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OPERATING INSTRUCTIONS

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# Personal Sports Blender



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MODEL: K3201

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# thank you

Thank you for the purchase of this quality **HEALTH KICK** product. Used carefully and in accordance with the instructions enclosed, it should give you trouble free service over a long period of time. Please keep these instructions for future reference. Remove all packaging before use.

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## FEATURES

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- Easy Clean Premium Food Grade 304 Stainless Steel Cabinet
- 400w powerful long-life copper motor
- 2x Tritan BPA Free cups (1x 600ml, 1x 400ml)
- 1x Flip-to-go lid
- 1x fresh seal lid
- Single on/off speed
- Dishwasher Safe
- Antiskid silicone feet
- Includes:
  - FREE Beginners Food, Health and Nutrition Guide
  - FREE Nutritional Smoothie Making Recipe Book

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## SPECIFICATIONS

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Operating Voltage: 220-240v~ 50/60Hz  
Wattage: 400w

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## IMPORTANT SAFEGUARDS AND PRECAUTIONS

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### SAVE THESE INSTRUCTIONS

- Read all instructions carefully
- For Household Use only. Not intended for commercial use.
- Only for use indoors.
- Before plugging into mains socket, check whether supply line voltage and current rating are in compliance with the rated electrical parameters shown on the rating label.
- Keep away from hot surfaces, such as gas or electric hobs and ovens etc
- To prevent damage to the mains cord, do not let it pass over sharp corners, edges or hot surfaces.
- If the supply cord is damaged, do not use. Check before each use!
- Always unplug when not in use.
- To prevent against the risk of electric shock, do not submerge any part of this appliance in water, unless advised in this manual.

- This appliance should only be used on a flat surface.

The supply cord cannot be replaced. If the cord is damaged the appliance should be scrapped.

- 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 this appliance.
- Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised.
- Keep the appliance and its cord out of reach of children less than 8 years.

**⊘ Do Not** for more than 1 minutes continuous use. Then allow to cool down for 5 minutes before using again.

- Do not use outside or in damp conditions.
- Do not use for any purposes other than the appliances intended use.
- Do not use if any part of this appliance is damaged in any way.
- Do not leave unattended when in use.
- Do not clean with metal scouring pads. Pieces of the pads can break off and touch electrical parts involving a risk of electric shock.
- Do not use if blades are damaged.
- Do not exceed the MAX mark as indicated on the Jar.
- Do not use when empty.
- Do not use for more than 1 minutes continuous use. Then allow to cool down for 5 minutes before using again.
- Never use fingers, kitchen utensils or similar to push ingredients down the feeding hole.
- Never stick fingers or other objects into the Jug at any time whilst plugged into the power source.
- Never touch the moving parts of the appliance until it has come to a complete stop.
- Blades are very sharp, even when not in use. Caution should be taken when cleaning or handling blades.
- Blades should be checked regularly for any damage or cracks, especially after crushing ice or hard foods.

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## LOCATION OF CONTROLS

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A. Cup

B. Cross Blade

C. Cup Base

D. Main Base

E. Button

F. Foot

G. Flip-to-Go Lid

H. Fresh Seal Lid

I. Short Cup

Suitable for use with any British Standard  
220-240v~50Hz mains supply.



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## OPERATION

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### ■ BEFORE FIRST USE

Ensure that the unit is assembled correctly before use.

Rinse all cups/jugs and lids with soapy water and rinse and dry thoroughly before first use.

### ■ OPERATION

1. Place the motor base on a firm, flat, level surface.
2. Fill the blending cup with your ingredients and connect with the cross blade for blending purpose. Do not exceed the "600ml" level on the cup.
3. Rotate the cup into the motor base in clockwise direction. Make sure the cup is locked firmly.
4. Plug in the appliance.



**Note:** This product is equipped with a safety switch on the motor base. If the blade base is not assembled correctly, the safety switch will not be activated and the machine will not work when switched on. Do not use any tools to press the safety switch in order not to cause any damage.



