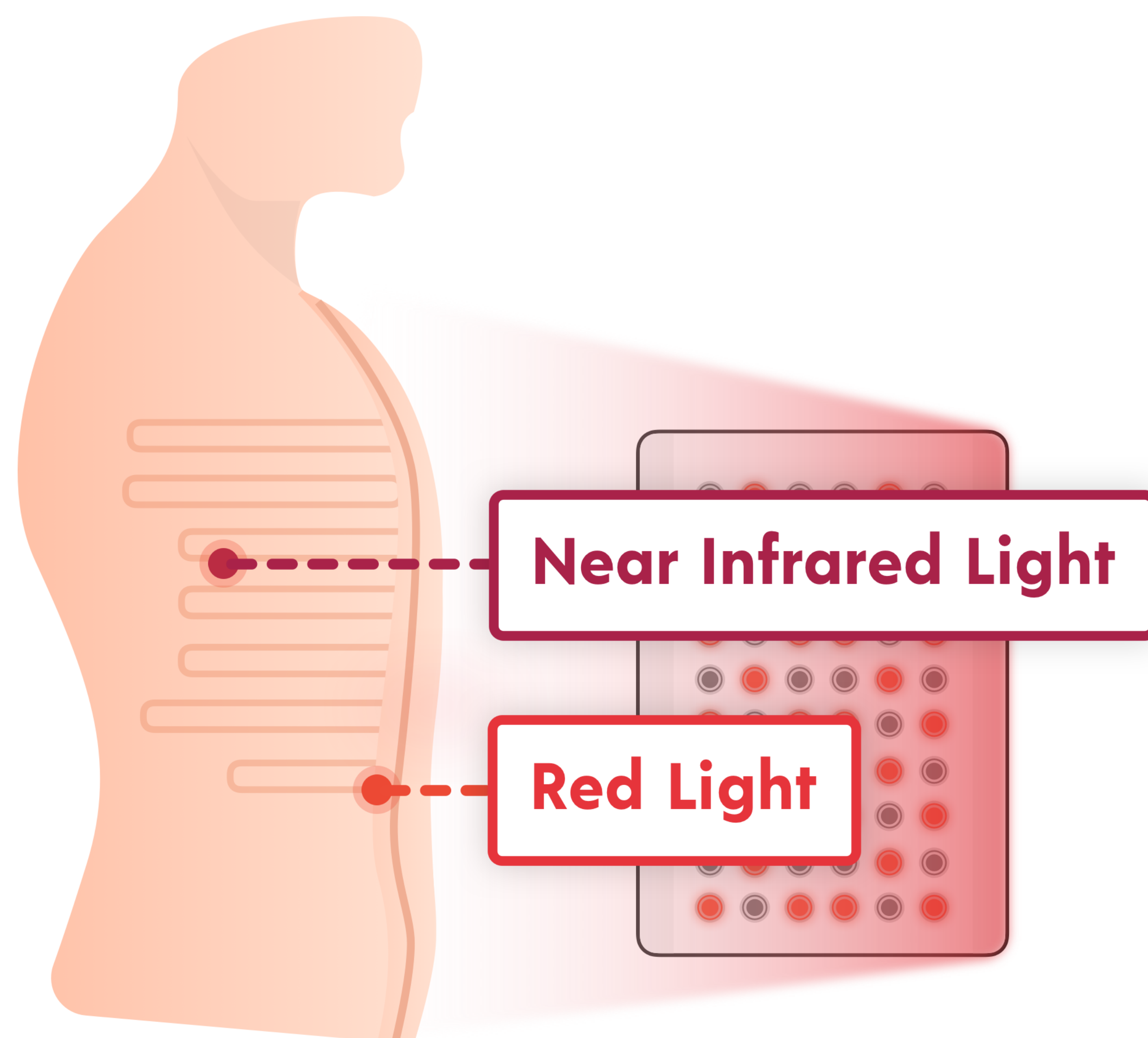


Welcome to the Joovv family! You've chosen the only device that was purposefully designed to provide the most optimal light therapy experience possible.

Your Joovv delivers clinical-grade irradiance at both 660 nm (visible red light), 850 nm (non-visible near infrared light), or a combination of both. These light wavelengths have been scientifically proven to provide therapeutic effects.

How Joovv Works

Your Joovv works by emitting red and near infrared light within a certain range of therapeutic wavelengths and intensity. These treatments penetrate your body to generate a number of health benefits.



Many of these benefits happen because red and near infrared light activates various metabolic pathways, leading to increased production of ATP (adenosine triphosphate), enhanced cellular signaling, and elevated protein synthesis.

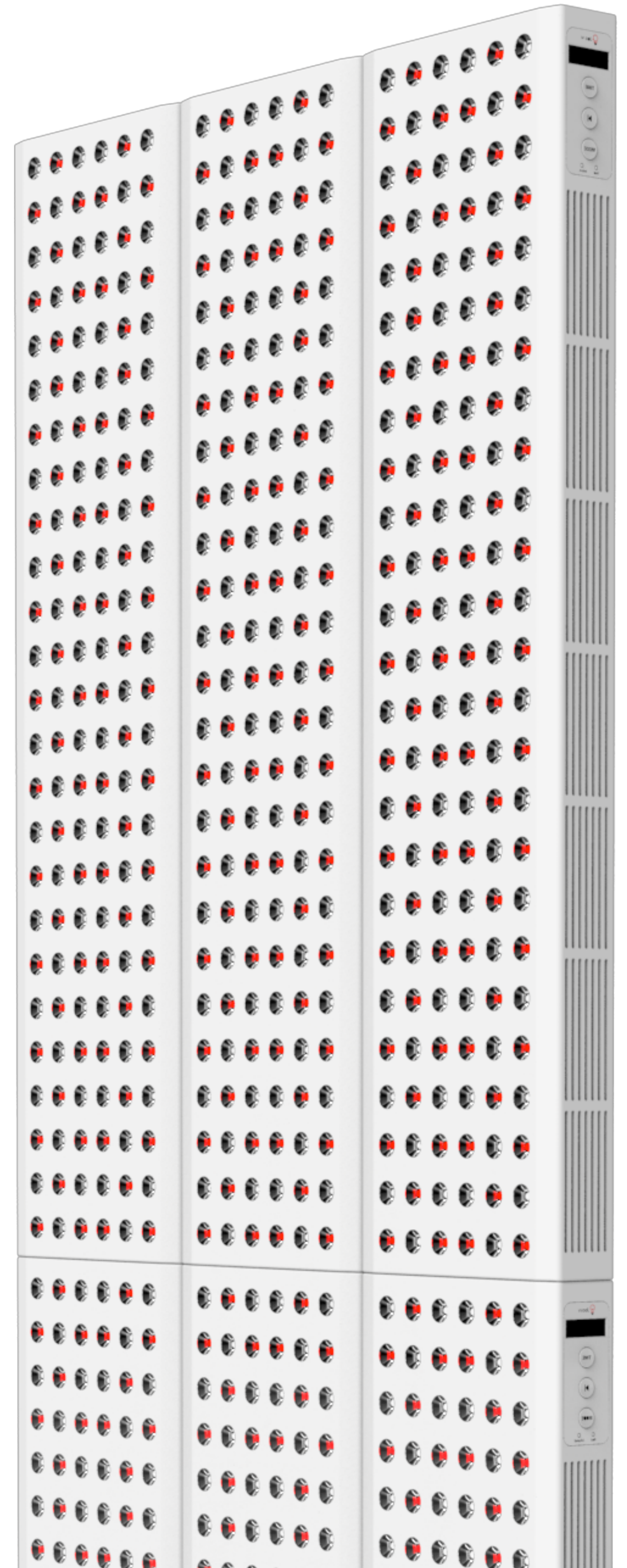
Red and near infrared light therapy has been proven to be effective for a wide range of health issues, including, but not limited to the following:

- **Muscle recovery**
- **Athletic performance**
- **Joint pain and arthritis**
- **Sexual performance**
- **Mental clarity**
- **Relaxation and sleep**

The light energy emitted by Joovv should be used on bare skin for best results.

FDA Indication

Joovv is indicated for the relief of muscle spasms, minor muscle & joint aches, as well as pain & stiffness associated with arthritis.



User Manual

Mini • Solo • Duo • Max • Quad • Elite

 JOOVV.COM

 [JOOVVSOCIAL](https://www.instagram.com/joovvsocial)

 [JOOVVSOCIAL](https://www.facebook.com/joovvsocial)



Getting Started:

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Joovv Quad	Section 7
Joovv Elite	Section 8

Other Information:

Troubleshooting Guidelines	Section 9
Frequently Asked Questions	Section 10
General Information	Section 11

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Customer Service

Email: help@joovv.com
Web: www.joovv.com
Setup: www.joovv.com/setup

Getting Started with Joovv

Your Joovv comes with everything you need to access the amazing health benefits of light therapy. For the best results, please read this manual completely before using your Joovv.

Light Sensitivity

Prior to using your Joovv, please check for photosensitivity. To do this, expose an area of your forearm 6 inches away from the device for 3 minutes. If you experience any redness or discomfort, you might be photosensitive and we recommend consulting with your doctor or healthcare provider prior to using your Joovv.

Treatment Instructions

Joovv delivers medical-grade power—also called irradiance—of red and near infrared light. For optimal results, we recommend positioning your Joovv approximately 4 to 6 inches from the area on your body you intend to treat. The recommended default treatment time is 10 minutes per area, which will result in a clinically-proven dose of energy for both superficial and deep tissues.

Consistency is Key

It's important to be consistent with your light therapy treatments. That's why we recommend using your Joovv every day, or at least 5 times per week. For additional health benefits, including pain relief from aches and strains, up to 3 treatments per day can be helpful.

Photobiomodulation (PBM), or light therapy, is like food for your cells. Unfortunately, most people do not get the proper amount of healthy light their bodies need for optimal wellbeing. Because of this, their bodies may respond with detox-like symptoms. So if you're experiencing these types of effects, we recommend starting out with 1-2 minute treatments per area, slowly working up to a 10-minute session(s) over the course of 2-3 weeks as your body acclimates to the therapy.

As always, if you have any concerns regarding the use of photobiomodulation, we recommend consulting with your trusted healthcare provider.

Results and Expectations

The amount of time required to see benefits and improvements depends on your health goals.

The cellular health benefits of light therapy have been thoroughly proven across hundreds of clinical studies, so trust that your body is benefiting from every therapy session. But there are many factors that may affect how quickly you experience improvements in your symptoms. Some people will see benefits within a matter of days. But overall improvements in health or skin-related issues can take 8-12 weeks of consistent use. By using your Joovv on a daily basis, you can maximize your body's rate of healing.



"Photobiomodulation has a wide range of clinically-proven health benefits. Everything from enhanced muscle recovery, to increased sexual libido, to improved skin health—and much more. After using the Joovv for close to 2 years, it's the only light therapy device I'd ever recommend. Give it a try—you won't be disappointed."

- Ben Greenfield, Voted America's Top Personal Trainer

"The research supporting light therapy is shockingly robust, and my own experience matches up with what is documented in scientific literature. In particular, using Joovv has resulted in improved energy, markedly reduced pain, elevated mood, and improved skin. As you can imagine, I'm a huge fan—and can't recommend this product enough!"

- Dr. Sarah Ballantyne, Medical Biophysicist and New York Times Best-Selling Author



"Less muscle soreness after exercise and am now sleeping like a log."

Rebecca D.



"The Joovv has improved my lower back pain and my skin is looking so much better!"

Julie L.



More energy, better libido, and looking better. Absolutely great light therapy product.

Olli S.



"I love the Joovv! It feels like my own personal superhuman charger."

Tim F.

