



AIR RELAX | HAMMERZ

## Hammerz Vibration Technology

The Air Relax Hammerz is a professional grade, neuromuscular vibration massager, carefully designed with the requirements of athletes and physically active people in mind and is an ideal tool for recovery and muscle treatment to keep you fit, active and moving.

The unique 4 massage head vibration technology provides rapid pulses of pressure in a concentrated area to treat the myofascial tissue which enhances the flow of blood to different critical areas, allowing for release and subsequently improving function and range of motion. The unique professional grade design of the Hammerz enhances a person's flexibility, performance, and physical response.

The high-grade level of design ensures the massager can be used extensively and frequently to help improve performance, reduce recovery time and muscular fatigue, treat stiffness, pains and soreness and improve blood circulation and oxygen distribution to the treated areas.

**TEAM AIR RELAX**

# HAMMERZ HM-1.0



Hammerz  
Vibration



Four in one  
Massage



15 Interchangeable  
Massage Heads



Variable  
Speed Control



Industrial  
Grade Motor



Anti-slip  
Attachment



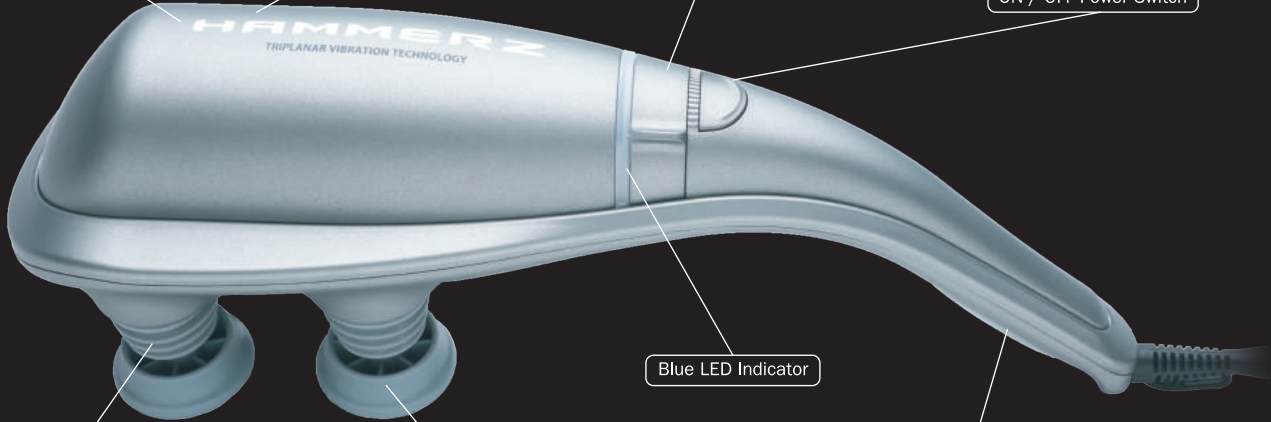
Read all instructions before using the Hammerz HM-1.0. Keep this manual near to the system for quick reference. This manual presents details required by users to prevent any danger or property loss for safe use of this system.

Industrial Grade Motor

Pulley System

Slide Speed Control

ON / OFF Power Switch



Blue LED Indicator

Anti-slip Grip

Vibration Dampener

Interchangeable Massage Head



Flat Head



Brush Head



Acupressure Head



Bullet Head



Fork Head



Round Head

## HOW TO USE THE HAMMERZ HM-1.0

- 1) Hold the Hammerz HM-1.0 firmly with two hands.
- 2) Turn on the device using the ON / OFF Power Switch.
- 3) Starting with the lowest speed, gently place the massager on the target muscle, holding it there for 10-20 seconds. This is the optimum amount of time required to relax your selected muscle.
- 4) Next slowly glide the Hammerz HM-1.0 to the next target muscle area, and hold the massager on that area for 10-20 seconds.
- 5) Repeat this method on all required areas.
- 6) Once you are familiar with the device you can slowly increase the speed and pressure to the desired level.

