



HOW TO WEAR

On the inside of each device you'll find a tag that denotes the corresponding leg; either LEFT or RIGHT. Place the appropriate SPRYNG™ device on your leg so that the module sits comfortably on your shin. Fasten the wrap around your leg as shown in the images. Make sure the device is nice and tight on your leg. We recommend that you fully charge your device before use (about 150 minutes)

You are now ready to play!



Left



Right





POWER

Press and hold to Power Up and Switch On your SPRYNG™ device. When in operation press once to pause. Press again to resume. Press and hold to Power Down and Switch-Off your SPRYNG™ device



STRENGTH

Your SPRYNG™ device has 3 strength levels. Press the strength button to change the intensity of the compression



WAVE

Your SPRYNG™ device has 2 compression patterns.
1.) The Graduated Compression Profile
2.) The Pulsatile Compression Profile
Press the wave button to choose your desired wave pattern at the start of each cycle



INDICATOR

Green: The Graduated Compression profile
Blue: The Pulsatile Compression Profile
White: Pause
Red: Level of Intensity
Red Turn off Sequence: Device Switch Off