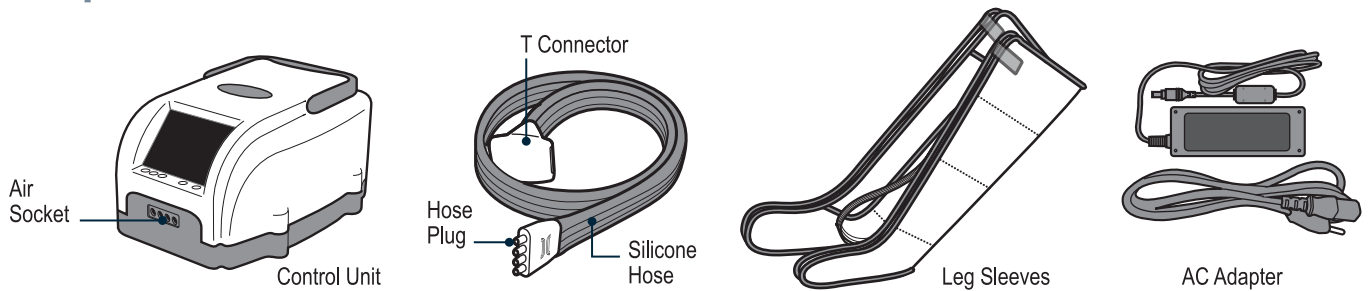


AIR RELAX® PLUS

Please Read This Quick Guide. Thank You.

Components:



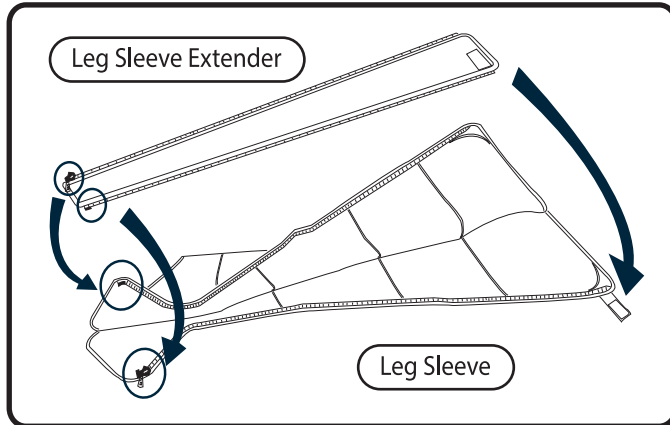
1. Connect the **AC Adapter** to the AC Adapter socket on the control unit, and then plug the AC Adapter power cord into an appropriate electrical wall outlet.
2. Connect the **hose plug** to the air socket on the control unit making sure the **arrow sign** is facing up. (No need to disconnect it after every use).
3. To put on the **leg sleeves**, zip the sleeve halfway up, and insert your foot into the sleeve.
4. Make sure you have the “left” and “right” sleeve placed on your legs accordingly.
5. Pull the top of leg sleeves **towards your torso**.
6. Close the zipper all the way up to the top, being careful that your clothes are not caught in the zipper and secure the **Velcro strap** firmly.
7. Press the **ON/OFF** button on the control unit to turn on the system.
8. Press the **MODE** button on the control unit to select the mode. (Please see the manual, Page 10 – 13).
9. Press the **PRESSURE** button on the control unit to adjust the pressure level.
10. Press the **TIME** button on the control unit to select between the 15/30 minutes session times.
11. When the session is completed, the control unit will turn off automatically.
12. Allow the leg sleeves to deflate for **30 seconds** before you remove them.

Note:

- A layer of clothing between the sleeves and skin is recommended.
- The hoses should not be twisted or folded.
- At the start of a session, a few inflation cycles are used to calibrate the pressure based on your limb(s) or body circumference. The first cycle or two may take a longer time to fill completely.
- If other buttons are pressed during a current session, another 15 minutes starts from the time the last button is pressed.
- Attach the Velcro to prevent the air pressure from causing the zipper to unzip (pop) while the upper chambers are filling up. If this happens, simply shut off your control unit and secure the zipper as suggested above.

