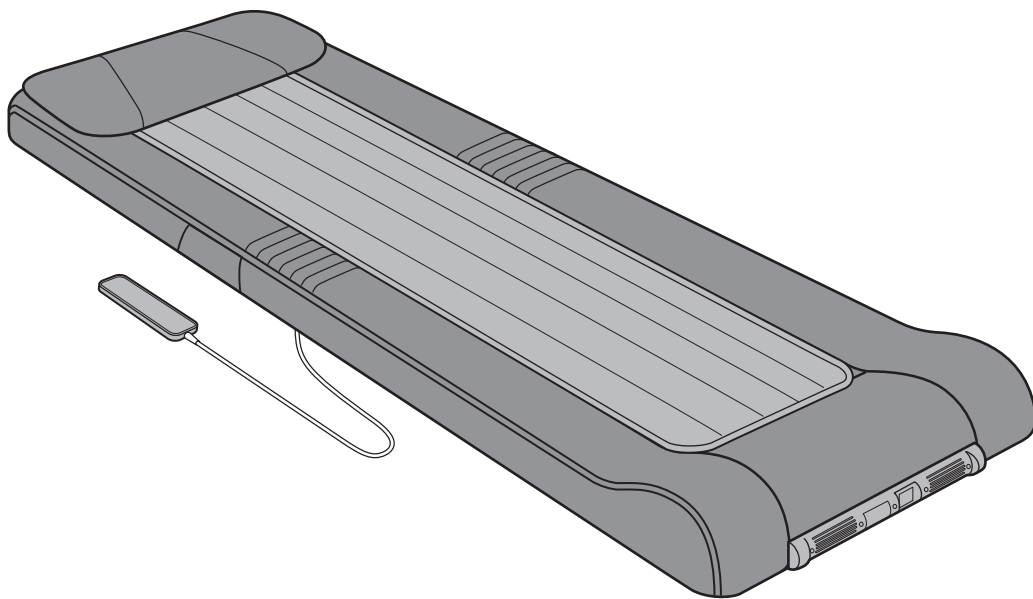


# ROLLER MASSAGER

**MT-CER-H** (Built-in Heater)

**MT-CER**

## INSTRUCTION MANUAL









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- Thank you for purchasing the ROLLER MASSAGER.
- Read the instruction manual carefully to ensure safe, proper use of your massager.
- Save this manual for later reference as needed.

## For Safety

This instruction manual and product use the following symbols to ensure proper, safe use of the product and to prevent possible injury to users and damage to property. Be sure you understand what each symbol means before reading each instruction.

Classification	 <b>WARNING</b>	Failure to heed the warning may result in death or serious injury.
	 <b>CAUTION</b>	Failure to heed the warning may result in personal injury or property damage.
Examples of symbols		The  symbol indicates a prohibited act. (In the example, do not disassemble the component.)
		The  symbol indicates a required procedure. (In the example, you must unplug the massager from the outlet.)

## WARNING

To prevent accidents or deterioration in physical condition, consult a physician in the event of any of the following:

- You are receiving medical treatment or feel that you are in poor physical condition;
- You use a heart pacemaker or any other implanted electrical medical device susceptible to electromagnetic interference;
- You have a malignant tumor;
- You have a heart disorder;
- You have a thermal-sense disorder;
- You have suffered a low-temperature burn;
- You are menstruating, in the early stages of pregnancy, or you delivered a baby recently;
- You have a perceptible disorder caused by a high-level peripheral circulation disorder due to diabetes;
- You have wounds on the skin;
- You are required to lie quietly in bed;
- You have a fever higher than 38°C;
- You have osteoporosis, a broken backbone, sprains, a pulled muscle, or any other acute disorder (sharp pain);
- You have a back disorder or scoliosis; or
- You want to use the massager on an area that has been treated medically in the past or an area with problems.







If you are concerned or anxious about using the massager for a reason not listed above, consult a specialist before using the massager. If using the massager has no effect, then consult a physician as well.

If you experience any abnormal physical condition during or after use of the massager, stop immediately and consult a physician to prevent accidents or adversely affecting your health.



Before using the massager, ensure that the surface material of the main unit and the other components have no tears. If a tear is found, then stop immediately and unplug the massager to prevent accidents, injury, or electric shock.



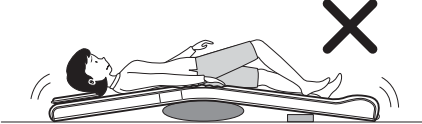






## ⚠️ WARNING

<p>When using the heater, the precautions below must be followed. Otherwise, low-temperature burns may result.</p> <ul style="list-style-type: none"> <li>• Do not use the massager after ingesting sleep medication or alcohol.</li> <li>• The appliance has a heated surface. Persons insensitive to heat must be careful when using the appliance.</li> <li>• Always use a pad or blanket before starting the massager.</li> <li>• If the massager is too hot, immediately turn off the heater.</li> <li>• Do not use the massager continuously for longer than 15 minutes.</li> </ul>	 <p>Be careful to avoid low-temperature burns.</p>
<p>Do not use the massager against a physician's advice. Doing so may cause one to feel ill.</p>	
<p>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.</p> <p>Children shall not play with the appliance to prevent accidents or personal injury.</p> <p>Cleaning and user maintenance shall not be made by children without supervision.</p>	
<p>Do not allow a child to use the massager alone or to play on the main unit to prevent accidents and possible injury.</p>	
<p>The massager must be powered only with 220-240VAC 50-60 Hz to prevent fire or electric shock.</p>	<p>Do not</p>
<p>If the power cord or plug is damaged or the plug is not securely inserted into an outlet, do not use the massager to prevent electric shock, short circuits, or fire.</p>	
<p>The cords, including the power cord, must not be damaged, broken, modified, or forcibly bent, pulled, twisted, bound, or placed near heat sources. In addition, do not pinch or place heavy objects on the cords to prevent fire or electric shock.</p>	
<p>Do not disassemble, repair, or modify the product to prevent fire, electric shock, or personal injury.</p>	 <p>Do not disassemble</p>

