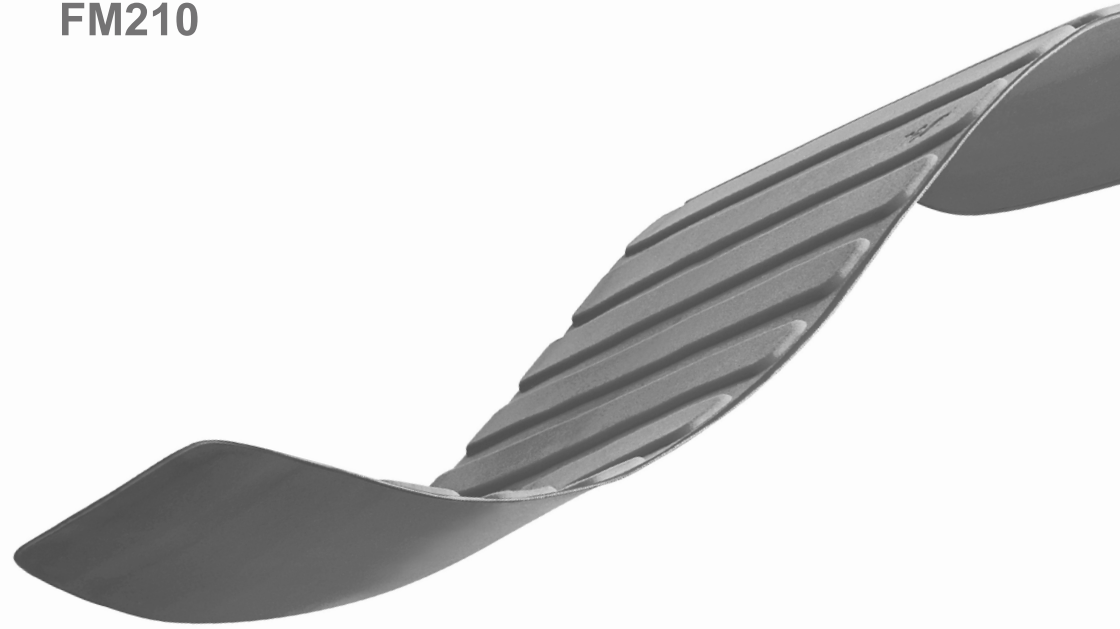


FM210



Your guide to relaxation.



www.synca-wellness.com

Welcome to your FM210.

Thank you for purchasing the SYNCA FM210 foot massager. Please read the user's manual before using the product, so that you can correctly operate the product.

The manual provides users with a safe and effective operation method. Please pay close attention to the "Important Safety Instructions". After reading the manual, please properly retain it for future reference.

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Important Safety Instructions

For household use only!

When using an electric appliance, basic precautions should always be followed, including the following: Read all instructions before using this foot massager.

DANGER: To reduce the risk of electric shock: Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

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

- 1 An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- 2 Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 3 Close supervision is necessary when this appliance is used by, on or near children, invalids, or disabled persons.
- 4 Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 5 Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- 6 Do not carry this appliance by supply cord or use cord as handle.
- 7 Keep the cord away from heated surface.
- 8 Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 9 Never drop or insert any object into any opening.

Important Safety Instructions

- 1 Do not use outdoors.
- 2 Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 3 To disconnect, turn all controls to the off position, then remove plug from outlet.
- 4 **WARNING:** Use heated surfaces carefully. May cause serious burns. Do not use over insensitive skin areas or in the presence of poor circulation. The unattended use of heat by children or incapacitated persons may be dangerous.
- 5 **WARNING:** Connect this appliance to a properly grounded outlet only. See grounding Instructions.
- 6 **WARNING:** Do not stand on or in appliance. Use only while seated.
- 7 Do not handle the plug with wet hands.
- 8 Do not operate or use the product with wet hands or body.
- 9 If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

