



# **CRAZY FIT MASSAGE Y.08**



## **USER'S MANUAL**

**For Customer Service, please contact:  
[support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com)**

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# **Preface**

## **◀ | Before you begin | ▶ Crazy Fit Massage**

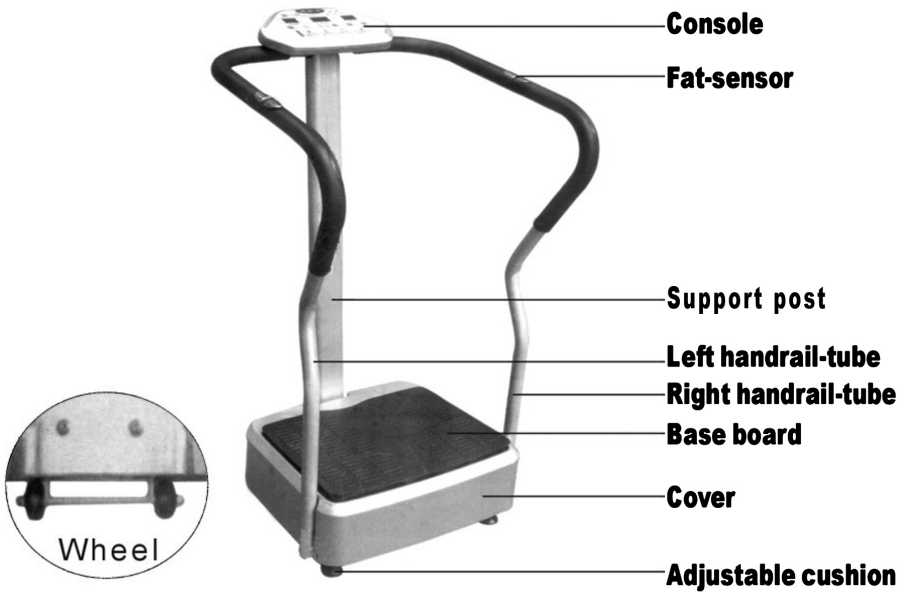
**(CFM)**

To avoid accident from incorrect operation, and to reach the desired effects, user should read the manual carefully.

- (1) Make sure your voltage and electric current identify with the parameters of this CFM(110V/50HZ).
- (2) This CFM contains no transformer. Make sure your socket sustains 6A current voltage, and isn't being shared by other electrical products. It should also have a ground wire.
- (3) Place the CFM on flat and level surface.
- (4) Turn off the CFM immediately if you experience abnormality and contact us.
- (5) Stop using CFM if there is any problem with it, especially something wrong with the power-wire.
- (6) Keep water away from the CFM.
- (7) Do not touch the machine with a wet hand.
- (8) Do not move the CFM while it is running.
- (9) Turn off the power after each use.
- (10) Non-professional persons should not open CFM.
- (11) Use CFM for about 10 to 15 minutes in the morning, and also before sleep at night to produce the best desired effects. Make sure to drink enough water to help metabolism.
- (12) Patients with diabetes, heart attack or cancer should follow the instructions of a doctor.
- (13) CFM cannot be used by pregnant woman.
- (14) Handicapped people should not use CFM without the help of another.
- (15) Children cannot operate this CFM without adult's guidance.
- (16) CFM is not recommended for people who are injured.
- (17) Do not exercise on the CFM after drinking.
- (18) Smoking while using CFM, as well as exercises on CFM less than one hour after eating is not recommended.
- (19) Do not use more than 3 times a day.
- (20) CFM is designed for home-use only; we do not take responsibility for commercial-users.
- (21) Contact us if you have any questions with this CFM at: [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com).

# Introduction of CFM

## ◀|Component Parts|▶



## ◀|Parameters|▶

Input voltage	Input Power	Speed Range	Amplitude	User Weight Capacity	Assembly size	N.W/G.W
110V/60HZ	250W	20	0-10mm	260lb	L25×W24.5×H48.5IN	55Lbs/61.2Lbs

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# Introduction of CFM

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## Happy fitness Easy slimming

Integrate ancient Chinese medical theory  
and modern medical theory.  
Promote metabolish.

### ◀| Features |▶

1. Streamline design and fashionable colors.
2. 3 LED windows for program, time, and speed.
3. Three preset programs for slimming. With BMI capability.
4. Satisfy various needs with 20 speed options.
5. Anti-static and over-current protection.
6. Achieve wonderful effects by exercising on CFM.
7. Increase body flexibility.
8. Strengthen organs, tissues, and bones.
9. Consume fat by exercises on the whole body brought by shaking.
10. Enhance the metabolism.
11. Help elasticity of the skin and muscles.
12. Convenient use of CFM at home due to its small size.
13. Eliminate the ache from arthropathy or organ injury.
14. Strengthen the skeleton to help prevent osteoporosis.
15. Increase the hormones in blood.
16. Beautify the skin by promoting the metabolism.

