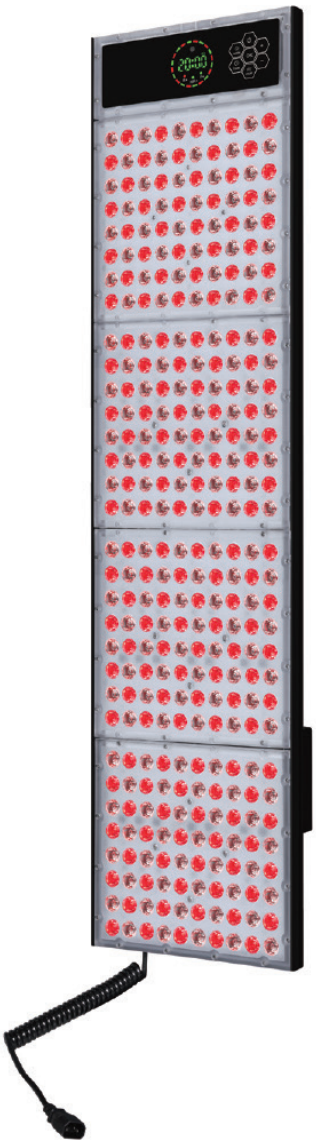
ReGen8

Full Body Red Light Therapy Panel (Wall-Hung)

USER MANUAL



Find the Digital Manual Online

Product may vary slightly from the item pictured due to model upgrades.

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

NOTE:
This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at www.lifespanfitness.com.au

TABLE OF CONTENTS

I. Overview 03

II. Assembly Instructions 06

III. Troubleshooting Guide 11

IV. Warranty 12

I. SAFETY INFORMATION

General Warnings

• Keep out of reach of children and pets. Do not allow children to use the device unsupervised.
• This device must not be used by sleeping or unconscious persons.
• Do not use the device on open wounds, active skin infections, or directly over tumours.
• Consult your doctor before use if you are pregnant, have a medical condition, or are taking medications that cause photosensitivity (e.g., lupus, epilepsy, certain antibiotics).
• Discontinue use if redness, irritation, or discomfort occurs.

Eye Safety

• Do not stare directly into the LEDs/diodes or into reflections from mirrors, as this may cause temporary eye irritation.
• Protective eyewear is recommended, especially if you experience light sensitivity or discomfort.

Electrical Safety

• The device is SAA certified, meeting Australia's strict electrical safety standards.
• Connect the power cord only to a properly grounded outlet.
• Do not use extension cords unless rated for the full wattage of the device.
• Keep the power cord away from heated surfaces and water.
• Never operate the device if the cord, plug, or housing is damaged, or if it has been dropped, exposed to liquids, or left outdoors.
• Unplug the device when not in use or before cleaning.
• Do not use the device during an electrical storm due to the risk of electric shock.

Water & Heat Safety

• Do not use or touch the device with wet or damp skin.
• Do not operate the device in or near water or liquids to avoid electric shock.
• Do not use on or near heated surfaces.

Usage Guidelines

• Position the treatment area approximately 15 cm (6 inches) from the device.
• Begin with 10–20-minute sessions, 3–5 times per week. Adjust frequency based on personal response or healthcare professional advice.
• Do not exceed recommended exposure times unless directed by a healthcare professional.
• Do not use attachments not recommended by the manufacturer.

Light Sensitivity & Medical Advice

• We recommend consulting your doctor prior to use if you believe you are sensitive to light.
• Medicines for colds, allergies, pain relief, and drugs used to treat infections may increase light sensitivity.
• To check for sensitivity, turn on the device and shine the light on a single spot of skin for 3 minutes.
• If redness or a rash develops, discontinue use and consult your physician.

Care and Maintenance

• Unplug the device before cleaning.
• Do not spray water or cleaning products directly on the unit. Wipe the device with a dry or lightly damp cloth only.
• Do not immerse in water or expose to excessive moisture.
• Store indoors, in a cool, dry place away from direct sunlight.
• Avoid exposure to extreme temperatures or humidity.
• Check mounting hardware is secure and undamaged. Replace as required.