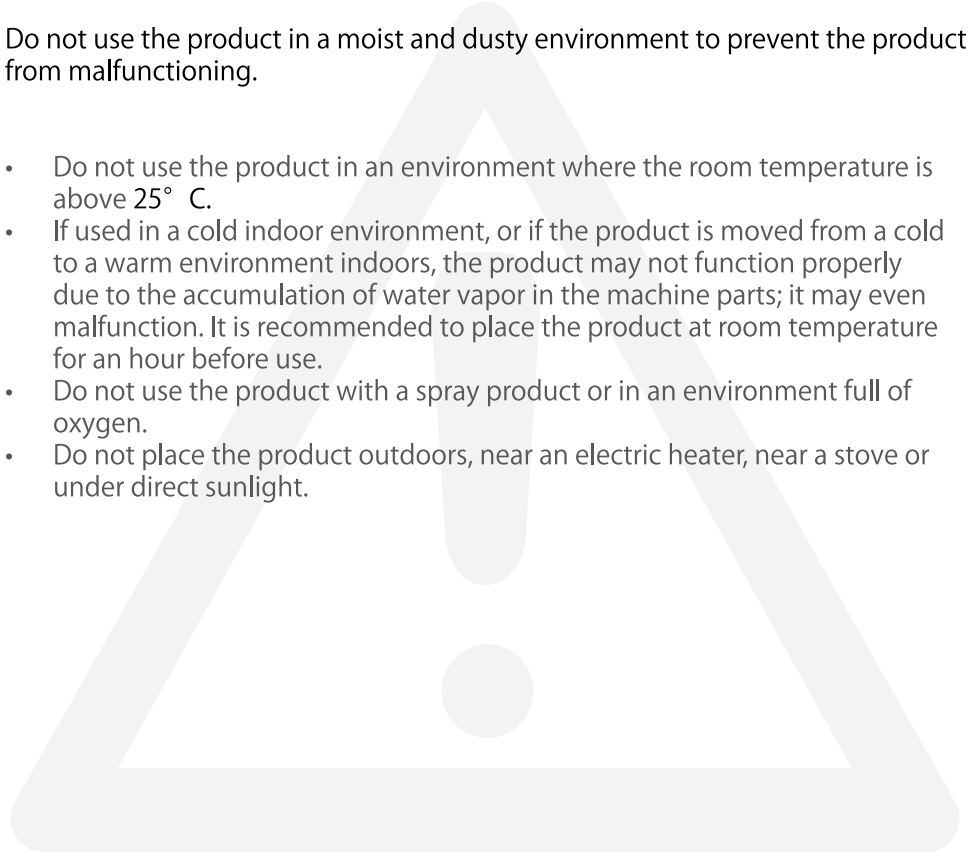


Important Safety Instructions

- Do not use the product if the cover is damaged or the machine parts are exposed, in order to avoid danger.
- Do not put your hand into gap of the cloth cover to avoid injuries when the machine is operating.
- The surface of the product can emit heat; those who are insensitive to heat should be more cautious when using the product.
- Do not use the product 1 hour before and after food intake.
- Do not fall asleep when using the product.
- Do not use the product when getting intoxicated or when not feeling well.
- The recommended maximum usage time is 15 minutes, and the maximum number of daily applications is two.
- Do not use the product concurrently with an electric blanket or equipment having curative effects.
- To prevent overheating leading to accidental electrical discharge, electric shock or harm, do not operate the product under pillows, blankets, quilts or other objects.
- Do not plug in any objects or flammables into the product as this may lead to electric shock, malfunction or fire.
- As a safety precaution, children, persons with slow movement and persons with physical or mental disabilities must be supervised by others while using the product.
- Make sure that children understand that this product is not a toy, to ensure their safety.

Usage Environment

Do not use the product in a moist and dusty environment to prevent the product from malfunctioning.

- Do not use the product in an environment where the room temperature is above 25° C.
 - If used in a cold indoor environment, or if the product is moved from a cold to a warm environment indoors, the product may not function properly due to the accumulation of water vapor in the machine parts; it may even malfunction. It is recommended to place the product at room temperature for an hour before use.
 - Do not use the product with a spray product or in an environment full of oxygen.
 - Do not place the product outdoors, near an electric heater, near a stove or under direct sunlight.
- 



People Not Suitable for the Product

If you have the following conditions, please seek a doctor's advice before using the product:

