

RE•ATHLETE DEXTRA

**Cordless
Hand Massager**

USER MANUAL



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Thank you for purchasing DEXTRA!

This handy (pun intended) massager combines multiple functions, like pressure, heat, and vibration, to provide comprehensive relaxation and recovery for your hands. DEXTRA will make you feel better day by day by relieving and alleviating the following issues:

Wrist and hand pain

Arthritis symptoms

Cold and weak hands

Tense hand muscles

Carpal tunnel symptoms

Pain in tendons and joints

Hand fatigue and numbness

Poor circulation

Finger and hand stiffness

General stress and sleep problems

Please read this manual before using DEXTRA and keep the manual for reference.

If you have any questions about the hand massager or face any issues when using it, feel free to contact us directly for answers and assistance.

Don't use DEXTRA in any ways that are not described in this manual.

What's in the Box

- Reathlete DEXTRA
- USB Cable
- User Manual
- Warranty





Parts of the Massager

- 1 Carry Handle
- 2 Control Panel
- 3 Clothed-Lined Massage Chamber
- 4 USB Charging Port

Control Panel

DEXTRA has an LCD screen to display the settings and 6 touch buttons for you to customize your massage sessions.

-  Intensity Button
-  Vibration Button
-  Mode Button
-  Timing Button
-  Power Button
-  Heating Button

How to Use DEXTRA

1. Long-press  (for 2 seconds) to switch the device on.
2. Insert your hand into the massager.
3. Press  to choose the duration of the massage session. By default, the time is set at 15 min. For every time you press , 5 min will be added: 20, 25, 30. When the time displayed on the screen is 30 min and you press  again, it will go to 10 min, and you can keep pressing the button, adding 5 min each time, to go up to 30 min.
4. Press  to choose the strength of air compression. By default, the device will run on 3 (medium intensity), but you can change it to 4, 5, 6 (the highest), 1 (the lowest), or 2.
5. Press  to choose an automatic massage program out of six available modes.
6. Press  to turn the vibration on and to choose between two available speeds.
7. Press  to turn the heat on and to choose between two available levels. It takes about 5 minutes for the device to warm up before you start feeling the heat inside it.
8. Play with the configurations, and build a hand massage routine that will keep your hands healthy and fit every day.
9. Long-press  (for 2 seconds) to switch the device off.



Charging the Battery

1. Charge the device for up to 4 hours before using it for the first time.
2. To charge, plug the USB-C cable into the USB-C charging port on the side of the massager.
3. The four Battery indicators will flash during charging to indicate the battery charge level:

- **LED flashes: less than 25%**
- **LEDs flash: 25% to 50%**
- **LEDs flash: 50% to 75%**
- **LEDs flash: 75% to 100%**

4. The Battery LEDs will stop flashing, and all four will remain lit for five minutes and then turn off when the battery is fully charged.
5. Always unplug the charging adapter as soon as the device is fully charged.
6. As you're using the device, the four Battery LEDs indicate the current battery level:

- **LEDs lit: 75% to 100%**
- **LEDs lit: 50% to 75%**
- **LEDs lit: 25% to 50%**
- **LED lit: less than 25%**

It is recommended to charge the battery before it reaches 25%.

7. When the battery is very low, all of the lights on the screen will turn on, flash three times, and then the device will shut down automatically. Charge the device before trying to use it again.
8. Average run-time varies depending on the settings used (heat, vibration, low/high intensity, etc.). The average run-time is 2–3 hours per charge when you use heat and/or operate at higher intensities. The average run-time is 3–4 hours when you don't use heat and/or operate at lower intensities.

Compatibility

To charge DEXTRA, use a USB cable charger. Please note that only chargers with the output voltage of 5V/1A-5V/4A can be used. Don't use chargers with the output voltage greater than 6V. The power indicator will blink as the device is charging, and it will stop blinking when the device is fully charged.

Troubleshooting

Problem	Case	Solution
The device produces faint noises when used.	The air pump is working.	It doesn't need to be fixed; the device is operating as intended.
	The solenoid valve makes the tick-tock sound.	
The device won't switch on.	The battery has run out of power.	Charge the device.
	The intensity mode is not enabled.	Turn on the intensity mode.

Safety Precautions

- Do not use the device while it is charging.
- While using the device, turn the power off first if you're intending to stop using it.
- Do not use the device while driving.
- Do not use the device while sleeping.
- Only professional staff are allowed to disassemble or repair this product.
- Do not use the device if the power cord is damaged.
- Do not use the device if it has water or other liquids spilled on it.
- Do not use the device while bathing or taking a shower.
- Do not place or store this device where it can fall or be pulled into a tub or sink.
- Do not submerge the device in water or other liquids.
- Do not use the device if it displays defects.
- Stop using the device immediately if you experience any discomfort.
- Do not place this product in inflammable, explosive, or damp environments.

- Please do not use sharp instruments on this device in any way.
- This device contains a lithium battery: before disposing of the device, power it off and take out the lithium battery. The battery must be disposed of according to local regulations: the battery cannot be treated as domestic waste. Do not throw the battery into fire.

Cleaning and Maintenance

- Clean with a dry and soft cloth. Avoid moisture and cleaning agents. Do not spill water on the device.
- Do not wash the inside of the device using water. If necessary, please wipe it with an alcohol pad or a clean wet towel. Do not use gasoline or substances containing gasoline.
- Please keep this product out of the reach of children.
- Do not expose the device to moist environments, high temperatures, direct sunlight, or water. If you are planning not to use the device for a long period, keep the battery charged every 2 months.

Conditions of Use, Storage, and Transportation

	DEXTRA can operate	DEXTRA can be stored and transported
Temperature range	5°C to 40°C / 41°F to 104°F	-25°C to 70°C / -13°F to 158°F
Humidity range	15% RH to 90% RH	0% RH to 90% RH
Atmospheric pressure range	70 kPa to 106 kPa	70 kPa to 110 kPa

Technical Details

Voltage: DC 5V

Power: 5 W

Suggested massage time: 15 min

Weight: 1.1 kg / 2.4 lb

Battery capacity: 2,500 mAh

Charging time: 3 to 4 hours



If you encounter any other problems, please contact us at support@reathlete.com