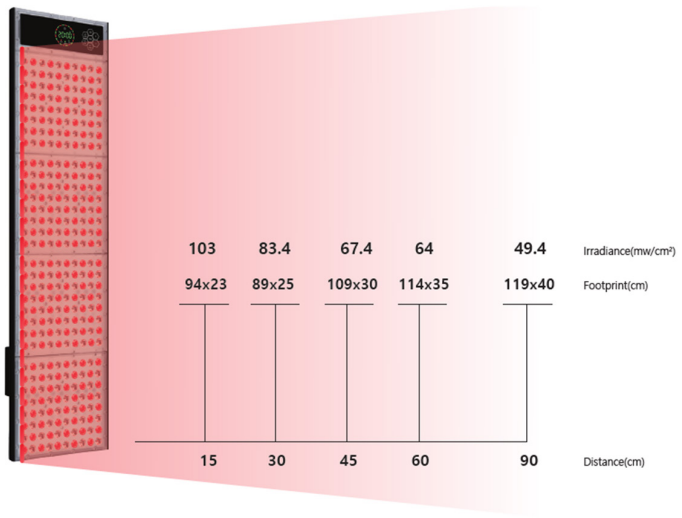
Installation Requirements

• Designed for wall mounting or hanging systems.
• Do not drill into glass sauna doors.
• Use included over-the-door hook or adhesive mounting system.
• Ensure mounting is stable, secure, and supports the panel's weight (approx. 7.8 kg).
• Do not overtighten or stress mounting hardware.
• Always check alignment with a level before final placement.