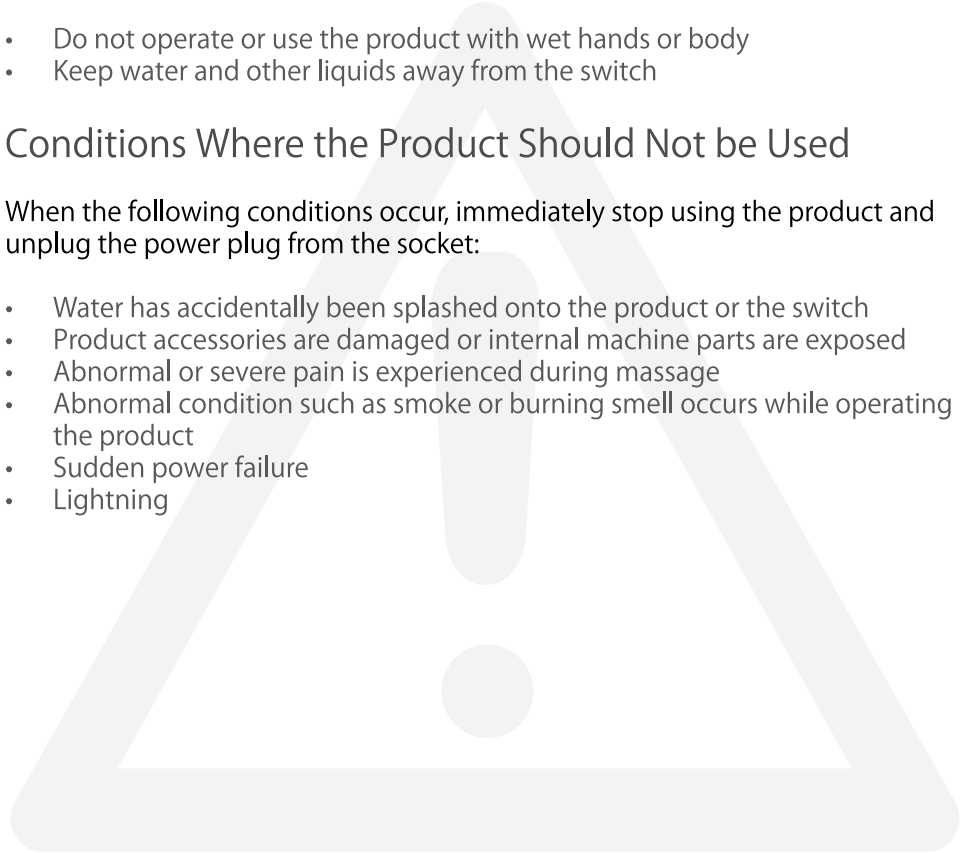
- Receiving medical treatment or not feeling well
- High blood pressure, heart disease, cerebral arteriosclerosis or cerebral thrombosis
- Malignant tumors
- Pregnant or menstruating
- Osteoporosis
- Using implanted medical electronic equipment such as cardiac pacemaker
- Acute diseases
- Under-aged

Safety Precautions for Switch

- Do not operate or use the product with wet hands or body
- Keep water and other liquids away from the switch

Conditions Where the Product Should Not be Used

When the following conditions occur, immediately stop using the product and unplug the power plug from the socket:

- Water has accidentally been splashed onto the product or the switch
 - Product accessories are damaged or internal machine parts are exposed
 - Abnormal or severe pain is experienced during massage
 - Abnormal condition such as smoke or burning smell occurs while operating the product
 - Sudden power failure
 - Lightning
- 



Power Plug and Power Cord

- Please ensure that the voltage satisfies the requirements of the product specification; this product only uses alternating current (AC).
- Do not plug in or unplug the power plug with wet hands.
- When unplugging the power plug, hold on to the plug and do not pull the power cord.
- The product has an auto timer of 15 minutes; however, please unplug the power cord after each use.
- Do not place the power cord under any object or wrap it around any object to avoid damaging the power cord.
- Do not use the product when the power cord is damaged or the power socket is loose.
- Damaged power cord must be replaced by a professional from the service center.



Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER: Improper connection of the equipment grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.



Product Features

- FM210 provides you with well-rounded massage over your lower legs, insteps and soles.
- For lower legs: The innovative massage balls at the right and left sides simulate fingers to knead the lower legs. Also, by using different levels of kneading speed and intensity in the process of up and down movement, the machine provides an in-depth and versatile massage.
- In addition, accommodating different lengths of legs, the heights of the lower leg massage are adjustable (4 options of heights are available for selection).
- For soles: The protruding points on 1 massage rollers and 2 guasha boards are used to massage all the sole reflection areas. From toes to heels, you will enjoy the fun of an invigorating massage. You may also adjust the foot angle or position on your own to give you an in-depth massage on a specific area.
- Massage programs: Three massage programs (Sleep/ Energize/ Toning) are available to provide massage for the lower legs, insteps and soles, while one additional program is available to provide massage only on sole reflection areas (kneading balls for lower legs are not activated) and massage only on leg areas.
- Heat function: FM210 provides a warm massage feeling on calf and sole sides
- The time set for each program is 15 minutes(Reflexology is 10 minutes), and the machine will automatically switch off when the set time is due.
- The cloth cover can be unzipped and removed for water-washing; please have it air-dried after washing (do not dry by heat).

