

OPERATING INSTRUCTIONS



INTRODUCTION

Carefully read the instructions before using the Paretos to learn everything about proper use in sports or to improve recovery and sleep quality.

SCOPE OF DELIVERY



Paretos



Pareto Bag



Cooling pack (optional)



BEFORE USE

Check all parts for damage. In case of damage, do not use the Paretos and file a complaint at www.bepareto.com.



The Paretos are not a medical product and therefore have no medical purpose.

TECHNICAL SPECIFICATIONS

These specifications refer to one Pareto:

- Weight: 600g
- Height: 158mm
- Diameter: 60mm
- Outer material: Aluminium alloy

These specifications refer to the Pareto bag:

- Weight: 139g
- Dimensions: 190x160x85mm
- Material: 100% polyester

These specifications refer to the cooling pack (optionally available):

- Weight: 174g
- Dimensions: 142x100x12mm
- Outer material: plastic



BEFORE USE

For your performance in training or your ability to recover to be supported by the Paretos, please follow the instructions below.

CHARGING IN THE REFRIGERATOR

The Paretos must be charged in a refrigerator or a freezer before each use. When charging, the contents of the Paretos must freeze in order to maintain the desired temperature later. Since this already happens at a temperature of approx. 10 °C, overnight storage in the refrigerator is usually sufficient.



Place the Paretos in the lower half near the back of your refrigerator, where the temperature is lowest.

CHARGING IN THE FREEZER

Only if your refrigerator is too warm or you need your Paretos ready for use again quickly, you should store them in the freezer. In a conventional freezer, the Paretos need between 3 and 4 hours until they are completely frozen and ready for use again.



When stored in the freezer, the Paretos reach a temperature that can cause freezer burn when in direct contact with the palm of the hand. Therefore, the Paretos must not be used in a frozen state. Use a towel or dish towel to remove the Paretos from the freezer to avoid freezer burns.



To make the Paretos ready for use after charging in the freezer, there are the following options:

- Storage in the refrigerator for 4 hours
- Storage at room temperature for 1.5 hours
- Storage in a warm water bath for 5 minutes



The Paretos have reached their operating temperature only when they feel pleasantly cool. Paretos that are too cold (colder than 10 degrees Celsius) must be warmed up further.

TRANSPORT

For transport, we recommend using the Pareto bag. If the optional cooling pack has been ordered, it should be used if there is an interval of more than 2 hours between removing the Paretos from the refrigerator and training. The frozen cooling pack only needs to be placed in the inner compartment of the Pareto bag.



HOLDING THE PARETOS

Whether the Paretos are used for training or to improve recovery or sleep quality, proper holding is important. Grasp one Pareto with your left hand and one with your right hand, making sure that your palm touches the surface of the Pareto throughout use.



If the Paretos feel too cold for you, then you can hold them with less pressure to regulate the perceived temperature.



In case of pain or other contraindications, stop using the Paretos immediately and consult a doctor.



USE IN SPORTS

The Paretos can be used in many ways in sports. Thereby, the Paretos enable the regulation of muscle and body core temperature via the palms, which can lead to performance-enhancing effects.

THE SCIENCE BEHIND THE PARETOS

During exercise, the muscles used use energy, which is converted on the one hand into movement, but also into heat. Multiple contractions of the muscle thus increase the muscle temperature. To counteract this heating, some of the heat is removed by the circulating blood and then released into the environment via the body surface.

