

User Guide

Thank you for purchasing our Fighter SM-15A.

- Please carefully and thoroughly read this user guide for proper use of the product.
- We also request that you read the attached warranty. After reading the user guide and warranty, please keep them safely.



Teranishi Massager
Bullman8



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Special Precautions for Use

To prevent any accident and trouble, you must follow the instructions in the user guide and properly use the massager.

* After reading the guide, please keep it handy for user's ready reference.

The user guide contains pictorial symbols for safe and proper use of the product and to prevent possible danger to you and others as well as damage to property. The signs and their meanings are shown below. Please well understand the meanings before reading the text of this guide.

WARNING

Misuse of the massager by the neglect of the sign can lead to death and serious injury.

CAUTION

Misuse of the massager by the neglect of the sign can lead to injury or property damage.

Examples of pictorial symbols



Electric Shock Risk



General warning/
caution

The triangular-shaped sign (\triangle) indicates a warning or caution that requires your attention and includes a specific statement (Electric Shock Risk in the sign on the left).



Do Not
Disassemble



General
prohibition

The prohibition sign (\circ) indicates a prohibited act and includes a specific statement (Do Not Disassemble in the sign on the left).

General prohibitions are indicated by the sign on the right.



Disconnect Power
Plug from Socket



General
mandatory
requirement

The sign (\circ) indicates an action/instruction you must take/follow and includes a specific mandatory statement (Disconnect Power Plug from Socket in the sign on the left).

General mandatory requirements are indicated by the sign on the right.

WARNING



- **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. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.**
- **If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.**

WARNING



- **You must not use the massager if your doctor has forbidden a massage due to the medical conditions such as thrombosis (embolism), serious aneurysm, acute varix, different types of dermatitis and skin infection (including inflammation of subcutaneous tissue). If you fit into any one of the conditions listed below, you must consult with your doctor about use of the massager. Neglecting to do so may result in an accident and poor physical condition.**
- Persons who:
- need to rest quietly;
 - have a heart problem;
 - are receiving treatment from doctor or feeling something wrong with their body;
 - are using a pacemaker or another implanted medical electric device susceptible to electromagnetic interference;
 - are pregnant, have just given birth to a child, or are having a period;
 - have a backbone (spinal) problem or a spine curved side to side;
 - are suffering from weak bone (such as osteoporosis), broken vertebra, or acute pain like sprain and muscle strain;
 - have body temperature of 38°C or more (with fever);
 - Example 1: period where acute inflammatory symptom (fatigue, chill, change of blood pressure) clearly appears
 - Example 2: state of weakness
 - are suffering from sensory disturbance due to severe peripheral circulatory system disorder including diabetes;
 - are suffering from serious high blood pressure;
 - have a malignant tumor;
 - are suffering from tenosynovitis;
 - are suffering from allergic dermatitis;
 - have a wound on skin;
 - intend to massage a diseased area or the area that got medical treatment before;
 - are under treatment by medical institution;
 - have found no effect produced by massages with the device.

● Special Precautions for Use

Caution Before Use

WARNING



Do not use the massager and any other medical device simultaneously. The massager must not be used for any purpose other than massages.

- Injury or breakdown may be caused.

Do not massage bare parts of your body. Underwear or towel is necessary for massaged areas. You must not massage the same part for a long time. Particularly, if you are elderly or your skin is weak, be careful of these points.

- Low temperature burn may be caused.
(Low temperature burn means the symptoms of erythema and blisters that occur if you apply the massager onto the same place for a long time even when temperature is low. If you continue pressing the massager against the same area for a long time, note that a similar symptom may be caused.)

Care is to be given for the frequency and voltage of the electric power source and power consumption.

If the power cord or plug is damaged, never use the massager.

- Electric shock or fire may be caused.



Do not use the massager when it is wet or in a damp places such as a bathroom.

- Electric shock or breakdown may be caused.



CAUTION



If the massager has been unused for a long time, read the user guide again and check the device for proper operation before use.



To prevent easy disconnection of the power cord, insert the power plug into the socket properly and securely.

