

GAPO



alance

USER'S GUIDE

GAPO ALANCE AIR COMPRESSION MASSAGER

-
- The safety precautions(page 4~6) are intended to protect the safety of the user and to prevent damage to property. Please read the user guide and use the product correctly.
 - Please keep the manual at a convenient place near the product.
 - All pictures and graphics shown are for illustration purpose only. Actual product may vary.

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GAPPO



Air + Balance
alance

GAPPO Alance contains the meaning of healthy spirit in the air
thus it enables you to have refreshed, cool body
and heals your body in balance.

SAFETY PRECAUTIONS

Seller or manufacturer shall not be held liable for accidents caused by failure to comply with warnings and precautions.

The purpose of the product described in this manual is as follows and do not use it for any other purpose.

- Stretching Massage Mat: Massage device to help maintain and improve flexibility of the spin
- Massage Device: Apparatus that periodically inflates sleeves (cuff) to massage legs, waist, hip and arms

MARKED INFORMATION

Symbols used for the Safety Precautions

 Warning Failure to observe this precaution could result in serious injury.	 Caution Failure to do so may result in personal injury or property damage.	 Prohibition An activity prohibition sign highlights conduct you should not commit.	 Disassembly Prohibited In any case, disassembly is prohibited.
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ELECTRIC SAFETY

Warning

 You must use a power cord that meets the specifications of each country. (Risk of electric shock and fire)	 Unplug the power plug if it is not used for a long time or if there is thunder or lightning. (Risk of electric shock and fire)	 Do not connect multiple products to one outlet at the same time. (Heat of the outlet may be increased and cause a fire.)
 Be sure to insert the power plug tight in correct position. (If the connection is unstable, it may cause a fire.)	 If there is dust on the pins of the power plug or the outlet, clean it with a dry cloth. (It may cause a fire.)	 Do not use a damaged power plug or a loose outlet. (Electric shock or fire may occur.)

 **Caution**


Be careful not to get a strong shock when carrying or storing.
[There is a risk of damage due to the shock.]



When disconnecting the power plug from the outlet, be sure to grasp the plug.
[Electric shock or fire may occur.]

WHEN USING
 **Warning**

- (1) If you use it continuously for a long time or if it is tightened too strongly, it may cause bruising or unexpected skin irritation. Please do not use more than the recommended time (twice a day, once for 30 minutes) and proper pressure (through step 1 ~8, from step 1).
- (2) If you are already receiving medical treatment, please consult with your doctor before using it.
- (3) If you have any of the following symptoms, please consult your doctor.
 - Those who with skin inflammation or scars on the areas to be used (patient with skin trouble)
 - Those who with malignant tumors in the area to be used
 - Those who have heart disease or use an implantable electronic medical device
 - Those who with arteriosclerosis or vascular diseases such as angina and myocardial infarction
 - Those who implanted artificial joints such as screws and silicone in the area to be used
 - Right after having an the operation for the varicose veins, etc.
 - Those who are old and weak
 - Suspected thrombosis
 - Those who with artificial heart or artificial organs
 - Pregnant woman
 - Those who have a spinal-related disease
 - Those who need stability
 - Those who with osteodystrophy
 - Blood pressure patients
- (4) Make sure the device should not be used by children without parents' guidance.
- (5) If you feel there is something wrong with the equipment, stop using it immediately.
- (6) If you feel something wrong with your body, please stop using immediately
- (7) Do not use the air hose towards body parts such as eyes, nose, mouth, or ears (this may injure the body).

 **Caution**

- (1) Be sure to set the pressure at step 1 and gradually adjust it to fit you.
(When using for more than 15 minutes with strong pressure, it may cause bruises on the skin depending on the user's physical condition, so be sure to adjust it to be appropriate to you.)
- (2) If you have a specific disease, please consult with your doctor.
- (3) Be careful when using it where it may be affected by strong external impact or malfunction by other electronic equipment.
- (4) Do not operate without wearing a cuff.
- (5) When opening and closing the zipper of the cuff, be careful not to get hairs, clothing, stockings, socks, etc. caught.