## ⚠️ CAUTION

<p>Before using the massager, ensure that it works properly. If you use the massager when it has not been used for some time, be sure that it operates properly and safely to prevent accidents.</p>	 <p>Inspect before use</p>
<p>Do not use the massager longer than 15 minutes at one time. Use the massager according to your physical condition (one or two times a day) to prevent muscles, skin, or the nervous system from being excessively stimulated.</p>	 <p>Caution</p>

## ⚠ CAUTION

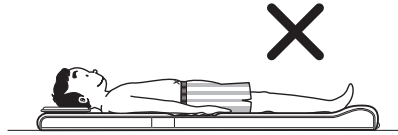
<p>Prior to becoming accustomed to the massager or if the massage is too strong, use a pad or blanket. If this does not eliminate the (acute) discomfort, stop using the massager to prevent accidents or adversely affecting your health.</p>	
<p>The massager must be used at a horizontal location without projections or obstructions to prevent accidents, failure, or damage to the massager.</p>	 <div style="text-align: right;">               Caution         </div>
<p>Fully insert the power plug into the outlet to prevent electric shock, short circuits, or fire.</p>	
<p>When unplugging the massager, hold the power plug instead of the cord to prevent electric shock, short circuits, or fire.</p>	 <div style="text-align: right;">               Handle the plug carefully         </div>
<p>When the massager is not in use, unplug it to prevent accidents, fire due to current leakage, or electric shock due to poor insulation.</p>	
<p>During a power outage, immediately unplug the massager to prevent hazards when the power is restored.</p>	
<p>In the event of any malfunction, immediately stop using the massager and unplug it to prevent electric shock or fire due to current leakage or a short circuit.</p>	<div style="text-align: right;">               Unplug the massager         </div>
<p>When maintaining the massager, be sure that it is unplugged. Do not disconnect the plug with wet hands to prevent electric shock or personal injury.</p>	
<p>Do not use a different medical device in combination with the massager to prevent accidents and injuries.</p>	
<p>Do not use heating appliances, such as an electric blanket or carpet, in combination with the massager to prevent failure and damage to the massager.</p>	
<p>Use the massager for therapeutic purposes only to prevent malfunctions and accidents.</p>	<div style="text-align: right;">               Do not         </div>
<p>The massager must not be used by more than one person at one time. Do not sit or stand on the massager or lie on your stomach on the massager during use. Use the massager with one person in the correct posture to prevent accidents, failure, or damage to the massager.</p>	

# ⚠ CAUTION

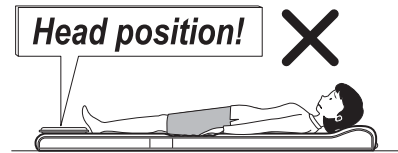
Do not use the massager after drinking or within 30 minutes after a meal to prevent accidents or adversely affecting your health.

Do not sleep while using the massager to prevent accidents or personal injury.

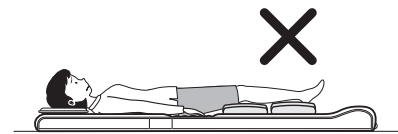
Do not use the massager when the skin is wet; doing so may result in possible damage to your skin, electric shock, or failure of the massager.



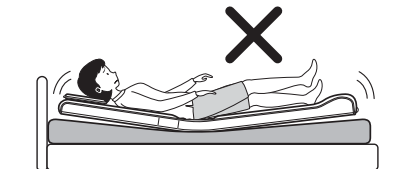
Do not reverse your body orientation; the head must be placed at the headrest and the feet at the inlet to prevent accidents.



Do not start the rollers with the weights under your body or legs. When not using the massager, do not start the rollers with the weights on to prevent failure and damage to the massager.



Do not use the massager on a mattress or any other soft material to prevent accidents, failure, or damage to the massager.



Do not bend or angle the main unit to prevent accidents, failure, or damage to the massager.



Do not ride on or place heavy objects on the massager when it is folded. Doing so may cause failure or damage to the massager.

Do not drop, step on, or pull the remote control. Do not operate the unit with wet hands to prevent electric shock, failure, or damage to the massager.

Do not allow metal, dust, or moisture to adhere to the plugs to prevent electric shock, short circuits, or fire.



## CAUTION

When the rollers are moving, do not disconnect the power or connector plug to prevent accidents, failure, or damage to the massager.



Do not

Do not use the massager in the bathroom or any other wet location to prevent electric shock and failure of the massager.



Do not use in the bathroom or other wet locations

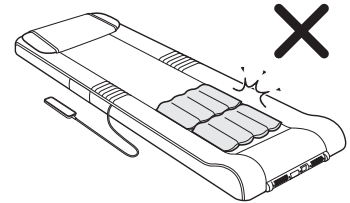
Do not expose the main unit or remote control to water to prevent electric shock and failure of the remote control.



