

INSTRUCTION FOR USE

HOW TO USE

- ✦ Place MORNING WALKER on the floor or hard flat surface. Never place it on an unstable surface such as spring or soft mattress.
- ✦ Follow the steps described in page no.5 to operate and use the function of the machine.
- ✦ Lie on your back in front of the equipment and place both your legs on to the grooved footrest of the equipment. Remember to adjust your legs in a manner that both the ankles are placed ahead of the grooved footrest.
- ✦ The suggested time for 1st time user is between 4 – 6 minutes. Increase the duration gradually to suit your body requirement.

NOTE1:- At anytime whenever you feel giddy or heaviness while exercising with MORNING WALKER, please reduce the timing of exercise to a level where you feel comfortable during initial use. Thereafter again start increasing the duration gradually as your body responds.

Note 2 :-Those suffering from joint pain, osteoarthritis, muscle stiffness, spondylitis should not use the machine for more than 4-5 minutes initially. The timing may be increased gradually on a weekly basis as per the user's comfort level.

- ✦ Choose the desired mode and set the desired time (maximum time =15 minutes). Close your eyes and relax the entire body to draw maximum benefits.
- ✦ Choose the desired posture (Refer to page no.7). The regular pose is that shown in fig-1.
- ✦ After the preset time, the machine will switch off the machine automatically.
- ✦ Once the equipment stops after the preset time, remain calm with your eyes closed for a period not less than 1 – 2 minutes. During this period you may feel anaesthetized sensation in your body. This is the normal feeling of well being.
- ✦ Allow this sensation to calm down after which turn sideways and gently sit in cross legged position for another a minute or so. For those who are unable to sit, may rest lying down for a longer period of time and then stand up.
- ✦ Stand up and massage your joints and body.

INSTRUCTION FOR USE

WHEN TO USE

- ✦ It may be used anytime and at anyplace to your suitable time.
- ✦ Ideally it may be used early morning with empty stomach or 3-4 hours after the main meal or one hour before meal.
- ✦ For relief from constipation, indigestion or stomach disorders, use it early morning, empty stomach by consuming a glassful of lukewarm water before and after use for optimum results.
- ✦ For relief in insomnia, use it 2 hours after dinner. For weight loss, use it for the maximum duration, 2 – 3 times a day in the respective posture (fig -3) for a period of at least 45 - 60 days.

WHO CAN USE

- ✦ MORNING WALKER can be used by:-
 - Men and women of any age (upto 90 years age)
 - Children above 6 years of age.
- ✦ Patients
- ✦ Paralytic (bedridden)/physically challenged / patients suffering from degenerative disease of the joints (**in consultation with their physician**)

WHO SHOULD NOT USE

- ✦ Pregnant Woman.
- ✦ Patient using a pacemaker.
- ✦ Patient undergone a recent surgery/ operation and not allowed movement or the wound has not closed and healed.
- ✦ Patient suffering from slip disc and advised no movement/ bed rest.
- ✦ Patient having plate inserted due to bone injury in a manner restricting movement of the upper body or leg, in particular.

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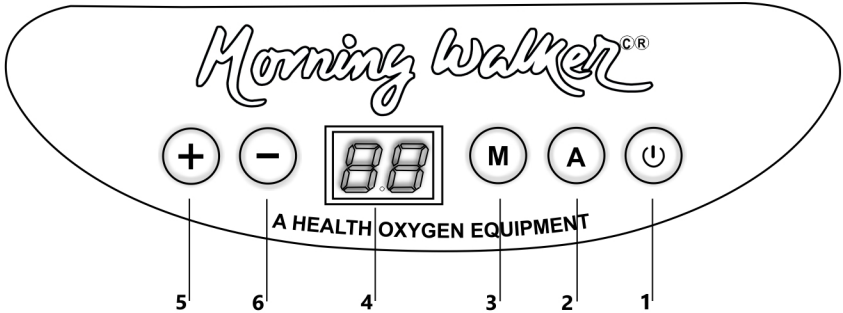
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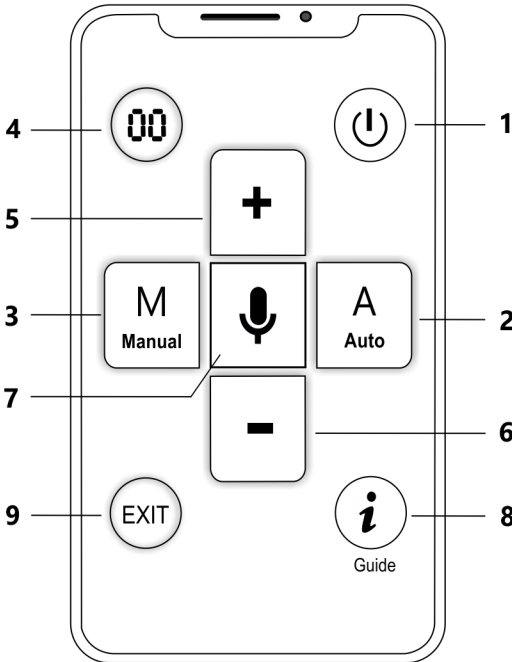
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INSTRUCTION FOR USE

Base Control Unit




MW Smart Remote On Your Mobile Screen



How To Use MW Smart Remote

► **Step 1:** To download and install the **Morning Walker** App :

- ➊ Plug in power outlet of the MW machine to the AC inlet socket. Switch on power supply.
- ➋ Download the  "Morning Walker" App from Google Play Store/Apple App Store.
- ➌ Click on the "MW" icon to open the app.
- ➍ Sign in or register to get access to the Smart Remote.

