

STRETCH REFLE Air

STRETCH REFLE AIR

Instruction Manual

⚠ Caution

This indicates that a person may suffer injury or property damage may occur if the product is used improperly.

- Do not use the product other than for its designated purpose.
- Do not use the product on parts of the body where skin is sensitive. Do not use it on the same part of the body for extended periods of time. This could cause inflammation of the skin.
- Do not use the product inside bedding.
- Do not use the product at the same time with other equipment.
- Do not throw or drop this product. A strong impact may cause the product to break or malfunction.
- Keep away from all liquids. Do not use with wet skin or clothing. This may cause an electric shock or malfunction. If the product becomes wet, remove the power cord and plug, turn the product off, wipe well with a dry cloth, and completely dry before using again.



Safety Precautions

Before using the product, be sure to read the "Safety Precautions" thoroughly and use it correctly. Also, after reading, store this manual in a secure place for future reference.

- The explanation of Warning Signs and symbols shown here are to ensure the product will be used correctly and safely and to prevent injury or damage to property.
- The precautions are as follows:

Description of warning signs		Explanation of symbols	
⚠ Warning Indicates that severe injury or death may occur if the product is handled improperly.	⚠ Caution Indicates that the User may suffer injury or property damage* will occur if the product is used improperly.	! The ! symbol indicates a mandatory action. Specific actions are mentioned in the text near the ! symbol.	⊘ The ⊘ symbol indicates prohibited actions. Specific prohibited actions are mentioned in the text near the ⊘ symbol.

*Property damage signifies consequential damages relating to homes, household goods, domestic animals or pets.

⚠ Warning

This indicates that severe injury or death may occur if the product is handled improperly.

- Before beginning any exercise program, you should always consult your physician.
- If you are currently receiving treatment from a doctor, consult with your doctor BEFORE using the product.
- If you feel ill while using this product, STOP IMMEDIATELY and be sure to consult a doctor.
- Use of this product may cause a feeling of sickness or injury. If you are currently experiencing any of the following conditions, you should consult with your doctor prior to using the product.
 - Heart problems, malignancy or any acute diseases.
 - Bone injuries (such as fractures, dislocations, muscle fragmentation) or osteoporosis.
 - Implanted medical/electronic equipment (such as a pacemaker, etc.).
 - Skin abnormalities, swelling and/or pain.
 - Spine abnormalities.
 - Pregnant or menstruating.
 - Require bed rest.

These Warnings are not limited to the above conditions. If you have any concerns about conditions other than those mentioned above, please consult with your doctor.

- Do not use the product for more than 30 minutes at a time. If you suddenly feel ill, feel that the stimulation is too strong or feel pain, STOP USING THE PRODUCT IMMEDIATELY.
- If any physical abnormality appears during or after using the product, consult a doctor IMMEDIATELY.
- Close supervision is necessary when this product is used by or near children. Keep away from infants. There is a risk that this product could result in electric shock or injuries.
- Do not disassemble, repair or modify this product. This may cause fire, electric shock or other malfunctions.
- Do not plug or unplug the product with wet hands. This may cause an electric shock or short-circuit.
- The product should be recycled or disposed of as per state and local guidelines.



Warranty and After-Sales Service

Be sure to read this.

Questions and Repairs

For questions regarding the use, repair and caring of this product, please consult NCC Corporation, Ltd.

Customer Service Center NCC Corporation, Ltd.

TEL: (877) 759-8834

Address: C/O AASI 4640 Admiralty Way, #500 Marina Del Rey, CA 90292

Email: customerservice@ncc.ne.jp

Personal information provided by customers will be used to provide information for repairs, respond to requests for advice, and send out catalogs, etc. Personal information of customers may be provided to NCC Corporation, Ltd. or its partner companies in regard to applicable products within the appropriate range of the purpose of use.

Warranty (Combined)

- After filling in "Date of Purchase" and Name of the retail store which you have purchased the item* and completely reading the details written on this document, keep the warranty in a secure place.
- The warranty period is one year from the date of purchase.

Period of Retention of Replacement Parts

- A stock of replacement parts will be kept for five years after the date of manufacture.
- Replacement parts are parts required to maintain the proper function of this product.

Parts

- If no particular request is made in regard to parts removed for the purpose of repairs, they will be kept at the company.
- When repairs are made, the company may use recycled parts that meet the company's quality standards.

When Requesting Repairs

During warranty period NCC Corporation, Ltd. will repair the product according to the warranty. Please present the warranty at the time of repair.

When the warranty period has expired In regard to repairs after the warranty period has expired, please consult NCC Corporation, Ltd. If it is repaired and can be used, you will be charged for the repair.