1. For blending purpose, please cut ingredients into pieces if the food is solid.
2. Assemble the blade base with the cup tightly, otherwise it will leak. Do not blend dry solid ingredients without liquid.
3. After 1 minute continuously operation of the appliance for blending, it is required to be stopped for 5 minutes to prevent overheating. After 5 cycles, let the appliance have a rest to cool down.
4. Please make sure never to put any hard food objects into the blender as they could damage the blade or the cup. Please remove all hard kernels from the fruit before blending.

### CAUTION

1. Do not place any ingredients more than maximum amount to 600ml.
2. Do not operate with empty blender jar.
3. Do not place meat, fish, solid foods (dried beans, frozen foods, etc) or other ingredients with low water content, without additional liquid.
4. Do not place ice cubes into this blender.
5. Dice foods first (1-2cm), then blend with water.
6. Place soft ingredients in first.
7. Do not operate blender longer than 1 min at a time, stop for 5 min then resume.
8. When you have finished processing, Always unplug the appliance.

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## CLEANING AND CARE

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Always unplug from supply before cleaning.

Separate each part carefully.

Remove the Jug from the motor unit.

Unscrew the Base of the jar containing the blades.

Remove the lid.

All these parts can be placed in the dishwasher or cleaned in the sink.

The main motor body should be cleaned with a damp soft cloth only.

### DO NOT

- Do not submerge the motor unit in water.
- Do not use harsh abrasives, wire wool, or abrasive pads when cleaning any parts of this unit.

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## WEEE/ENVIRONMENTAL PROTECTION

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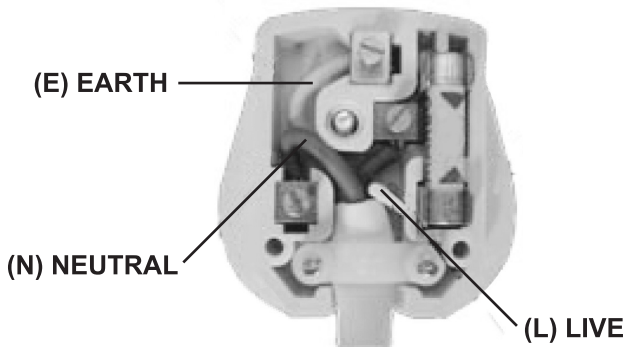
### ■ DISPOSAL OF ELECTRICAL AND ELECTRONIC EQUIPMENT

Do not dispose of this product with household waste. For the proper treatment, recovery and recycling please take this product to the appropriate waste collection point. If you are unsure where this may be, please contact your local authority. Improper disposal may be harmful to the environment.

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## FITTING A NEW UK PLUG

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Your appliance operates on 220-240V~50Hz AC Mains and comes fitted with a 3-pin BSI Approved plug, so that it is ready for use for the UK or Eire market. If for any reason you need to fit a new plug, the flexible mains lead must be connected as shown below: -

### ■ IMPORTANT:

The wires in the mains lead are coloured in accordance with the following code:

BLUE:	NEUTRAL (N)
BROWN:	LIVE (L)
GREEN AND YELLOW:	EARTH (E)

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The BLUE wire must be connected to the terminal which is marked with the letter "N" or coloured BLACK.  
The BROWN wire must be connected to the terminal which is marked with the letter "L" or coloured RED.  
The GREEN AND YELLOW wire must be connected to the terminal which is marked with the letter "E", the symbol  or coloured GREEN.

### ■ DO NOT CONNECT EITHER WIRE 'L' OR 'N' TO THE EARTH TERMINAL OF A 3-PIN PLUG

Always ensure that the Mains Cord is located into the Plug through the Cord Guard or Cable Clamp, and that the Cord Guard screws are tightened to clamp the Cord (outer sheath and inner coloured wires) in position in the Plug. Make sure the Plug top is also fitted securely.

The supply cord cannot be replaced. If the supply cord is damaged, the appliance should be scrapped.

This appliance must be protected by a 5 Amp fuse in a 13 Amp type (BS1363) plug. Should you need to replace the fuse, use only an ASTA approved BS1362 fuse.

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 healthkick **CUSTOMER SERVICES**

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If you have any queries about this product then please contact Lloytron Customer Services online at:



[www.lloytronhelpdesk.com](http://www.lloytronhelpdesk.com)

To find out more about Health Kick products, visit [www.lloytron.com](http://www.lloytron.com)



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