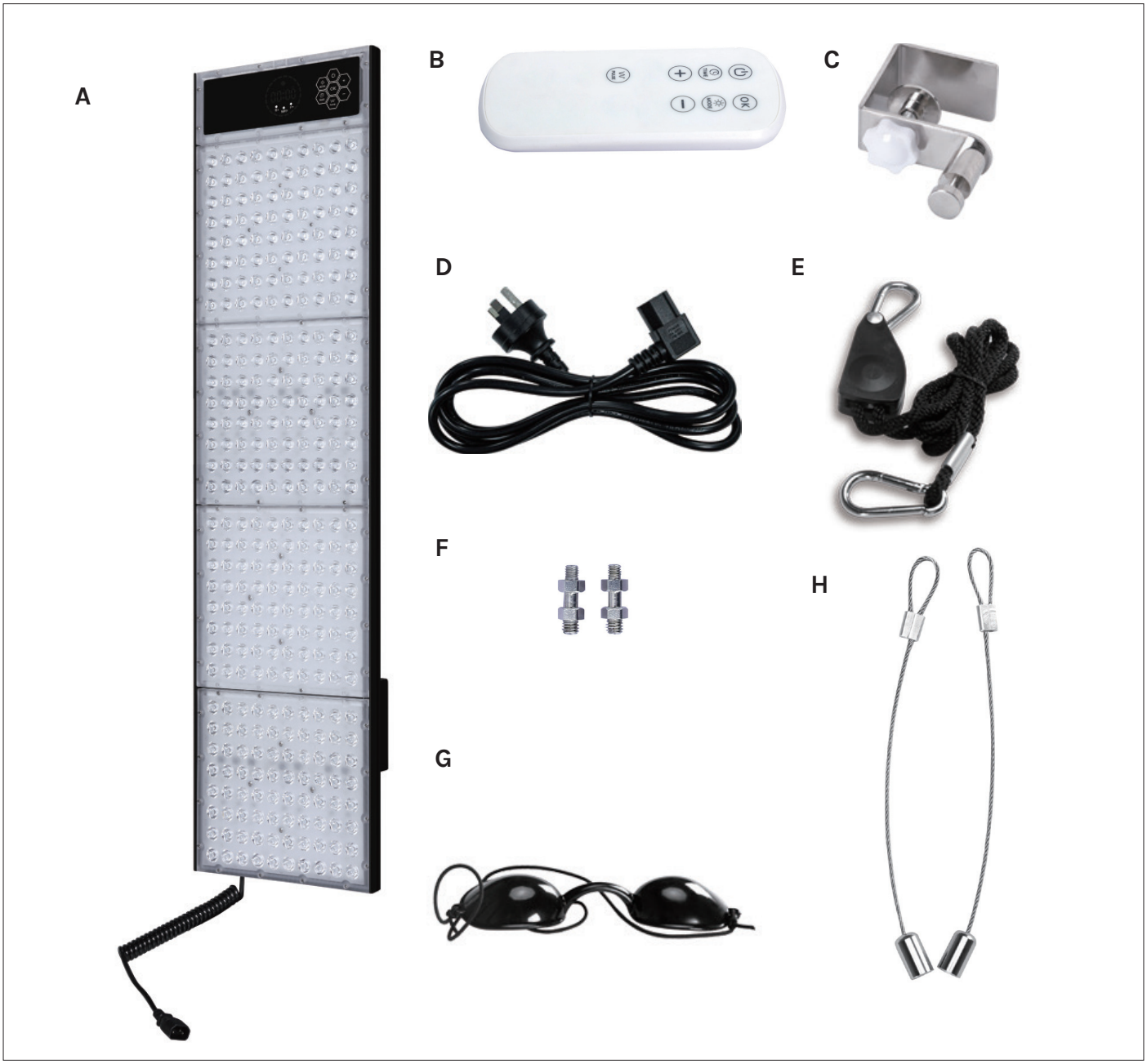
Technical Specifications

Specification	Details
Wavelengths	630nm: 660nm: 810nm: 830nm: 850nm
Amps @110V	1.85A
Amps @220V	0.9A
Dimensions	100 x 25 x 2.5cm
Power Consumption	217W
LEDs	320 x 3W
Beam Angle	30^0 and 60^0
Timer	Adjustable 1–30 minutes
Pulse	0–40 Hz adjustable (only for NiR LEDs)
Dimmable	0%–100%
Cooling Fans	None
Weight	7.7 kg / 17 lbs Panel Only
LED Lifespan	50,000 hours
EMF Emission	Negligible
Best For	Half Body
Max Area Coverage	119 x 61 cm
Waterproof Rating	IP65

Sauna Irradiance

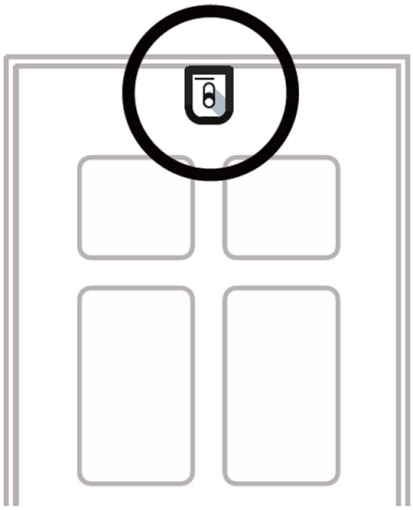


II. ASSEMBLY INSTRUCTIONS

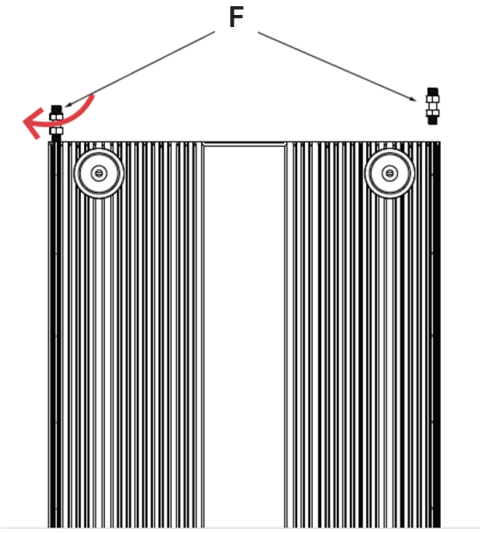


A. Sauna Light
B. Remote
C. Door Mount
D. Power Cable
E. Cable Assembly & Snap Links
F. Double Screw Bolt
G. Eye Protection
H. Hanging Hardware