- (7) Be careful not to squeeze or break the air hose during use.
- (8) Please wear thin clothes before wearing the cuff.
 - **Stretching Massage Mat** : Start from the step 1 pressure when using for the first time.
 - **Leg Cuffs** : Flip the safety cover for zipper to wear it. Make sure if it is completely zipped up before use.
 - **Pelvis Cuff** : Wear correctly to fit the navel line marked. (Ribs may be damaged when worn incorrectly.)
 - **Arm Cuff** : Start from the step 1 pressure when using for the 1st time.
- (9) We strongly recommended using arm cuff in Auto mode to avoid too much pressure in S mode.

Prohibition



- (1) Do not use when drunken.
- (2) Please remove your belongings before wearing the cuff.
 - Things that can cause damage to the cuff or personal injury.
 - **Stretching Massage Mat** : Waist belt, pants pocket belongings, mobile phone, etc.
 - **Leg Cuffs** : Personal belongings in trousers and accessories such as ankle bracelets
 - **Pelvis Cuff** : Waist belt, belongings in trousers pocket, key chain, mobile phone
 - **Arm Cuff** : Watch, bracelet, ring

Warning



- (1) Keep out of the reach of children.
- (2) When reusing a device that is not in use for a while, be sure to check the cleanliness, safety, and operation of the device before use.
- (3) Do not place cuffs near stoves, cigarettes, needles, or sharp objects such as scissors. (There is a risk of damage or fire.)
- (4) Avoid contact with oil, benzene, alcohol, gasoline, drugs, etc. There is a risk of decreasing the durability of the cuff.
- (5) Do not wash the cuffs, but wipe them with a dry cloth. (If water enters the inside of the cuff, it may shorten the service life.)
- (6) Do not fold the cuff excessively or place them under a heavy object (risk of breakage).

Caution



- (1) Store it in a dry place.
- (2) Store in a safe place from temperature, humidity and air barometric pressure.
- (3) Pay attention to safety conditions such as vibration and impact.
- (4) Store unused cuffs in a clean place and do not store at low temperatures in winter.

Prohibition



- (1) Do not operate without wearing a cuff. Also, do not inject air using other equipment than the main unit. There is a risk of damage to the cuff.

WHEN STORING

COMPONENTS INFORMATION

NAME & SIZE

Basic Composition

- BLACK
- CHOCO BROWN
- IVORY



unit : mm

Other items : Not included in basic composition but available for purchase separately.