- Electric shock or fire may be caused.



Do not use the massager 30 minutes before/after meals.

- Bad physical condition may be caused.

Before use, check to see that the power switch and strength adjustment work properly.



Do not use the massager with the power cord coiled or stepped on.

- Electric shock or fire may be caused.

Before use, check that the power switch is in the OFF position.

For information on how to use the massager body, see the user guide.

If the massager body is damaged, never use it.

- Accident or injury may be caused.

Caution During Use

⚠ CAUTION

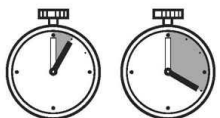


Do not apply the massager to your head, neck, and bones.

Limit the length of use to 5 minutes or less per area and stop the massager within 20 minutes each time.

First, we recommend 3 to 5 minutes as the length of a massage, and then you may increase it while getting used to massages.

A continuous massage of more than 20 minutes has negative effect on your muscles and nerves by adding excessive stimuli. Be careful not to suffer a low temperature burn.



While using the massager, do not sleep.

If any part of your body strongly hurts or does not feel right, instantly stop using the massager.

· Injury may be caused.



If something is wrong with the massager, promptly stop using it and turn off the power switch.

· Injury may be caused.



In the event of blackout, turn off the power switch. Pull the power plug to disconnect it from the socket.



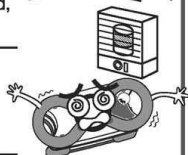
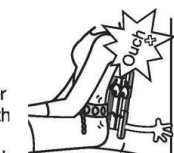
Prevent belt, accessory, and other hard object coming in contact with the vibration plate.

The vibration plate may be melted, damaged, or break down.

Keep the massager away from hot air outlets and flame.

· It may be deformed, resulting in a short circuit and fire.

Do not massage the same area for a long time.

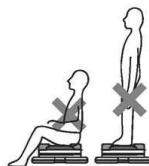


⚠ CAUTION



Sitting and standing on the massager are prohibited.

· Injury or breakdown may be caused.



When holding the massager body during use, always grasp it by the handle to prevent hand contact with the vibration plate.

Do not drop the massager. Avoid strong physical shock.

· Damage or breakdown may be caused.

Ensure that no object is in contact with the vibration plate corners during use.

· Damage or breakdown may be caused.

Ensure that no fragile nor heavy object is on the vibration plate during use.

· Injury or breakdown may be caused.

Ensure that the vibration plate is not pushed against a hard object like a floor during use.

· Damage or breakdown may be caused.

Ensure that no hair, hand, finger, or other object is inserted into the openings and inlet of the massager body.

· Injury or breakdown may be caused.

If the massager body gets wet, instantly disconnect the power plug from the socket. You must not operate the body with the wet hand.

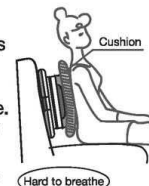
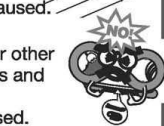
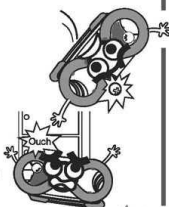
· Electric shock or breakdown may be caused.

If pressure from the vibration plate is too strong or if you apply it to valuable clothes, add a cushion or thick towel to the clothes before use.

· Injury of your body or damage to your clothes may be caused.

Never use the massager under a blanket or other covering because vents are blocked.

· Fire may be caused due to overheat of the massager.



● Special Precautions for Use

Points to Check after Use and Cautions about Storage

⚠ WARNING



Do not disassemble nor alter the massager. In the event of a breakdown, you must not repair it. Ignition, electric shock, or injury may be caused. Make sure to contact the shop where you purchased the massager or our customer service.



⚠ CAUTION



After use, make sure to turn off the power switch.



When you disconnect the power plug from the socket, always pull the plug (do not pull the power cord).



When you do not use the massager, disconnect the power plug from the socket and untwist the power cord before storage.



Keep the device free from dust and dirt. Store it neatly in a safe place with less moisture.