Do not expose to moisture

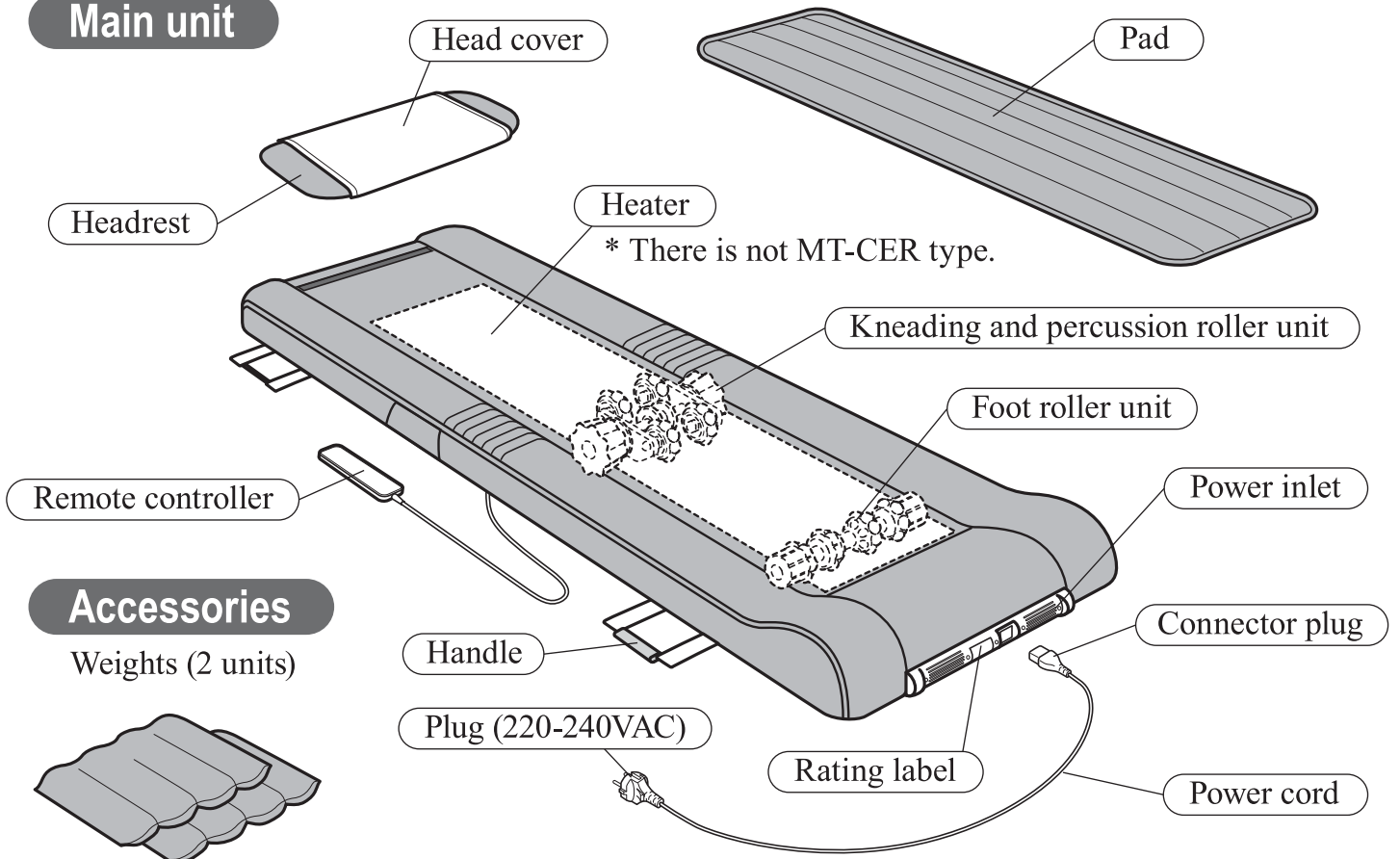
## INFORMATION

The central part of the main unit uses a thick-piled fabric. If heavy objects press against it for a long time, then the pile may remain compressed. However, this does not affect the strength or durability of the fabric; you can use the massager with no problems.



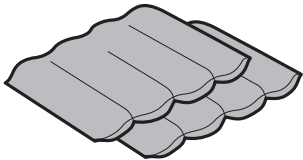
# Components of the ROLLER MASSAGER

## Main unit



## Accessories

Weights (2 units)



## Remote controller

### HEATER

\* There is not MT-CER type.

Use this button to turn the heater on and off. Select thermotherapy mode (the lamp blinks) to use only the heater. During a massage, thermal mode (the lamp stays illuminated) is active.

### AUTO

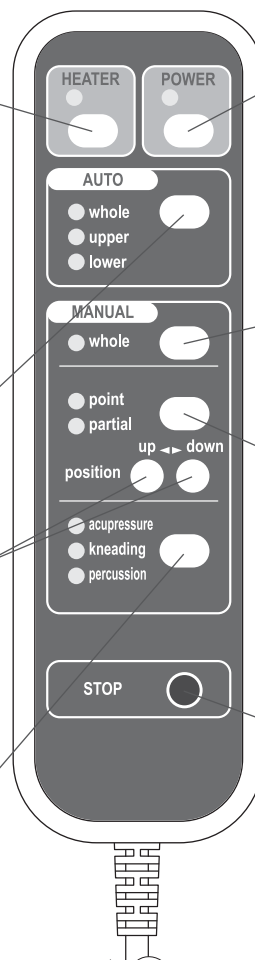
Select from among three automatic modes: Whole, Upper, and Lower.