Product Effects



- In-depth lower leg kneading and rolling massage on sole reflection areas help energy recovery and assuage discomfort.
- Heat program helps blood circulation and loosens tense muscles.
- Use of the machine may alleviate leg soreness and fatigue.

External Structure

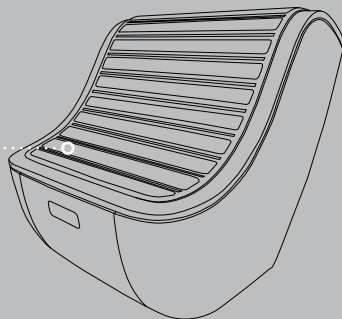
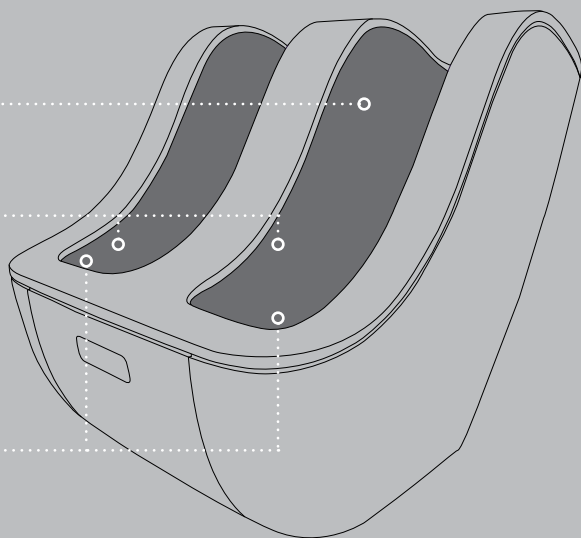
Removable & washable
nylon cloth cover

Airbags for feet and
heels

Sole massage rollers:
One unit on each side

Guasha boards:
Two units on each side

Chic Pad



External Structure

Operation control panel

Handle

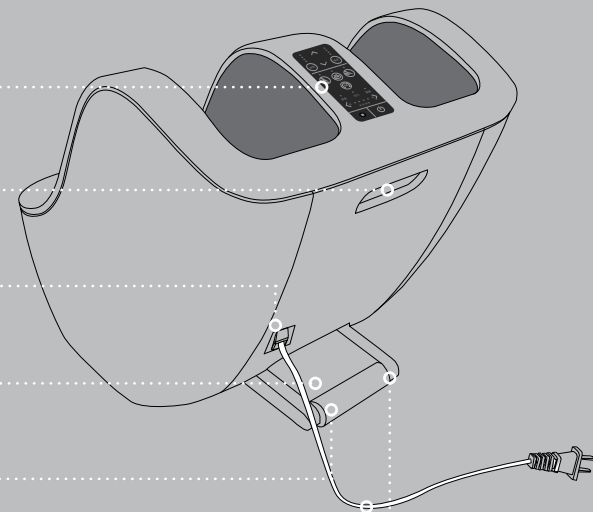
Main switch

Pedestal

Moving roller

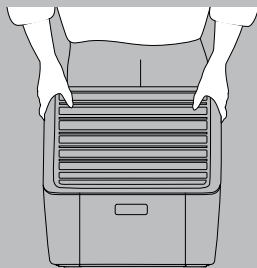
Power cord

Angle adjustment:
Adjusts between 120° and
140°

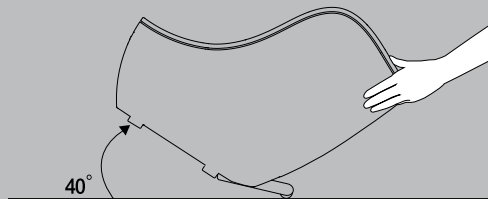


Ways to Move

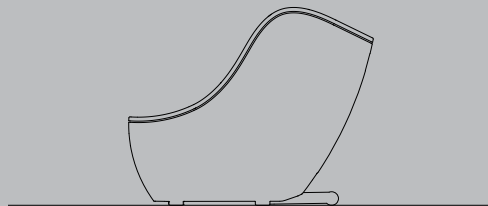
Step 1:
Hold both sides of NEST (on both sides) with both hands.