If the device body gets dirty, clean it with a dry cloth. Never use volatile liquids such as thinner and benzene.

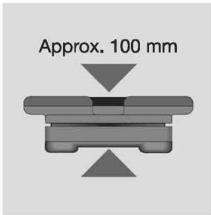


Do not wind the power cord around the massager. Breakdown may be caused.



● Features

■ **Slim, low center of gravity, and no need to hold**
Slim design with 100 mm in height realizes the lower hold position and stable massages. Due to the height, the massager is user-friendly when also placed on a floor. The slip resistant material used in the handle provides a firm grip on the handle.



■ **Switch accessible from both sides**
The power switch is accessible during a massage with the device on a floor upside down. You can access the switch during a grip on the handle as well.



■ Multi-functional vibration plate

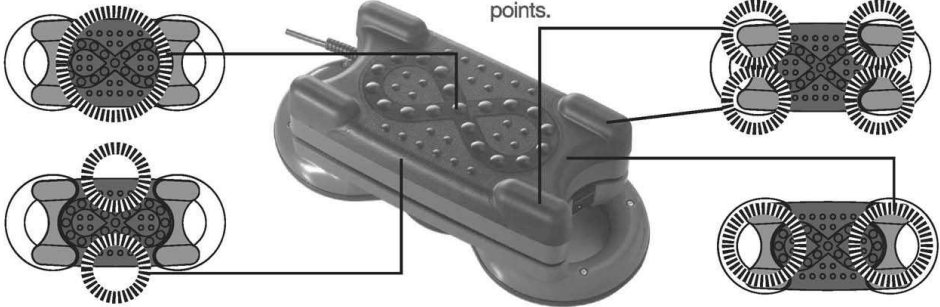
The combination of the slip resistant elastic material, slippery hard material, and functional design provides different modes of usage for massages of your whole body.

● Flat area

The combination of the slippery material and wide flat area offers a gentle massage of the whole body.

● Protuberances

The combination of the slip resistant material and moderate protuberances allows direct transmission of vibrations, giving strong stimuli to pressure points.



● Edge

The combination of the slippery material and rounded edges provides adequate stimuli.

● Curve

The combination of the slip resistant material and inward curve gives an effective press against the curves of your arm and leg.

■ Lightweight, compact, and powerful

The lightweight and compact massager is easy to handle for seniors and satisfies the needs of the users for powerful massages.

■ Eight-shaped handle design

The unique eight-shaped design represents the concept of infinity in the world of massages. The design ensures user friendliness and stability regardless of with or without a grip on the handle during use.

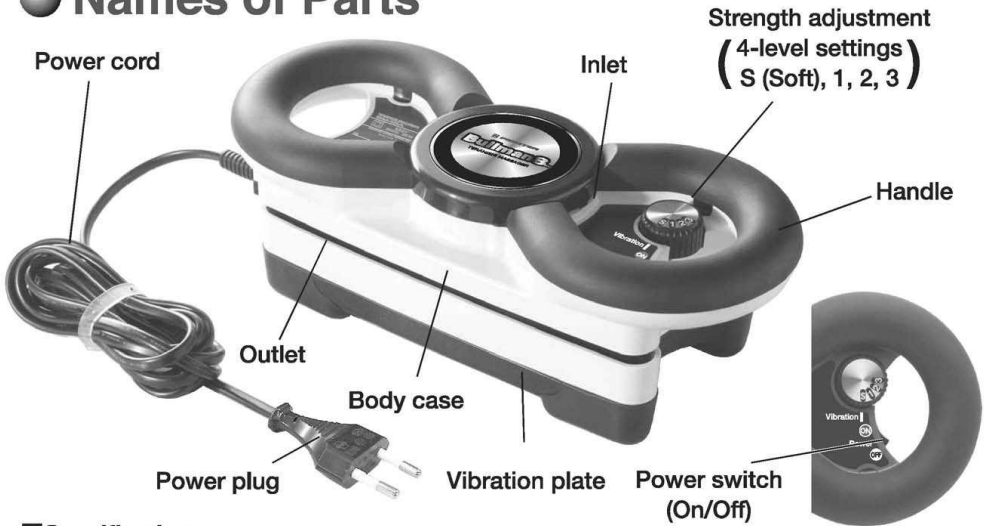
■ Powerful ultra-slow massage

Ultra-slow soft vibrations rub and knead you gently but powerfully, offering a blissful massage. The unique softness control and small mighty motor realize a strong slow massage.

