



QUICK START GUIDE FOR CIRCULATION LEGEX

Thank you for purchasing LEGEX.
We hope that you find it of great benefit.



LEGEX is a passive muscle exerciser that allows your lower legs to keep moving whilst you are sitting down in your favourite chair. It is designed to keep legs and joints active without having to physically move them.



How does LEGEX work?

LEGEX has two motorised footplates that continuously glide back and forth. This gentle motion replicates the walking action whilst sitting down.



This is ideal for those who want to keep their lower legs active without the effort of physical exercise.

The gliding footplates allow the legs and joints to keep active and this motion gently expands and contracts the muscles in the lower legs without putting pressure or strain on the limbs.

How do I use LEGEX ?

The LEGEX device is easy to use. Follow these easy steps below:

- Place the LEGEX device in front of your favourite chair or sofa
- Pull the two legs out of the base of the device, then attach them to the base.
- Ensure all power is switched off. Plug the LEGEX adaptor into the LEGEX device FIRST. Then insert the plug into the nearest socket. Then turn on.**
- Place your feet on the footplates and slide the switch to setting **1** on the side of the LEGEX (it will start on slowest speed). There are 3 speeds.

- If you wish to increase the speed of the footplates, select the speed you require from **1, 2 or 3**.
- Use LEGEX once a day for a maximum of 20 minutes per session
- Simply relax and unwind and let LEGEX do the work for you – it's that simple to use and operate.

How do I use LEGEX Remote ?

The remote control is easy to use.



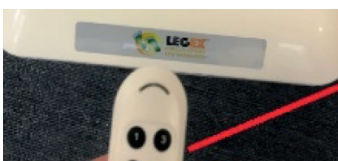
- First, pull out the PLASTIC TAB from the REMOTE CONTROL BATTERY COMPARTMENT to enable the batteries to work.



- Remote will only work if THE SWITCH ON THE SIDE OF THE LEGEX DEVICE IS ON 'RE/OFF'. So push the switch all the way to the left as shown.



- Point the REMOTE CLOSE TO THE FRONT OF THE LEGEX DEVICE and press the button to connect the remote to the device.



- The remote has three speeds and an OFF button. Once you are sat in position, use the remote to select the speed you require.

NB: Alternatively you can use the switch on the side of the LEGEX device to control on/off and speeds.

BATTERY USE: Remote control requires a CR2032 battery (included).

PLEASE NOTE THAT IT IS SAFE TO USE LEGEX IF YOU HAVE A HEART PACEMAKER. If you are at all unsure, please consult your Doctor first.

Recommendations to get the best results from LEGEX

- Wear loose fitting clothes – this will allow your legs to move freely.
- Wear comfortable shoes or socks whilst using the device (do not wear high heels).
- Use the device whilst seated in a comfortable chair or sofa (ensure that you are sitting comfortably and in the right position).
- Use in a well-ventilated area away from obstructions and objects

If you have any issues whilst using LegEx stop immediately. If you experience pain or discomfort whilst using the device, please consult a doctor.

Cleaning and maintenance of LEGEX

LEGEX does not need any maintenance; Do not open the device as this is dangerous and will invalidate your warranty.

To clean the device, simply unplug it and ensure it's switched off and wipe clean with a dry cloth.

WARNINGS:

- NEVER STAND ON THE DEVICE – AS THIS COULD CAUSE INJURY
- Never expose the device to water or liquids and only use the device in a dry clean area.
- Keep fingers away from moving parts at all times.
- If you have any issues whilst using LegEx stop immediately. If you experience pain or discomfort whilst using the device, please consult a doctor.
- THIS IS NOT A TOY – KEEP AWAY FROM CHILDREN
- Intended for adults only - 18+ years .

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UNIT 2 FREDERICK ROAD, HOO FARM ESTATE, KIDDERMINSTER, DY11 7RA.

Telephone: 0845 389 0962

Email: info@vytaliving.com

www.vytaliving.com

Product code: BE410

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Warning: over 18 years old. Do not use if you're pregnant or nursing. As with any massager product, please consult your physician if you have medical conditions. Please read the manual first before use. Stop using the product if you experience pain or feel unwell, consult your physician straight away.



How to get rid of electrical and electronic old appliances:

- If the symbol with a crossed container is displayed, this means it complies with directive 2002/96/CE.
- All electrical or electronic appliances should be disposed of properly at designated local places only.
- The correct disposal and treatment of damaged goods contributes to avoiding potential risks to the public and the environment.
- To obtain more information on how to properly dispose of your electrical and/or electronic devices, contact your local authority or the retail place of purchase.

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