► **Step 2:** To activate **Bluetooth**

- ➊ On the home screen of MW App, click on the "Remote" at the bottom bar.
- ➋ Select and click on the "Morning Walker MR 960" remote icon.
- ➌ Allow the App to activate Bluetooth on your device.
- ➍ Once the Bluetooth is activated, your device will automatically connect to Morning Walker.

SCAN THE QR CODE
TO DOWNLOAD THE MW APP



FOR ANDROID
DEVICE





FOR IOS
DEVICE



- | | |
|--------------------------------|--|
| 1. On/Off Button | 6. Timer [-] Button |
| 2. Auto Mode | 7. Voice Button |
| 3. Manual Mode | 8. Instruction to use /
Video guide |
| 4. Digital Display Unit | 9. Exit Button |
| 5. Timer [+] Button | |

INSTRUCTION FOR USE






To **Switch ON** the machine :

- 1 Click  button on the Smart Remote or click  button and say "Hello Morning Walker" to switch on the machine. A beep sound will be heard and digit "0" will display on the Base Control Unit. The machine is ready for use.





To **Switch OFF** the machine :

- 1 Click  button on the Smart Remote once again or click  button and say "Bye Morning Walker" to switch off the machine.
- 2 Remove the plug of the machine from the AC inlet socket.







To **Operate** in **Manual Mode**:

- 1 Once the machine is switched on, keep clicking  button to increase or  button to decrease and set desired time or click  button and say "Set (number) minute". For example "Set 3 Minute". The actual timing is displayed on the Smart Remote / Base Control Unit. The maximum time setting is 15 minutes.
- 2 Click  button on the Smart Remote once or click  button and say "Manual Start". The machine will start operating for the set time.
- 3 A beep sound will be heard with every click of the button to indicate the action.

To **Operate** in **Auto Mode** :

- 1 Once the machine is switched on, click  button on the smart remote or click  button and say "Auto Start" to start the machine. The beep sound indicates the action and machine operates instantly.
- 2 In auto mode the preset timing is 15 minutes which cannot be altered. The actual timing is displayed on the base control unit. The  and  button will not function in Auto mode.
- 3 A beep sound will be heard with every press of the button to indicate the action.

To **Pause / Re-start** the machine :

- 1 While the machine is running, click  or  button on the Smart Remote or click  and say "Pause" to pause the machine.
- 2 Click  or  button on the Smart Remote once again or click  button and say "Manual Start" or "Auto Start" to re-start the machine. The machine will start instantly.
- 3 A beep sound will be heard with every click of the buttons to indicate the action.

NOTE : No provision for interchanging between Manual and Auto Mode has been made for health safety reasons • The timing of the digital display works on decending order • Actual duration of residual time is only displayed on the base control unit • The remote control is designed to operate from a distance of maximum 10 feet or as per the range covered by the bluetooth.

DO'S

FOR OPTIMAL RESULTS

- ◆ Drink a large glass of warm water before and after each exercise session to help aid blood circulation and digestion.
- ◆ Wear loose and comfortable clothing.
- ◆ Never face draughts from a fan while exercising.
- ◆ If you sweat during your exercise session, be sure to cover yourself to prevent chills and colds.
- ◆ Exercise for the desired no. of times a day on a regular basis to achieve maximum benefits.

DON'TS

- ◆ Never exercise using it for more than 15 minutes at one time.
- ◆ Children should use only under adult supervision.
- ◆ Do not use it immediately after eating.
- ◆ Do not use it under the influence of alcohol.
- ◆ Stop the equipment immediately if you feel dizzy or uncomfortable.
- ◆ Do not twist or move your body while the equipment is in use.
- ◆ Do not leave the equipment unattended when plugged in. Unplug the cord from the outlet when not in use.
- ◆ Use it only for its intended use as described in this manual. Do not use any attachment not recommended by us.

CAUTION

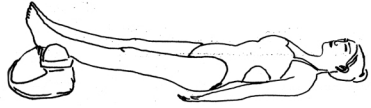
- ◆ Do not try to disassemble or repair it privately.
- ◆ Do not drop it from a high place.
- ◆ Do not apply force or pressure if it does not work.
- ◆ Do not sit on it or prevent it from vacillating or else the motor may burn.
- ◆ Keep away from high temperature and moisture.
- ◆ Unplug from the power outlet during long intervals.
- ◆ Avoid water entering into the equipment and the timer unit.

THIS PRODUCT AND INFORMATION CONTAINED IN THIS MANUAL IS NOT INTENDED AS A SUBSTITUTE FOR MEDICAL TREATMENT. ALL EXERCISES CARRY WITH IT SOME ELEMENT OF RISK. TO REDUCE THE RISK, YOU MAY CONSULT YOUR PHYSICIAN OR DOCTOR BEFORE USING IT.

POSTURE FOR MAXIMUM BENEFIT

To improve blood circulation, strengthen cardiovascular function, relief fatigue and insomnia

Lie down with two palms facing up and by the side of the legs in a relaxed manner.



To relieve migraine, bony spur, headache, gout, arthritis, spinal deformity

Lie down with both hands placed under the head.



To reduce weight, balance nerve system, relieve mental strain

Lie down with both hands stretched upwards. For quick results to reduce weight, contract belly and buttocks while breathing normally.



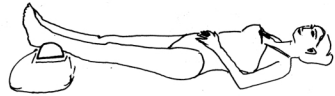
To improve breathing capacity, lung function, relieve back pain

Lie down with both arms surrounding the head.



To relieve from indigestion, constipation, frequency of micturition, strengthen excretory system

Lie down with both hands placed on abdomen.



To increase oxygen supply, promote body growth (especially for children)

Lie down with both hands spread sideways and palm facing down.