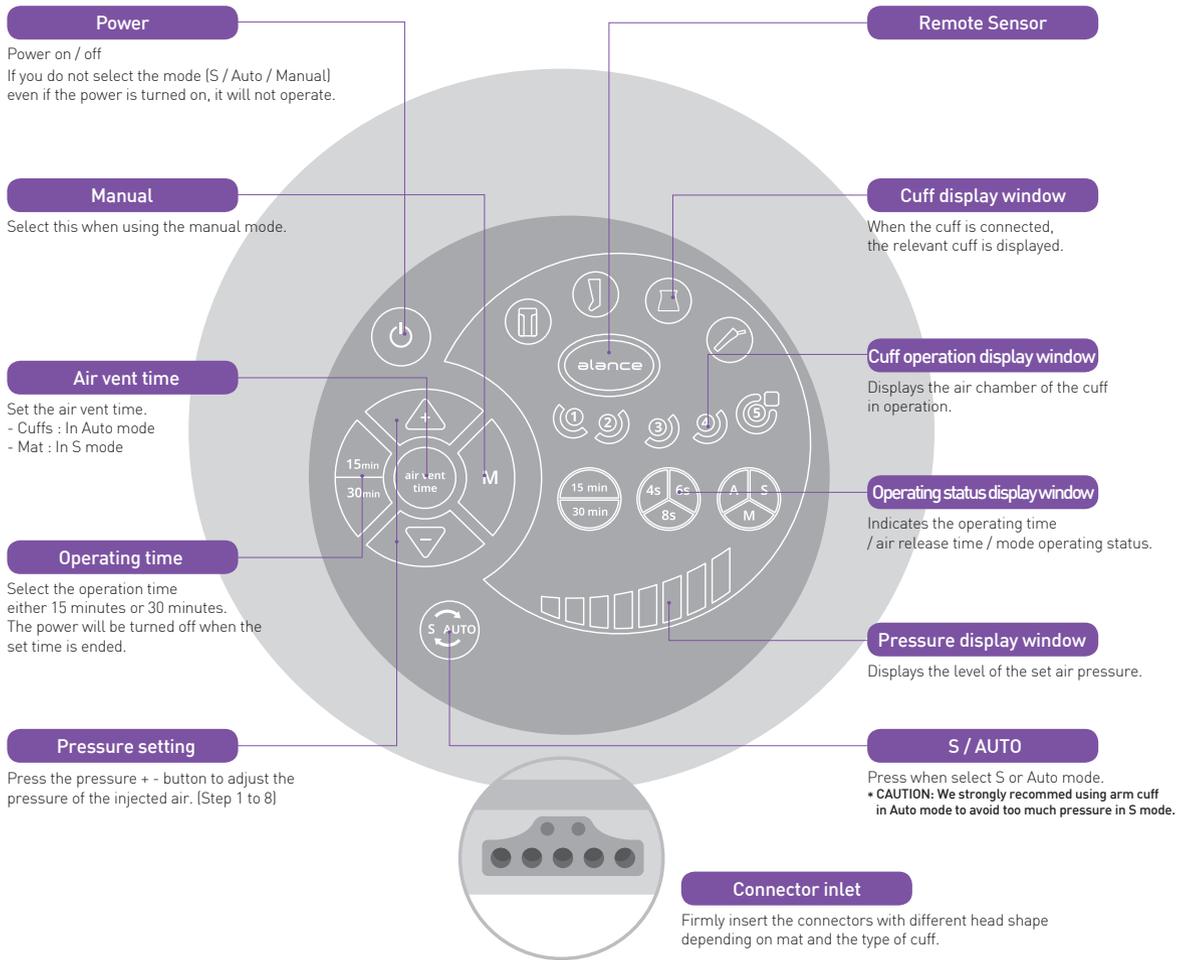


unit : mm

COMPONENT DESCRIPTION

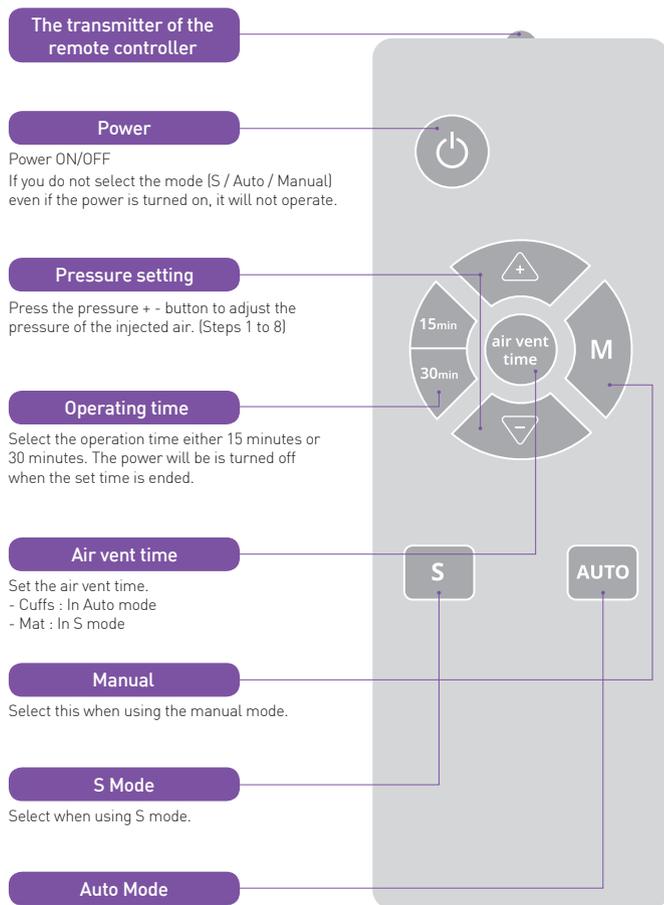
MAIN UNIT

(Name and Function)



REMOTE CONTROL

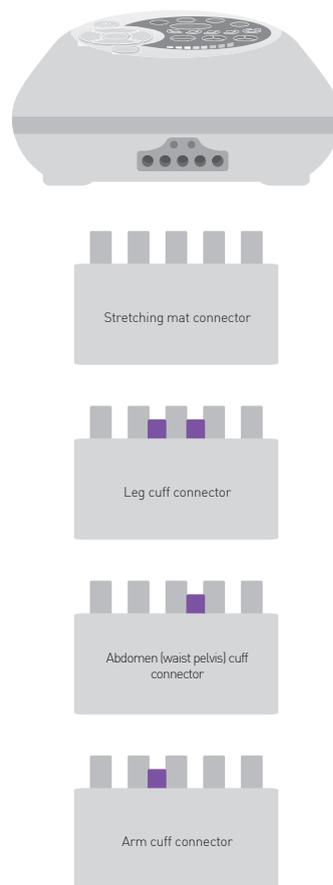