Step 2:
Slightly press the back of the upper side of the machine to raise the front pedestal for about 40 degrees.



Step 3:
After the moving rollers at the rear area of the pedestal touch the ground, you may drag to move NEST to a proper location, and then gently lower the front pedestal to re-touch the ground.

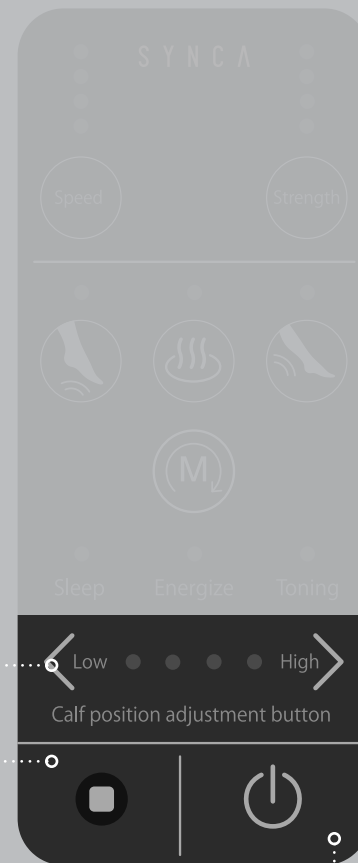


Control Panel

Calf position adjustment button:
When the machine is on, the user may adjust/select an optimal massage height according to the length of the calf. The height can be further adjusted during the massage process. (It is recommended that the highest point of the kneading ball be about 3 cm below the knee for the most comfortable massage).

Emergency button:
All operation will stop immediately.

Power button:
When the power is off, press the power button to activate the machine. When pressing the button again, the massage will stop and enter the stand-by status.



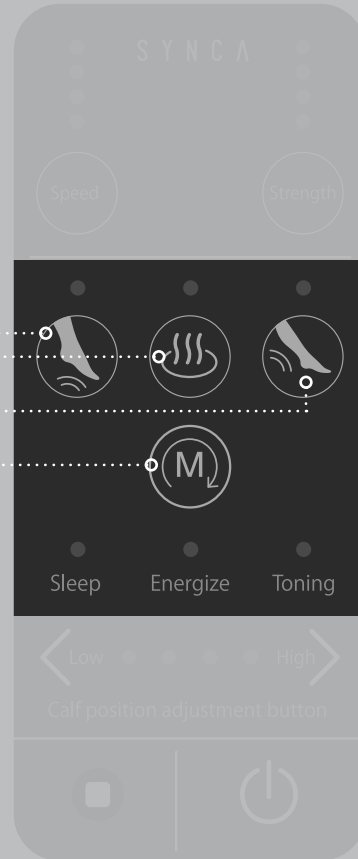
Control Panel

Reflexology massage button: Press the sole massage button to massage only the soles.

Heat button: Press the heat button to activate the heat massage when the machine is on, and press the button again to turn off the heat function.

Calf massage button: Press the calf massage button to massage only the calves.

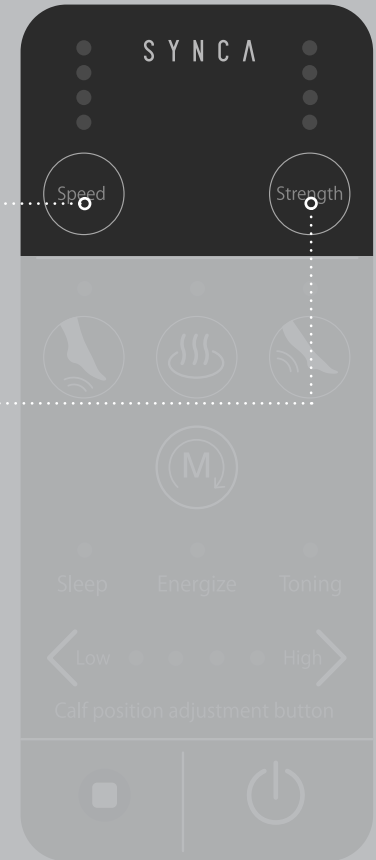
Massage button: After selecting the leg position, you may select a massage course in order of "Sleep" "Energize" "Toning". The operation is in this cycling mode.