- **For Pre-Exercise Warm Up:**

It is recommended to use the Hammerz HM-1.0 device for 10-15 minutes before working out to assist in muscle warm up, preparation, and increase in local blood supply to the underlying tissue.

- **For Post-Exercise Recovery:**

For recovery, it is recommended to use the Hammerz HM-1.0 device for 10-20 minutes after your exercise session, as a means of releasing muscle tension and relieving soreness.

## **HOW TO CHANGE THE HAMMERZ HM-1.0 ATTACHMENT HEAD:**

The Hammerz HM-1.0 comes with a threaded attachment installed. To change the attachment head, simple turn it counter-clockwise to remove it, and clockwise to attach a new head. Excessive force should not be used for removing or replacing different head, and should not be forcibly tightened.

## **TROUBLESHOTTING:**

If too much force is applied to the Hammerz HM-1.0 device, it may stop working temporarily. Turn off the device immediately, and let it cool down for 5 minutes. Do not operate the Hammerz HM-1.0 for more than 30 minutes at a time, and allow a 5 minute “cool down” window between uses.

## WARNING

- Do not use the Hammerz HM-1.0 in any way other than the usage stated in the manual.
- For adult use only. The Hammerz HM-1.0 is not intended for use by young children or persons with reduced physical, sensory or reasoning capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction by a responsible person concerning use of the system to ensure that they can use the device safely.
- Do not allow the Hammerz HM-1.0 to be used as a toy. Close attention is necessary when used by or near children. Children should be supervised to ensure that they do not play with the Hammerz HM-1.0.
- Keep the Hammerz HM-1.0, including cords, away from children and pets.
- Cleaning and user maintenance shall not be made by children without supervision.
- Do not use the Hammerz HM-1.0 on your head, near your throat, genital, and chest areas.
- Do not get hair caught in the massage heads or any moving part on the Hammerz HM-1.0.
- Do not use the Hammerz HM-1.0 while driving a vehicle.
- Do not use the Hammerz HM-1.0 as a sexual personal massager. This is a powerful massager and may cause severe injuries.
- Use only on a dry clean surface of the body over clothing by lightly pressing and moving across the body for approximately 10-20 seconds per region.
- Use the Hammerz HM-1.0 only on the body's soft tissue as desired without producing pain or discomfort. Do not use on head or any hard or bony area of the body.



- When a power cord is damaged, the device must be removed from service and the cord replaced by an authorized service representative of the manufacture.
- Use massage heads that provide the best desired effect.
- Bruising can occur regardless of control setting or pressure applied. Check treated areas frequently and immediately stop at first sign of pain or discomfort.
- Keep fingers, hair or any other body part away from moving parts and backside of the massage heads as pinching may occur.

## **SAFETY**

- Do not use Hammerz HM-1.0 in the presence of flammable gases, including flammable anesthetics.
- Do not modify any part of the Hammerz HM-1.0.
- Do not use the Hammerz HM-1.0 on heat generating material. This may cause the device to overheat and cause malfunction or overheating.
- Do not drop, use any excessive force or place heavy weight upon the Hammerz HM-1.0. This may cause the device to malfunction and/or damage.
- To avoid the risk of electrical shock, do not open any panels on the Hammerz HM-1.0. Opening the case will void the Air Relax warranty. All maintenance tasks should be performed only by authorized service personnel.
- To avoid the risk of electrical shock, always turn off the device and disconnect the power line cord from its electrical outlet when not in use.

- To avoid the risk of electrical shock, do not use the Hammerz HM-1.0 near water, such as a kitchen, bathroom, sauna, or swimming pool.
- Do not apply heavy force to the Hammerz HM-1.0.
- The Hammerz HM-1.0 is intended for consumer home use. Commercial use will cause premature breakdown of the device.

## **CONTRAINDICATIONS**

- Do not use Hammerz HM-1.0 if you are experiencing inflammation, an infection, open wounds or bleeding at or near the site of application.
- Do not use the Hammerz HM-1.0 on sensitive skin, swollen or inflamed areas, in the presence of poor circulation, where skin eruptions are present, or in the presence of unexplained calf or abdominal pain.
- Do not use the Hammerz HM-1.0 if you are under the care of a physician or have a contraindication requiring the use of any medical device.
- Do not use during pregnancy. Pregnant women should consult their health care provider before using a massage device.
- Do not use on areas of the body with blood clots, fractures, open or healing wounds, skin infections, weakened bones (such as from osteoporosis), skin cancer or where there has been a recent surgery.