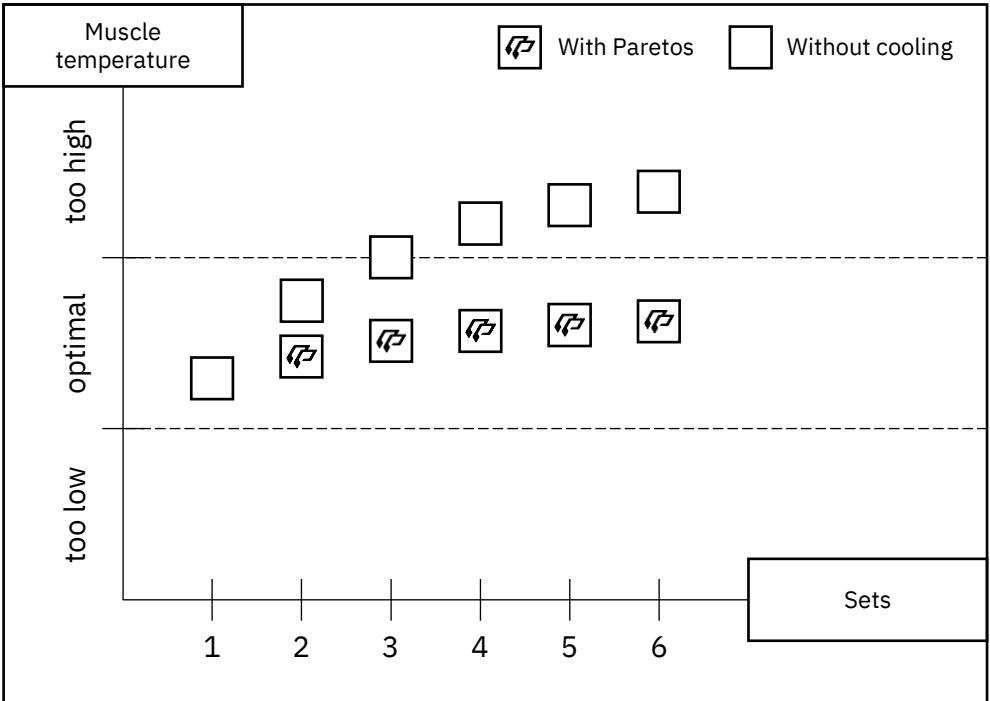
However, the body's own mechanisms are not sufficient to compensate for the increase in muscle temperature caused by intense exercise. Once a certain temperature is reached in the stressed muscle, the temperature-sensitive enzyme pyruvate kinase ceases to function, thus preventing further stress on the muscle and the associated increase in muscle temperature.

Paretos can reduce the temperature of the circulating blood through the palms of the hands, keeping the muscle in an optimal temperature range for longer. Special blood vessels on the palms of the hands, the arteriovenous anastomoses, enable particularly efficient cooling in this process.

The graphic on the next page shows an example of how your muscle temperature changes through palm cooling.



MUSCLE TEMPERATURE WITH AND WITHOUT PALM COOLING



Scientific studies and a more detailed description of the physiological mode of action can be found at www.bepareto.com.



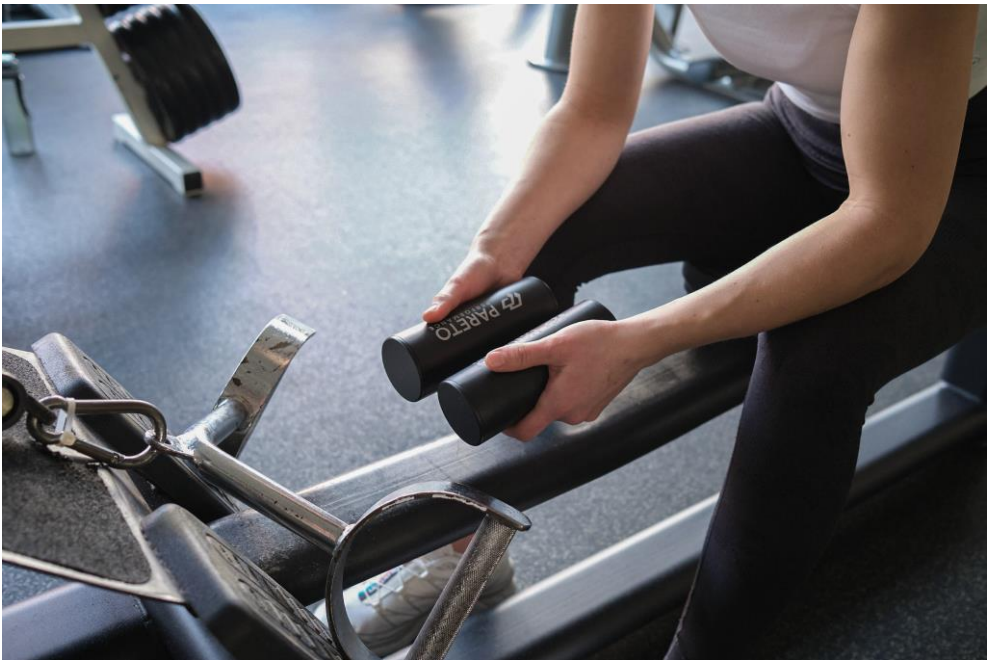
Before using the Paretos, you should warm up as usual and prepare your body for the upcoming load in training.