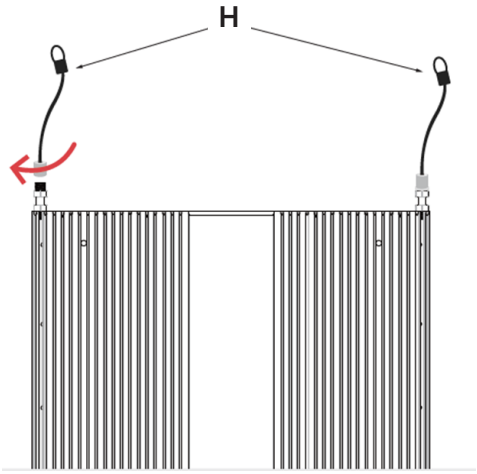
Hanging Mount



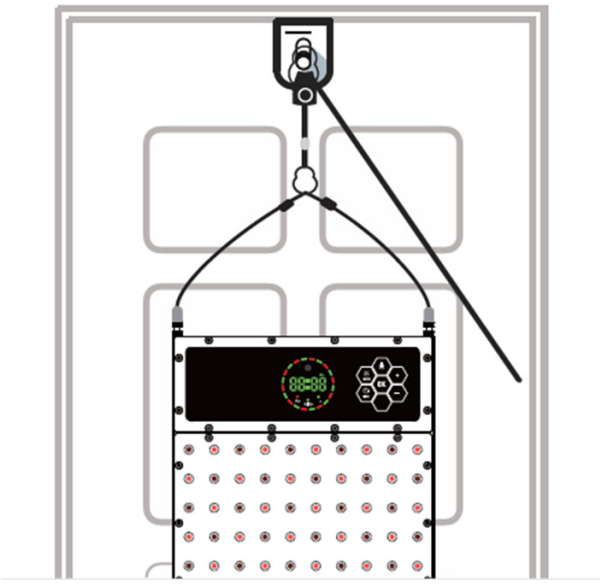
1. Use (c) Door mount to hook over the top of a standard sized door and tighten with the flower knob screw.



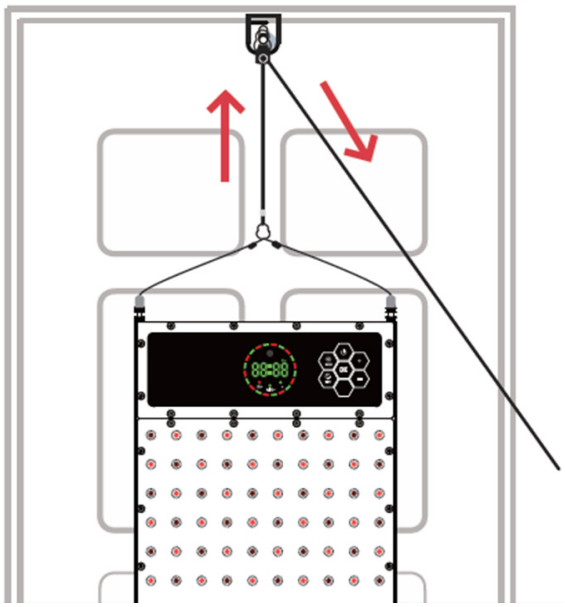
2. Firmly tighten the double-screw bolt (f) into the holes located on top of the sauna light.



3. Then screw the hanging hardware (h) to the double screw bolt.



4. Connect the cable assembly (e) to the height-adjusting system. Then, connect the snap link on the opposite end directly to the door hook (c), as shown in image.

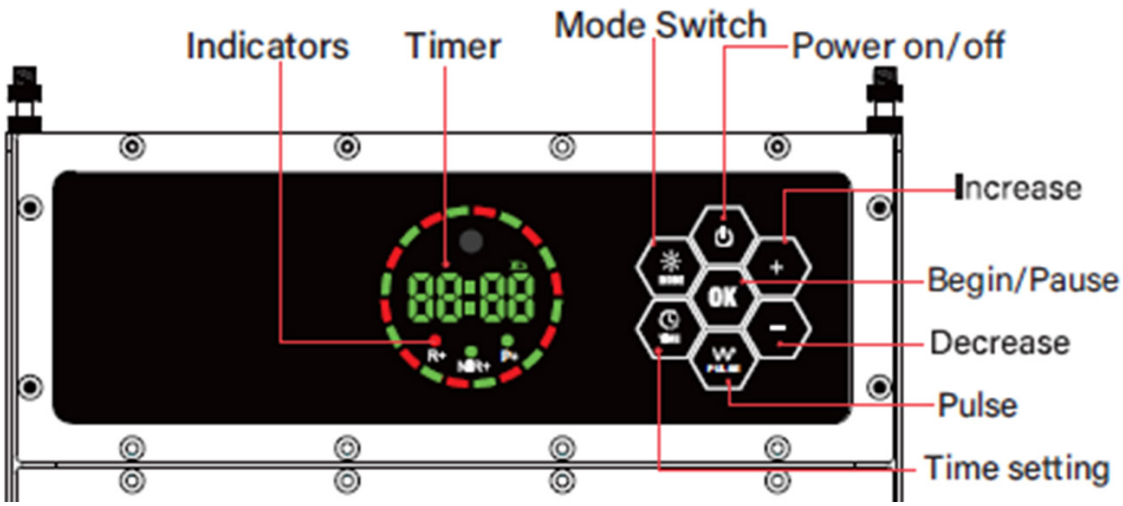


5. To raise your Panel to your desired height, pull down on the loose cable (e) while supporting the device with your opposite hand.