- Avoid use if you have bleeding disorders, low blood platelet counts or if you are taking blood thinning medications such as Warfarin. Consult with a physician prior to use.
- Do not use the Hammerz HM-1.0 if you have any of following conditions:

Varicose veins, osteoporosis, acute pulmonary edema, acute thrombophlebitis, acute infections, deep vein thrombosis (DVT), wounds, lesions, or tumors at or near the site of application, unconscious or sleeping person, frostbite, irritable skin conditions, recent burn, recent surgery, acute conditions requiring first aid or medical attention, severe unstable hypertension, retinal damage, epilepsy or migraines, herniated disks, spondylolosthesis, spondylol-ysis, or spondylosis, recent joint replacements or IUD's, metal pins or plates, any concerns about your physical health.

- Any direct pressure over a tumor is discouraged. Cancer patients should discuss any concerns about massage therapy with their oncologist.
- If you have a pre-existing medical condition including implants or pacemakers, consult with your physician prior to use.
- The Hammerz HM-1.0 does not constitute medical treatment and is not substitute for a medical examination or diagnosis. If you are dealing with a serious health condition check with your health care provider before using.

## MAINTENANCE AND STORAGE

- The exterior of Hammerz HM-1.0 can be cleaned with a soft, slightly damp cloth.
- The Hammerz HM-1.0 is not a waterproof device. Do not apply a direct stream of any liquid into the device, submerge the device or allow any liquid to pool on the surface of the front panel of the device.
- The surface of the massage heads can be cleaned using a soft, slightly damp cloth.
- Surface wipe only.
  
- Do not keep in extreme cold or hot temperatures below -13 °F or above +158 °F (below -25 °C or above +70 °C).
- Do not leave in a hot or freezing car.
- Do not leave the device in direct sunlight.
- Store in a cool, dry, and well-ventilated area. Optimum storage is achieved at room temperature.
  
- Device operating temperature: +50 °F to +104 °F (+10 °C to +40 °C)
- Device storage temperature: -13 °F to +158 °F (-25 °C to +70 °C)
- Relative humidity: 15 %R.H. to 90 %R.H. non-condensing
- Atmospheric pressure: 700 hPa to 1060 hPa

# WARRANTY

The HAMMERZ HM-1.0/accessories are warranted by a manufacturer, against manufacturing defects in material and workmanship for a period of one year from the date of purchase from Air Relax or an Air Relax authorized reseller. In the event of any defect occurring during the warranty period, the Manufacturer will, at its option, (a) correct the defect by repair or by replacement of applicable part or component that fails as a result of such defect, without charge for the part and labor; or (b) replace the device with one of the same or then current design. The HAMMERZ HM-1.0 includes the massage device, massage heads, and carrying pouches.

The foregoing warranty does not cover normal wear and tear or cosmetic damage, and are void if the device/accessories are not used in accordance with the User Manual, are otherwise misused or modified in any way, and or repaired by anyone other than an authorized service representative of the manufacturer. This warranty expressly excludes transportation, shipping or insurance costs, or defects, damages or failure resulting from misuse, abuse, improper or abnormal usage, or neglect.

EXCEPT AS PROVIDED ABOVE, AIR RELAX MAKES NO EXPRESS WARRANTY OR ANY IMPLIED WARRANTY, INCLUDING THOSE OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE OR USE, AND ARE LIMITED IN DURATION AS STATED ABOVE EXCEPT AS EXPRESSLY STATED ABOVE, AIR RELAX SHALL HAVE NO LIABILITY OR RESPONSIBILITY TO ITS CUSTOMERS, OR ANY OTHER PERSON OR ENTITY, WITH RESPECT TO ANY LIABILITY, LOSS OR DAMAGE CAUSED DIRECTLY OR INDIRECTLY BY USE OR PERFORMANCE OF THE PRODUCT OR ARISING OUT OF THE USE, INABILITY TO USE OR ANY BREACH OF THIS WARRANTY, INCLUDING BUT NOT LIMITED TO ANY DAMAGES RESULTING FROM INCONVENIENCE, LOSS OF TIME, PROPERTY OR INCOME, OR ANY INDIRECT, SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES OF ANY KIND.