### POSITION

Press the UP button to move the rollers toward the head, and the DOWN button to move the rollers toward the feet.

### ACTION

Select among three types of massage actions: Acupressure, Kneading, and Percussion. If automatic mode is active, the massage action cannot be changed.



### POWER

Use this button to turn the massager on and off. Use this button to discontinue the therapy and turn the massager off. The action remains stopped while the button is pressed.

### WHOLE

Have a whole-body massage or partial massages at up to three areas of the body.

### POINT/PARTIAL

Select point massage where the rollers stay in a fixed position or partial massage where the rollers make reciprocating motions with a stroke of about 12 cm.

### STOP

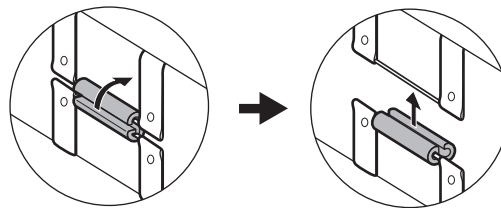
Use this button to immediately stop the action during a massage (all the lamps start blinking). Note that the safe stop function will not be cancelled until the POWER button is pressed.

# Using the Massager

\* Before using the massager, read the Safety section to ensure proper use.

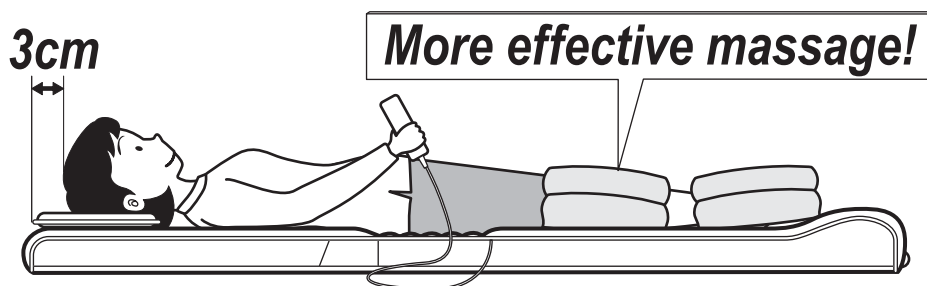
## 1. Unfolding the Main Unit

- (1) Unlock both handles. Then, unfold the main unit on a clean, flat surface.
- (2) Insert the connector plug into the inlet and the power plug into an outlet.  
(If the rollers are not located at the foot position, they will move to that position.)
- (3) Before using the massager, ensure that there are no tears on the surface material where the rollers pass under and that the massager operates properly.



## 2. Lying on Your Back on the Main Unit

- (1) Attach the head cover to the headrest. Then, place the pad and headrest on the main unit. When using the heater, prior to becoming accustomed to the main unit, or if the massage is too strong, spread the pad or blanket over the main unit.
- (2) With your head positioned about 3 cm from the top of the massager, relax your body and lie comfortably in the center of the main unit.
- (3) Place the weights on your knees and feet to enhance the effect of the massage on your lower-body.



## 3. Using the Remote Control

- (1) Press the POWER button. (The POWER lamp stays illuminated.)
- (2) Select the desired massage mode by referring to “Having a Massage” and “Thermal Therapy.” Do not use the remote control until resting on the massager.
- (3) Change the massage mode and action by pressing the appropriate buttons.

## 4. Ending the Massage

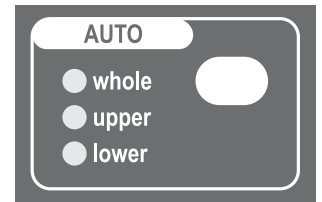
- (1) After 15 minutes, the massager automatically starts the termination process and powers off.
- (2) Press the POWER button to discontinue the massage at any time. The massager starts the termination process and powers off.