Setting Up Your Joovv Solo or Mini



If you'd prefer instructional setup videos, please visit: www.joovv.com/setup

Parts List - Door Mount

JOOVV SOLO & JOOVV MINI	
1 x Mini/Solo Device	1 x Power Cord
2 x Threaded Posts	2 x Braided Steel Cables - 90mm
1 x M5 Allen Wrench	1 x Instruction Manual
DOOR MOUNTING KIT	
1 x Door Hook	1 x Height-Adjusting Pulley



For instructions on how to set up your Joovv Mini with the Mini Stand, please refer to the online Setup page at www.joovv.com/pages/setup

🕒 Approximate setup time: 15-30 minutes

STEP 1

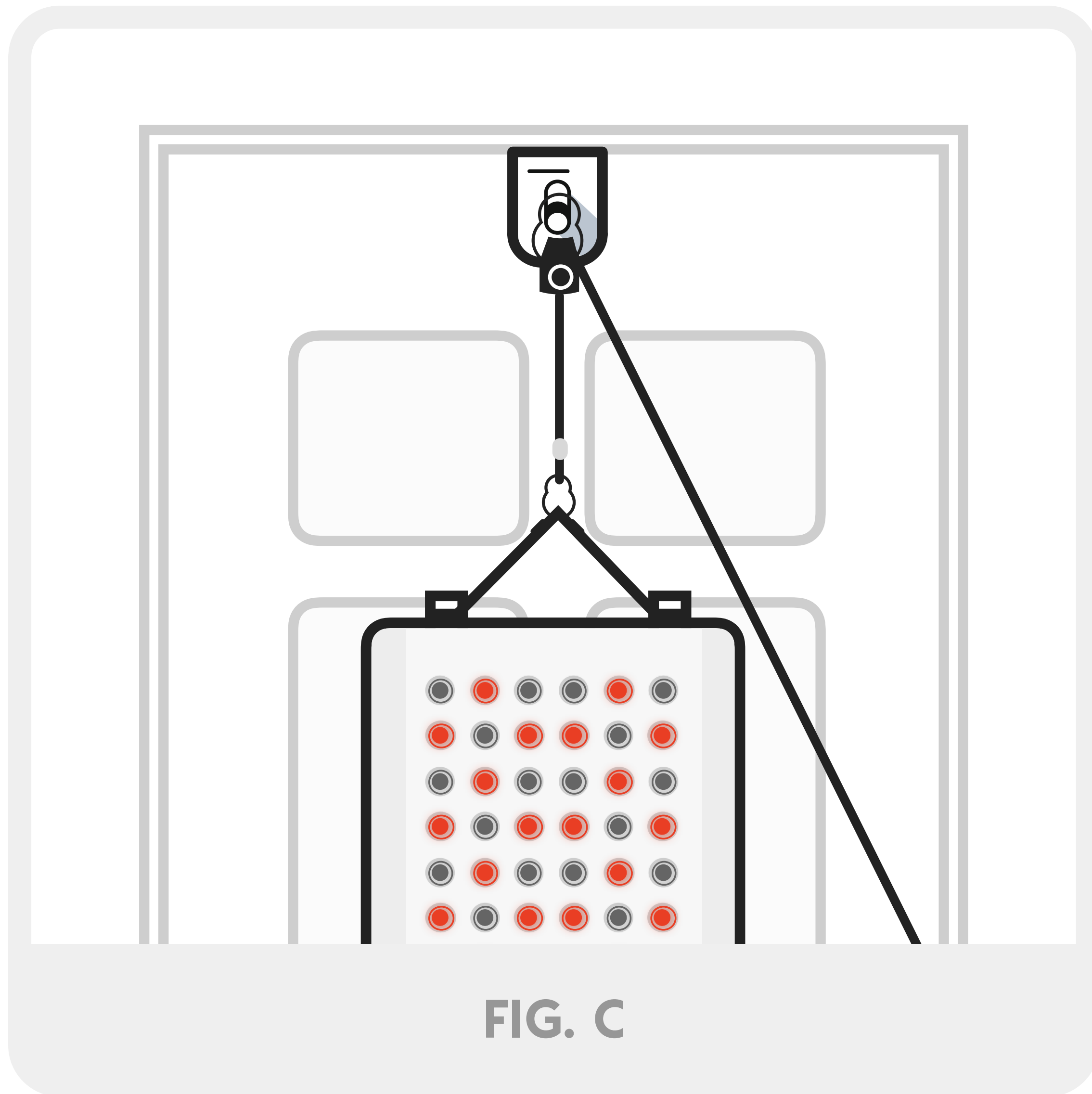
Place your Solo or Mini face down on a scratch-free surface. Next, screw in the threaded posts to the top of the device and hand-tighten with the included Allen wrench. Then, screw the braided cables to the threaded posts, as shown in [Figure A](#).

FIG. A

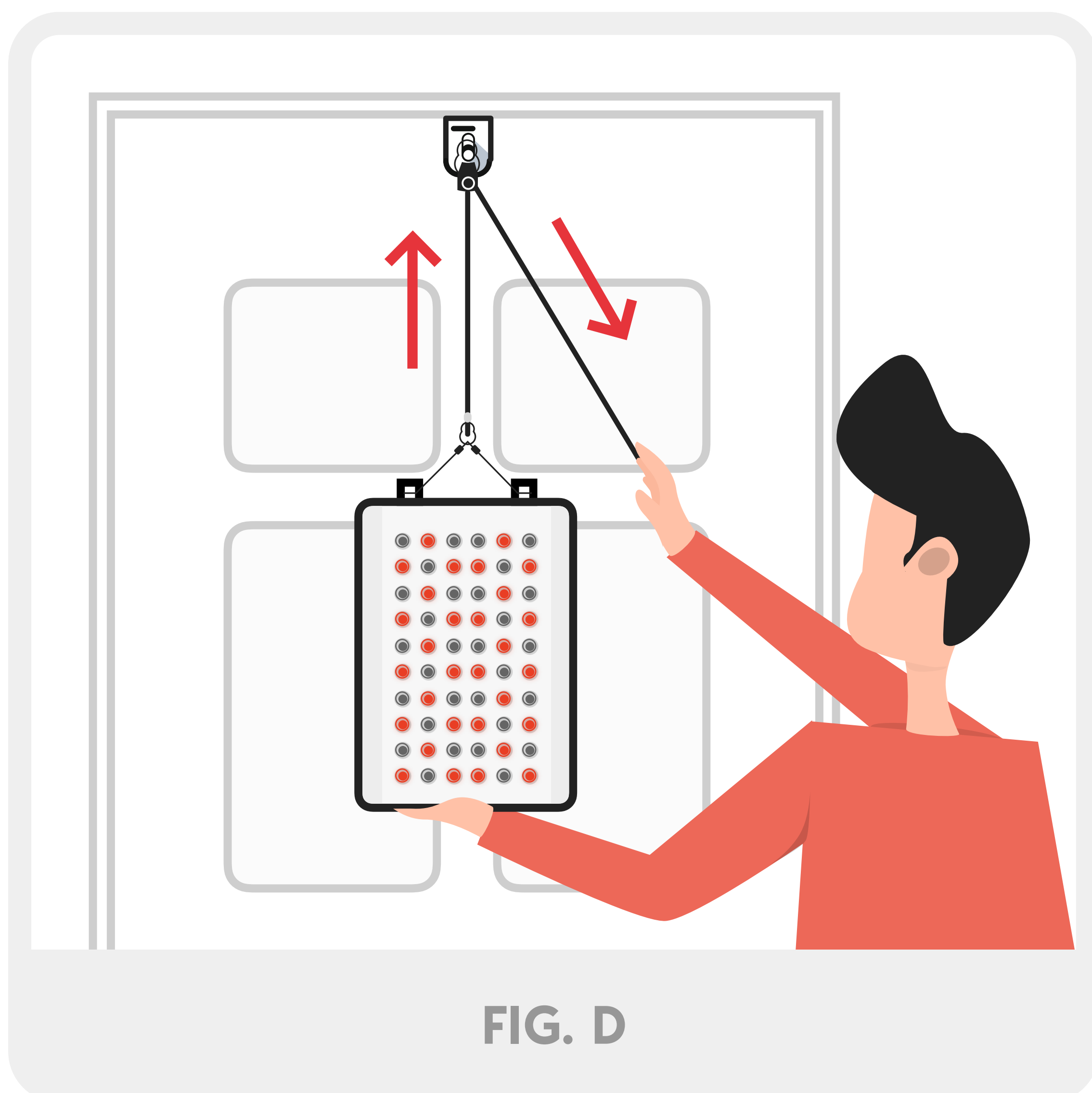
STEP 2

Hang the included custom hook on any standard-sized door, as shown in [Figure B](#).

FIG. B

**STEP 3**

Connect the braided cables to the snap link attached to the height-adjusting pulley. Then, connect the snap link on the opposite end directly to the door hook, as shown in [Figure C](#).

**STEP 4**

To raise your Solo or Mini to your desired height, pull down on the loose cable while supporting the device with your opposite hand, as shown in [Figure D](#).



Be sure to adequately support the device while raising and lowering it with the height-adjusting system.

STEP 5

To lower your Solo or Mini, push up on the lever on the height-adjusting pulley while supporting the device with your opposite hand, as shown in **Figure E**.



Be sure to adequately support the device while raising and lowering it with the height-adjusting system.

STEP 6

Plug the power cord into the male power socket located on the back of the device and plug the other end into a wall outlet. Next, turn the pairing switch to “Neutral mode” and turn the power switch on, as shown in **Figure F**.