# Introduction of CFM

## ◀|Function|▶

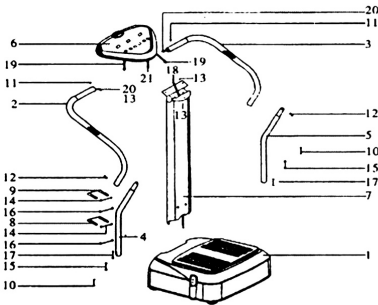
<b>Slimming</b>	Consume the unwanted fat on hips, on waist and on abdomen by vibration and massage. Therefore, refresh the skin and reshape the body.
<b>Spur circulation of blood and improve metabolism</b>	With aging comes detrimental risks such as high cholesterol, calcium deposits in the vein, which tighten the interior diameter and stiffen the vein often ensuing high blood pressure and anoxemia, even coronary heart disease. Frequent vibration by CFM spurs circulation of blood; increasing flexibility, boosting metabolism, and the oxygen levels to your organs.
<b>Regulate the neural system</b>	Improve conductive ability of nerve cells, regulate the neural system and mitigate neurasthenic.
<b>Stimulate intestine</b>	Refreshes you by stimulating intestine and curing constipation by massaging the points according to ancient chinese medical theory.
<b>Enhance immunity</b>	Keep fit without burden and improve immunity by enhancing blood circulation.

## ◀|CFM VS other similar products|▶

Comparing characters	CFM	Similar products
Vibrating mode	New Style Shaking	Traditional vibration
Intensity	20 options	No more than 3 options
Vibrating range	Whole body	Plantar
Noise	Quiet	Racket
Gestures	Various	Restricted
Effects	Strengthen muscles, Slimming, regulating the Neural system. Whole body exercise	Trains the Plantar muscles only

# Assembly

## Parts

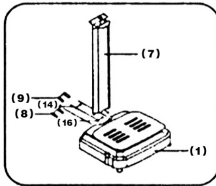


NO.	Parts	QTY	NO.	Parts	QTY
1	Pedestal	1	12	Cross screws(M5 × 10)	4
2	Left handrail tube	1	13	Cross screws(M6 × 10)	3
3	Right handrail tube	1	14	Spring washer(M8)	4
4	Left tube	1	15	Spring washer(M5)	4
5	Right tube	1	16	Washer(M8)	4
6	Console	1	17	Washer(M5)	1
7	Support post	1	18	Signal cable A	1
8	Socket head screw(M8 × 20)	2	19	Fat-sensor B	1
9	Socket head screw(M8 × 60)	2	20	Fat-sensor A	2
10	Cross screws(M5×10)	4	21	Signal cable B	2
11	Screw(M8 × 40)	2			

## Steps

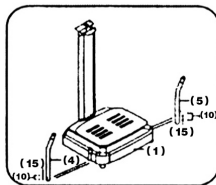
All hardware is pre-installed on the machine. When assembling; remove the hardware, connect the parts, then reattach the hardware and tighten.

### STEP 1



1. Lay the pedestal on even ground
2. Connect the signal cable (18) of support post (7) and the wire from pedestal (1)
3. Fix the support post (7) to the pedestal (1) with socket head screws (8)(9), spring washers (14), and washers (16) as seen in the picture

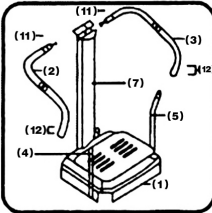
### STEP 2



- Insert tubes (4)(5) into the holes on pedestal (1) and fix them using cross-screws (10), and spring washers (15)

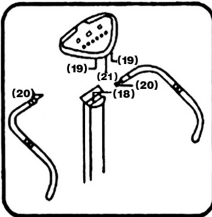
# Assembly

## ▶STEP3◀



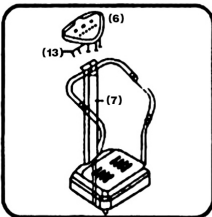
Connect the handrail tubes (2)(3) with tubes (4)(5), and fix them with screws (12). Fix the other end of the tubes (2)(3) with screws (11) onto support post (7). Gently lift the foampads to access holes needed to screw the tubes together.

