


# USER GUIDE

## ON BOARD CONTROL PANEL






-  Press to Adjust Red 660 NM Intensity in 5% increments
-  Press to Adjust Red 850 NM Intensity in 5% increments
-  Increase Highlighted Selection
-  Decrease Highlighted Selection
-  Cycle other setting types: Timer length , Pulse Frequency, Group
-  Start your treatment session | Pause your treatment session

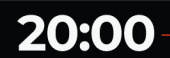
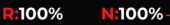
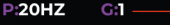


Sessions halfway points are signaled by a beep sound to remind you to turn over if you choose. This feature can be turned off by holding + & - buttons for 5 seconds.



- Choose Red Light → 
- Choose NIR Light → 
- Increase → 
- Decrease → 
- Choose Menu → 
- Play/pause → 

	Red 660nm Current Setting In 5% Increments
	Infra Red 850nm Current Setting In 5% Increments
 TIME: 30MINS	Session Timer Length   1- 30 Minutes
 PULSE: 5HZ	Frequency Pulse Setting   0-20hz
 GROUP: 1	Multi Unit Group Control * Leave On 1






	Session Time Remaining
	Session Light Intensity Settings
	Session Pulse Frequency Setting Current Light Group* Leave on 1



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## REMOTE CONTROL



-  Press to Adjust Red 660 NM Intensity in 5% increments
-  Press to Adjust Red 850 NM Intensity in 5% increments
-  Increase Highlighted Selection
-  Decrease Highlighted Selection
-  Be sure to keep on Group 1 unless using a special application



Recover Red Product Setup Guides

<https://recoverred.com/pages/setup-guides>

\*\*For units with multiple light panels be sure they are all set to the same group, be sure remote is on the same setting.

\*\* Remember Near IR spectrums cannot be seen with the human eye.