Some countries or states do not allow the exclusion or limitations of incidentals or consequential damages, so the above limitations or exclusion may not apply to you. The warranty gives you specific legal rights, and you may also have other rights which vary from country to country or state to state. In the event of a product defect covered by the foregoing warranty during the applicable warranty period send the product to an Air Relax authorized service center, postage prepaid and insured and an indication of the nature of the defect identified.

All replacement parts and products become the property of Air Relax. New or reconditioned parts and products may be used in the performance of a warranty service. Repaired or replaced parts and products are warranted for the remainder of the original warranty period only. You will be charged to repair or replace parts and products made after the expiration of the applicable warranty periods.

## RETURN POLICY

This policy is only applicable if you are end user and you purchased the equipment directly from Air Relax or an Air Relax authorized reseller. In the unlikely event that you are not satisfied with your purchase, you may return it within (30) days of the purchase date. All returns and exchanges are subject to the conditions listed below.

1. Returns and exchanges must have a Return Merchandise Authorization (RMA) number. Obtain an RMA number by contacting Air Relax or an Air Relax authorized reseller. Returned items without an RMA will not be eligible for a credit to your account.
2. Returns must be received within 15 days of RMA issuance.
3. Product and packaging must be returned in new and undamaged condition. Any product(s) showing signs of wear or being soiled in any way will be deemed "unacceptable" and you will be so notified. Unacceptable return/or exchanges may be reshipped to you following payment of an inspection/shipping fee.
4. Returned items will be subject to a 10% restocking fee. A returned item is an item that is being sent back for a refund.
5. If you refuse delivery of your order for any reason, you will be refunded the cost of your order less the shipping fees once your item is received and inspected.
6. All partial or full refunds will be posted to the credit card used for purchase.
7. Air Relax is not responsible for items lost or damaged during shipping.

## RETURN SHIPPING DIRECTIONS

Step 1: Contact Air Relax or an Air Relax authorized reseller to obtain a Return Merchandise Authorization (RMA) number.

Step 2: Place item(s) with original packaging and all original shipping documentation inside the shipping box. Be sure to include your name, order number (if applicable), contact information, reason for return/exchange, and RMA number in the shipment so that we can properly process your return/exchange.

Step 3: Ensure your name, address and RMA number are also on the outside of the shipping box, and ship to Air Relax or an Air Relax authorized reseller.

Step 4: Ship your return with package tracking and insurance. Air Relax is not responsible for items lost or damaged during shipping. Registering your product will help us provide you with quicker and more efficient service and support and assure you get the most out of your warranty.

Register your product at <https://www.air-relax.com/pages/registration>

## SPECIFICATIONS

Rated Voltage: 120 VAC 60 Hz (MODEL, HM-1.0)

Rated Voltage: 220 - 240 VAC 50/60 Hz (MODEL, HM-1.0E)

Power Consumption: 40 W

Variable Speed Motor: 1500 rpm - 3000 rpm

Vibration Frequency: 30 Hz - 50 Hz

Noise Level: 50 dB - 60 dB

Dimensions: 17.3 X 5.75 X 5.5 Inch (440 X 146 X 140 mm)

Weight: 3.65 lbs (1.65 kg)



This marking on the show on the product or its literature, indicates that is should not be disposed with other household waste at the end of its working life, to prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this form other types of wastes and recycle it responsibly to promote the sustainable reuse of material reources.

Household users should contact either the retailer where they purchased this product, or their local government office, for details on where and how they can take this time for environmentally safe recycling. Business users should contact their supplier and check the terms and conditions of the purchase contact. This product should not be mixed with other commercial wastes for disposal.



Designed by Air Relax California. Manufactured in Korea.

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