## ▶STEP4◀



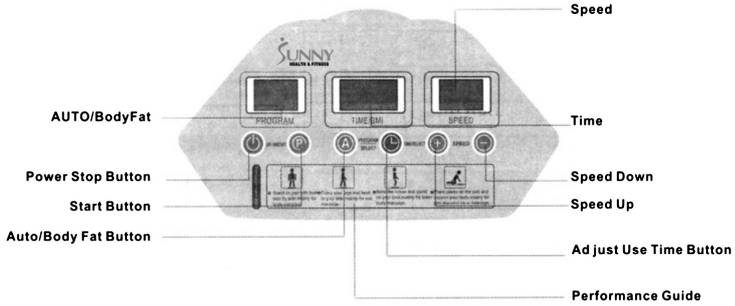
Connect signal cable A (18) to signal cable B (21). Then connect fat-sensor A (20) with fat-sensor B (19), place the wires into the support post (7).

## ▶STEP5◀



Fix the console (6) onto the support post (7) using screws (13)

# Operation



## Console Operation Guide

- Ⓟ **Button start/stop:** These buttons control power operation.
- Ⓜ **Auto/Body fat:** After turning on the power, user can switch programs between auto-massage and manual-massage (from P1, P2, to P3) or calculate body fat index using the BMI program. By pressing this button, the console program window will display 88-P1-P2-P3:88 means manual program. User can set up the speed figure by considering body conditions and personal habits. P1, P2, P3 are auto-programs, which cannot be changed, but can be stopped by pressing Ⓟ power stop button.

Setting the BMI on the Crazy Fit

1. Push the Green Program Select button (button A) until 01 appears.

2. Push the Red + or - button to select your gender: 1 for Male or 2 for Female then push the Blue Select button.
3. Enter your age by using the Red + or - button until your age is displayed; then push the Blue Select button.
4. Enter your height in meters using the Red + or - then push the Blue Select button.
5. Enter your weight in kilograms using the Red + or - then push the Blue Select button.

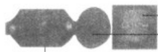
The machine is now set to your gender, age, height, weight. Place the palms of your hands on the sensors, gently grasping, your BMI will display on the center display after a few seconds.

1 inches = 0.0254 meters  
1 lb = 0.45 kilograms

- Ⓜ **Time:** Maximum time for usage is 10 minutes.

- Ⓟ Ⓜ **Speed:** Press button + or - to adjust work out intensity and personal body values

How to use the power switch



Power Switch: ON/OFF

General Power Fuse: If the electric current of machine is overload, the power will be turned off. Only when you push the reset key, can you turn on the power again.

Power socket: Plug the receptacle plug into power socket till it is tight enough.

# Operation

## ◀| Operation |▶

1. Locate on the back side of the main body, press the power switch to activate the machine.
2. Operate the console using the buttons as illustrated on previous page
3. If you stand on the CFM, we advise you to move your feet outward a little; the distance between your feet is relevant to the effect of use.
4. If you use other positions to use the CFM, we advise you to activate the CFM first, for it may be difficult to press the start button.
5. Do not use the CFM for more than 20 minutes.



pull the machine to incline backwards using the wheels to easily relocate



Programs setting  
Speed of programs

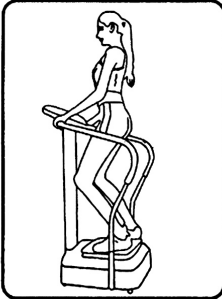
### Speed of auto-programs

NOTE The figures shown on the chart are power intensity.

Program	10MINS	9MINS	8MINS	7MINS	6MINS	5MINS	4MINS	3MINS	2MINS	1MIN
P1	2	4	6	8	10	12	14	16	10	6
P2	1	2	3	4	5	6	14	10	8	6
P3	4	10	4	10	4	16	4	16	4	10

# How to use

## ◀ Illustration ▶

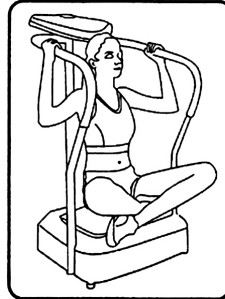


### Motion1

Feet on the plate, hands hold the handlebar and bend your knees.



Mainly trains the back, hips and legs.

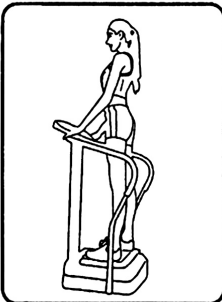


### Motion2

Sit on the plate, fold your legs, hands holding the handlebar.