(Name and Function)



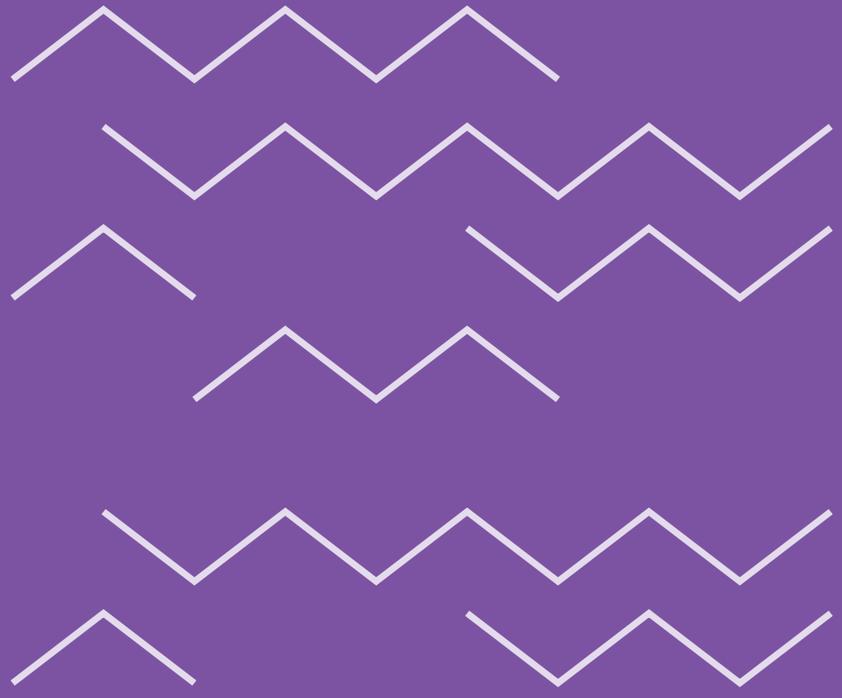
Select when using Auto Mode.
 * **CAUTION:** We strongly recommend using arm cuff in Auto mode to avoid too much pressure in S mode.

