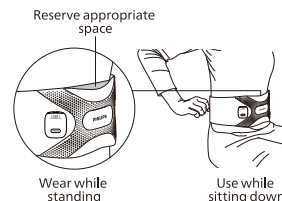
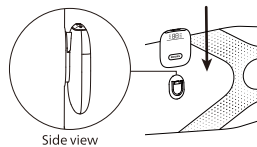



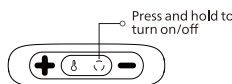
1. Insert the controller along the guide rail and  it tightly on the massager.

! Note: If the controller is not installed on the massager, is not installed in place, or is no-load for 1 minute, it will enter the standby state by default and automatically shut down after the voice prompts "Turn off massager".

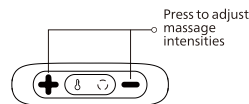
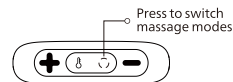


2. Place the massager around the abdomen. Due to the large massage area, appropriate space needs to be reserved when standing and wearing it. The purpose of loose tting is to leave room for movement. If it is completely tightened, it will cause discomfort when sitting down.

3. Press and hold the operation button for more than 2 seconds to turn on the massager. After power on, it will enter heating at 40°C, Mode 1 (abdominal strengthening) and intensity Level 1 by default, with a voice prompt of "Turn on massager".

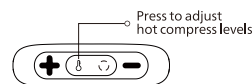


4. In the power-on state, press the operation button to switch the modes, and there are six modes to switch in turn: abdominal strengthening (M1), tapping (M2), kneading (M3), exercise (M4), massage (M5), relaxation (M6) and massage off. The screen will light up the corresponding massage mode with voice prompts.

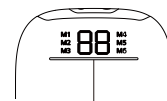
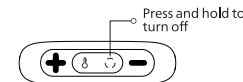



5. After selecting the massage mode, press the "+" and "-" buttons to adjust the massage intensities. The intensity increases or decreases in Level 1 to Level 16. When adjusting, the screen displays the corresponding intensity level with voice prompts.


6. Press the temperature button to adjust the hot compress levels. There are 3 levels of hot compress to switch in turn: 40°C, 45°C, 50°C and heating off. The light bar lights up in different colors corresponding to temperatures with voice prompts.

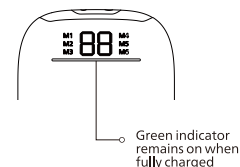


7. In the power-on state, press and hold the operation button for more than 2 seconds to turn it off with the voice prompt of "Turn off massager".



8. When the battery remaining capacity is lower than 10%, the red light bar will ash quickly for 5 seconds, with a voice prompt of "the battery power is low, please charge it in time", and the device will be powered off.

9. Insert the Type-C cable connector into the charging port at the bottom of controller for charging. During charging, the indicator light ashes green slowly. When the massager is fully charged, the green indicator remains on.



! 1. The device is set to automatically shut down after 15 minutes. Adjust the quantity and frequency of use according to the status of your waist and abdomen.

2. During exercise, the controller needs to be removed. EMS and hot compress functions cannot be used. It can be used to concentrate heat and promote sweating. After exercising, you need to start from intensity Level 1 when using the EMS function.

3. Since the skin on the abdomen is relatively sensitive, it is recommended to wear clothes when using the hot compress function at 45°C and above to prevent burns.

4. It is recommended to select intensity Level 1 and hot compress at 40°C in the initial stage. After use, the skin on your waist and abdomen may become red for a short time, which can be relieved after a period of time. If this symptom continues and cannot be relieved, please consult a surgeon.

5. In case of any skin or abdominal problems during use, please stop using this product immediately and consult a doctor.



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There may be certain differences between the content of this manual and your product. Please refer to the actual product. We reserve the right to update the product at any time without prior notice.

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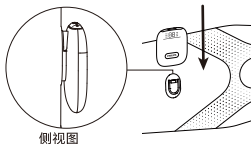
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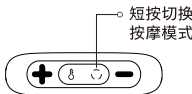
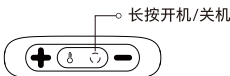
1、将控制盒插入导轨，轻轻滑入，控制盒即可紧紧固定在按摩器上。

❗提示：若控制盒未安装在按摩器或装配不到位时，且空载状态1分钟将默认进入待机状态，并语音播报“关闭按摩”后会自动关机。



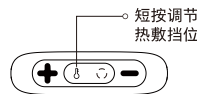
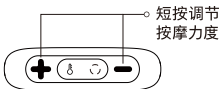
2、将按摩器套在腹部。由于按摩面积大，在站立佩戴时需预留适当的空间，悬空未贴合位置是为了留有活动空间，如果完全勒紧，在坐下使用时会有不适感。

3、长按操作键2秒以上开机。开机后，默认 40℃加热，模式1挡，力度1挡，语音播报“开启按摩”。



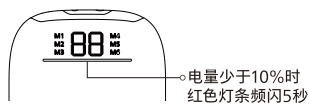
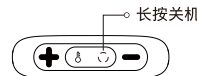
4、开机状态下，短按操作键切换模式，6种按摩模式依次循环切换：健腹（M1）、拍打（M2）、揉捏（M3）、锻炼（M4）、推拿（M5）、放松（M6）和关闭按摩，屏幕对应亮起按摩模式，每次选择伴有相应语音播报。

5、选择按摩模式后，短按力度“+”“-”键调节按摩力度，1~16挡力度递增或递减，调节时，屏幕对应亮起所选力度挡位，每次选择伴有相应语音播报。



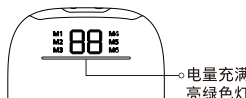
6、短按温度按键调节热敷挡位，3挡热敷挡位依次循环切换：40℃、45℃、50℃和关闭热敷，对应亮起不同颜色灯条，每次选择伴有相应语音播报。

7、在开机的状态下，长按操作键2秒以上关机，语音播报“关闭按摩”。



8、当电量少于10%时，红色灯条频闪5秒提示，同时语音播报“电池电量低，请及时充电”，机器关机。

9、将Type-C充电插头插入控制盒底部的充电孔内进行充电，充电时指示灯条呈现绿色呼吸灯状态，直至充满电常亮绿色灯。



- ❗ 1、每次使用时间是15分钟。请检查自己的腰腹状况，然后适当调整使用次数。
- 2、运动过程中，需将控制盒取下，不使用EMS和热敷功能，以聚热出汗功能使用。运动完之后，使用EMS功能需要从1挡开始。
- 3、因腹部皮肤较为敏感，如需用热敷模式，45℃及以上隔着衣服使用，谨防烫伤。
- 4、建议在刚开始使用本产品阶段采用1挡力度和热敷40℃，使用后腰腹可能短时间变红，一段时间后可自行缓解。如果这一症状持续得不到缓解，请向外科医生咨询。
- 5、如果在使用过程中皮肤或腰腹出现任何问题，请立即停止使用本产品并向医师咨询。

PHILIPS

Back and Waist
Massager

Abdominal
Massage Belt

PPM4331



Quick Start Guide