

# RE:ATHLETE UPHEAT

**Wireless &  
Portable**



**Far-Infrared  
Ray Heat**

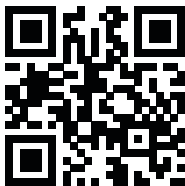


**Storage  
Bag  
Included**

**Jade  
Stones  
Inside**

*Neck & Shoulder Weighted Pad*

## **USER MANUAL**



**Contact us:**

[www.reathlete.com](http://www.reathlete.com)

[support@reathlete.com](mailto:support@reathlete.com)

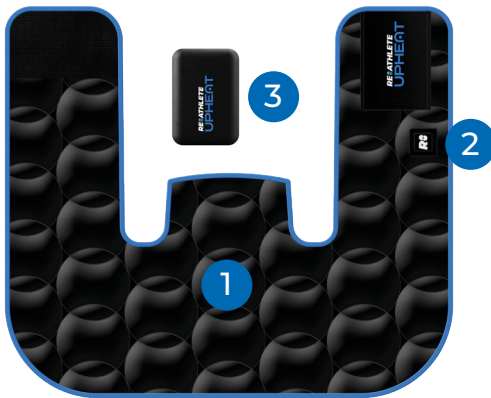
# Thank you for purchasing the UPHEAT!

We are excited for you to experience the wide range of health and wellness benefits that come with using our product.

This User Guide is intended to provide you with guidelines to ensure that the operation of this product is safe and poses no risk to the user. Using this product in a manner that does not comply with the guidelines described in this manual may void the product warranty.

Please read all directions before using the product and retain this guide for reference.

This product is intended for household use only.



- 1 Neck & Shoulder Weighted Pad
- 2 ON/OFF Button
- 3 Power Bank

## Box Contents

- Neck & Shoulder Weighted Pad
- Power Bank
- Charging Cable
- User Manual

## How to Use:

1. Be sure to fully charge the power bank before each use.
2. Once it is fully charged, insert the power bank into the battery pocket on the heating pad. Make sure the power bank sockets point outwards. Attach the power bank to the heating pad with the connection cord. Firmly press down the hook and loop fastener on the pocket to secure the power bank in its place.
3. Press **RS** for 3s to turn the heating pad on. The indicator will light

- up red. The product will shut off automatically after 6 hours of continuous non-operation.
4. Take a comfortable position and place the product properly: put it around your neck and on your shoulders with the Jade stones facing your body. We highly recommend that you put a small towel as a safeguard layer between you and the Jade stones. The stones do not need to touch your skin to be effective. Press down the hook and loop fasteners on the straps to fixate the pad.

5. Please allow 5 to 10 minutes for the Jade stones to heat up. Then adjust the temperature to your tolerance level. Press **RS** to cycle through the 3 heating levels: HIGH / MEDIUM / LOW. It is recommended that you limit the use of the pad to 20 minutes per session of continuous use for the first several weeks to see how you tolerate the heat.

Once you have become comfortable with the use of the pad, you can start using it for longer durations of continuous use. Please note that the longer the duration of the session is, the lower the heat needs to be.

6. Press **RS** for 3s to turn the heating pad off at any time. The indicator lights will go off.

---

### **Charging the Power Bank:**

To charge the power bank, remove it from the pocket, insert the charging cable pin into the designated socket in the power bank, and plug the cable into an outlet. It will take at least 10 hours for the battery to get fully charged if almost completely discharged.

### **Important Safety Notice:**

There are NO user serviceable parts in this product.

DO NOT use the product while sleeping. DO NOT place or store this appliance where it can fall or be pulled into a tub or sink.

Keep dry: DO NOT operate in a wet or moist condition.

DO NOT leave this device unattended while turned on.

NEVER operate this device if the cord or plug is damaged.

DO NOT operate the item if it is malfunctioning or.

DO NOT operate under a blanket or pillow.

DO NOT use this product in environments with high humidity or high temperature or near flammable /

explosive items or chemicals, including aerosol products or oxygen.

Keep the pad away from heated surfaces.

DO NOT use the product on persons with sensitive skin or poor blood circulation.

DO NOT crush, avoid sharp folds. Keep away from sharp/pointed objects like pins or other metallic fasteners.

DO NOT use this product directly on swollen or inflamed areas of skin or open wounds.

DO NOT use this product on an infant.

This product should NEVER be used by an individual suffering from any physical ailment that limits the user's mobility or by an individual having sensory deficiencies.

This product SHOULD NOT be used by children without adult supervision.

### **Storage:**

Allow the heating pad to cool down before folding it. Store the device in its bag in a safe, dry and cool place.

To avoid breakage, DO NOT wrap the charging cord around the device. Do not place items on top of it during storage.

### **Cleaning and Maintenance:**

The heating pad should not be washed frequently. The waterproof nylon outer cover can be wiped with a damp cloth. If it is necessary to machine-wash the pad, follow these instructions:

- Turn off the heating pad.
- Remove the power bank from the pocket.
- Use hand wash or gentle cycle ONLY.
- Use cold water (30 °C max)
- DO NOT tumble dry.
- DO NOT dry clean.
- Air dry only: lay flat or hang and dry thoroughly.
- DO NOT iron.
- DO NOT use bleach.

**NEVER WASH WITH THE POWER BANK ATTACHED.**

### **Caution:**

Do not use the device to supplement or replace any medical treatment that you are currently receiving. Please consult your physician before use if you are experiencing any unexplained pain,

already receiving medical treatment for circulation or vascular issues, or using at-home medical equipment.

**Please contact your physician before using the REATHLETE UPHEAT if you have physical health concerns or have any of the following conditions:**

- You are pregnant.
- You have a pacemaker or other medical implant.
- You are suffering from a heart or vascular disease.
- You have irregular blood pressure or are receiving treatment to normalize your blood pressure.
- You are suffering from osteoporosis.
- You are suffering from cancer.
- You are suffering from diabetes.
- You have undergone a recent surgery.
- You have concerns regarding areas of your health.

**Stop using the product immediately if you feel uncomfortable or if any abnormalities occur.**

### **Technical details:**

<b>Heating Level</b>	<b>Indicator Light</b>	<b>Temperature Level</b>
<b>HIGH</b>	<b>Red</b>	<b>122-140 °F / 50-60 °C</b>
<b>MEDIUM</b>	<b>White</b>	<b>104-122 °F / 40-50 °C</b>
<b>LOW</b>	<b>Blue</b>	<b>86-104 °F / 30-40 °C</b>

**Power Bank** 13500 MAH 12V/2A. Type-C: 5V/3A 9V/2A. USB: 5V/2.4