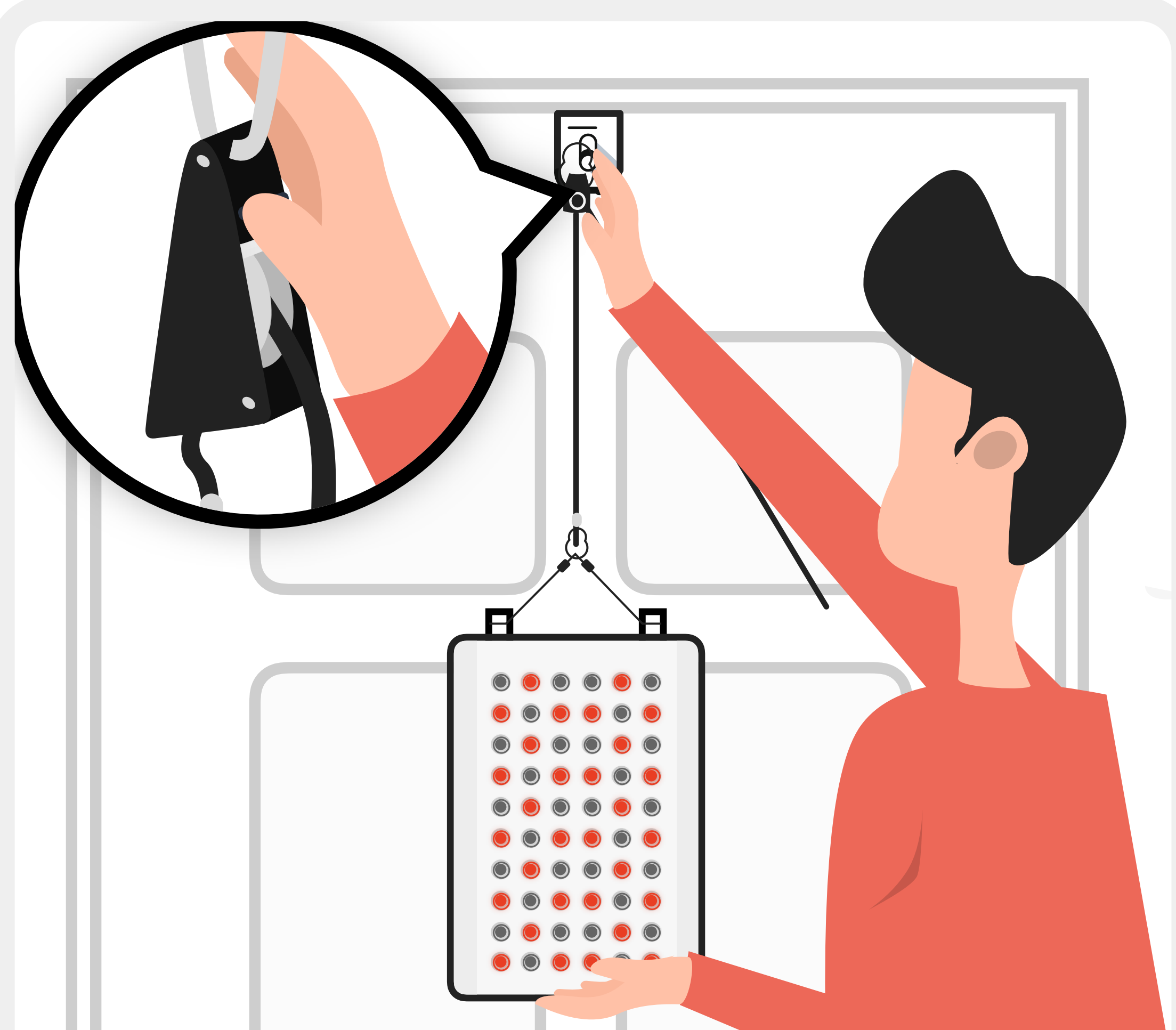


FIG. E

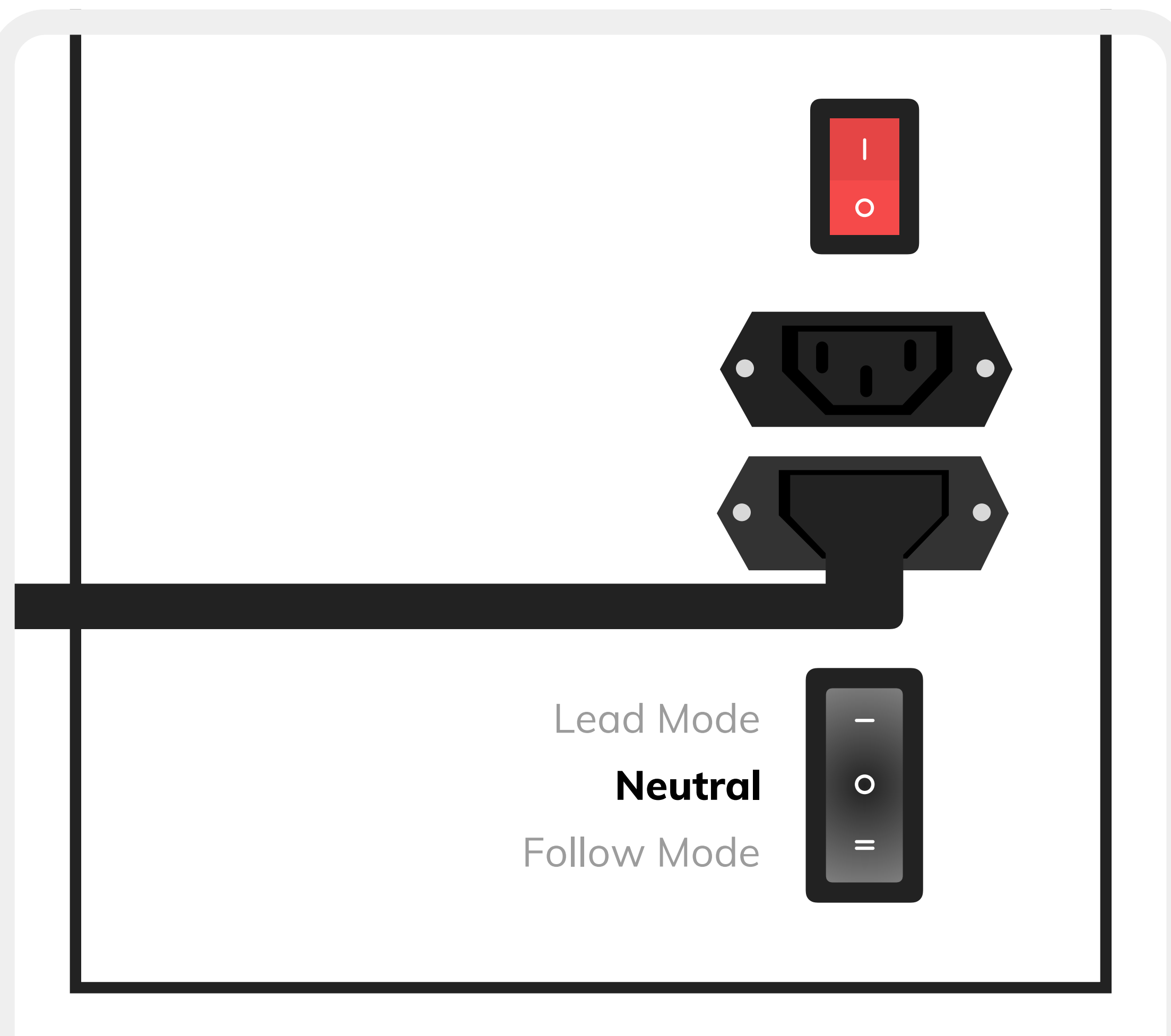
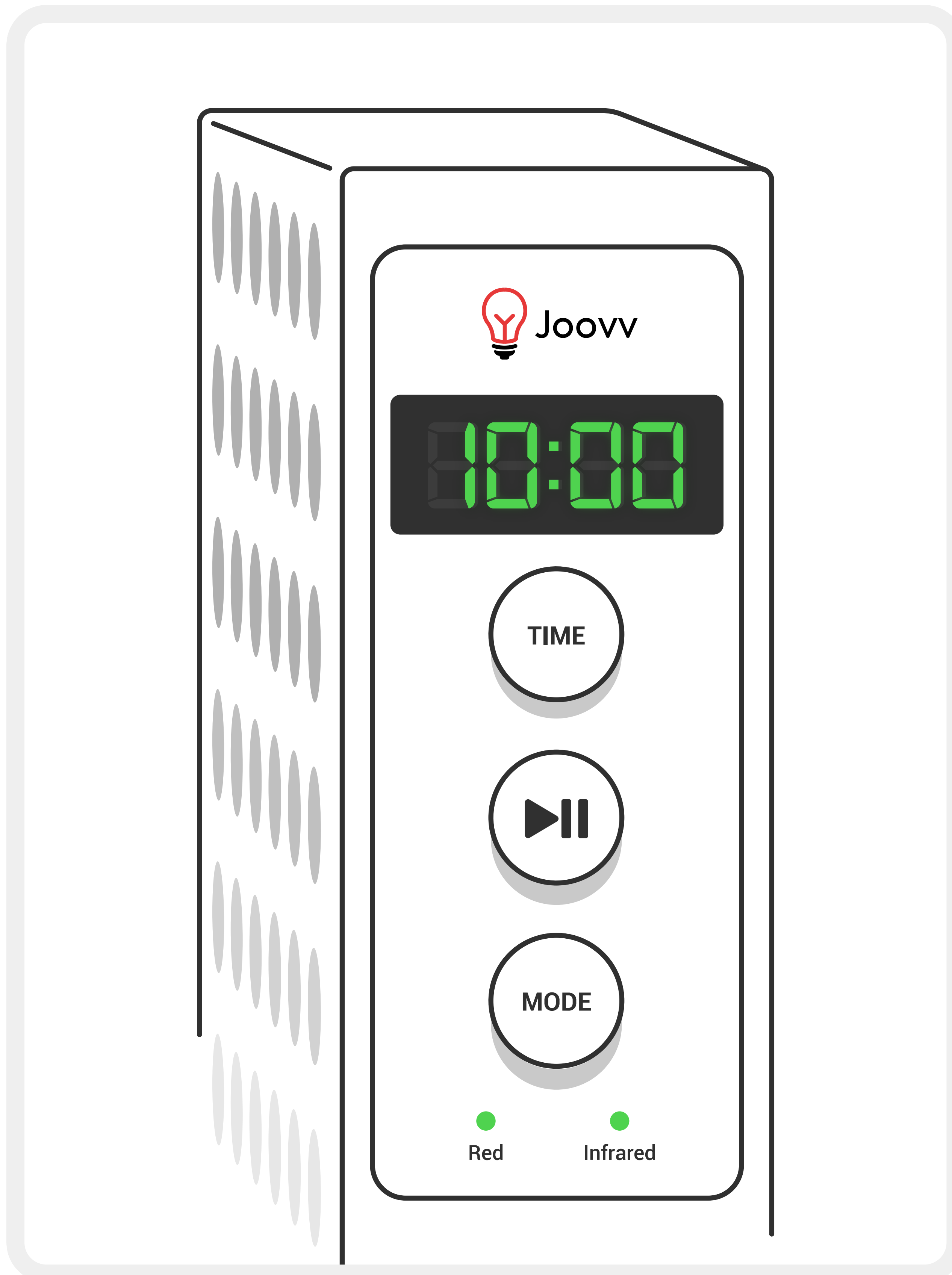


FIG. F

STEP 7

To adjust the treatment time, press the “Time” button on the control panel. This will add time in one-minute increments up to 20 minutes. The timer will cycle back to 1 minute after the time exceeds 20 minutes on the display.

**STEP 8**

The default wavelength mode utilizes both red and near infrared wavelengths. After pausing your treatment session, you can change the mode to use only the red or near infrared LEDs by selecting the “Mode” button on the control panel. The green indicator light will illuminate indicating which wavelength configuration is selected.



Remember that near infrared LEDs emit light that is **NOT** visible to the naked eye.

STEP 9

To start your treatment session, press the “Play/Pause” button once. You can pause your treatment at any time by pressing the “Play/Pause” button a second time. Resume your treatment by pressing the “Play/Pause” button again.

That’s it—you’re ready to start Joovvin’!



Your Joovv’s cooling fans will run for 5 minutes after the treatment session is complete to cool the LEDs.

Setting Up Your Joovv Duo



If you'd prefer instructional setup videos, please visit: www.joovv.com/setup

Parts List - Door Mount

JOOVV DUO	
2 x Joovv Solo Devices	1 x Power Cord
4 x Threaded Posts	2 x Braided Steel Cables - 90mm
1 x M5 Allen Wrench	1 x Instruction Manual
DOOR MOUNTING KIT	
1 x Door Hook	1 x Height-Adjusting Pulley
PATCH CORD	
1 x Power Patch Cord - 120cm	

🕒 Approximate setup time: 35-40 minutes

(2 people required)

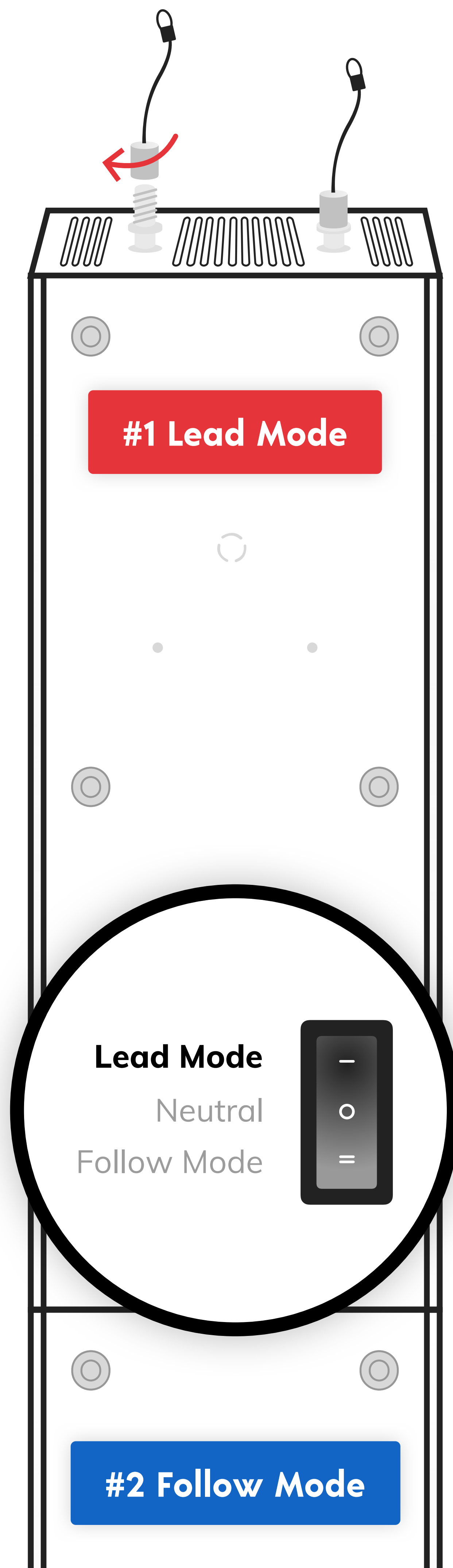


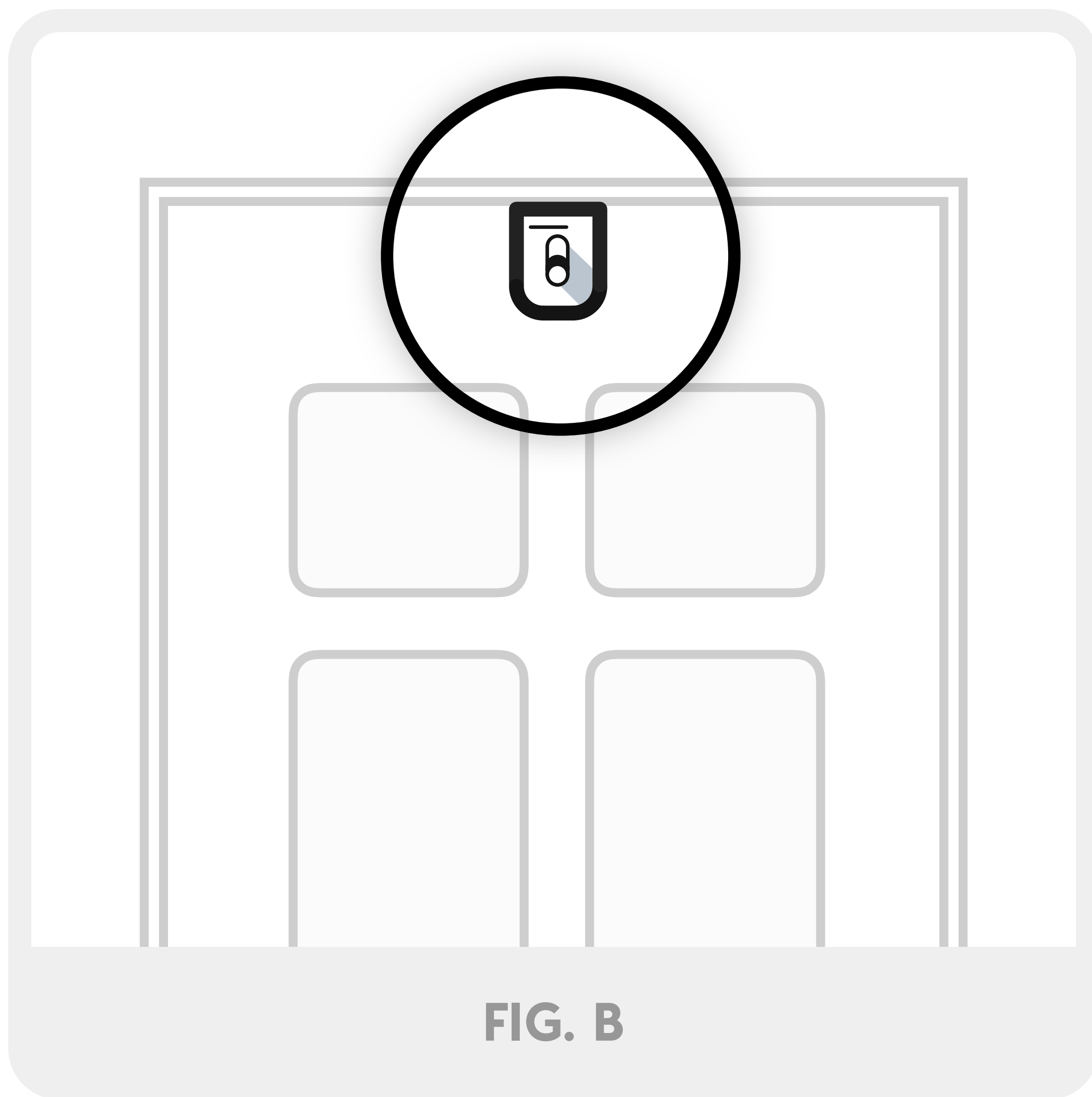
FIG. A

STEP 1

Place each Solo face down on a scratch-free surface and align, as shown in [Figure A](#).