Repair charge system

Repair charges are comprised of a technical fee and the cost of parts.

Technical fee	A fee for repairing faulty parts
Cost of parts	The cost of parts used in repairs

Memo for your convenience

Date of purchase	Date
Store where purchased	Tel: ()

Distributor
NCC Corporation, Ltd.
Mitsui Sumitomo Kaio Nagoya Shirakawa Bldg. 10F, 2-9-15 Sakae, Naka Ward, Nagoya, 460-0008

NCC Corporation, Ltd. STRETCH REFLE AIR Warranty

Back-to-base repairs

Product name: STRETCH REFLE AIR

Name			
Customer Address	Area code	Number	Care of
Tel			
Warranty period	Main unit	1 year	* Date of purchase
			From Month Day, Year
Retail store	Address, name of store		
	Tel		

*This warranty guarantees that the product will be repaired free of charge based on the period and conditions specified in the warranty certificate. Therefore, based on this warranty, it does not restrict the legal rights of customers in relation to entities that have issued a warranty and other business operators.

NCC Corporation, Ltd.
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This warranty guarantees that the product will be repaired free of charge if it malfunctions during the warranty period despite correct use according to the details described in the instruction manual and the label affixed to the main product unit, etc.

If a malfunction occurs during the warranty period, please send this warranty certificate and the product to NCC Corporation, Ltd. and request for a repair. At the time of repair, recycled components that conform to the company's quality standards may be used.

The warranty is invalid when the rows marked with * have not been filled in. When you receive this warranty, fill in the required information. As the warranty will not be reissued, store it carefully to avoid losing it.

- Repairs will be charged for in the following cases even during the warranty period.
 - (a) Malfunction or damage resulting from improper use or improper repairs or modifications
 - (b) Malfunction or damage resulting from dropping, carrying or snipping the product after purchase
 - (c) Malfunction or damage resulting from fire, natural disasters (such as earthquakes, wind and water damage, lightning), salt, insects, gas, and abnormal voltage
 - (d) If this warranty certificate is not presented
 - (e) If the date of purchase, customer name, and name of the retail store have not been entered in this warranty certificate, or if the wording has been altered
 - (f) Malfunction or damage caused by use for a purpose other than general household use (e.g., for commercial use)
 - (g) Dirt or scratches on the main product unit due to use
 - (h) Modification and unauthorized service of the product.
- If on-site repair is carried out, travel expenses will be charged.
- If no particular request is made in regard to parts removed for the purpose of repairs, they will be kept at the company.
- This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. This warranty is valid only in U.S.A.

Repair memo	Repair date	Repair details	Staff member
Date			
Date			

Please note that customer's personal information such as the customer's name and address that has been entered in the warranty certificate may be used for service related purposes during the warranty period and subsequent safety inspection activities.

Please note that the company may provide personal information regarding customer that is required for repairs to repair companies, etc. that the company has authorized to undertake repairs, but they will strictly comply with the Personal Information Protection Law and the same personal information protection regulations as those adopted by the company.

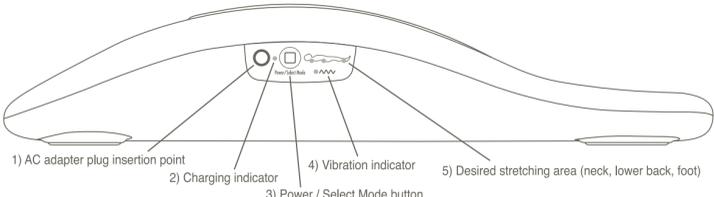
Use of the AC Adapter

- Do not use an AC adapter other than the one included with this product. This may cause a malfunction.
- The AC adapter included with this product is exclusively for use in USA. Do not use it with voltage other than 120V AC. This may cause a malfunction.
- Do not bend, pull or twist the power cord. Also, do not place the power cord where it will get pinched or cut. This may cause an electric shock, a short-circuit or a burn.
- If the power cord or plug becomes damaged, do not use it. This may cause an electric shock, a short-circuit or a burn.
- When not using the product, remove the power cord and plug from the electrical outlet.
- Do not use the included AC adapter with anything other than this product. If you use it with another product, this may cause the product to leak, overheat, burst, ignite or malfunction.