# Having a Massage

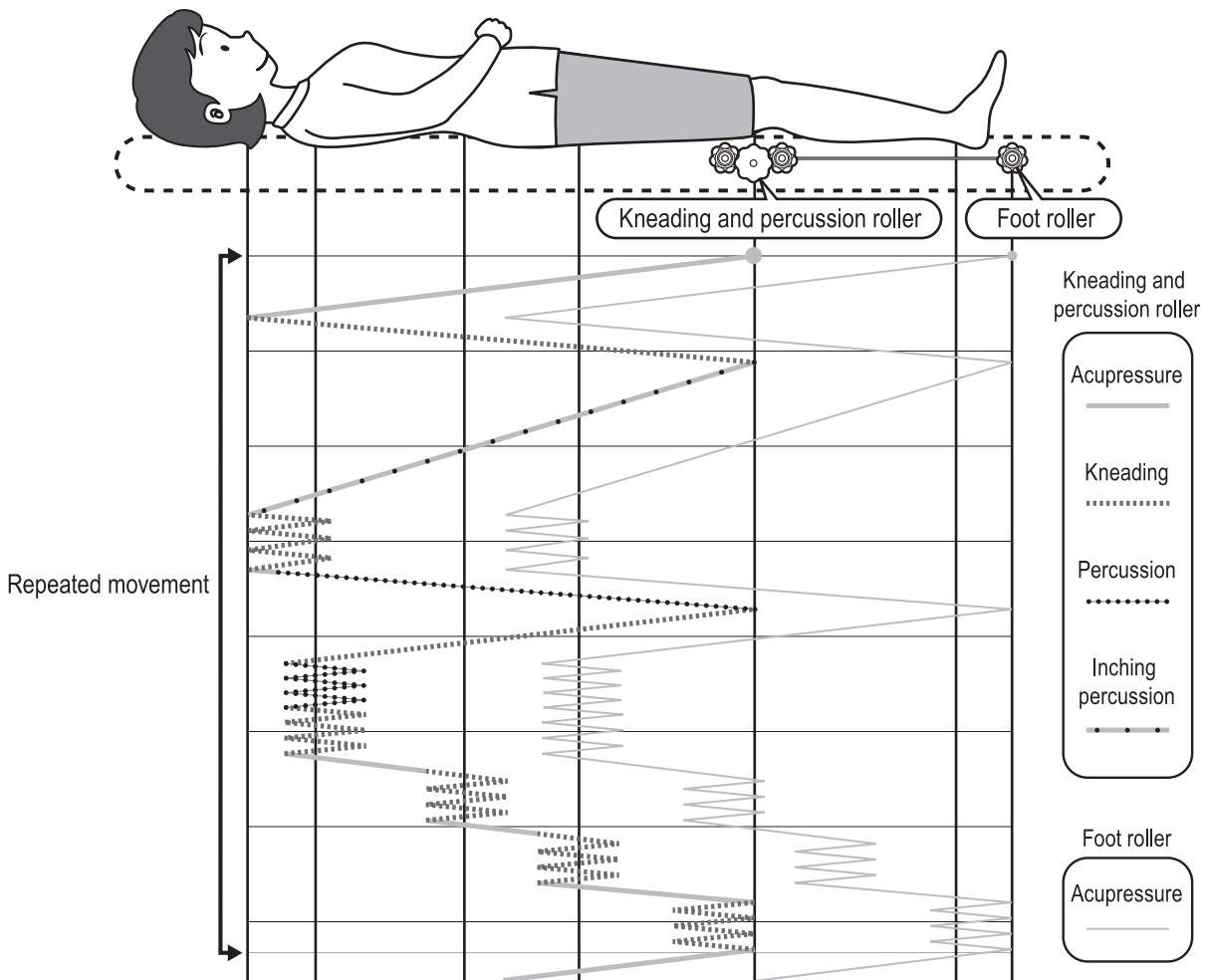
## Automatic Massage

Each automatic massage mode uses a combination of whole body and partial reciprocating motions of the rollers and kneading and percussion actions. Press the AUTO button and select from among three types of automatic massage modes: Whole, Upper, and Lower.

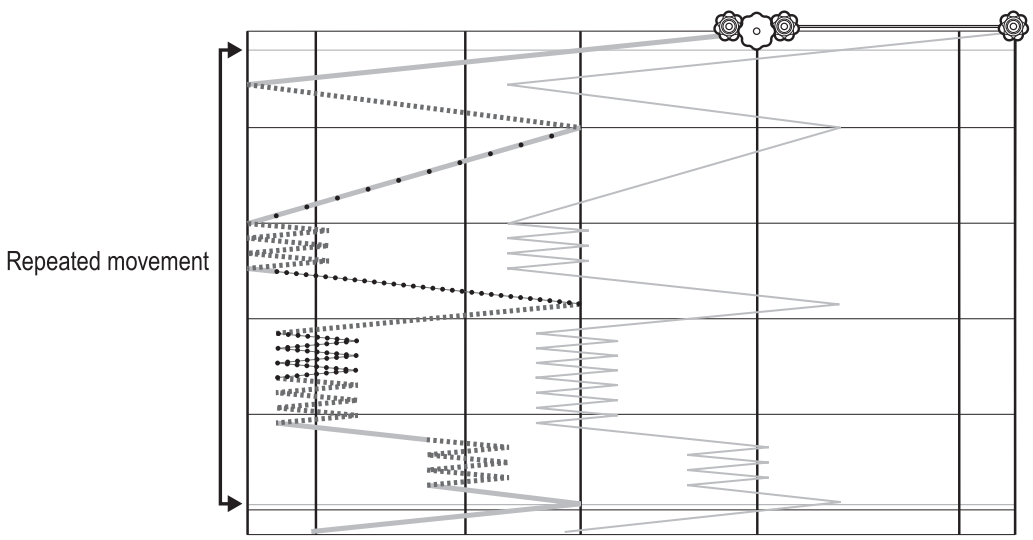


\* Each automatic massage mode is programmed to automatically turn on the heater. If heating is not needed, use the Heater button to turn it off. Each automatic massage mode is programmed to automatically change the massage action. Note that you cannot manually change the massage action.