STEP 2

Next, screw in the threaded posts to the tops of both Solos and hand-tighten with the included Allen wrench. Then, screw the braided cables onto the threaded posts, as shown in [Figure A](#).



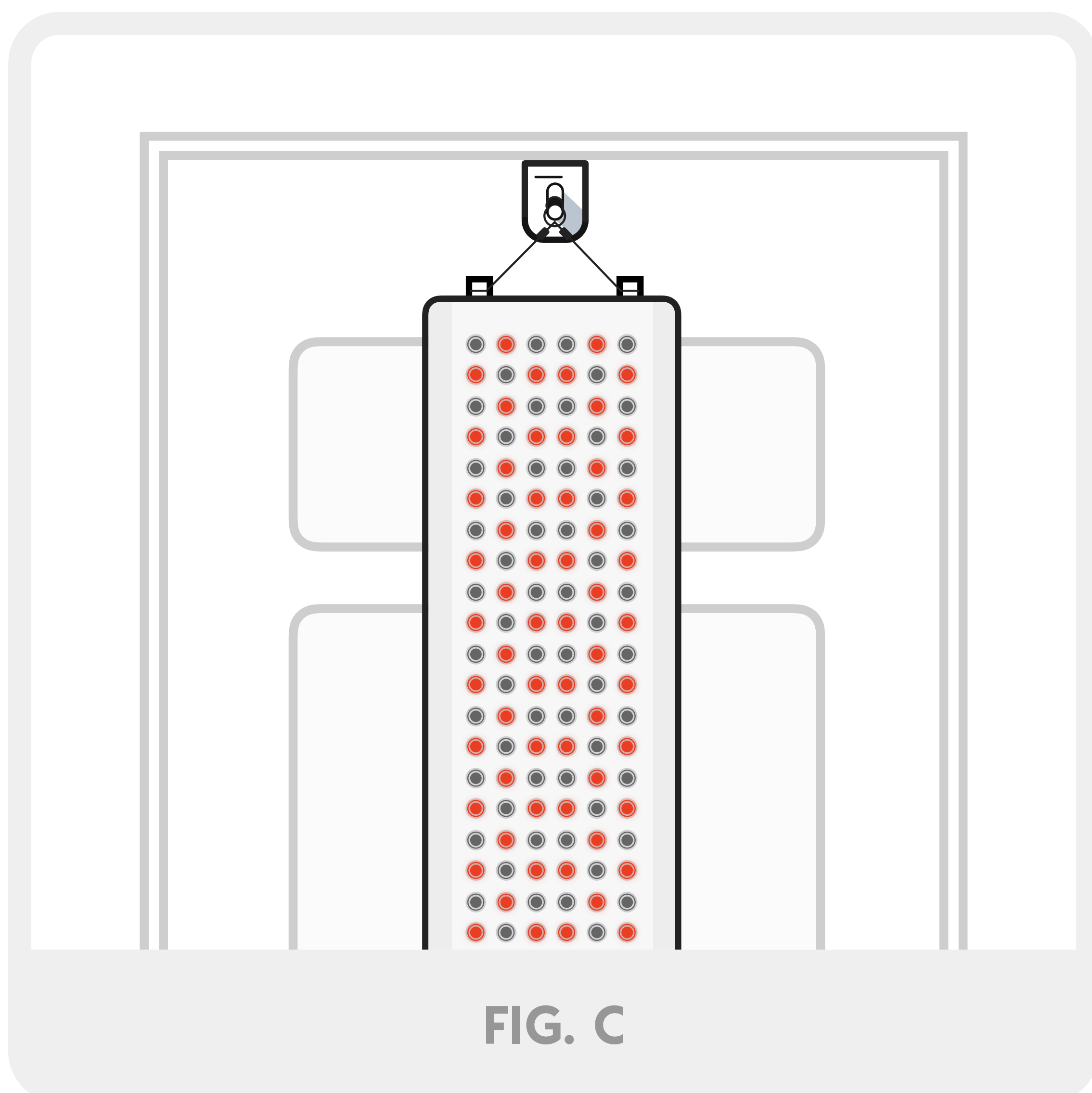
(2 people required)

STEP 3

Next, hang the door hook on any standard-size door, as shown in **Figure B**.



Oversized doors may require a different hook.

**STEP 4**

Remove one of the snap links from the height-adjusting pulley. Next, connect the braided cables of #1 Solo to the snap link. Then, attach the snap link and #1 Solo to the door hook, as shown in **Figure C**.



The height-adjusting pulley is only needed for oversized doors.

(2 people required)

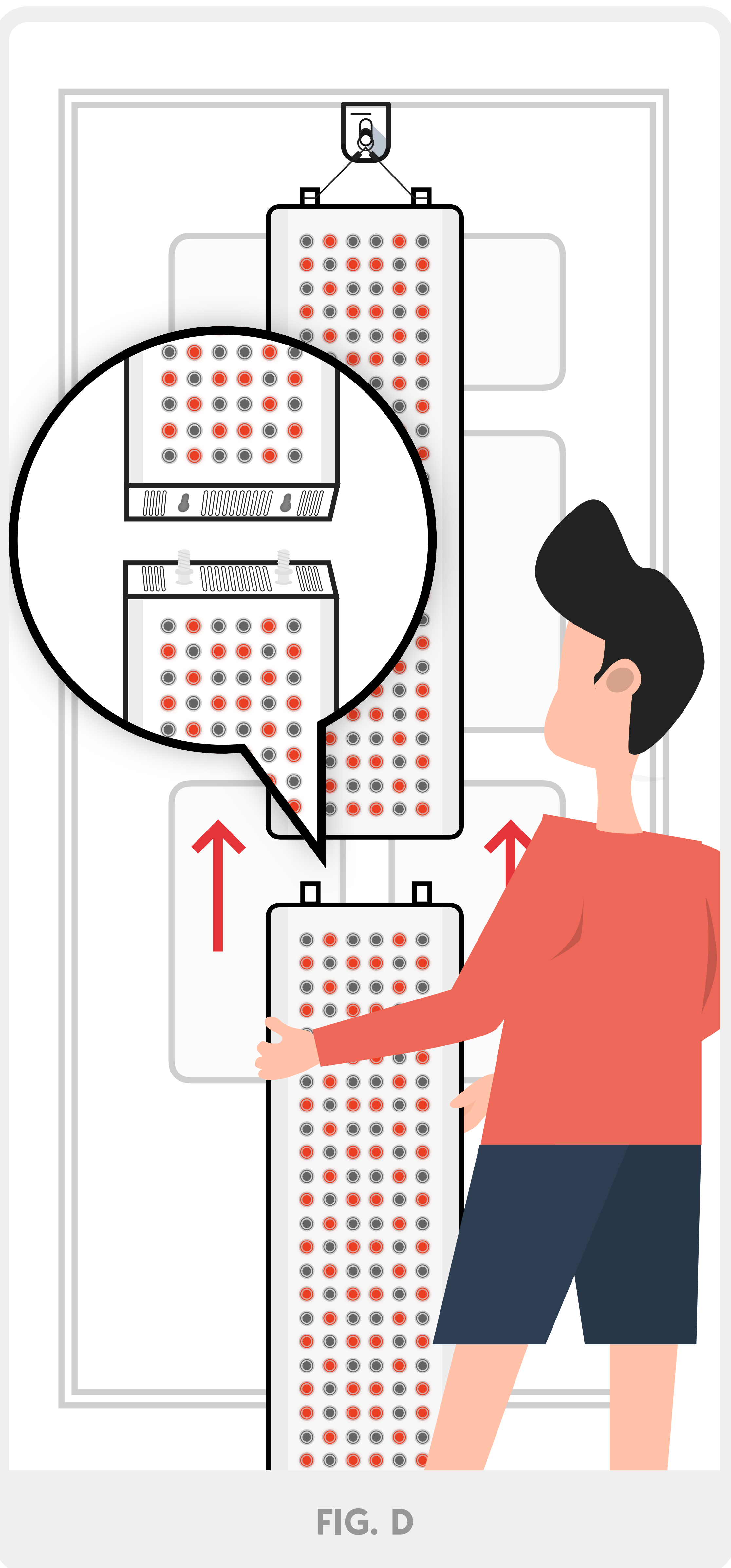


FIG. D

STEP 5

To connect #2 Solo, lift it into position below #1 Solo that is already in place. Line up the threaded posts with the holes in the end caps of #1 Solo. Then, insert threaded posts into the holes, and slide forward to lock in place, as shown in **Figure D**.

(2 people required)

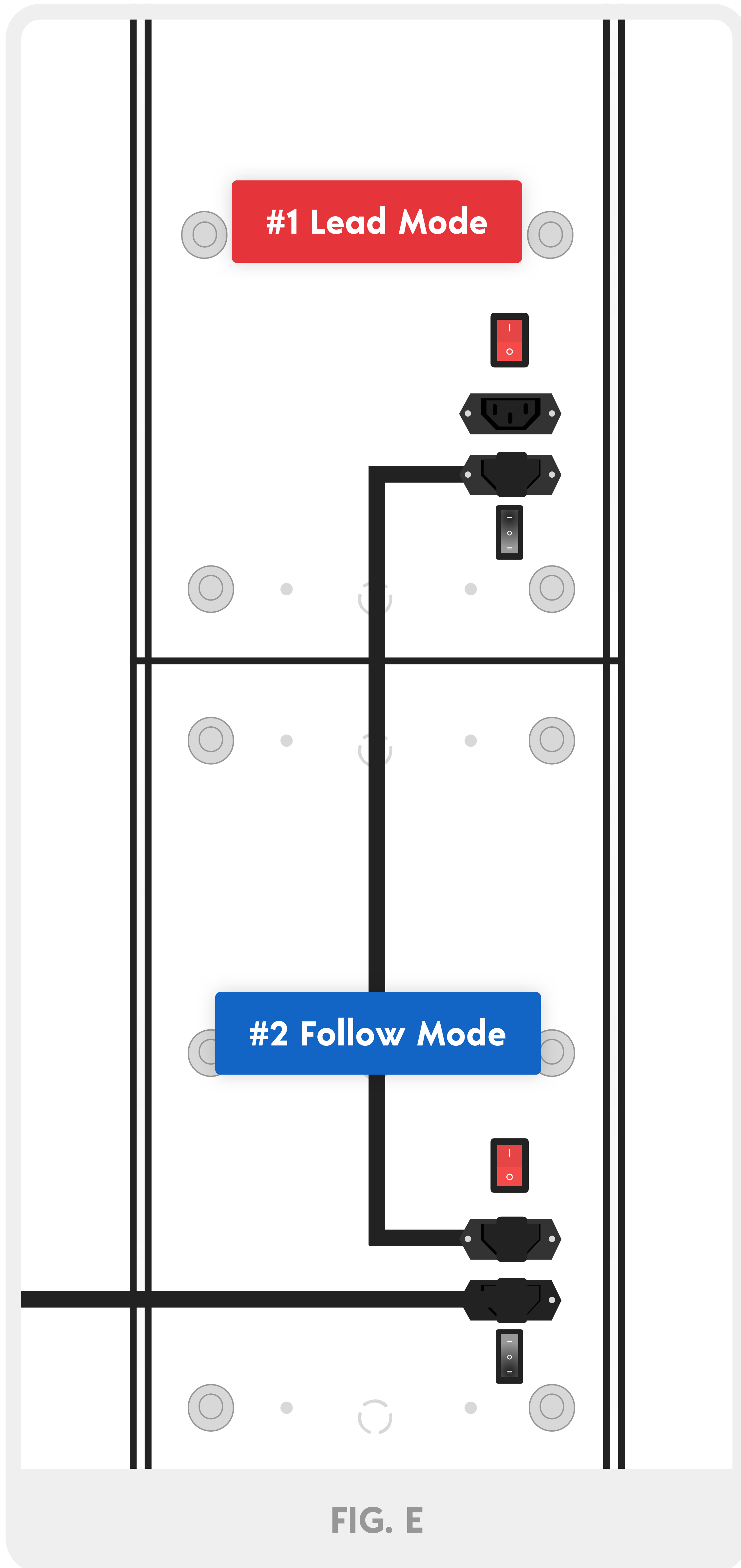


FIG. E

STEP 6

Plug the power cord into #2 Solo. Next, connect the power patch cord from the male socket on #1 Solo to the female socket on #2 Solo, as shown in **Figure E**.