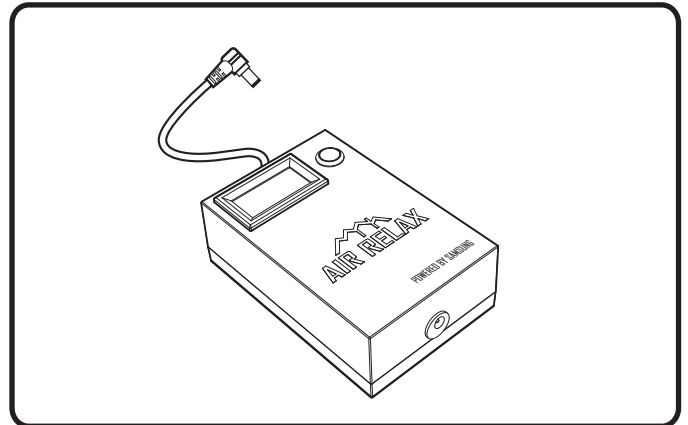
Optional Purchases

Leg Sleeve Extender



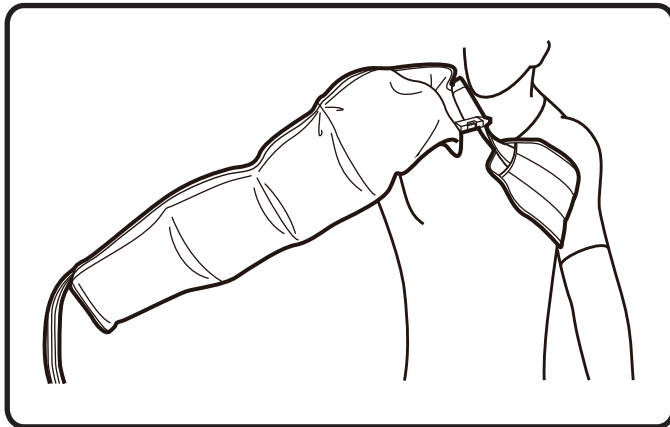
- Increases the diameter of 4-inch top, 3-inch middle, and 2-inch bottom of the leg sleeve.

Battery Pack



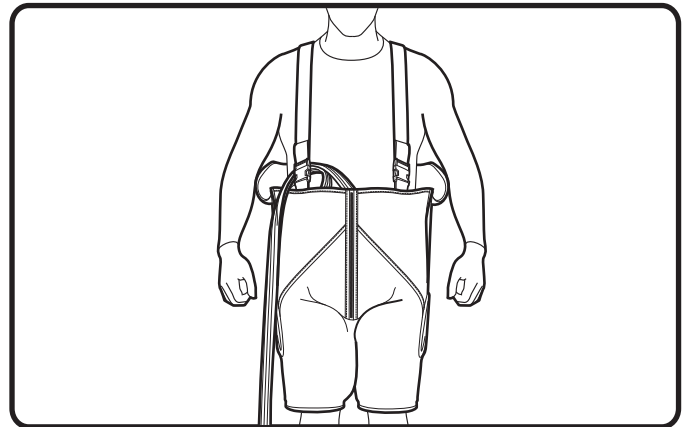
- Allows you to power the Air Relax Plus system anytime, anywhere.

Arm Sleeve



- Delivers dynamic compression to the hand, arm, and shoulder.

Shorts



- Delivers dynamic compression to the quads, hamstrings, glutes, hip flexors, lower back, abductors, and adductors.

Tips:

- Select the compression strength starting from low to high level.
- Limit movements during the session.
- Registering your product will help us provide you with quicker and more efficient service and support and assure you get the most out of your warranty.

Register your product at <https://www.air-relax.com/pages/registration>