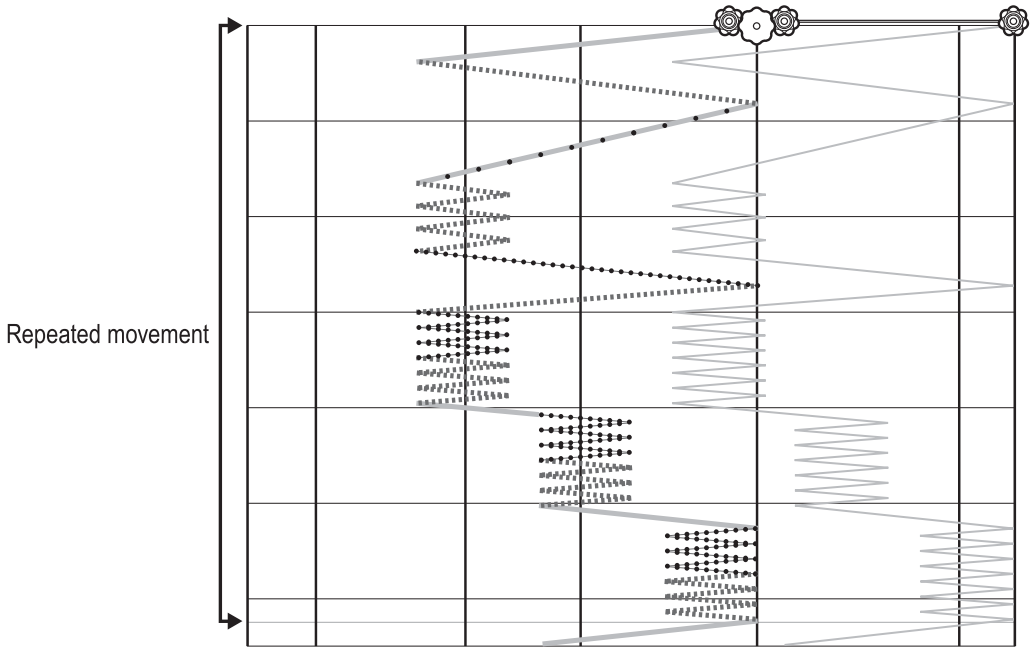
## Auto Mode Whole-body Massage



## Auto Mode Upper-body Massage



## Auto Mode Lower-body Massage



## Manual Massage

Have the desired massage by combining three types of massage actions (acupressure, kneading, and percussion) and three types of massages (whole body, partial, and point).

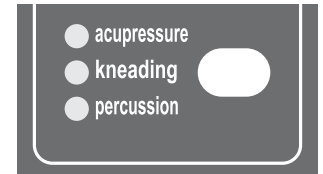
\* Each massage action is programmed to automatically turn on the heater. If heating is not needed, use the Heater button to turn it off.

### ● To select the type of massage action

Each press of the ACTION button switches the type of massage action as follows:

Acupressure → Kneading → Percussion → Acupressure → Kneading → ...

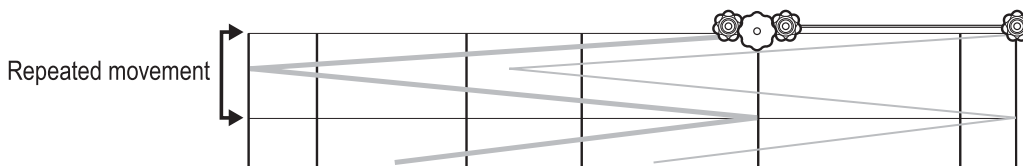
The lamp indicates the type of massage action.



### ● To select the type of massage

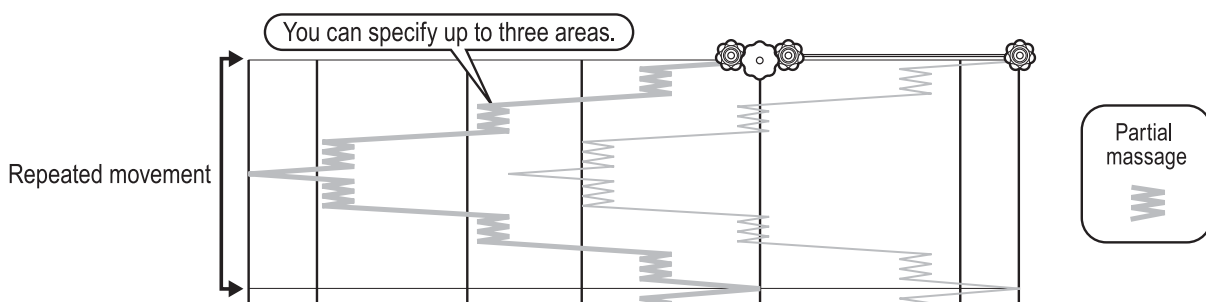
#### Whole-body Massage

Pressing the WHOLE button once provides a whole-body massage where the rollers make the reciprocating motion between the neck and ankles. (the WHOLE lamp stays illuminated.)



For an intensive massage in a certain area during a whole-body massage, press the WHOLE button when the rollers reach the appropriate area. The rollers will make three reciprocating motions with a stroke of about 12 cm with that area as the center, and then will resume the whole-body massage (The WHOLE lamp starts blinking again).

Each area specified by you is memorized by the built-in microprocessor. Each time the rollers come to the appropriate position during a whole-body massage, they will provide a partial massage.

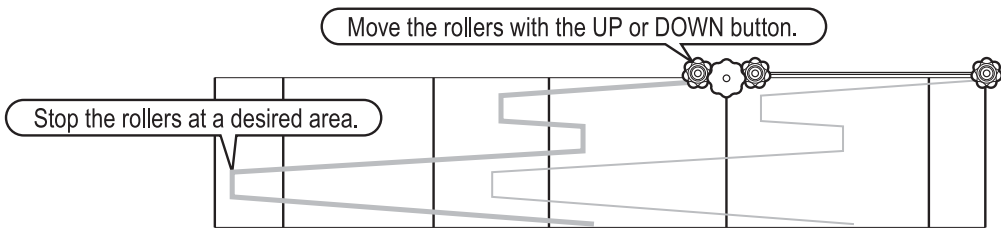


**Number of areas memorized .....** The massager can memorize up to three areas. If you specify a fourth area, the oldest area is erased from memory.

