



THE BIOHACKN BOOTS

Pneumatic Compression

Users Manual



Welcome to the world of Biohackn's Pneumatic Compression Boots - your personal assistant for quick recovery and improved performance. We are thrilled that you have chosen our product to elevate your fitness routine and promote your overall health and wellbeing.

Our compression boots use advanced pneumatic technology to massage and soothe your muscles, helping to increase circulation, reduce inflammation, and accelerate recovery time. Whether you're an athlete, a busy professional, or simply looking to take better care of yourself, these boots are designed to help you achieve your goals and feel your best.

This user manual is your guide to getting the most out of your Biohackn compression boots. We'll walk you through the setup process, explain how to use the different settings, and provide tips for maximizing your results. So, sit back, relax, and get ready to experience the benefits of our state-of-the-art compression technology. Thanks for choosing Biohackn !



LET'S GET STARTED

Before we get started, we want to make sure you're all set up for success. First things first, let's make sure your device has enough battery power. Press the power button to turn on the pump. If it fails to start, it may be due to low battery, and you'll need to charge it using the provided charger.



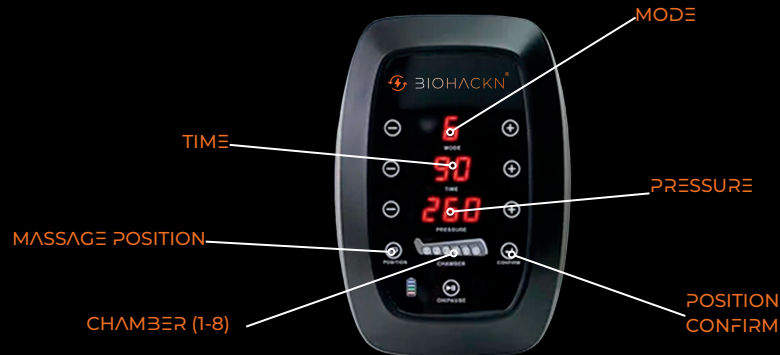
1. Once your device is powered up, it's time to get ready to use it
2. Firmly attach the air hose to the cuffs and connect the main plug of the air hose to the pump
3. Comfortably position the cuffs on your targeted area, and press the power button to activate the standby mode on the pump
4. Now, the fun part, let's customize your session: You can choose the time duration, pressure level, and massage mode that work best for you. Want to adjust the time duration? Hold the button for a brief period to reduce or increase the time by 5-minute intervals. The device will automatically turn off once the set time duration has elapsed
5. Need to adjust the pressure level? Hold the button for a brief period to reduce or increase the pressure level. Just remember, the device will stop functioning below the minimum pressure level of 80 mmHg

6. If you want to switch up the massage mode, press the appropriate button, the default mode set is 1. Just make sure the device is in pause mode first

7. To choose which chambers to activate, simply press the position button to move the chamber to the desired position. Once you've made your selection, press the confirm button to turn off the corresponding light, indicating that the chosen chamber will not be inflated during the session

8. Make sure all settings are properly adjusted before beginning the session. Press the on/pause button to start the session, and then press the start button to initiate the compression. Enjoy your Biohackn pneumatic compression boots experience!

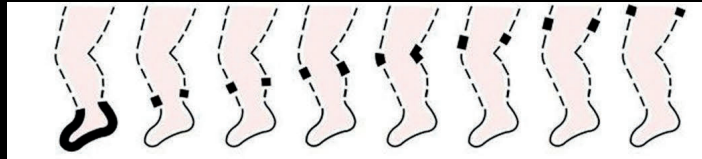
LED TOUCH CONTROL PANEL



BIOHACKN MODES

The Biohackn compression boots offer six modes that combine massage techniques from ancient Ayurveda and traditional Chinese medicine with the latest science on pneumatic compression therapy. It is recommended that users try all modes, but here are the four main ones to be aware of:

Λ. In this mode, only one chamber is inflated at a time, beginning with Chamber 1 and progressing up to Chamber 8. The cycle then repeats



3. In this mode, Chamber 1 remains inflated and gradually adds a chamber until all eight chambers are filled with air. The cycle then repeats



BIOHACKN MODES

C. In this mode, Chamber 1 inflates and deflates four times before holding pressure. Then, Chamber 2 inflates and deflates four times while Chamber 1 and 2 hold pressure. This cycle continues up to Chamber 6 before repeating. Note that during the first cycle, the device operates in mode 3 to warm up, and from the second cycle onwards, it operates in Pulse Mode.