(2 people required)

STEP 7

Locate the pairing switch on #1 and #2 Solos. Turn the switch on #1 Solo to “Lead Mode” and to “Follow Mode” on #2 Solo, as shown in **Figure F**.



If you don't wish to connect your devices via Bluetooth, follow the instructions included with the Hardwire Pairing kit.

STEP 8

Connect the power cord from #2 Solo into a wall outlet. Then, turn on the power switches on both Solos and both Solos will pair automatically.



Follow devices will show “No” on the display until successfully paired with a lead device. Once paired, the display will change to “:”.

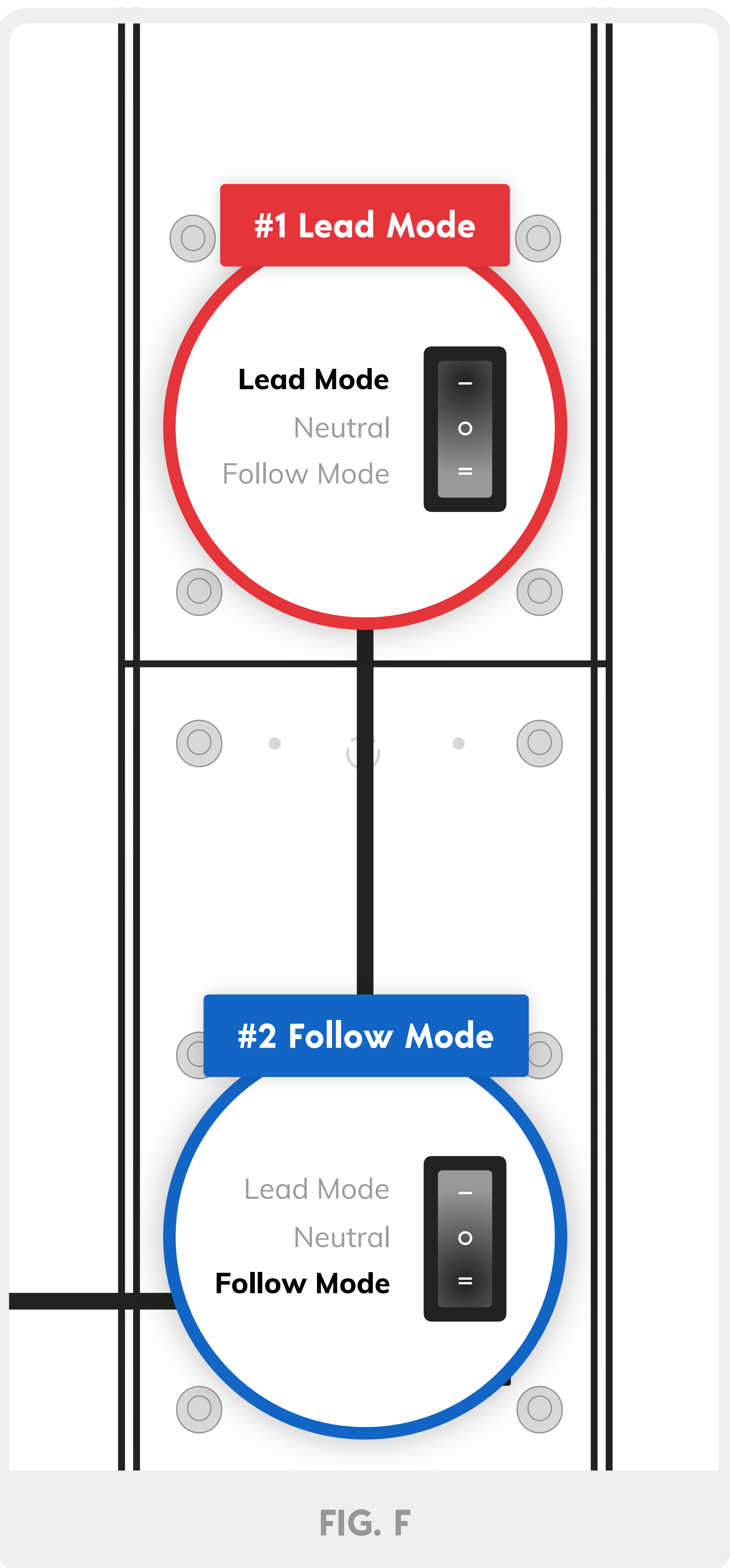
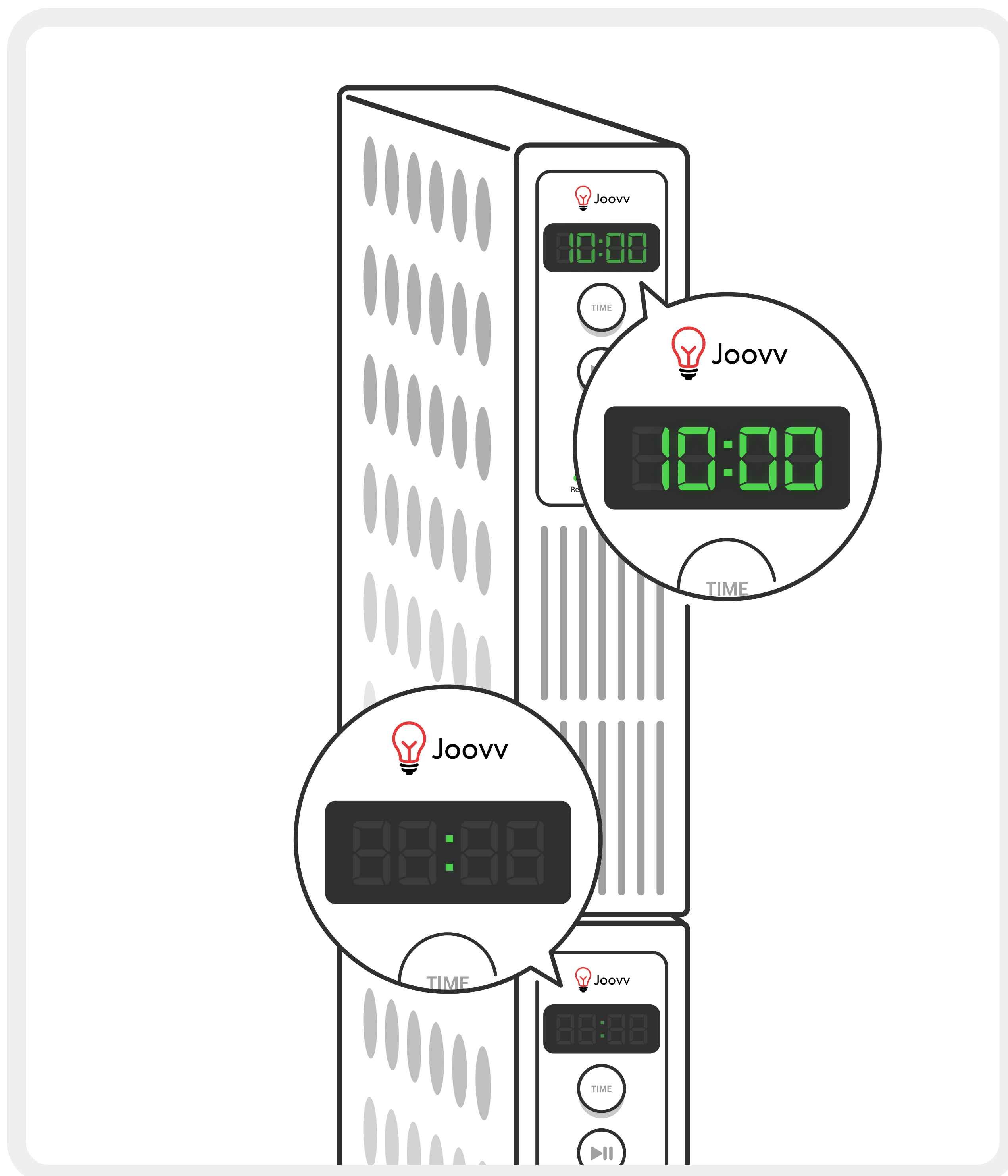


FIG. F

STEP 9

Once paired, #1 Solo will display the treatment time and #2 Solo will display a colon “:”. To adjust the treatment time, press the “Time” button on the control panel. This will add time in one-minute increments up to 20 minutes. The timer will cycle back to 1 minute after the time exceeds 20 minutes on the display.

**STEP 10**

(2 people required)

The default wavelength mode utilizes both red and near infrared wavelengths. After pausing your treatment session, you can change the mode to use only the red or near infrared LEDs by selecting the “Mode” button on the control panel. The green indicator light will illuminate indicating which wavelength configuration is selected.



Remember that near infrared LEDs emit light that is **NOT** visible to the naked eye.

STEP 11

To start your treatment session, press the “Play/Pause” button once. You can pause your treatment at any time by pressing the “Play/Pause” button a second time. Resume your treatment by pressing the “Play/Pause” button again.

That’s it—you’re ready to start Joovvin’!



Your Joovv’s cooling fans will run for 5 minutes after the treatment session is complete to cool the LEDs.

Setting Up Your Joovv Max



If you'd prefer instructional setup videos, please visit: www.joovv.com/setup

Parts List – Door Mount

JOOVV MAX	
2 x Joovv Solo Devices	2 x Joovv Mini Devices
2 x Power Cords	4 x Threaded Posts
4 x Braided Steel Cables - 90mm	1 x M5 Allen Wrench
2 x Door Mount Kits	1 x Instruction Manual
MAX CONNECTION KIT - DOOR MOUNT	
2 x Power Patch Cords	3 x Connection Bars - 14"
16 x M4x8mm Allen Screws	1 x Allen Screwdriver - 2.5mm
4 x Braided Steel Cables - 180mm	4 x Braided Steel Cables - 280mm
4 x Braided Steel Cables - 380mm	

🕒 Approximate setup time: 60-90 minutes

Door Mount
(2 people required)

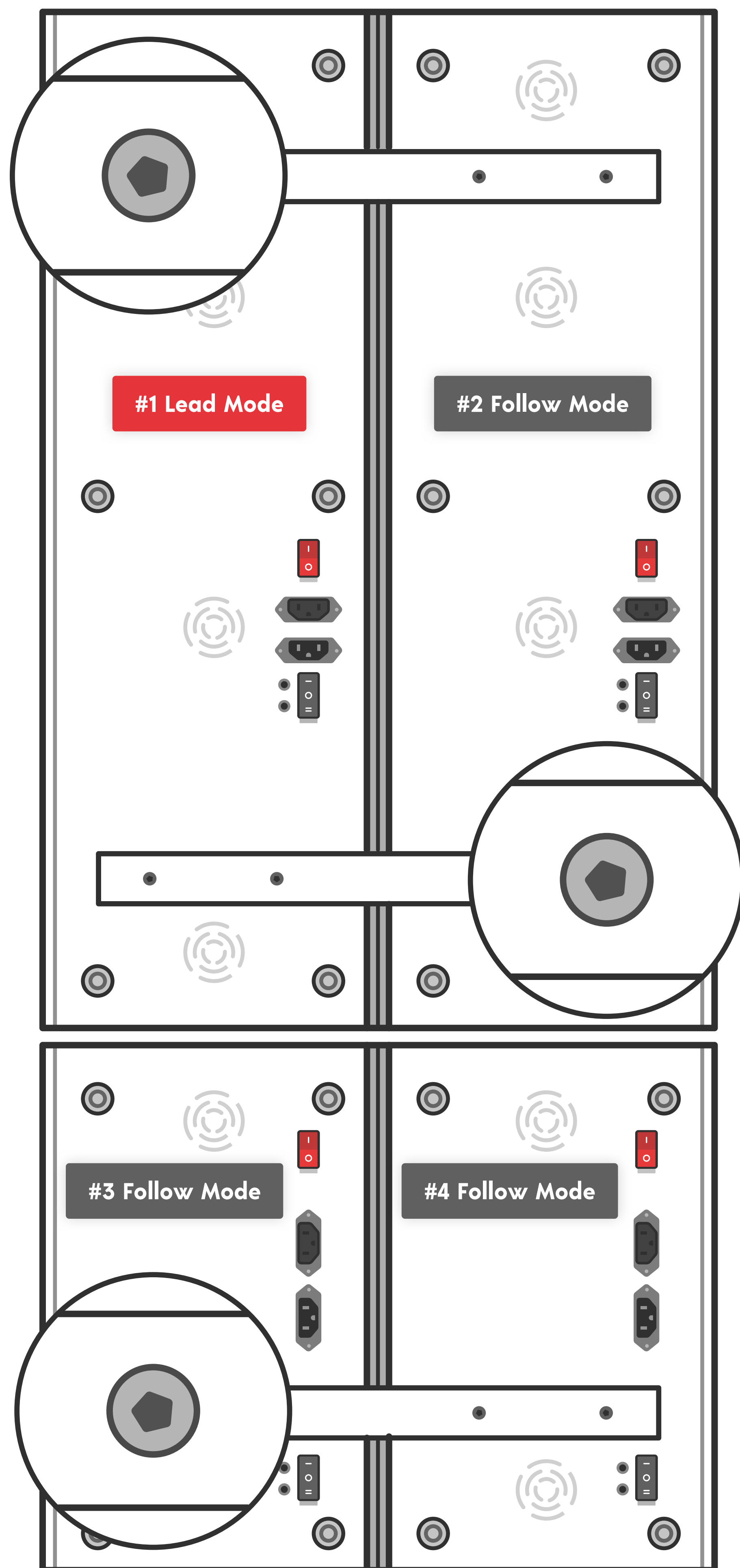


FIG. A

STEP 1

Place each Solo and Mini face down on a scratch-free surface and align, as shown in [Figure A](#).