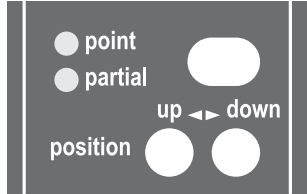
\* When having a partial massage in a specified area, you cannot specify a different area.

**To cancel the specified areas .....** Press any of the AUTO, POINT/PARTIAL, and POWER buttons, and then the WHOLE button. The memorized areas are cancelled, and the rollers will only make the reciprocating motion between the neck and the ankles.

## Point Massage

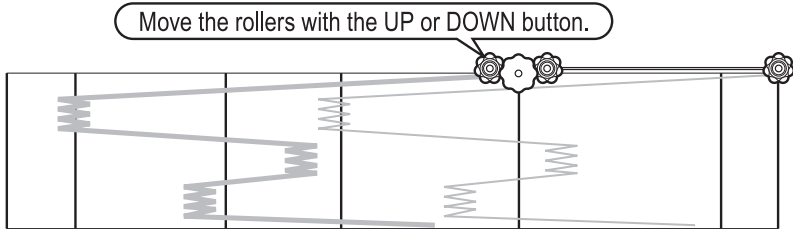


Pressing the POINT/PARTIAL button to select “POINT” stops the movement of the rollers, providing a point massage (the POINT lamp stays illuminated). To move the rollers toward the head, press and hold the UP button. To move the rollers toward the feet, press and hold the DOWN button.

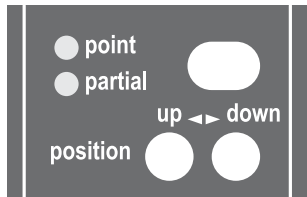


\* If you select the acupressure massage action during a point massage with the heater in thermal mode, the heater automatically switches from thermal mode to thermal therapy. If you select the kneading or percussion massage action, the heater returns to thermal mode.

## Partial Massage



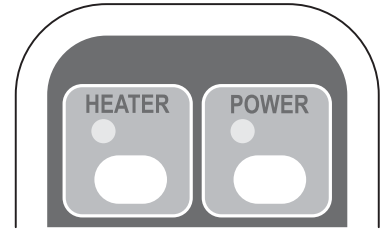
Press the POINT/PARTIAL button to select “PARTIAL.” The rollers then make reciprocating motions with a stroke of about 12 cm with that position as the center, providing a partial massage (the PARTIAL lamp stays illuminated). To adjust the massage position, press the UP or DOWN button.



\* When the UP or DOWN button is pressed and held, the rollers keep moving toward the head or the feet. When the button is released, the rollers then start a partial massage with that position as the center.

## 1. Pressing the HEATER Button

When a massage is not being given, press the HEATER button. The HEATER lamp starts blinking for the start of thermal therapy.



\* If you press any of the massage buttons during thermal therapy, the heater automatically switches to Thermal mode (the HEATER lamp stays illuminated).

### **WARNING**

Follow the precautions below when using the heater to avoid low-temperature burns.

- Do not use the heater after ingesting sleep medications or alcohol.
- Always supervise a child or someone insensitive to heat when using the heater.
- Use a pad or blanket before turning on the heater.
- If it is too hot, immediately turn off the heater.
- Do not use the heater continuously for longer than 15 minutes.



Be careful  
to avoid  
low-temperature  
burns

While the skin can normally be burned by contact with a hot material, a relatively low temperature of 40°C to 60°C may cause a low-temperature burn if the skin remains in contact with the heat source for a long time. Extra attention should be paid when using the heater.

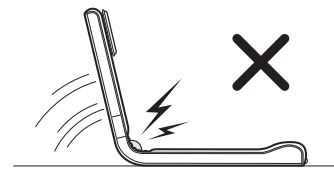
## After Using the Massager

### 1. Put Away the Cords and Fold the Main Unit

- (1) Disconnect the power and connector plug. The power cord must be put away so that it will not be lost.
  - \* In standby mode, the massager consumes a small amount of electrical power even when it is not operating.
- (2) Slowly fold the main unit with the headrest upward. The remote control must be placed inside the folded main unit.
- (3) Hook the handle to lock the main unit.

#### CAUTION

When the rollers are located around the bending portion, do not fold the main unit. When the STOP button has been pressed, be particularly careful not to do so to prevent possible failure and damage to the massager.



Do not

The massager must be folded inward, not outward to prevent failure or damage.

### 2. Carrying the Massager

Ensure that the handles are locked before carrying the massager.

#### CAUTION

The massager must be carried with the remote control inside the main unit, both handles locked, and the base portion of the remote control cord upward to prevent failure and damage.



Be careful  
when handling

Do not drop, strike, or roughly handle the main unit to prevent damage to the floor and failure and damage to the massager.



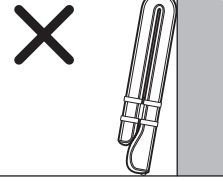
Do not

## Storing the Massager

The precautions below must be followed for proper storage of the massager.

### CAUTION

The massager must not be stored upright; doing so may result in failure or damage if the unit should fall.



Do not place heavy objects on the massager to prevent failure and damage.



Do not

To prevent accidents, damage, failure, cracking, deformation, and discoloration, the massager must not be exposed to the following:

- Direct exposure to high temperatures produced by heat sources;
- Exposure to direct sunlight for long periods of time;
- Exposure to vibration or shock; or
- Exposure to water or moisture.

## Maintaining the Massager

The precautions below must be followed to properly maintain the massager.