■ Rubbing and kneading vibrations

Due to the slight vertical vibration added to a rotary motion, vibrations penetrate into the deep recesses of your body.

● Names of Parts



■ Specifications

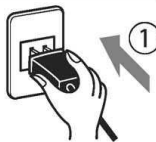
Product name	Fighter SM-15A	Power consumption	35 W
Dimensions	Body: Height 109 x Width 324 x Depth 141 (mm)	Number of vibration	600 to 3,600 rpm
Weight	Body: 1.6 kg	Power cord	Approx. 1.9 m
Power supply	AC230V 50Hz	Country of manufacture	Japan

● How to Use Massager

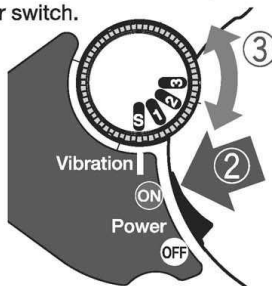
⚠ CAUTION If the handle or vibration plate of the massager is pushed against a carpet or other covering during use, they may rub against each other resulting in discoloration of the carpet. Add a cushion or the like to prevent this before use.

Procedure

- ① Insert the power plug into the electrical socket.



- ② Turn on the power switch.



- ③ Adjust massage strength with the strength control dial.

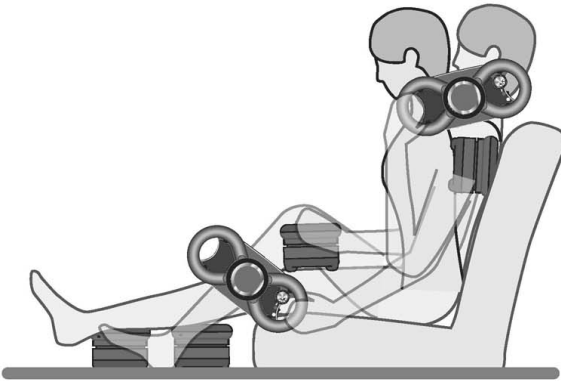
- Vibration strength increases in the order of S (soft), 1, 2, and 3.

- ④ After the massage, select S (soft) with the strength control dial, turn off the power switch, and disconnect the power plug from the socket.



Lightweight, Compact, and Easy-to-handle

When you feel a little tired, it's time for a massage. The lightweight, compact, and high-power Fighter offers easy handling without limit. You can massage any parts of the body as you like with the massager in the hand or placed in a desired place.



- **Massager in your hand between household chores**
The ideal massager, light in weight, compact, and powerful, offers massages of tired muscles in exactly your desired area to refresh you in a short time.

- **After a piece of work**
If you can spare 20 minutes for a massage, you may want to place the device on a floor or between your back and backrest to have time to relax. Since there is no need to hold the device, you can do another thing while relaxing with a massage to increase enthusiasm for the next work.

- **Relaxation before bedtime**
A massage before bedtime refreshes you effectively. A good rest after relaxation with a massage helps to get rid of fatigue so that you will not feel tired next day.

- **Massage for your partner**
A massage of your partner is accompanied by consideration of her/him. A light, smooth, and gentle massage. The massager is powerful, producing effects without much force application.

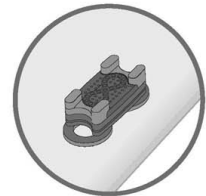
■ With one hand




■ With both hands



■ On a mat

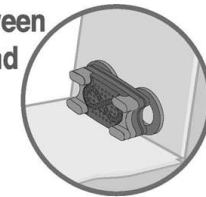


■ On a floor

 If you are concerned about floor vibrations during massages, place the device on a mat.