Mainly trains the leg muscles, shoulder, waist muscles and stomach.

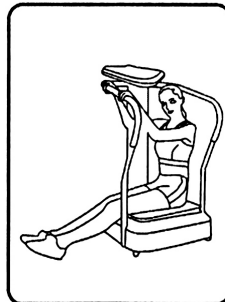


### Motion3

Feet on the plate, balance on your toes. Knees only slightly bended. Stomach muscles flexed.



Mainly trains muscles of back and arms.



### Motion4

Sit on the plate, hands holding on the handlebar, keep legs straight.



Mainly trains the leg muscles and waist.

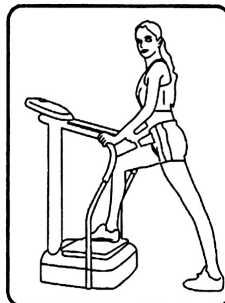


### Motion5

Stay with one foot on the plate and another on ground; hands put on waists.



Mainly trains the waist, stomach muscles and thighs.



### Motion6

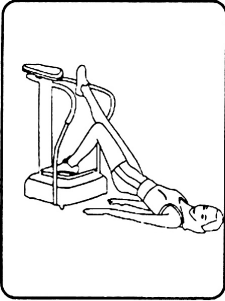
Stay with one foot on the plate and another on ground; hands hold on the handlebar.



Mainly trains the waist, stomach muscles and legs.

# How to use

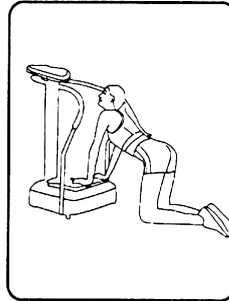
## ◀|Illustration|▶



### Motion7

Stay with one foot on the plate and another keep straight, lay down with your back on the ground, hands on the ground and keep straight.

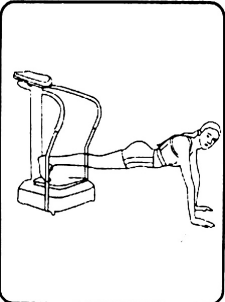
■ ■ ■ ■ ■ ■ ■ ■  
Mainly trains the legs, thighs and hip muscles.



### Motion8

Squat down on the ground, hands put on the plate.

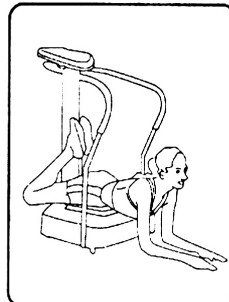
■ ■ ■ ■ ■ ■ ■ ■  
Mainly trains the leg muscles, shoulder, arms and upper body muscles.



### Motion9

Feet on the plate, hands on the ground in a push up position and keep your balance.

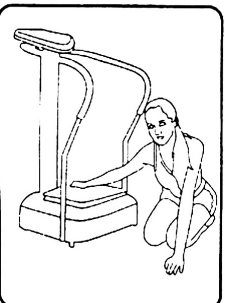
■ ■ ■ ■ ■ ■ ■ ■  
Mainly trains the shoulder, chest, arms and upper body muscles.



### Motion10

With body laying prone on the plate, put legs on the main support post, hands put on the ground.

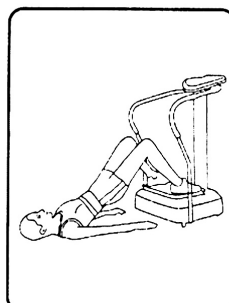
■ ■ ■ ■ ■ ■ ■ ■  
Mainly trains the part of thighs, chest, hips and all body muscles.



### Motion11

Keep one hand on the plate and squat next to the item.

■ ■ ■ ■ ■ ■ ■ ■  
Mainly trains the leg muscles, hands and shoulders.



### Motion12

Feet on the plate, body laying on the ground, hands put on ground.

■ ■ ■ ■ ■ ■ ■ ■  
Mainly trains the thighs and hip muscles.

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## ◀| Maintenance |▶

Regular maintenance not only elongates the life of CFM but also helps safeguard your body.

- (1) Tighten all the screws of the CFM every two months.
- (2) Keep fire and liquid away from the CFM.
- (3) Clean the CFM with a soft piece of dry cloth after using.
- (4) Pull out the plug when the CFM is left idle.

## ◀| Trouble shooting |▶

NO.	Problem	Solution
1	Chink when running	tighten the screws and even the four feet cushions
2	No display on windows	check the power
3	Display on windows but motor won't run	voltage might be too low
4	CFM not vertical toward the ground	regulate the four feet cushions under pedestal.