

# SWING MACHINE

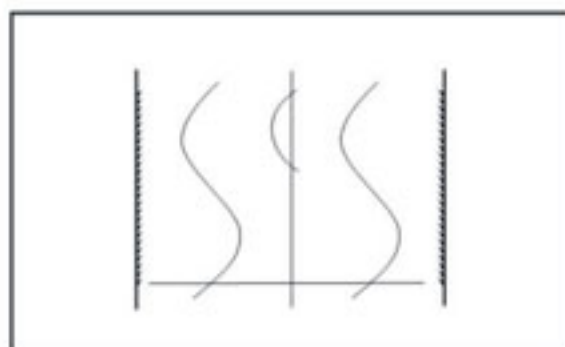
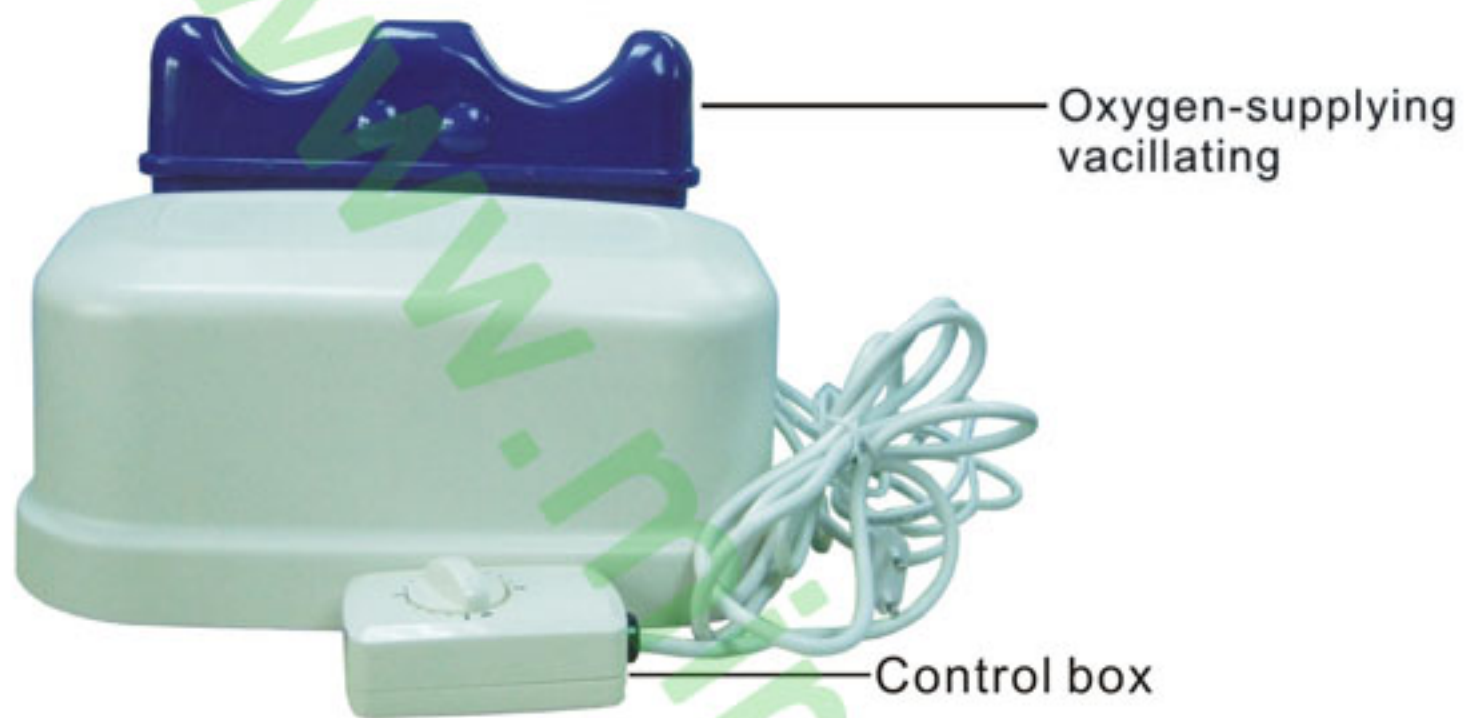
MODEL NO.: MJ-1005A

**USER MANUAL**



# WARNING

This product and information contained in this manual is not intended as a substitute for medical treatment .all exercise carries with it some elements of risk .To reduce this risk. You'd better consult your physician or doctor before using it.