STEP 2

Locate three connection bars and place them on the Solos and Minis, as shown in [Figure A](#). Attach connection bars using (12) M4x8mm Allen screws and hand tighten using the included Allen wrench.



Your Joovv system comes with extra screws.



Do not use a drill to install the screws as this can strip the threads.

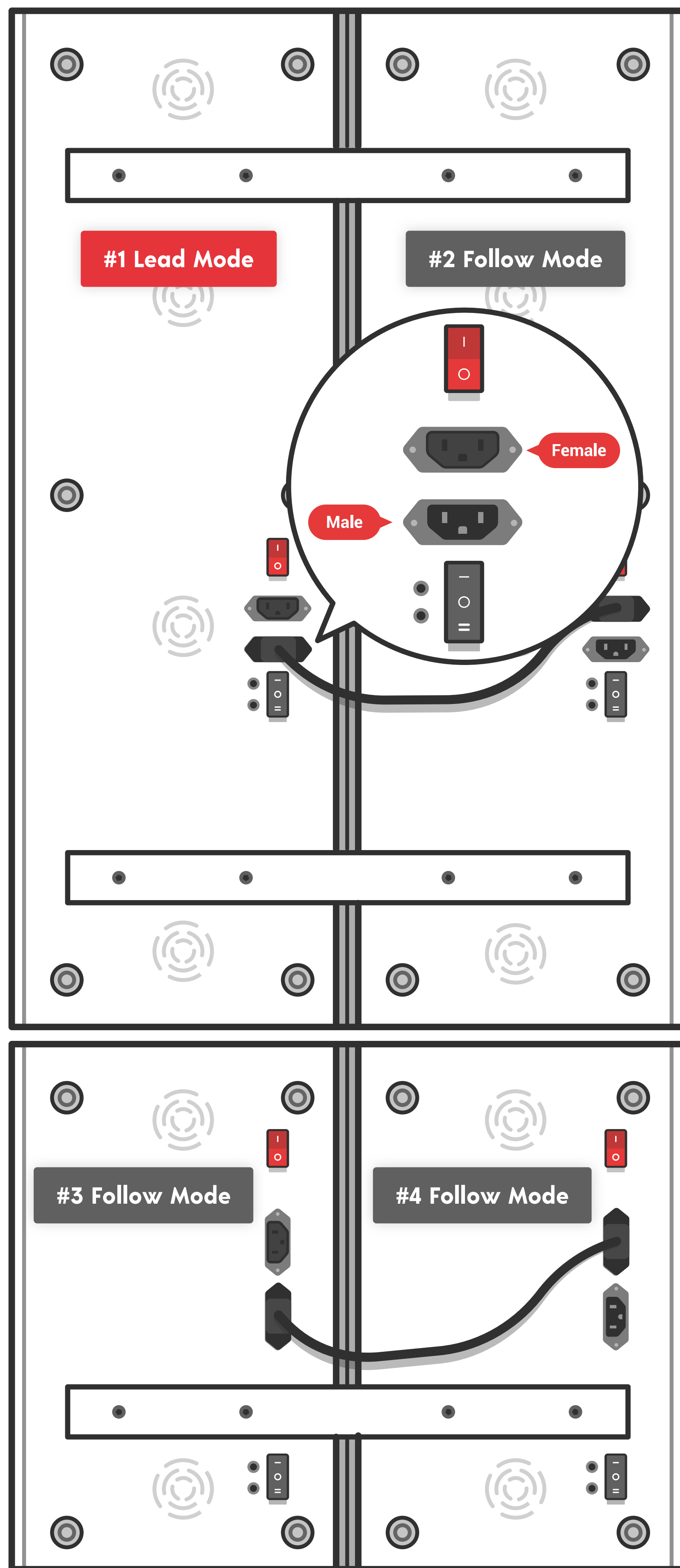


FIG. B

STEP 3

Locate the power patch cords in the Max connection kit. Connect each cord by inserting the female end into #1 Solo and #3 Mini, and male end into #2 Solo and #4 Mini, as shown in Figure B.

Door Mount
(2 people required)

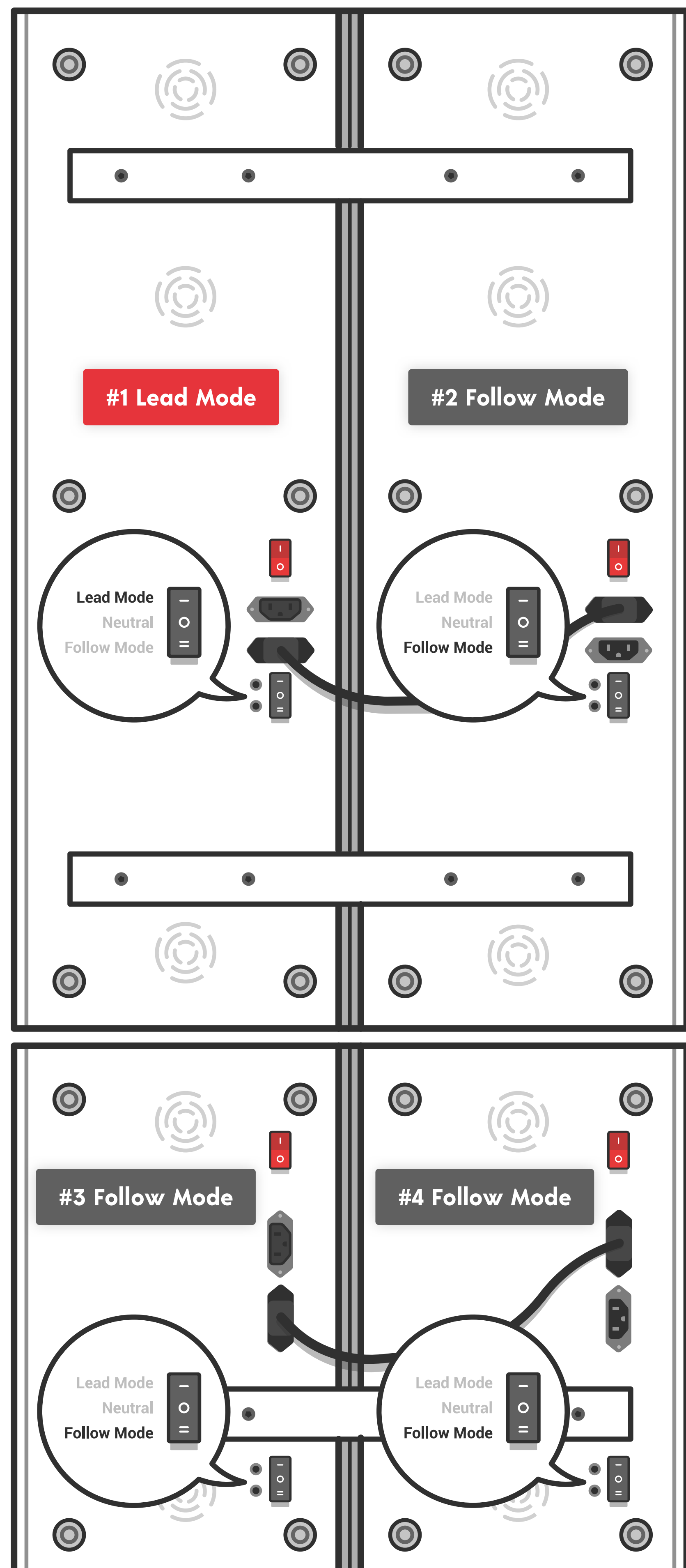


FIG. C

STEP 4

Locate the pairing switch on each Solo and Mini. Turn the switch on #1 Solo to “Lead Mode” and “Follow Mode” on #2 Solo, #3 Mini, and #4 Mini, as shown in [Figure C](#).



If you don't want to connect your devices via Bluetooth, follow the instructions included with the Hardwire Pairing kit.

Door Mount
(2 people required)

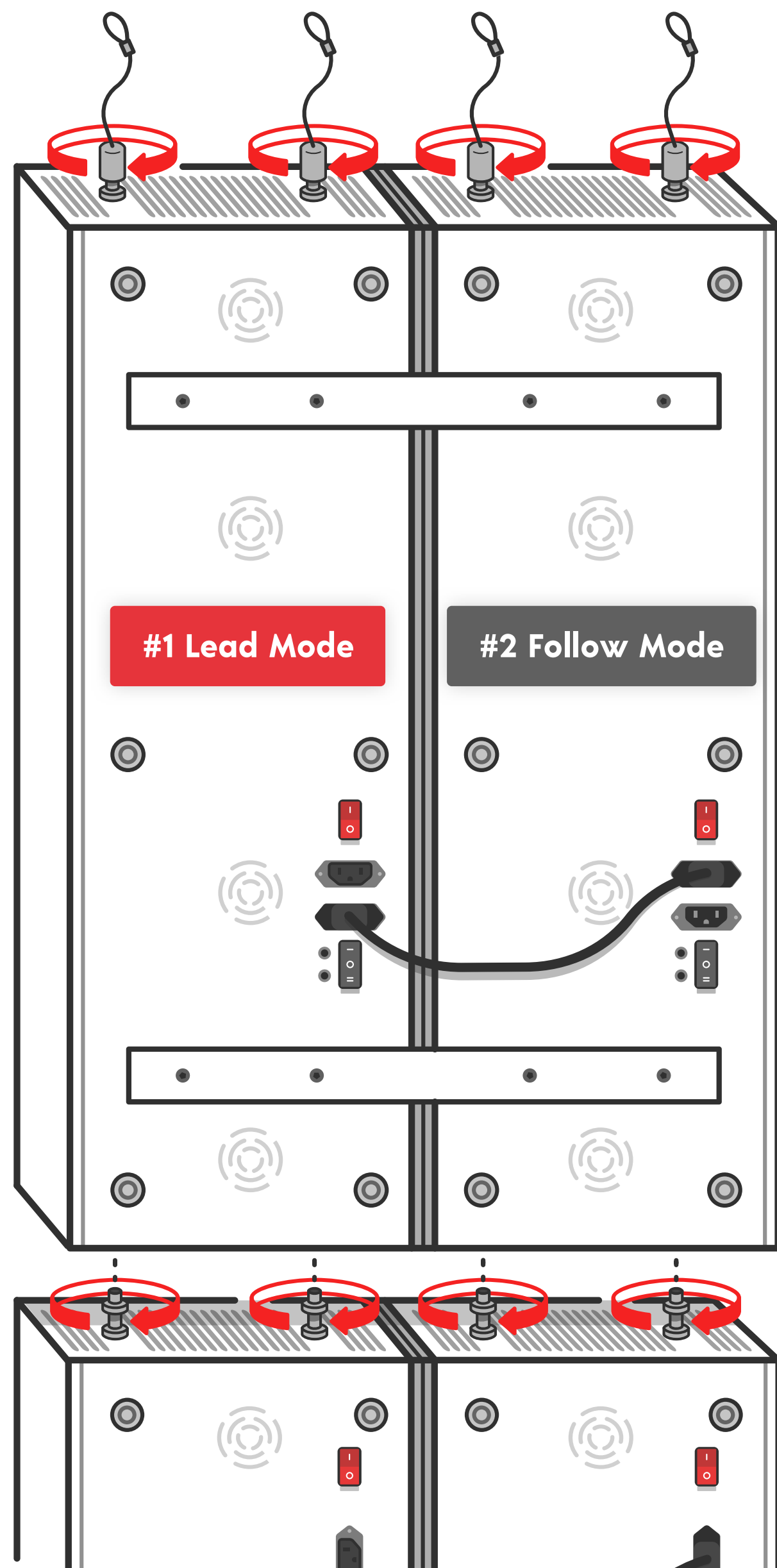


FIG. D

STEP 5

Screw the threaded posts into the tops of each Solo and Mini with the included Allen wrench. Then, select the braided cables that match the desired height of your Max and screw them to the threaded posts on the Solos, as shown in **Figure D**. Next, locate two snap links from the door hook kit and connect them to the braided cables.