■ Placing between your back and backrest



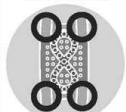
■ On a seat



[How to massage another person]

Massage of sitting person

【Back】



Protuberances



【Shoulders】



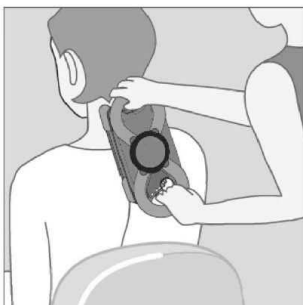
Edge



【Nape of neck】



Protuberances



【Arm】

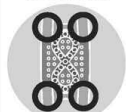


Flat area

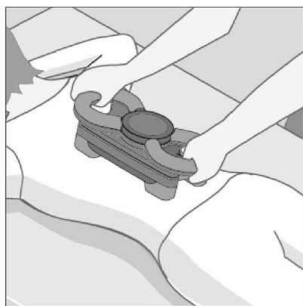


Massage of lying person

【Back】



Protuberances



【Belly】



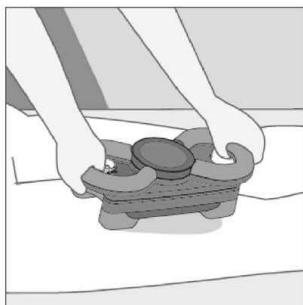
Flat area



【Thighs】



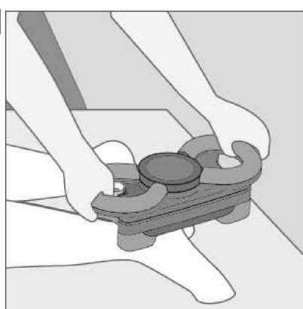
Flat area



【Achilles tendon】



Curve



[How to Massage Yourself]

Holding with one hand

[Shoulders]



Edge



[Nape of neck]



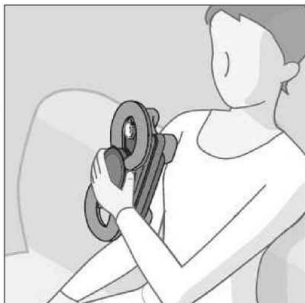
Edge



[Arm]

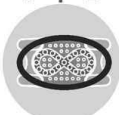


Flat area

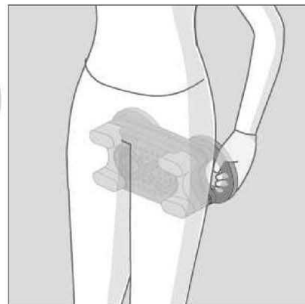


Holding with both hands

[Hips]



Flat area



[Belly]



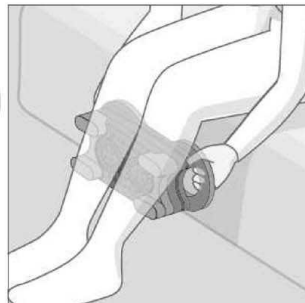
Flat area



[Calves]



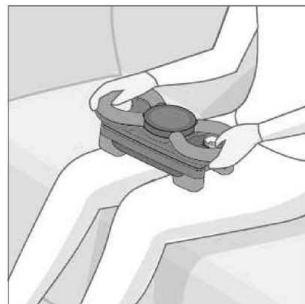
Flat area



[Thighs]



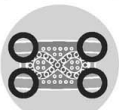
Flat area



[How to Massage Yourself]