Control Panel

Speed adjustment button: Press the speed button to adjust the massage speed required; this operation by cycling way.

Intensity adjustment button: Press the strength button to adjust the massage strength required; this operation by cycling way.



Advanced Operating Instructions

During Sleep, Energize, and Toning mode, the user can customize the speed and strength of the calf massage, depending on preference.

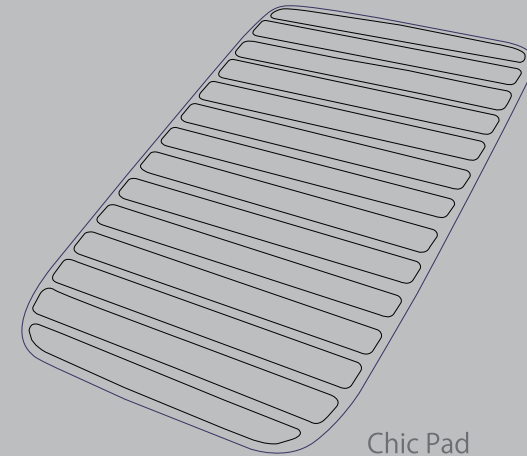
Press the calf button for 3 seconds all LED wrinkling of speed and strength the user can press the speed button & the strength button to adjust the speed and strength per individual preference. Press the calf button again or wait for 10 seconds, and then all set-up accomplished.

During Sleep, Energize, and Toning mode running, the user can customize speed and strength of **reflexology** respectively per individual preference.

Press the reflexology button for 3 seconds all LED wrinkling of speed and strength the user can press the speed button & the strength button to adjust the speed and strength per individual preference. Press the reflexology button again or wait for 10 seconds, and then all set-up accomplished.

Cleaning

- Before cleaning, ensure that the switch is turned off and the power plug is unplugged from the socket.
- Use a dry cloth to clean the product surface.
- The cloth cover can be unzipped and removed for washing; do not dry the cloth cover under high temperature after cleaning.)
- Regarding cleaning of Chic Pad, please clean by hand-washing way instead of washing machine, and then air-dry






Maintenance

- Ensure that the switch is turned off and the power plug is unplugged from the socket.
- Keep the product clean and away from highly humid locations.
- If the product will not be used for a long time, please use a dust cover (separately purchased) to cover the product to prevent dust intake.

Warning:

- Do not clean the product with corrosive cleaning agents such as benzene or diluting agents; otherwise the color of the product may fade.
- Do not use a wet cloth to clean the power switch or the breathable mesh to prevent the machine from malfunctioning.

Assembly/Repairs

- Do not attempt to disassemble or repair the product. Touching the machine parts may damage the product or cause electric shock.
 - Please only use the product for the purpose as stated in this manual; only use parts and accessories recommended by Johnson.
 - This product can only be serviced by a professional maintenance unit or personnel authorized by Johnson.
 - If the following conditions occur, do not use the product:
 - Damaged power cord or power plug, malfunction, damage from being dropped, if it has been dropped into water
 - If any of the above mentioned occurs, bring the product back to the service center for inspection or repair.
- 



Frequently Asked Questions/Solutions

In case of any of the following problems when using the product, please refer to the suggestions and solutions below. However, if the problems persist, rendering the product unusable, please unplug the product and contact the maintenance service center for help. Thank you!

Problem: Product operation cannot be started.

- Check whether the power plug is correctly plugged into the socket.
- Ensure that the power for the socket is turned on.
- Make sure the product's main power is on.

Problem: Product suddenly stops during massage.

- Check whether the power plug has been unplugged or if the power is disconnected.
- Ensure whether the keypads on the control panel have been accidentally pressed.
- The 15 minute auto timer is up.
- The overheating auto protection of the product has been activated after an excessively long massage; please switch off the product main power for at least 1 hour for the machine to cool down.
- If the problems cannot be resolved, please contact the maintenance service center.

Product Specifications

PRODUCT: Foot Massager

MODEL: FM210

RATING: 80W max

INPUT: 100-120V AC/50-60Hz

TIMER: 15 mins