Your JooVV Max system includes 4 sets of support cables with varying lengths that allow for different heights.

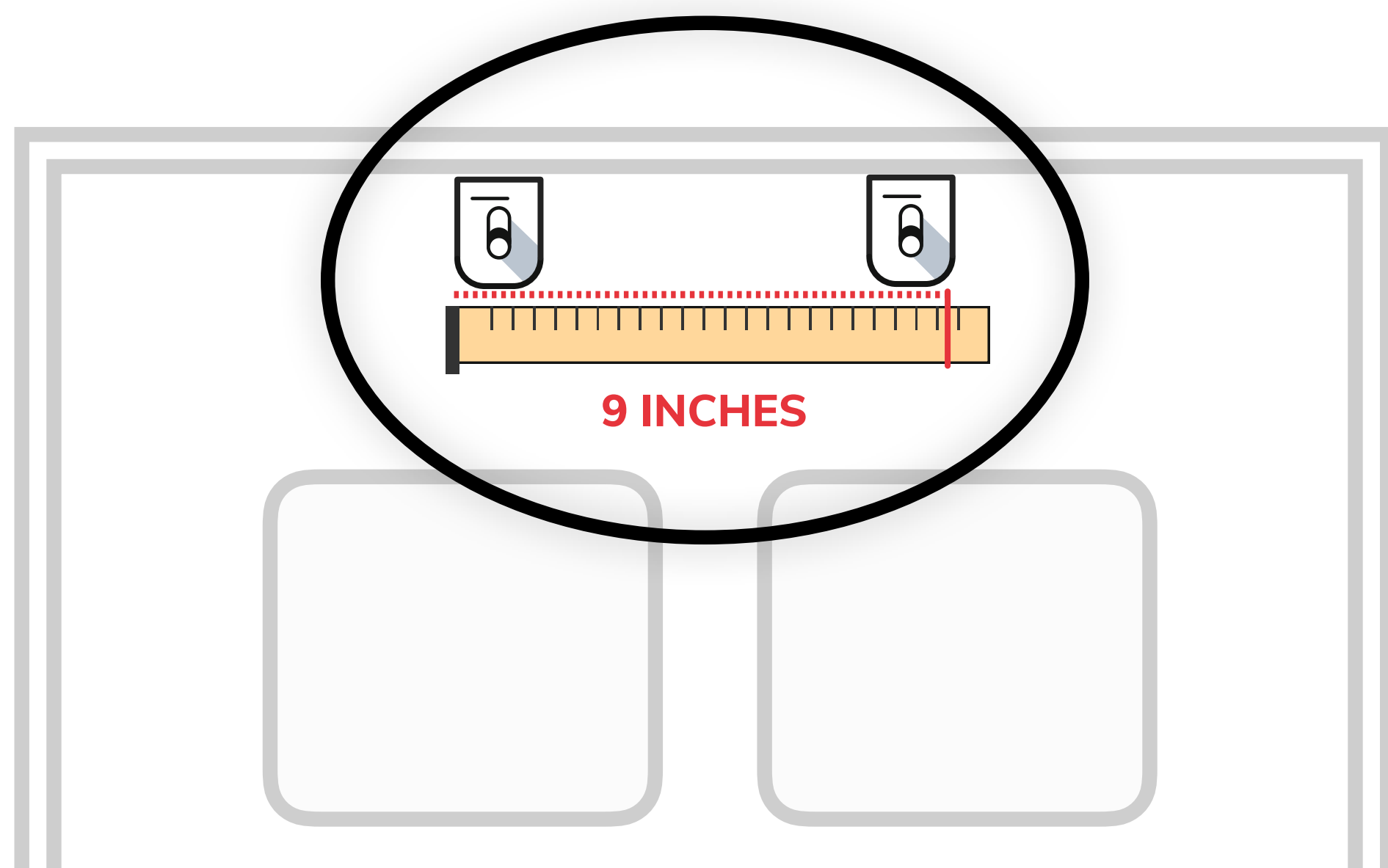


FIG. E

STEP 6

Hang the door hooks about 9" apart on any standard-sized door, as shown in **Figure E**.

Door Mount
(2 people required)

STEP 7

With assistance from another person, hold the pair of Solos (#1 and #2) in place. With your free hand connect the snap links to the door hooks, as shown in [Figure F](#).



Be sure to adequately support the devices while connecting them to the door hooks.

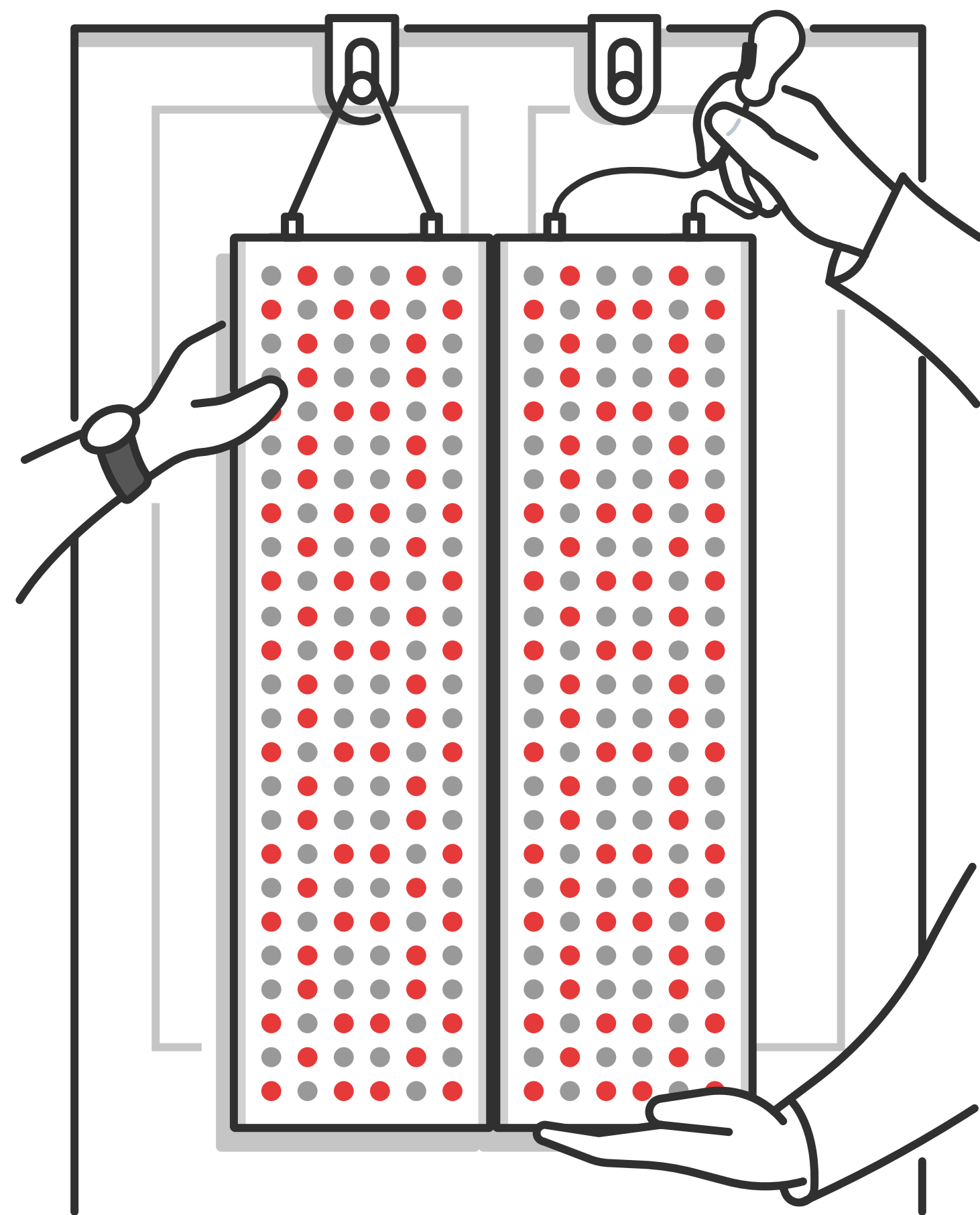


FIG. F

STEP 8

With assistance from another person connect the pair of Minis to the pair of Solos by lining up the threaded posts with the slots on the bottom ends of Solo #1 and #2. Then, lift up and insert threaded posts on the top ends of Mini #3 and #4. Once inserted, slide forward to lock in place and release, as shown in [Figure G](#).

