



Quick User Guide

1

Fill the tank to 1 or 2 users' line (for both water and ice)

2

Fit Recovery Pants around the body using included Velcro flaps

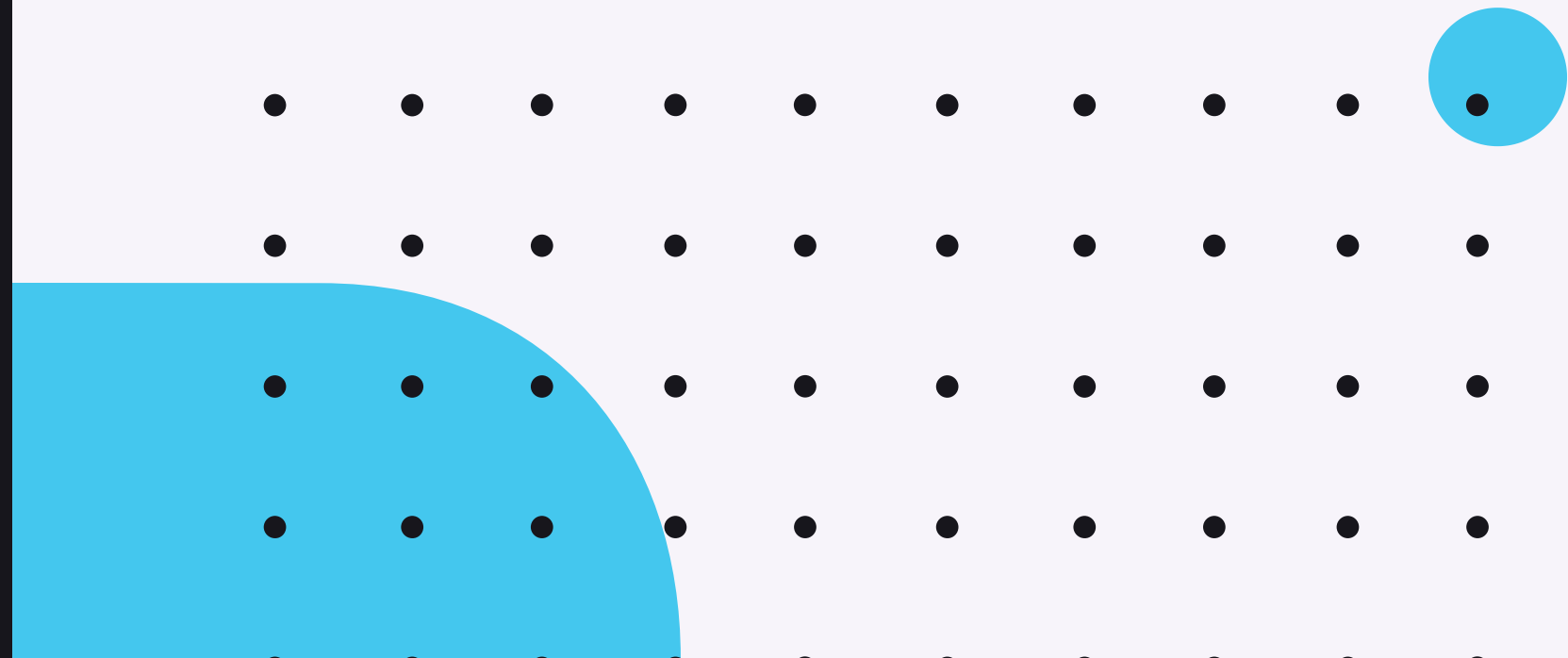
There are 3 flaps on each leg and 2 flaps for hip adjustments

3

Connect tubing from Aquilo control unit to Recovery Pants

4

Plug Aquilo Control Unit into power source using provided cable (do not substitute power cable). Then press Power (metal button). The Power Button will turn blue



Power on



Follow instructions to power on the water pump (on screen)

- 1 Activate water pump by holding the ON button for 3 seconds

Start water pump by pressing the ON button again

A blue light (pump) starts blinking blue and indicates that the water pump is operating

If the control unit is charged, no power source is required

If the battery level is too low, the machine will not power on without the power cable

- 2 Set Time to your preference using +/- buttons. We recommend 20 minutes



- 1 Optional Pulse feature will allow water pump to run for 2 minutes, off for 30 seconds, repeat

Charging the Aquilo Control Unit

Plug Aquilo Control Unit into power source using provided cable (do not substitute power cable). Then press Power (metal button). The Power Button will turn blue

The Battery level lights (green) will be flashing with their battery level until full

Recommendations



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After the duration of your session, wait 2-3 minutes before unplugging the connectors from the Recovery Pants. This will allow the water to drain from the pants back into the tank

Drain tank after each session using provided drain hole/caps on either side of the tank. Some water remaining in tank is okay.

Remove plastic screen protector, if desired. This is easiest to do by peeling the plastic off by the Power Button (metal)

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