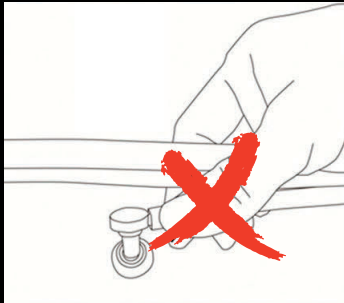
D. In this mode, all chambers inflate and deflate simultaneously before the cycle repeats



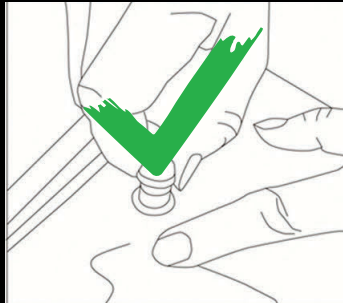
ONCE YOU FINISH YOUR BIOHACKN SESSION

After using the Biohackn's pneumatic compression boots, it is important to properly disconnect the hose from the machine. Simply pull out the main end of the hose and keep the cuffs connected to the hose as a unit. When ready to use again, insert the other end of the hose into the machine.

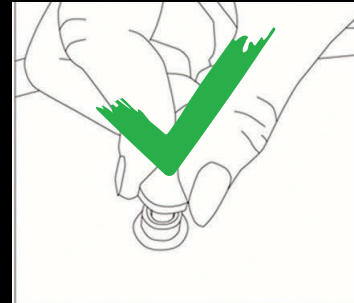
To avoid damaging the pins or the hose itself, it is recommended not to frequently disconnect the hose from the cuffs. However, for travel purposes, the hose can be disconnected from the cuffs to save space. When disconnecting the hose, be sure not to pull it. Instead, hold the pins and pull them upwards to safely disconnect the hose from the cuffs.



Do not pull the hose



Hold the pins and pull up from the cuff when disconnecting



RESULTS



Reduces soreness



Increases
performance



Improves central
nervous system
balance



Improves
performance



Reduces
injuries



Lowers
fatigue



Improves range
of motion



Improves
flexibility



Improves
detoxification

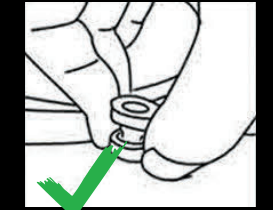
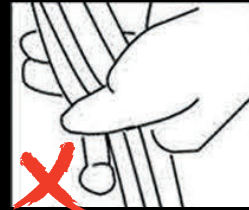
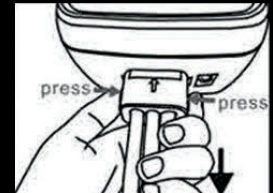


Enhances
longevity

RECOMMENDED

To ensure the longevity of your Biohackn pneumatic compression boots, please take note of the following:

- After each use, remove the hose plug from the pump carefully by pressing the clips on both sides of the plug. This will help prevent the plug from breaking and prolong the life of your device
- Avoid frequently disconnecting the hoses from the cuffs to prevent damage to the pins or the hose itself. If you need to disassemble the boots for travel purposes, make sure to handle the pins with care and avoid tearing the hoses
- When disassembling the cuffs and hoses, hold the pins and pull them upwards gently. Avoid pulling on the hoses directly, as this can cause them to tear or get damaged



By following these simple steps, you can ensure that your Biohackn pneumatic compression boots remain in top condition and provide you with the optimal benefits of pneumatic compression therapy.

CLEANING AND MAINTENANCE

To keep your Biohackn's pneumatic compression boots in top condition, regular cleaning and maintenance are essential. Here are some important tips to follow:

- Always switch off the pump before cleaning
- Avoid washing the machine and cuffs; instead, wipe them down with a dry or slightly damp cloth
- Store the equipment in a clean, dry place where it will not be exposed to direct sunlight or sources of heat, such as gas stoves
- Do not store the device in damp or humid areas
- Periodically check the cuffs, hoses, and pump for any signs of wear or damage, and replace any parts that show signs of wear and tear

By following these simple guidelines, you can ensure that your Biohackn's pneumatic compression boots continue to provide effective and comfortable treatment for years to come.

SAFETY INFORMATION

- Do not use the device on areas with acute inflammation, skin wounds, or infections
- Do not use the device if you have a fever or a high temperature
- If you experience any discomfort or pain during use, stop immediately and consult your physician
- Do not use the device on children or individuals who are unable to understand the instructions
- Do not use the device for any other purposes other than its intended use
- Keep the device out of reach of children
- Do not modify or attempt to repair the device on your own
- If the device appears damaged, do not use it and contact customer support for assistance
- Always read the user manual carefully before use and follow the instructions provided
- The device is not a substitute for medical advice or treatment. If you have any concerns regarding your health, please consult a healthcare professional

Thank you for choosing  BIOHACKN[®]

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