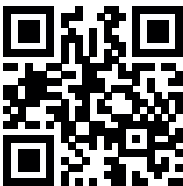


# REATHLETE XPRESS



*Calf, Knee & Thigh Massager*

## **USER MANUAL**



**Contact us:**

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

[support@reathlete.com](mailto:support@reathlete.com)

# Thank you for purchasing the XPress!

We are excited for you to experience the wide range of health and wellness benefits that come with using our product.

This User Guide is intended to provide you with guidelines to ensure that the operation of this product is safe and poses no risk to the user. Using this product in a manner that does not comply with the guidelines described in this manual may void the product warranty.

**Please read all directions before using the product and retain this guide for reference.**

**This product is intended for household use only.**



- 1 Calf, Knee, and Thigh Massager
- 2 Control Unit with LCD Screen




## Box Contents

- Calf, Knee, and Thigh Massager with a Control Unit
- USB-C Cable
- User Guide

## How to Use:

1. Take a seated position and put the device around your calf and knee or around your knee and thigh.
2. Secure the device by pulling the hook & loop straps through the metal rings. Fold the straps down to seal them.
3. Activate the device.
4. Sit comfortably. Do not cross your legs.
5. Watch the battery indicator and charge the device with the AC power adapter when the battery is low.




1. To turn the massager ON, press  button for 3s. The countdown starts.
2. The default massage time is 20 minutes, and you can short-press  button to increase the displayed remaining time by 5 minutes.
3. To turn the massager OFF, press  button for 3s.


**We do not recommend using the massager for more than an hour.**




## **Air Compression Massage**

Press  or  button to adjust between the intensity levels.


Press  to release air pressure.

Press  to reactivate air compression massage.

   buttons activate one of 3 massage modes:

 Knee and calf/thigh massage

 Calf/thigh massage

 Knee massage

## **Heat Therapy**

Heat therapy is invaluable when treating muscle pain or ligament pain. It can ease muscle tension, increase flexibility, and heal damaged tissue by delivering more oxygen and nutrients with the improved blood flow.

Press  or  button to adjust between the intensity levels.

*Please use the reference above to select the massage mode that best suits your needs. You can combine air compression with heat therapy or use one of the functions independently.*



**WWW.REATHLETE.COM**

**Important Safety Notice:**

This device should only be used with the provided, certified AC Power Adapter/ Charger.

DO NOT place or store this appliance where it can fall or be pulled into a tub or sink.

DO NOT submerge product in water or other liquids.

Keep dry: DO NOT operate in a wet or moist condition.

DO NOT leave this device unattended while turned on.

NEVER operate this device if the cord or plug is damaged.

DO NOT operate if the item is malfunctioning or has been exposed to water.

DO NOT operate under a blanket or pillow.

DO NOT use this product in a high-temperature environment, or near flammable / explosive items or chemicals, including aerosol products or oxygen.

Keep the massager away from heated surfaces.

DO NOT use on persons with sensitive skin or poor blood circulation.

DO NOT crush, avoid sharp folds. Keep away from sharp/pointed objects like pins or other metallic fasteners.

DO NOT use this product directly on swollen or inflamed areas of skin or open wounds

This product should NEVER be used by an individual suffering from any physical ailment that limits the user's mobility or by an individual having sensory deficiencies affecting their legs and appendages.

**Storage:**

Store the device in its bag or in a safe, dry and cool place. To avoid breakage, DO NOT wrap the power cord around the device.

**Technical details:**

	Level 1	Level 2	Level 3
Pressure	15.4kPA	21.5kPA	29.9kPA
Temperature	49.7°C	59.7°C	60.8°C
Charging	USB-C Cable included. Charger NOT included.		

**Cleaning And Maintenance:**

Turn off the massager. Unplug the adaptor before cleaning. Clean only with a soft, slightly damp sponge. Never allow water or other liquids to come into contact with the unit. DO NOT immerse in any liquid to clean. Never use abrasive cleaners, brushes, gasoline, kerosene, glass/- furniture polish or paint thinner to clean device.

**Caution:**

Do not use the device to supplement or replace any medical treatment that you are currently receiving. Please consult your physician before use if you are experiencing any unexplained pain, already receiving medical treatment for circulation or vascular issues, or using at-home medical equipment.

**Please contact your physician before using the REATHLETE XPress if you have physical health concerns or have any of the following conditions:**

- You are pregnant.
- You have a pacemaker or other medical implant.
- You are suffering from a heart or vascular disease.
- You have irregular blood pressure or are receiving treatment to normalize your blood pressure.
- You are suffering from osteoporosis.
- You are suffering from cancer.
- You have undergone a recent surgery.
- You have concerns regarding areas of your health.

Stop using the product immediately if you feel uncomfortable or if any abnormalities occur.