### • **Periodic Maintenance**

Dry the main unit and pad in the shade approximately every two weeks in a well-ventilated location away from exposure to direct sunlight.

### • **Maintaining the surface material**

After dusting the surface material, use a cloth soaked in a neutral detergent diluted with water, then squeezed tightly, to remove stains by tapping the cloth on the material.

### • **Maintaining the Remote Control**

Use a dry cloth to wipe stains. Never use a damp cloth because it may cause a malfunction.

### • **Maintaining the Head Cover**

When soiled, clean up the head cover by wash machine (40°C) or dry cleaning (petroleum), no bleaching and no high temperature iron.

### CAUTION

Never use thinner, benzine, alcohol, or other solvents or polishing powders to wipe stains; doing so may result in discoloration and damage to the massager.



Do not

Notice for WEEE directive

In accordance with the WEEE directive, whenever this product is sold in member states of the EU it must mandatorily bear the WEEE mark. When disposing of this product in an EU member state, do so in accordance with the law of that state.



## Features

### 1. Automatic Programmed Massages Available

- The kneading and percussion roller and foot roller provide programmed massages to the whole body from the neck to the ankles along the spine.
- The massager offers three types of programmed massages (Whole, Upper, and Lower) and whole-body, partial, and point massages with a manual combination of kneading and percussion actions.

### 2. Built-in Heater (\* There is not MT-CER type.)

- The built-in heater offers thermal therapy to your upper and lower back if desired.

### 3. Overuse Prevention Timer

- The timer automatically terminates the massage for safety after 15 minutes.

### 4. Safety Stop to Prevent Danger

- Pressing the STOP button immediately stops the action in an emergency.

### 5. Easy-to-carry Folding Main Unit

- The main unit folds, fitting in almost anywhere.

## Effects

### As substitutes for acupuncture and massage

- Recovering from fatigue
- Easing muscle stiffness
- Refreshing fatigued muscles
- Improving blood circulation
- Easing nerve and muscular pain

### Heating Effects (\* There is not MT-CER type.)

- Recovering from fatigue
- Easing muscle stiffness
- Refreshing fatigued muscles
- Improving blood circulation
- Easing nerve and muscular pain
- Improving the workings of the stomach and intestines



# Troubleshooting

\* While using the massager, you may hear the following noises. They are caused by the structure of the product and do not indicate a malfunction.

## Operating noises produced when the massager is in action.

- Motor gear noise
- Motor reversing noise
- Fabric rubbing sound
- Motor whirring noise during kneading action
- Clicking noise during percussion action

\* If any of the following symptoms appear, take the appropriate action shown below. If it does not correct the problem, then immediately stop using the massager and unplug it from the power source.

Symptom	Probable Cause and Remedy
1. The fabric in the center of the main unit looks white, different from the other parts.	<ul style="list-style-type: none"> <li>▪ The fabric in the central part of the main unit has longer pile. If the orientation changes from pressure, it may look white or different from the other parts. This occurs due to the property of the fabric, which does not affect the strength or durability of the massager.</li> </ul>
2. The rollers make an unusual movement.	<ul style="list-style-type: none"> <li>▪ Check to see that the remote control cord is not damaged.</li> <li>▪ If the remote control has been hit or dropped, then noise may cause a transitory malfunction. If this is the case, unplug and re-insert the plug for the massager.</li> <li>▪ Check to see that you are properly operating the remote control. The roller movement may differ according to how you press each button.</li> </ul>
3. The rollers are displaced.	<ul style="list-style-type: none"> <li>▪ Depending on the weight or build of the user, the rollers may be displaced from the position specified for partial/point acupressure. If this is the case, use the UP or DOWN button to relocate the rollers.</li> </ul>
4. The rollers do not move. 5 The heater does not work.	<ul style="list-style-type: none"> <li>▪ Check to see that the power and connector plugs are securely inserted.</li> <li>▪ If the massager has been used continuously, the temperature increase in the internal mechanism may activate the safety mechanism, automatically stopping the rollers. If this is the case, allow the massager to sit for a while, and then check whether the rollers or heater work.</li> <li>▪ When unnecessary force is applied, the rollers may stop working for reasons of safety. If this is the case, reduce the load on the rollers by lifting your body a little.</li> <li>▪ Check to see that the STOP button has not been pressed (if pressed, all lamps are blinking).</li> </ul>

Symptom	Probable Cause and Remedy
6. The power cord or plug is extremely hot. 7. The surface material where the rollers pass through is torn or damaged. 8. The power cord or plug is cracked or damaged. 9. The timer does not work. 10. The massager is broken.	<ul style="list-style-type: none"> <li>▪ Immediately stop using the massager.</li> </ul>

## Rating and Specifications

Type : Roller Massager MT-CER-H  
 Rating : 220-240VAC, 50-60Hz, 0.65A  
 Dimensions of the Main Unit : 65 (W) x 215 (L) x 11.5 cm (H) (Motor: 13.5 cm)  
 Dimensions the Main Unit When Folded : 65 (W) x 112 (L) x 23 cm (H)  
 Weight of the Main Unit : Approx. 20 kg.

Type : Roller Massager MT-CER  
 Rating : 220-240VAC, 50-60Hz, 0.4A  
 Dimensions of the Main Unit : 65 (W) x 215 (L) x 11.5 cm (H) (Motor: 13.5 cm)  
 Dimensions the Main Unit When Folded : 65 (W) x 112 (L) x 23 cm (H)  
 Weight of the Main Unit : Approx. 20 kg.

Memo