On a floor 1

【Bottom of foot】



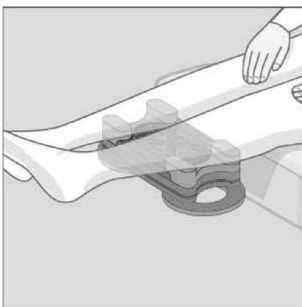
Protuberances



【Calves】



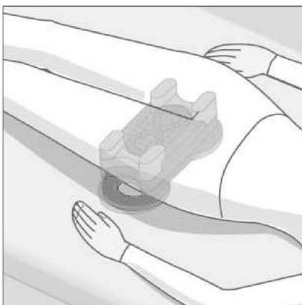
Flat area



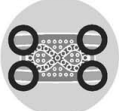
【Hips】



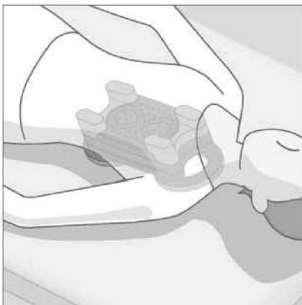
Flat area



【Back】



Protuberances

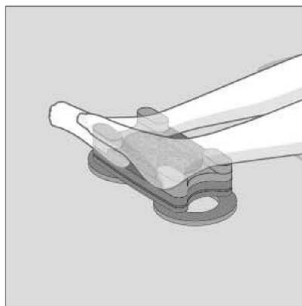


On a floor 2

【Achilles tendon】



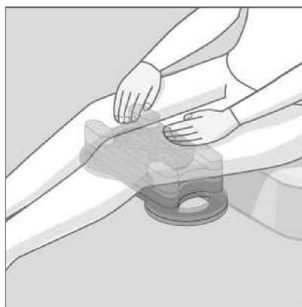
Protuberances



【Thighs】



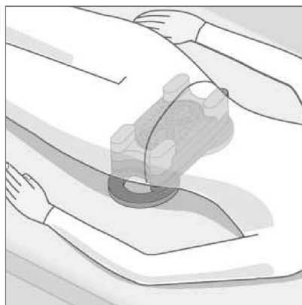
Flat area



【Lower back】



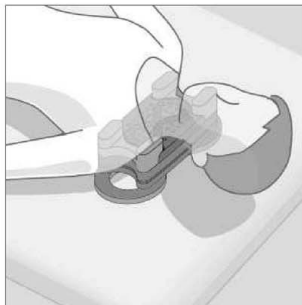
Flat area



【Shoulders】

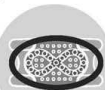


Flat area



Placing between your back and backrest

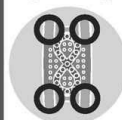
[Lower back]



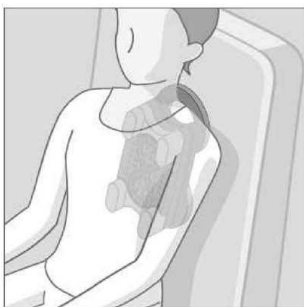
Flat area



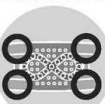
[Back]



Protuberances



[Shoulders]



Protuberances



[Neck]

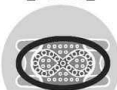


Edge



On a chair

[Arm]



Flat area



[Palm]



Flat area



● Daily Maintenance

⚠ WARNING



Never use a wet cloth to clean the massager. Be sure to use a dry cloth to remove dirt. Electric shock may be caused, resulting in a serious injury.



⚠ CAUTION



Before cleaning, be sure to turn off the power switch, and unplug the power cord from the socket by pulling the plug.



Never use volatile liquids such as thinner and benzene. They may discolor plastic parts and peel the print on the massager.



Clean the massager periodically to keep it hygienic, and inspect it for proper operation.

● Troubleshooting

If a problem occurs during use, see the section below.

If the problem is different from the symptom described below, request a repair.

Symptom	Check item
Not start working	<ul style="list-style-type: none"> • Check to see that the power plug is not disconnected from the socket.
	<ul style="list-style-type: none"> • The overload protection circuit may be active. Turn the power switch off and then on. <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> </div> <div style="text-align: center;"> </div> </div>

WARNING



The warranty does not apply to any massager that was repaired by a customer or failed to work properly due to alteration by a customer, even when the device is under warranty. Repair and alteration by a customer are strictly prohibited because they may cause an electric shock, resulting in a serious injury.



Manufacturer and seller  **TERANISHI ELECTRIC WORKS, LTD.**

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