

HOMEDICS®

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Leg Exerciser



Instruction Manual

PSL-1000-GB

2 year
guarantee

READ ALL INSTRUCTIONS BEFORE USE. SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

IMPORTANT SAFEGUARDS:


WHEN USING ELECTRICAL PRODUCTS, ESPECIALLY WHEN CHILDREN ARE PRESENT, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING:


- ALWAYS unplug the appliance from the electrical outlet immediately after using and before cleaning. To disconnect, turn all controls to the 'OFF' position, then remove plug from outlet.
- NEVER leave an appliance unattended when plugged in. Unplug from the mains outlet when not in use and before putting on or taking off parts or attachments.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- DO NOT reach for an appliance that has fallen in water or other liquids. Switch off at the mains and unplug it immediately. Keep dry – DO NOT operate in wet or moist conditions.
- NEVER insert pins or other metallic fasteners into the appliance.
- Use this appliance for the intended use as described in this booklet. DO NOT use attachments not recommended by HoMedics.
- NEVER operate the 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 it to the HoMedics Service Centre for examination and repair.
- Keep cord away from heated surfaces.
- Excessive 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.
- NEVER drop or insert any object into any opening.
- 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, electrocution or injury to persons.
- DO NOT carry this appliance by the cord or use cord as a handle.
- DO NOT use outdoors.
- DO NOT crush.
- This product requires a 220-240 V AC power.
- DO NOT attempt to repair the appliance. There are no user serviceable parts. For service, send to a HoMedics Service Centre. All servicing of this appliance must be performed by authorised HoMedics service personnel only.
- Never block the air openings of the appliance or place it on a soft surface, such as a bed or couch. Keep air openings free of lint, hair etc.
- Do not place or store appliance where it can fall or be pulled into a bath or sink. Do not place in or drop into water or other liquid.
- Failure to follow the above may result in the risk of fire or injury.

SAFETY CAUTIONS:

PLEASE READ THIS SECTION CAREFULLY BEFORE USING THE APPLIANCE.

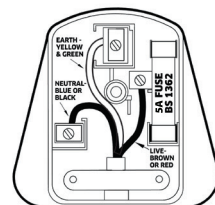
- **If you have any concerns regarding your health, consult a doctor before using this appliance.**
- Pregnant women should consult a doctor before using this appliance.
- DO NOT use on an infant, invalid or on a sleeping or unconscious person.
- This appliance should NEVER be used by any individual 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 directly on swollen or inflamed areas or skin eruptions.
- If you feel any discomfort whilst using this appliance, discontinue use and consult your doctor.
- This is a non-professional appliance, designed for personal use and intended to provide a soothing massage to worn muscles. DO NOT use as a substitute for medical attention.
- Do not use for longer than the recommended time.
- If the product feels excessively hot, switch off at mains and contact the HoMedics Service Centre.
- Please ensure that all hair, clothing and jewellery are kept clear of the mechanism or any other moving parts of the product at all times.

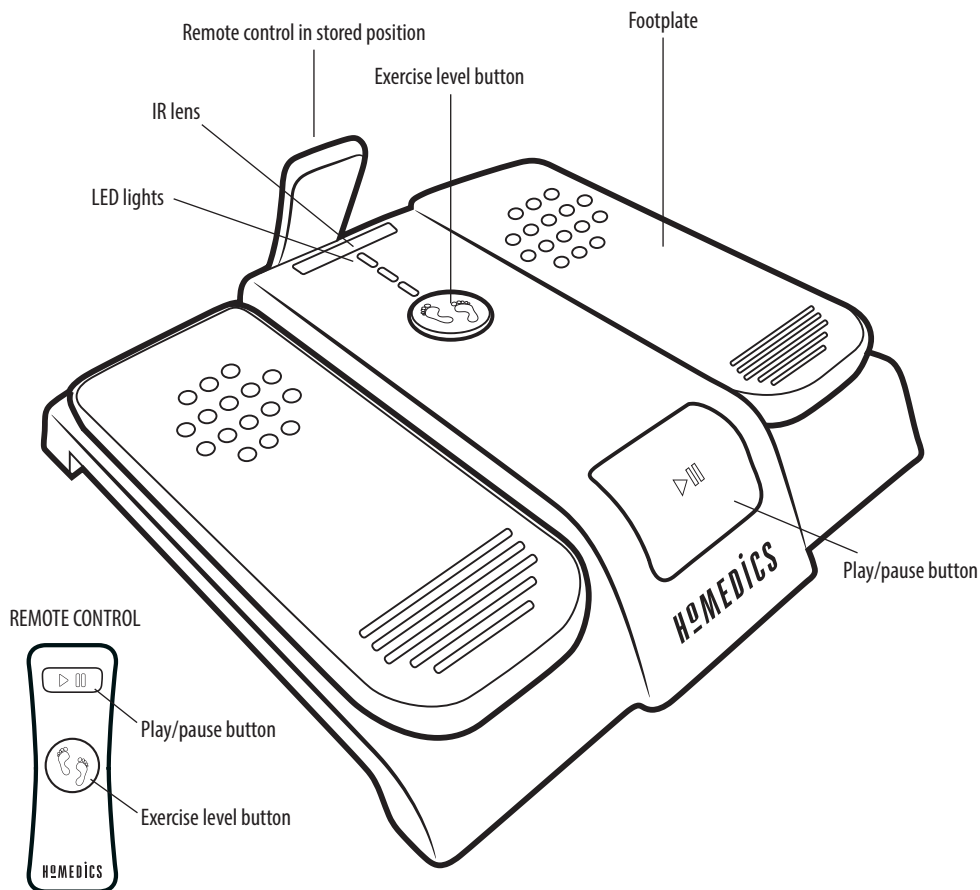
 **WEEE EXPLANATION** This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

 **BATTERY DIRECTIVE** This symbol indicates that batteries must not be disposed of in the domestic waste as they contain substances which can be damaging to the environment and health. Please dispose of batteries in designated collection points.