STRENGTH EXERCISE

In weight training you can use the Paretos in your set breaks. You can maintain the length of your set breaks, because the cooling is already worthwhile after 30 seconds. Optimal is a cooling time of 60 to 180 seconds. After the holding time you put the Paretos back into the bag and wait at least 15 more seconds until you continue with the training. Repeat this process for all your set breaks.

Training with the Paretos can greatly increase your training volume and thus the stimulus on your muscles. Therefore, the Paretos should only be used at intervals of 48 hours for the same muscle group to avoid overloading.



ENDURANCE EXERCISE

In endurance sports such as running, cycling or rowing, continuous stress on the muscles and cardiovascular system increases the core body temperature and muscle temperature. To counteract the rise in temperature, the Paretos can be held in interval pauses. In doing so, we recommend holding the Paretos in your hands for the entire duration of the interval break. After the holding period, put the Paretos back into the pocket and wait at least 15 more seconds until you continue with your next interval.

SPORTS WITH GAME BREAKS

In sports such as soccer, tennis or handball, prescribed interruptions such as halves and changes of sides result in regular breaks. In these sports, too, the continuous stress on the muscles and cardiovascular system raises the core body temperature and muscle temperature.

To counteract the rise in temperature, the Paretos can be held during breaks in play. We recommend holding the Paretos for 90 seconds to a maximum of 10 minutes. After the holding time, put the Paretos back in the bag and wait at least 15 more seconds before continuing with the sport.



While using the Paretos, don't forget to shake the Paretos regularly to experience constant cooling through the Paretos.



USE TO IMPROVE REGENERATION AND SLEEP QUALITY

In addition to its use in training, the regulation of core body temperature can additionally be used to improve regeneration and sleep quality.

REGENERATION BETWEEN TRAINING SESSIONS

To improve recovery between training sessions, we recommend holding the Paretos in your hands for 5 to 15 minutes maximum after completing your first training session.

IMPROVEMENT OF SLEEP QUALITY

Before sleeping, the body temperature already drops naturally. To facilitate this process for the body and thus fall into a restful sleep faster, the Paretos can also be used directly before sleeping. To do this, hold the Paretos in your hands for 5 to a maximum of 15 minutes.



On hot days, you can also use the Paretos to cool off at work or while relaxing in the park.



CLEANING INSTRUCTIONS

After each use, you should wash the Paretos with a fat-dissolving detergent and water and dry them with a towel or let them air dry. Do not use any corrosive cleaning agents. To ensure that the Paretos are always ready for the next use, we recommend storing them in the refrigerator.

DISPOSAL

If one or both of your Paretos are damaged, please contact www.bepareto.com. Otherwise, the Paretos are to be completely disposed of in the residual waste.

