock, burns, fire or an injury, please:

1. Use the massager indoors only.
2. DO NOT use the massager for more than 30 minutes at a time. The recommended time for a session is 15 minutes.
3. DO NOT use the massager if it has missing parts or is physically damaged or defective.
4. Keep it away from heat and avoid using it when the surrounding temperature is high.
5. DO NOT use the massager if it is wet. DO NOT put it into water or any type of liquid. Keep it away from rain and moisture.
6. DO NOT reach for the massager if it falls into water while plugged in. Unplug right away.
7. Keep the massager unplugged when it is not in use, especially when pets or children are near it.
8. DO NOT use pins or any other types of metal fasteners with this massager.
9. DO NOT use the massager on bare skin, sensitive skin areas, inflamed areas, areas with open sores, or areas of poor circulation.
10. DO NOT try to repair it or get the unit repaired by professionals other than REATHLETE repair technicians. Doing so is potentially hazardous and might void your warranty.
11. DO NOT use it together with other devices plugged in the same multi outlet.
12. DO NOT pull the power cord to remove the massager plug from its socket.
13. In order to avoid an electric shock or injury, DO NOT plug it in or unplug it with wet hands.
14. NEVER operate the massager under a blanket or pillow to avoid excessive heating.
15. DO NOT operate the massager if the air openings are blocked. Make sure they are free of lint, hair, and the like.
16. DO NOT operate the massager at places where aerosol (spray) products are used or where oxygen is administered.

You should consult a medical professional before using this massager if any of the following apply:

1. You are unwell or experiencing any unusual discomfort.
2. You are concerned about your health.
3. You have a heart condition, inflammation, an injury, rheumatism, joint dysfunction, osteoporosis, tendonitis, diabetes, various skin diseases, skeletal problems, phlebitis, thrombosis, or spinal problems.
4. You are pregnant or gave birth recently.
5. You are currently undergoing medical treatment and care.
6. You have a pacemaker, an artificial joint, pins/screws, or other medical devices inside your body

This massager should not be used by:

1. Children or disabled people without supervision.
2. People who suffer from skin diseases, redness, or irritation or from burns.
3. People who suffer from muscle pain, osteoporosis, fractures, sprains, or brittle bones.
4. People who have a cancerous growth or tumor in the area where massage is to be applied.
5. People with a heart condition.
6. People who suffer from hypertension or high/low blood pressure.
7. People who have implantable medical electronic devices susceptible to electromagnetic malfunctions such as cardiac pacemakers.
8. People who have sensory impairment.
9. People who feel restless early in their pregnancy or shortly after giving birth.
10. People with an abnormal or curved spine.
11. People who are unwell.
12. People with a fever over 38C (100F).
13. People with an acute inflammation.

Warning

1. Use the massager only the way it is designed to be used. **DO NOT** use any attachments not recommended by the manufacturer.
2. To prevent damage, **DO NOT** leave the cord carelessly on the floor or step on it.
3. Properly unplug the massager after you use it. If you need to unplug it when using it, first turn the massager off with the remote.
4. Turn the massager off and unplug it mid-use in case you experience severe pain or detect any malfunction, or if there is a power outage or lightning storm.
5. Use the massager only with the power supply unit provided by the manufacturer.
6. **DO NOT** operate the massager if it or its cord or plug is damaged, if it is malfunctioning, or if it has been dropped into water. Return the massager to REATHLETE for examination and repair.
7. This massager should not be laid completely flat.

DO NOT continue to use the massager if the cover is torn.
Contact the Customer Service to receive a replacement cover.

**If you discover a fault, stop using the massager immediately.
Unplug the power supply to avoid damage or injuries. Please
contact the seller or manufacturer for repairs or replacement.**

Stop using the massager if:

1. Any of its parts appear damaged or defective.
2. The electrical outlet is unusually loose.
3. The massager is exposed to explosive or flammable fumes.
4. The massager overheats or catches fire. DO NOT use it if you smell smoke or burning electronics.
5. You experience any of the following:
 - Numbness or weakness;
 - Confusion or problems speaking or understanding speech
 - Vision problems in one or both eyes
 - Difficulty walking or dizziness, loss of balance or problems with coordination
 - Severe headache.

In case the massager overheats, stop using it and allow it to cool before operating it. When overheating takes place, the overheat protection device automatically shuts the motor off to ensure safety and prevent damage. If overheating continues, unplug the power cord and let the massager cool for 15-20 minutes before turning it back on. Contact the Customer Support if you experience this problem again.

Please use the heating function with extreme caution if you are heat sensitive OR insensitive OR if you have limited temperature perception. Place a towel, blanket, or other fabric made from nonflammable materials between you and the device to reduce your body's exposure to heat. Take 20-minute breaks between sessions. Heat sensitivity can be intensified by friction of the rolling massage combined with the heating function. If you wear rough materials while using the massager, the risk of friction burns may increase.

Care and Maintenance

1. Unplug the massager and allow it to cool before you start cleaning it.
2. Wipe the massager with a soft, slightly damp cloth. Use non-abrasive cleaners and a sterilizer if necessary.
3. Keep the massager away from pets and children in a safe, cool, and dry place with no flammable products or chemical solutions.
4. DO NOT wrap the cord around the massager to avoid cord damage.
5. Make sure the massager does not come in contact with sharp edges or pointed objects that can damage it.



DO NOT use the massager for commercial or medical purposes.



Use indoors only



Consult a medical professional before using this product if you have any health concerns about using this massager.



After you use this product for 15 minutes, rest for 15-20 minutes before using it again.



Do not use the device in damp rooms (e.g. when bathing or showering). Do not wash! Do not dry clean!

Troubleshooting

Problem	Possible Cause	Solution
The massager doesn't turn on.	Poor contact due to disconnected power or loose adapter connection.	Re-plug to the power source and reconnect the adapter.
	Power is off.	Press the Power On/Off button to turn on the massager.
	The kneading nodes move to their default starting positions.	Press the Power On/Off button to turn on the massager only after the kneading nodes are in their default starting positions (when the indicator light on the Power On/Off Button stops blinking red).
The massager shuts off automatically	The massager will shut off automatically after 15 minutes of use.	Press the Power On/Off button to turn the massager on for another 15 minutes.
	The massager is overloaded and the overload protection is activated.	Restart the massager when the load alleviated.
	The motor shuts off automatically because the massager has been operated for too long and the overheating protection is activated.	Let the motor cool for approximately 30 minutes and then turn the massager back on.
The heating function does not work	Heating function hasn't been activated.	To activate this function press Back Heating button or Neck Heating button (the corresponding indicator lights will turn on.)
	Warming up takes several minutes after the heating function is activated.	Please wait for 2-3 minutes after activating this function.