CONNECTOR

(Connector inlet and connector shape by cuff)



WE VALUE OUR BRAND FOR HEALTH DEVICES
THAT HEAL YOUR BODY WHETHER YOU ARE
HOME OR IN THE SPORTS FIELD.



USAGE

BEFORE USING Common Precautions

- (1) Be sure to use from step 1 as the pressure may be high when using the mat and cuffs.
- (2) Please tighten connector to the inlet of main unit connector. If it is loosely fitted, the air may not enter properly or work abnormally.
- (3) Do not use on the bare skin.
- (4) Please use without accessories.
- (5) When using the cuff, zip up to the end and attach the velcro tape.
- (6) Do not open the zipper while using the cuff (risk of injury).

ORDER OF USE (COMMON)

- (1) After connecting the power plug connected to the main unit to the outlet, and then please turn on the power of the main unit.
- (2) Fit the connector of the component you are using to the main connector inlet and push it fully to connect.
- (3) Check if the display light of the component you want to use is lit in the display window of the main unit.
- (4) Select a usage time (15 minutes / 30 minutes) - The default operating time is 15 minutes.
 - Pressing the operating time button again, the usage time will be increased to 30 minutes
 - The safety function automatically powers off after the operation time, so sleep during use is safe.
- (5) Select use mode (Auto/ Manual/ S)
 - **S mode** : Air inflates 5 air chambers in sequence repeatedly as programmed without deflating air completely before air inflate the next air chamber. This mode results in the most powerful massage. Air release time can be adjusted by pressing "air vent time" button.
 - **Manual mode** : Possible to select the only areas where you want to get a intensive massage.
 - **Auto mode** : Air inflates 5 air chambers in sequence repeatedly as programmed.
Air deflates completely before air inflate the next air chamber.
*** CAUTION: We strongly recommend using arm cuff in Auto mode to avoid too much pressure in S mode.**
- (6) Select the operating pressure (pressure level 1 to 8, use the strong ▲ / weak ▼ button)
 - When using for the first time, be sure to use from step 1, and slowly increase the pressure to suit your body.
 - Air release time will be changed automatically according to steps 1 through 8 of the pressure levels.
If you feel that the pressure is weak, you may change the air release time so that you may feel a little stronger pressure (but, it can be changed only in A mode).
 - In case of air release time, you can feel a little more pressure when set to 6 seconds than 8 seconds and 4 seconds rather than 6 seconds.
- (7) If you want to stop the operation, press the power button on the main unit or remote control.
- (8) When you remove the connector from the main unit after use, the air used for each component gradually falls out.
- (9) How to use the remote control is the same as above.

HOW TO USE AND PROGRAM CIRCULATION DIAGRAM STRETCHING MASSAGE MAT

- TIP**
- Since it starts working from the neck area (Air chamber no. 5), please lie down from your neck.
 - If both arms are raised above the head (hurray posture) when used, the massage feels better.
 - After use, if you get up sideways, not straight, you will not feel a strain on your back.
 - Put the mat on the floor.
 - Lie down and Align your neck with the neck line or waist line.
 - For the first-time users, please start with step 1.

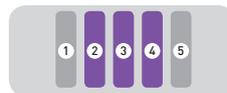


· XL : 630*1000 (4kg)

S/AUTO MODE



1. Neck



2. Waist+Back+Shoulder



3. Pelvis+ Waist



4. Waist+Back



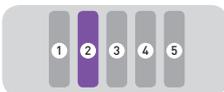
5. Back+Shoulder



6. Shoulder+Neck



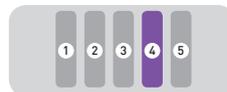
7. Pelvis



8. Waist



9. Back



10. Shoulder



1. Neck



2. Waist+Back+Shoulder



3. Pelvis+ Waist



4. Waist+Back



5. Back+Shoulder



6. Shoulder+Neck



7. Pelvis



8. Waist



9. Back



10. Shoulder

※ The above picture shows more than six levels of pressure applied to aid understanding.
When using for the first time, start with Step 1.