STRETCH REFLE Air

Instructions

Names of each part and usage instructions



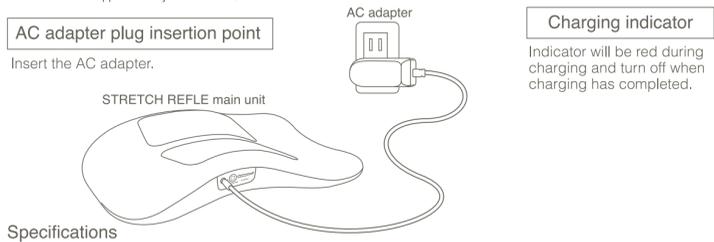
● Please check that the battery has been charged before using this product. For the charging method, please refer to the AC adapter plug outlet.

Power / Select Mode button

Press the Power / Select Mode button to select the desired stretching area and to turn vibration ON/OFF. Each time you press the Power / Select Mode button, the operating mode changes. There are 13 operating modes. The air bags will inflate to the prescribed pressure and period of time according to each mode. Operation can be stopped at any time by pressing the Power / Select Mode button for three seconds. Choose vibration or no vibration according to your preference.

NO.*	Mode	Vibration indicator	Body Part	Vibration
1	Stretching mode	On	Neck	○
2			Back	○
3			Foot	○
4	Relaxing mode	Blinking	Neck	○
5			Back	○
6			Foot	○
7	Stretching mode	On	Neck	×
8			Back	×
9			Foot	×
10	Relaxing mode	Blinking	Neck	×
11			Back	×
12			Foot	×
13	Vibration only	On		○

*The number indicates how many times you press the Power / Select Mode button to select the mode. Each mode lasts approximately 1-5 minutes.



Specifications

Power source	Alternating current 120V 60Hz	Main unit weight	approx. 2kg
Power consumption	3.5W	Length of cord	142cm
Dimensions	Length : 343mm x Width : 470mm x Height : 97.5mm	Attachments	AC adapter

Use and handling in overseas countries
This product has been designed and sold for use in USA.
It cannot be used in countries with a different power supply voltage and power supply frequency.
After-sales service, including repairs and sales of parts, will not be available overseas.



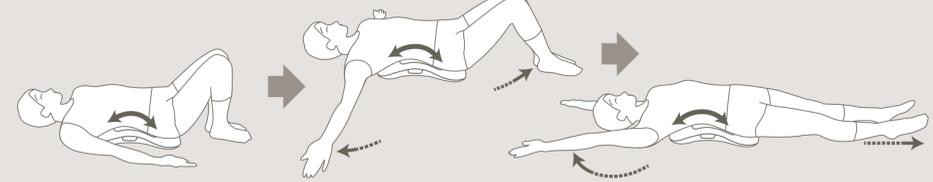
Stretch Refle Air How to stretch core muscles

While Lying Down

FOR BEGINNERS Lie down on the Stretch Refle Air keeping your knees bent. Stretch your arms by your side and relaxed while stretching.

FOR INTERMEDIATE USERS Lie down on the Stretch Refle Air. Extend your arms straight out from your shoulders keeping your knees bent.

FOR ADVANCED USERS Lie down on the Stretch Refle Air. Extend your arms over your head and straighten your legs.



Upper back stretching exercise
Lie down on the Stretch Refle Air. Make sure your shoulder blades are on the highest point of Stretch Refle Air, extending the middle of your back.

Neck stretching exercise
Lie down on the Stretch Refle Air. Make sure your neck is on the highest point of Stretch Refle Air, extending your chest.

Stretch exercise while sitting

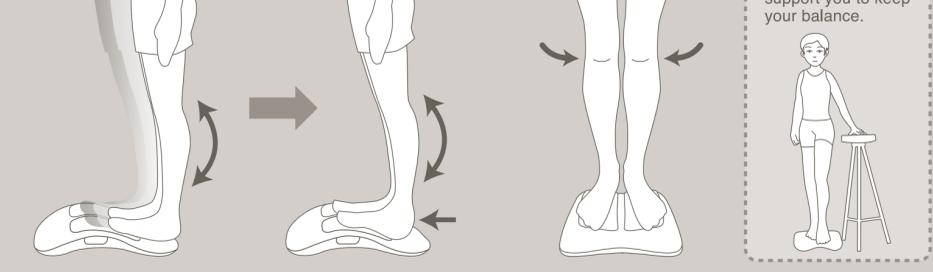
Sit on the curved end of Stretch Refle Air.

While standing

FOR BEGINNERS Stand straight on the Stretch Refle Air. For a soft stretch, stand with heels close to the edge of the Stretch Refle Air.

FOR ADVANCED USERS Stand straight on the Stretch Refle Air. For advanced stretching, stand with heels close to the airbags. It is important that your calves and toes are well extended.

Other exercises Stand on the Stretch Refle Air with your ankles and calves touching lightly.



Precautions
To prevent falling, please hold on to a wall or a chair, or have someone support you to keep your balance.