SAFETY INSTRUCTIONS

- In case of pain or other contraindications, discontinue use immediately and consult a physician.
- Persons with diminished physical, sensory or mental abilities and any person before the age of 18 must be supervised during use.
- Do not use on high-risk patients.
- Do not insert the device into body orifices.
- Do not immerse the device in water or other liquids.
- Do not store the device in the sun.
- Keep the device away from fire.
- Keep the device away from heat sources, children and pets.
- Protect the device from dust, aggressive liquids and vapors.
- Do not attempt to disassemble the device.
- Only pass the device on to third parties with the operating instructions.
- Any warranty claim becomes void if the device is misused.
- Only suitable for external use.



- Never bring the frozen device into direct contact with the skin until it has reached the operating temperature of at least 10 degrees Celsius.
- Do not store the device in a car.
- Store the device at room temperature.
- In case of contact of the device contents with skin or eyes, immediately rinse thoroughly with water.
- Do not drop the device or expose it to other external influences.

CONTRAINDICATIONS

Basically, there are hard indications that exclude the use of Paretos, as well as contraindications for which an individual decision must be made as to whether an application can or may take place. If one or more of these points apply to you, please consult your physician first:

- Aluminium allergy
- Pain of any kind
- Injuries of any kind in the area of application
- Inflammation or infection in the area of application
- Frostbite damage to the hands
- Raynaud's syndrome
- Arterial and/or peripheral circulatory disorder
- Hypersensitivity to cold
- Cardiac, sugar, circulatory diseases
- Vascular spasms
- Kidney and/or bladder disorder
- Systemic scleroderma
- Cold antibody disease
- Vasculitis
- Lymphedema
- Sensory disturbances



WARRANTY

The Seller grants the statutory warranty of 24 months from the date of purchase of the item. In the event of a warranty claim, the Seller shall first be obliged to provide subsequent performance, whereby the Seller may decide to remedy the defect in the item by repair or to deliver a defect-free item. If the subsequent performance is unsuccessful, the Buyer shall be entitled to the statutory claims for reduction of the purchase price and withdrawal from the contract. Claims for damages by the Buyer, except in the case of grossly negligent or intentional breach of duty by the Seller and for any injury to life, limb and health, are excluded. The warranty claims of the buyer expire in case of damage caused by improper use according to the instruction manual, transport, repair by unauthorized personnel as well as accident.

As the buyer, you are requested to check the goods immediately upon delivery for completeness, obvious defects and transport damage and to notify the buyer and the carrier of any complaints as soon as possible. If the buyer does not comply with this, this has no effect on the statutory warranty claims. Insofar as a characteristic of the goods deviates from the objective requirements, the deviation shall only be deemed to have been agreed if it has been notified prior to the Seller prior to the submission of the contractual declaration and the deviation has been expressly and separately agreed between the Seller and the Buyer.



DISCLAIMER

The Paretos are used at your own risk. It is recommended to seek advice from a physiotherapist or specialist should discomfort of any form occur after use.

SUPPORT

If you have any questions about the use of the Paretos, you can find an answer at www.bepareto.com in the FAQ section. If your question is still not answered, you can reach us like this:

- Send us a message on WhatsApp: +49 157 33266588
- Chat with us at www.bepareto.com
- Write us an email at hello@bepareto.com

MANUFACTURER INFORMATION

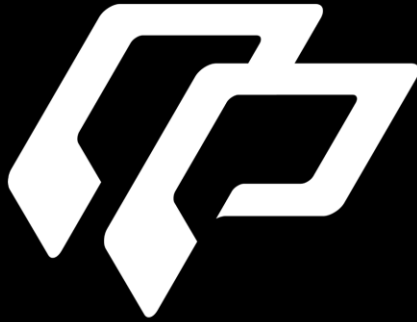
Pareto Performance GmbH, Felix-Wankel-Strasse 28, 72018 Rottenburg am Neckar, Germany

E-mail: info@bepareto.com

Web: www.bepareto.com

© Pareto Performance GmbH 2023





PARETO
PERFORMANCE