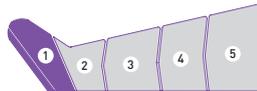
HOW TO USE AND PROGRAM CIRCULATION DIAGRAM LEG CUFF

- TIP** - When wearing a cuff, wear the logo printed part outwards and the hose part inward.
- Use it with your leg straight. You may have pain in your knees when you are using your legs bent.

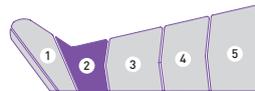


· L : 552*640*936 (1.22kg) · XL : 582*670*936 (1.25kg)
· XXL : 552*770*936 (1.27kg) · X-Long : 606*697*1068 (1.28kg)

AUTO MODE



1. Foot



2. Ankle



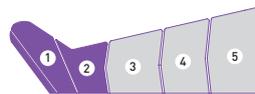
3. Calf



4. Knee



5. Thigh



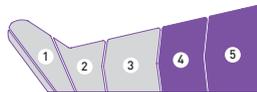
6. Foot+Ankle



7. Ankle+Calf



8. Calf+Knee



9. Knee+Thigh



10. Foot+Ankle+Calf



11. Foot+Ankle+Calf+Knee+Thigh

HOW TO USE AND PROGRAM CIRCULATION DIAGRAM PELVIS CUFF

- TIP** - When wearing a cuff, make sure that the user's belly button is positioned on the belly button line printed on the front part to receive accurate massage.
- Pressure may be applied to the chest during use if the cuff is not placed in the right position.

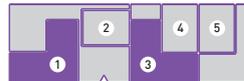


· L : 1480*500 (0.9kg)

AUTO MODE



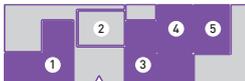
1. Abdomen+Waist



2. Pelvis



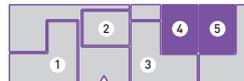
3. Pelvis



4. Pelvis+Waist



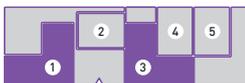
5. Pelvis+Waist



6. Waist



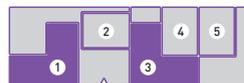
7. Abdomen+Waist



8. Pelvis



9. Pelvis+Waist



10. Pelvis



11. Pelvis+Waist

HOW TO USE AND PROGRAM CIRCULATION DIAGRAM ARM CUFF

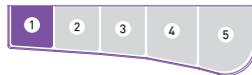
- TIP**
- When you wear the cuff, fix the back Velcro first and then adjust it with the front Velcro to match your body size.
 - Use with your arms stretched out. Or, it may cause injury if used with bent arms.
 - One cuff allows alternate use of both arms.

* CAUTION: We strongly recommend using arm cuff in Auto mode to avoid too much pressure in S mode.

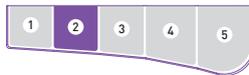


· L : 300*490*852mm [0.6kg]