6. After securing he device at the desired height, release the assembly cable (e) and allow it to naturally settle behind the device.

Caution: Be sure to adequately support the device while raising and lowering it with the height-adjusting system.

Operating Instructions



Remote & Panel Buttons

Power On/Off

- Connect the power cord to a properly grounded wall outlet.

Start/Pause

- Press OK to start or pause the session at any time.

Mode Button

- Each press of the MODE button will cycle through the three light modes:
  - R+ **Red Mode (R indicator light on)** – Activates only the red LEDs.
  - NIR+ **Near Infrared (NIR indicator light on)** – Activates only the red LEDs.
  - R+ NIR+ **Combined Mode (R + NIR indicators on)** – Activates both red and NIR LEDs together.
- Once the desired mode is selected, press **OK** to confirm.

Timer

- Press the TIME button to set the duration of your session.
- Use the + and - buttons to increase or decrease time in one-minute increments.
- The maximum selectable session time is **30 minutes.**
- Once selected, the device will remember your chosen time and default to it the next time you turn the panel on.

/ Increase/Decrease

- **Time:** During Timer setting pressing / button will increase/decrese time by 1 minute. Press and hold the button to change the value quicker.
- **Mode:** During Mode setting pressing / button will increase/decrease intensity by 10%. Press and hold the button to change the value quicker.

Pulse Mode

- Press the to activate 40Hz Pulse Mode (only available with NIR LEDs).

Operating Environment

Operating your Sauna outside these ranges may affect performance:

- Temperature: -4^{0}F to 158^{0}F (-20^{0}C to + 70^{0}C)
- Atmospheric Pressure: 101.325 kPa
- Storage Temperature: 8.6^{0}F to 104^{0}F (-13^{0}C to +40^{0}C)
- Relative humidity: 30% - 65%

Session Completion

- When the timer reaches zero, the device will automatically switch off the LEDs.
- The panel remains in standby mode until you power it down or select a new session.
- Unplug the device when not in use.

Important Operating Notes

- **Invisible Light:** Near-infrared LEDs emit light not visible to the human eye — the panel may still be active even if you cannot see light from the NIR LEDs.
- **Overheat Protection:** If the ambient temperature reaches 75^{0}C, the device will automatically reduce power output by 50% to protect internal components. Normal power resumes when temperature falls to 55^{0}C.
- **Safety Reminder:** Always maintain approximately 15 cm (6 inches) between your body and the panel during operation. Avoid looking directly at the LEDs without protective eyewear.

III. TROUBLESHOOTING GUIDE

Problem	Possible Causes	Solutions
Panel won't turn on or flickers	- Power cord not plugged in securely. - Wall outlet is not working. - Panel's power switch is off. - Loose connection during mounting. - Overheating protection activated.	- Ensure power cord is fully inserted. - Test the outlet with another device. - Unplug, reconnect, and restart panel. - Allow panel to cool before reuse
The power a Panel feels loose or door won't close properly dapter	- Mounting hook or adhesive is not secure. - Power cord is caught or pulling. - Surface was not cleaned/prepared before mounting.	- Clean the glass with isopropyl alcohol and reapply adhesive hooks. - Ensure power cord is positioned without strain. - Add bumpers or adjust mounting to reduce movement.

SECURITY SUPPORT INFORMATION

REPORTING

To report a cyber security issue, please email **support@gflgroup.com.au** with product details and a description of the issue.

We will acknowledge receipt and provide updates as it is investigated.

DEVICE SUPPORT PERIOD

This product will receive security updates for a minimum of 12 months from the date of purchase.

IV. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at **www.consumerlaw.gov.au**.

Please visit our website to view our full warranty terms and conditions:
http://www.lifespanfitness.com.au/warranty-repairs

WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase.
Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit
https://lifespanfitness.com.au/warranty-form

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit h**ttps://lifespanfitness.com.au/warranty-form** and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to **lifespanfitness.com.au/warranty-form**

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