Enlarged blood vessle



1. throw: about 138times/min/138cm
2. height:about 31cm

## CONTROLLER



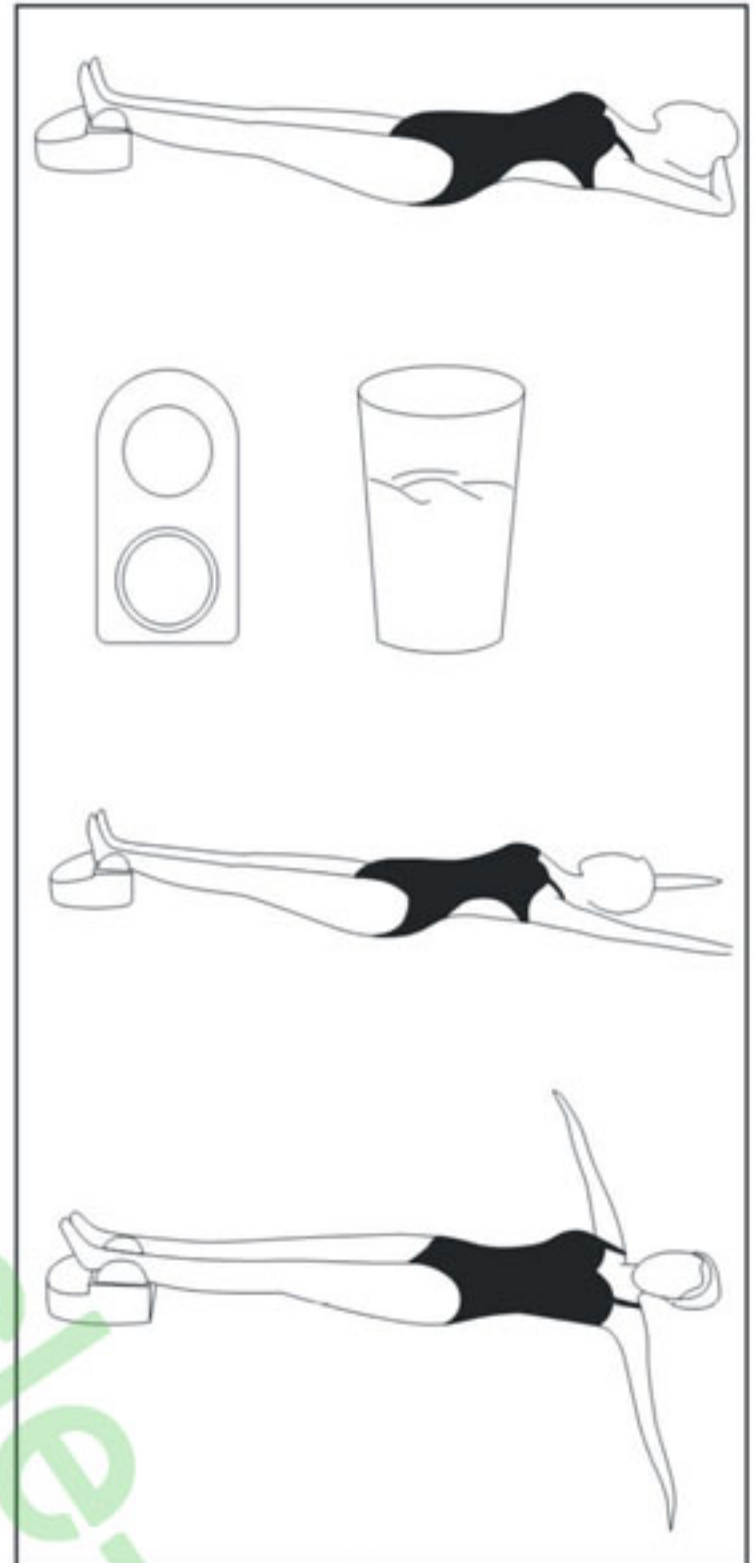
Foot massage only have one power - 2800 RpM  
Timer: 1 TO 15 minutes

Vacillating frequency	Vibrating power	Massage frequency	Ac power	weight
About 138 times/min	35W	2600 times/min	220V~60Hz	5kg

# OPERATION INSTRUCTION

## 1. Using Method

- 1) Place the machine on a flat and stable surface and insert the plug into the power.
- 2) Remove your shoes and please lay a small hand towel under the ankle if your ankle experience discomfort turning using . Drink a cup of warm water before lying down.
- 3) Place this machine so that the large par of the machine is lacing towards you body. Then place both ankles in their own separate ankle support groove and relax your whole body naturally.
- 4) When the session is finished, keep the previous position 2-3 minutes. Otherwise you will be dizzy. Then slowly lean to one side and stand up. Just at this moment, you can feel ringling throughout the whole body. Which is a signal that your blood circulation has been accelerated.
- 5) Keep lying down another 3-5 minutes after using it. After standing up, you can drink another cup of water to make up for the lost water from the body and accelerate internal circulation.



## 2. Points for Attention

- 1) The best way to use it is on a flat, stable surface. And do not use it outdoors.
- 2) If you have medical questions regarding your use of this machine, please contact your physician or doctor.
- 3) This machine should never be left unattended when plugged in. Unplug the cord from the outlet when not in use, and keep it away from the body. Don't allow children and pregnant woman to use this product.
- 4) Unconscious person must not use it.
- 5) Do not operate it under a blanket or pillow, for over-heating easily cause fire or electric shock, keep the air hole open and the machine free of lint, hair etc.
- 6) Use it only for its intended use as described in this manual. Do not use attachment not recommended by manufacture.
- 7) Do not use it if it has a damaged cord or plug, if it is not working properly or if it has dropped or immersed in water, call our customer service number listed in the back page of the manual or package.
- 8) Keep the cord away from heated surfaces.
- 9) Do not carry it by the power supplying and time cord on use the cords as a handle.