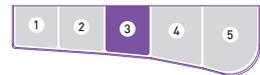
AUTO MODE



1. Hand



2. Wrist



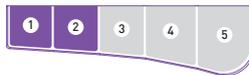
3. Elbow



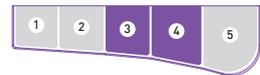
4. Forearm



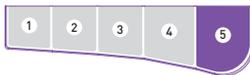
5. Upper Arm



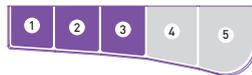
6. Hand+Wrist



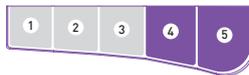
7. Elbow+Forearm



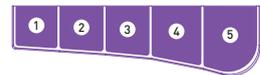
8. Upper Arm



9. Hand+Wrist+Elbow



10. Forearm+Upper Arm



11. Hand+Wrist+Elbow+
Forearm+Upper Arm

PROBLEM SOLVING & MANAGEMENT

PROBLEM SOLVING

Please check first

Operational Status	Checklist
1) When the main unit does not turn on	- Make sure that the power plug is correctly inserted into the outlet. - Make sure the power button is pressed.
2) Power is on but not working	- Disconnect the power plug, and then try connecting again to restart. - Make sure that Manual / S / Auto mode button is pressed.
3) When the noise of the main unit is disturbing	- Make sure that the place you are using is flat. - Check if there is any magnetic material around the main unit, or other objects are placed on the main unit.
4) When you hear the air leaking sound from the cuff	- Check if there is any abnormality in the cuff being used. If it is judged that there is no abnormality, try again.
5) When the cuff program does not fit	- If different types of cuff are displayed on the display window, please connect the cuff connector closer to the main unit.

CARE & KEEPING

1. After use

- Be sure to turn off the power by pressing the power button.
- Pull out the power plug.
- Please remove the cuff from the main unit.
- Keep the air hose and connecting hose not to be tangled.

2. Care

- Wipe out with a soft cloth when the main unit / cuff is polluted with sweat or dirt.
- Do not use the washing machine to clean.
- Do not disassemble the interior parts to clean as the main unit is composed of precision electronic components.
- Do not wash with thinner, benzene or alcohol.

3. Keeping

- Basically, the product should be stored indoors. Temperature and humidity conditions are as follows. (Temperature: 10 ~ 40, Humidity: 20 ~ 80)
- In case of long-term storage, separate cuff from the main unit and place them in a packaging box.
- Keep away from wet or humid places.
- Keep out of the reach of children.
- Do not wash the parts (massage device / cuff) with water, but wipe them with a soft cloth dampened with water and then dry in a shady place with good ventilation.
- Be sure to remove the power plug from the outlet before cleaning the machine and use a soft dry cloth to wipe the main unit.

Q&A

QUESTIONS AND ANSWERS

Q When is it good to use stretching massage device?

A In the morning - It helps to relaxes the stiff muscles and strengthens the back muscles.
In the evening - It helps to relieve body and muscle fatigue accumulated during the day for good sleep

Q How many times a day is it appropriate to use?

A Once or twice a day (less than 30 minutes per use).
Please rest for at least 20 to 30 minutes before operating main controller again in order to prevent overload of motor.

Q How much intensity is appropriate for use?

A If you are a first time user, please start from Step 1. and gradually increase the intensity according to your body condition. (Step 1 to 8) Please adjust the air release time according to your preference (4 seconds - strong, 6 seconds - medium, 8 seconds - weak.)

Q Can I fold the stretching mat / cuff when storing it?

A Do not fold the stretching mat more than once. Do not fold the cuff more than twice.

Q Are there any restrictions on body type (height, weight)?

A It can be used regardless of age and weight, from the height of 1m 30cm(abt.4.3 feet) or more.
You can use it by aligning your body with the neck line or waist line marked on the stretching massage mat. It is available for anyone from teenagers to adults.

Q Can I use it at bedtime?

A Yes, the auto off function (15 minutes / 30 minutes) is set so you can sleep safely.

Q What is the correct posture?

A Lie down and Align your body with the neck line or waist line marked on the stretching massage mat. Raise your arms up in hurray posture and stretch out you legs.

Q Can it be used on beds or latex mats?

A Yes. It can also be used on flat floors or a bedlike mattress.

SPECIFICATION AND CERTIFICATION

SPECIFICATION

Product Name	Alance Air Compression Massager
Model Name	GSM031 / GSM032 / GSM033
Guarantee Period	1 Year
Electricity	AC100-240V, 4A, 50W, 50/60Hz
Manufactures	GAPO LIFECARE CO.,LTD.
Place of Use	Indoor
Country of Origin	Republic of Korea
Manufactured Date	Specified with sticker label on bottom of main controller as YYYY.MM.DD format.
Certification Marks	       



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www.alance.co.kr



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