Plug (MODEL PSL-1000-GB)

If the plug on this appliance is damaged, it can be replaced with a BS 1363 plug, fitted with a 5A BS 1362 fuse. Only use a 5 amp fuse with this appliance. Care must be taken when changing the plug. If in doubt, contact a qualified electrician.





Congratulations on the purchase of your HoMedics Leg Exerciser.

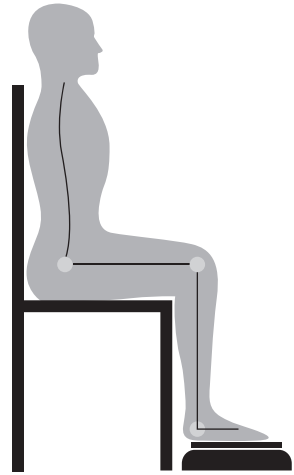
When regular exercise becomes a challenge because of age, illness, reduced mobility or disability, HoMedics Leg Exerciser provides an easy way to keep joints mobile by providing regular gentle exercise from the comfort of your own chair. While the machine moves your feet and legs for you, circulation is stimulated and swelling and discomfort can be reduced without undue stress on your joints. Three progressive distance settings allow you to select the level that is right for you and to progress gradually as mobility improves; gently getting you back to enjoying the things you love.

We recommend that you always seek the advice of your GP or other medical professional before embarking on any new exercise program. Please read the instructions before first use and always build up any new exercise routine gradually, starting with a few minutes on level 1 and building up each day.*

*UK Government recommendation is for at least 30 minutes exercise a day, 5 days a week

SETTING UP

- Remove all packaging and place the Leg Exerciser on the floor.
- Fit the batteries (2x AAA) into the cordless remote control.
- Note: When not in use, the cordless remote can be conveniently stored in the recess at the back of the Leg Exerciser.
- Plug the Leg Exerciser into the nearest convenient mains socket, ensuring that the mains cable is kept out of the way to avoid a trip hazard.
- Position the unit so that it is directly in front of a comfortable chair. An upright armchair or dining chair is ideal.
- Check your alignment: When you are sitting on the chair with your feet on the centre of the footplates, your thighs should ideally be parallel with the floor and your knees vertically above your ankles.



INSTRUCTIONS FOR USE

- Switch on at the mains socket. LED 1 on the Leg Exerciser will start flashing.
- Sit down comfortably with the Leg Exerciser directly in front of your chair. Place one foot on each footplate. (Observe the set up instructions above for correct positioning).
- Select your preferred exercise level by pressing the round button either on the main unit or on the remote control:

Level 1 (one LED) = gentlest motion (short stride)

Level 2 (two LEDs) = intermediate motion (medium stride)

Level 3 (three LEDs) = greatest motion (long stride)

If in doubt, always start on level 1 and progress gradually.

NOTE: When using the remote control, it should be pointed towards the 'IR lens' on the Leg Exerciser in order for it to pick up the signal.

- To start the motion; press the rectangular play/pause button.
- To stop the motion at any time, press the play/pause button again.
- To change the exercise level at any time, press the round button to scroll through the different levels.
- The Leg Exerciser will run for a maximum of 15 minutes before automatically going into standby (power saving) mode.

ADVICE FOR SAFE USE

- Only use the Leg Exerciser when seated. Never stand on it.
- Keep pets and children out of the way of moving parts.
- Keep loose clothing and soft furnishings out of the way of moving parts.
- The Leg Exerciser is heavy. Take care when lifting or moving it.
- If you ever experience pain during exercise, stop immediately and consult a health professional for advice.







TWO YEAR GUARANTEE

HoMedics LLC. guarantees this product from defect in material and workmanship for a period of 2 years from the date of purchase, except as noted below. This HoMedics product guarantee does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorised accessory; alteration to the product; or any other conditions whatsoever that are beyond the control of HoMedics. This guarantee is effective only if the product is purchased and operated in the UK / EU. A product that requires modification or adaptation to enable it to operate in any country other than the country for which it was designed, manufactured, approved and / or authorised, or repair of products damaged by these modifications is not covered under this guarantee. HoMedics shall not be responsible for any type of incidental, consequential or special damages.

To obtain guarantee service on your product, return the product post-paid to your local service centre along with your dated sales receipt (as proof of purchase). Please refer to 'HoMedics Service Centre' information leaflet for details of your local service centre. Upon receipt, HoMedics will repair or replace, as appropriate, your product and return it to you, post-paid. Guarantee is solely through HoMedics Service Centre. Service of this product by anyone other than the HoMedics Service Centre voids the guarantee.

This guarantee does not affect your statutory rights.

HoMedics Service Centre

HoMedics Group Ltd,
HoMedics House,
Somerhill Business Park,
Five Oak Green Road,
Tonbridge,
Kent TN11 0GP, UK.

T +44 (0) 1732 360783
e support@homedics.co.uk
www.homedics.co.uk