PROHIBITING



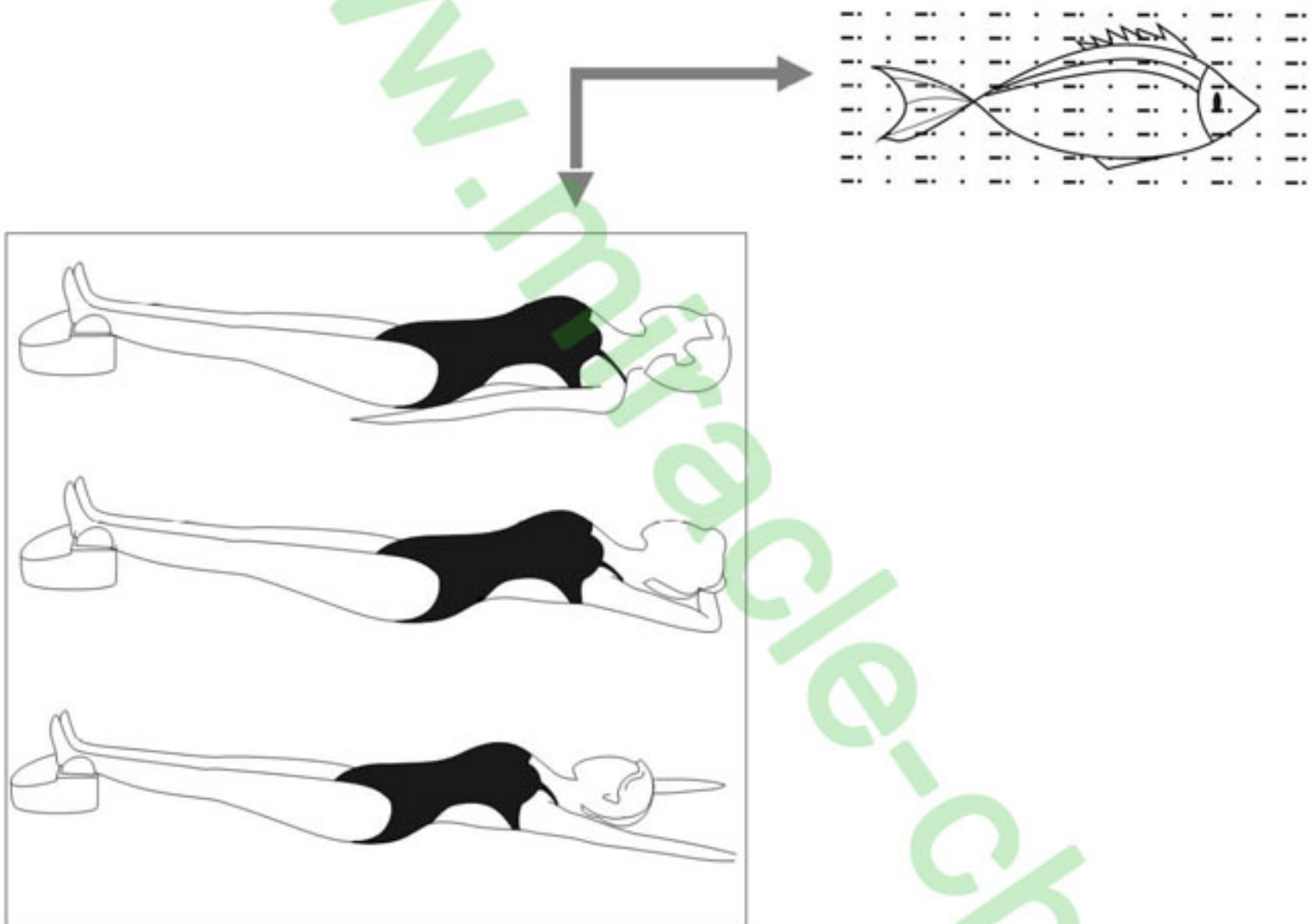
## SIX MAIN FUNCTIONS

1. To activate the cells.
2. To adjust the spine in the best way.
3. To improve the immunity and cure rate.
4. Stimulate the sympathetic nerve and improve the blood production of bone marrow cells.
5. Realize the function of practicing Qi in the viscera.
6. Balance the autonomic nerve.

## FOUR DISTINGUISHED FEATURES

1. It is a kind of exerciser of full capability without any side-effect.
2. Without any support or pressure.
3. Don't worry about any injury.
4. It's easy to operate.

This Machine instantly adjust human's spine in according with exercise like fish swimming,



1. Lie down with two palms up to the legs improve the circulation and isomnia, strengthen cardiovascular function and relieve fatigue.
2. Lie down on the back with two hand placed under the head adjust the spinal cord deformity .
3. Lie down with two arms stretched straight upwards balance nerve system, relieve mental strain and beautify your body type.

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