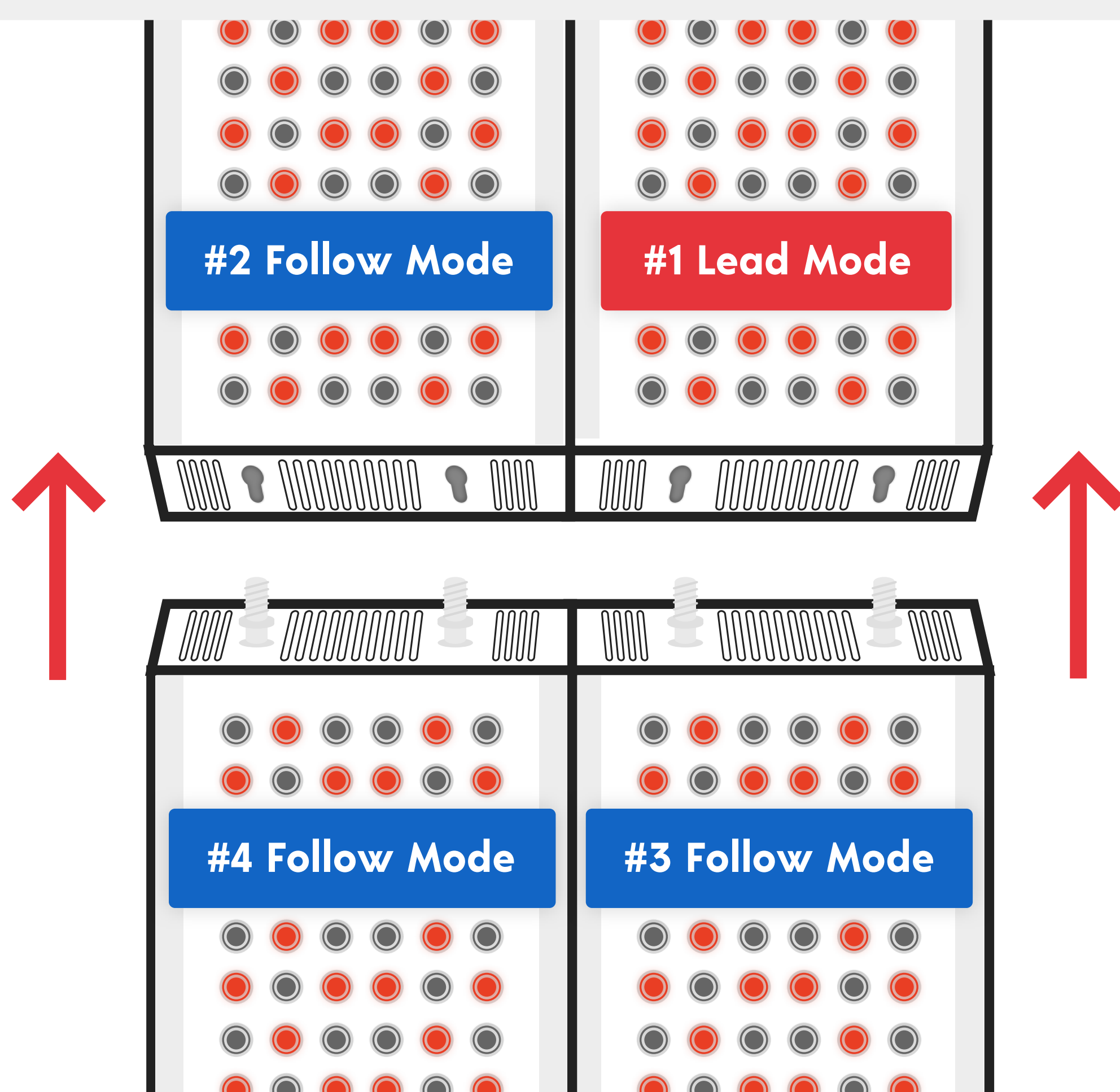


FIG. G

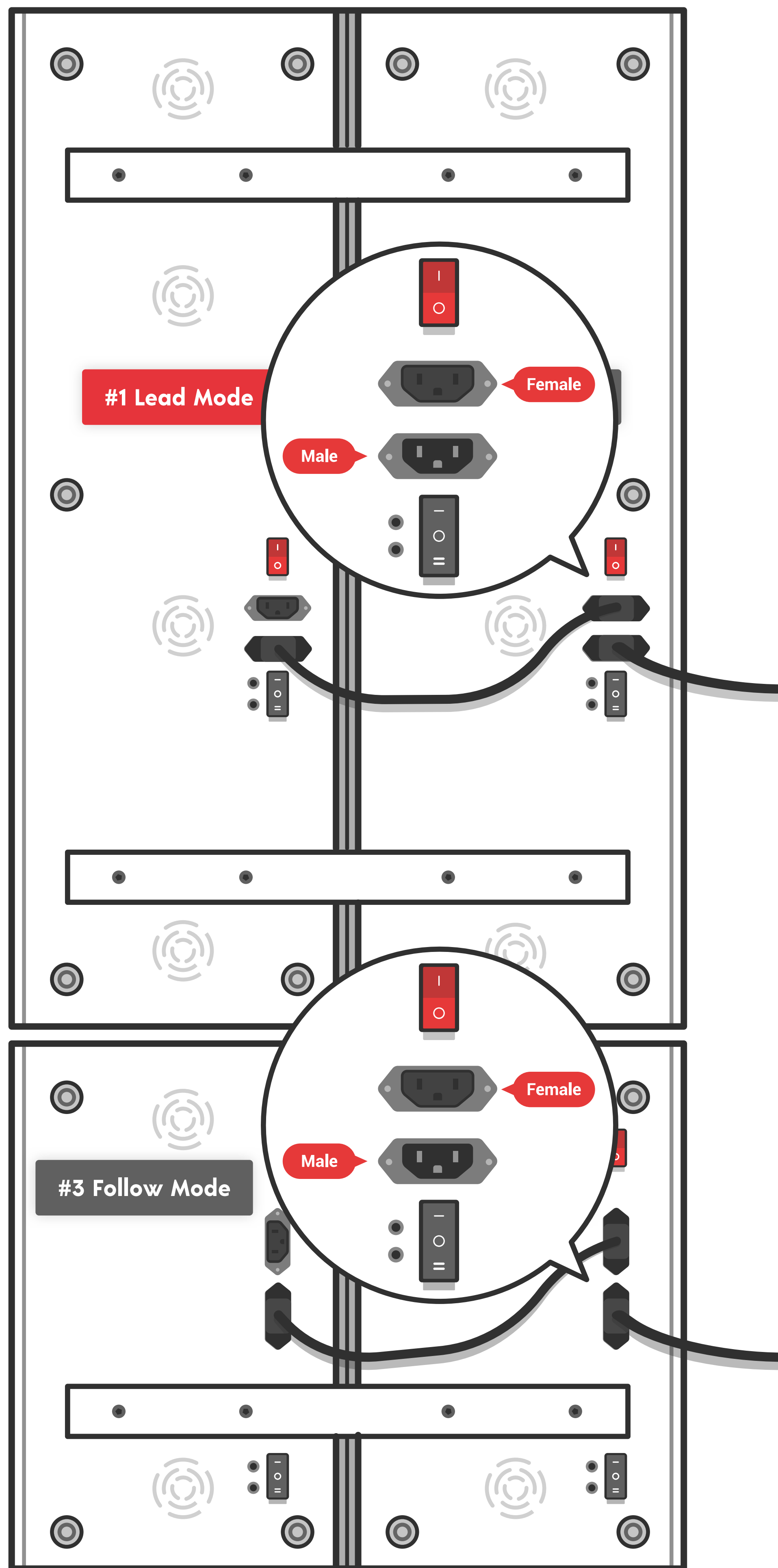


FIG. H

STEP 9

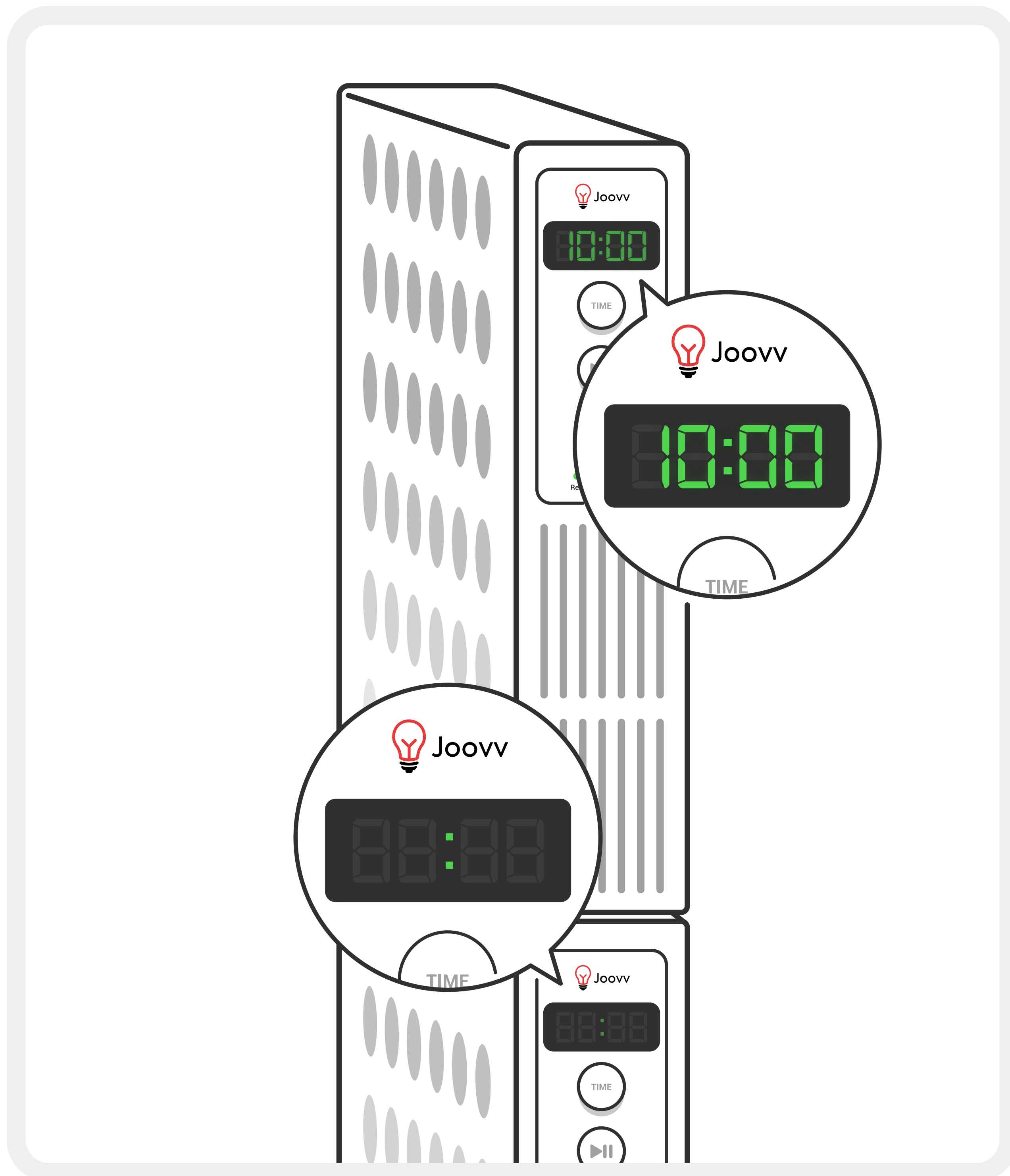
Locate two power cords and plug the female ends into #2 Solo and #4 Mini, plug the opposite end into a wall outlet, as shown in **Figure H**. Then, turn on the power switches on all devices and your Max will automatically pair.



Follow devices will show “No” on the display until successfully paired with a lead device. Once paired, the display will flash “Yes” then will change to “:.”.

STEP 10

Once paired, #1 Solo will display the treatment time and #3 Mini will display a colon “:”. To adjust the treatment time, press the “Time” button on the control panel. This will add time in one-minute increments up to 20 minutes. The timer will cycle back to 1 minute after the time exceeds 20 minutes on the display.



STEP 11

Door Mount
(2 people required)

The default wavelength mode utilizes both red and near infrared wavelengths. After pausing your treatment session, you can change the mode to use only the red or near infrared LEDs by selecting the “Mode” button on the control panel. The green indicator light will illuminate indicating which wavelength configuration is selected.



Remember that near infrared LEDs emit light that is **NOT** visible to the naked eye.

STEP 12

To start your treatment session, press the “Play/Pause” button once. You can pause your treatment at any time by pressing the “Play/Pause” button a second time. Resume your treatment by pressing the “Play/Pause” button again.

That’s it—you’re ready to start Joovvin’!



Your Joovv’s cooling fans will run for 5 minutes after the treatment session is complete to cool the LEDs.

Parts List – Optional Mounting Systems

(Mobile Stand or Wall Setup)

JOOVV MAX	
2 x Joovv Solo Devices	2 x Joovv Mini Devices
2 x Power Cords	2 x Threaded Posts (Wall Setup Only)
1 x M5 Allen Wrench	1 x Instruction Manual
QUAD BRACKET KIT	
2 x Power Patch Cords	2 x Connection Bars - 14"
2 x M6x120mm Phillips Head Screws	4 x Floor Bumpers
1 x Quad Bracket	32 x M4x6mm Allen Screws
1 x Allen Screwdriver - 2.5mm	1 x Anti-Tip Kit

🕒 Approximate setup time: 60-90 minutes

Optional Mounting Systems (2 people required)

STEP 1

Place each Solo and Mini face down on a scratch-free surface and align, as shown in [Figure A](#).

STEP 2

Locate the Quad Bracket Kit, and place the Quad Bracket on top of the Solos and Minis aligning the bracket holes with the corresponding holes on each device. Attach the bracket using (24) M4x6mm Allen screws and hand tighten using the included Allen wrench, as shown in [Figure A](#).



Your Joovv system comes with extra screws.



Do not use a drill to install the screws as this can strip the threads.

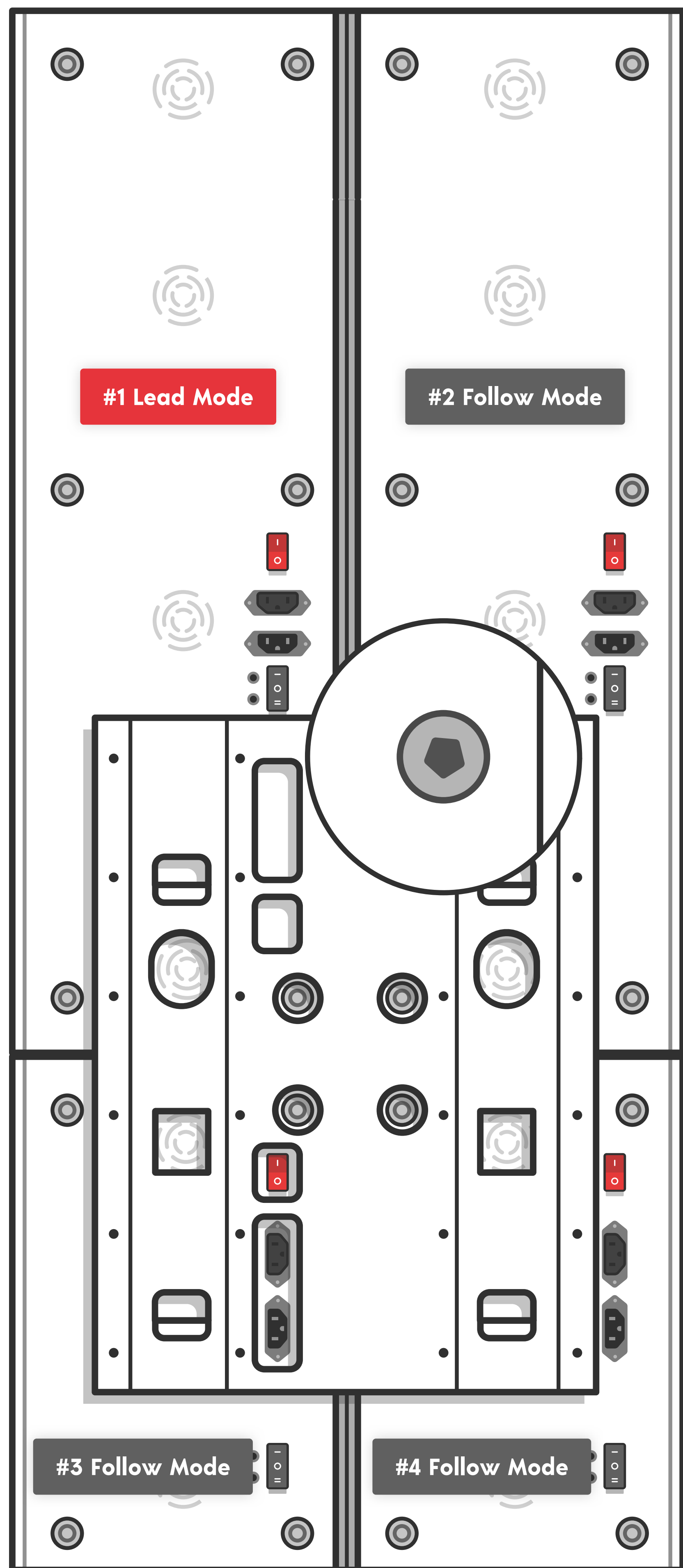


FIG. A

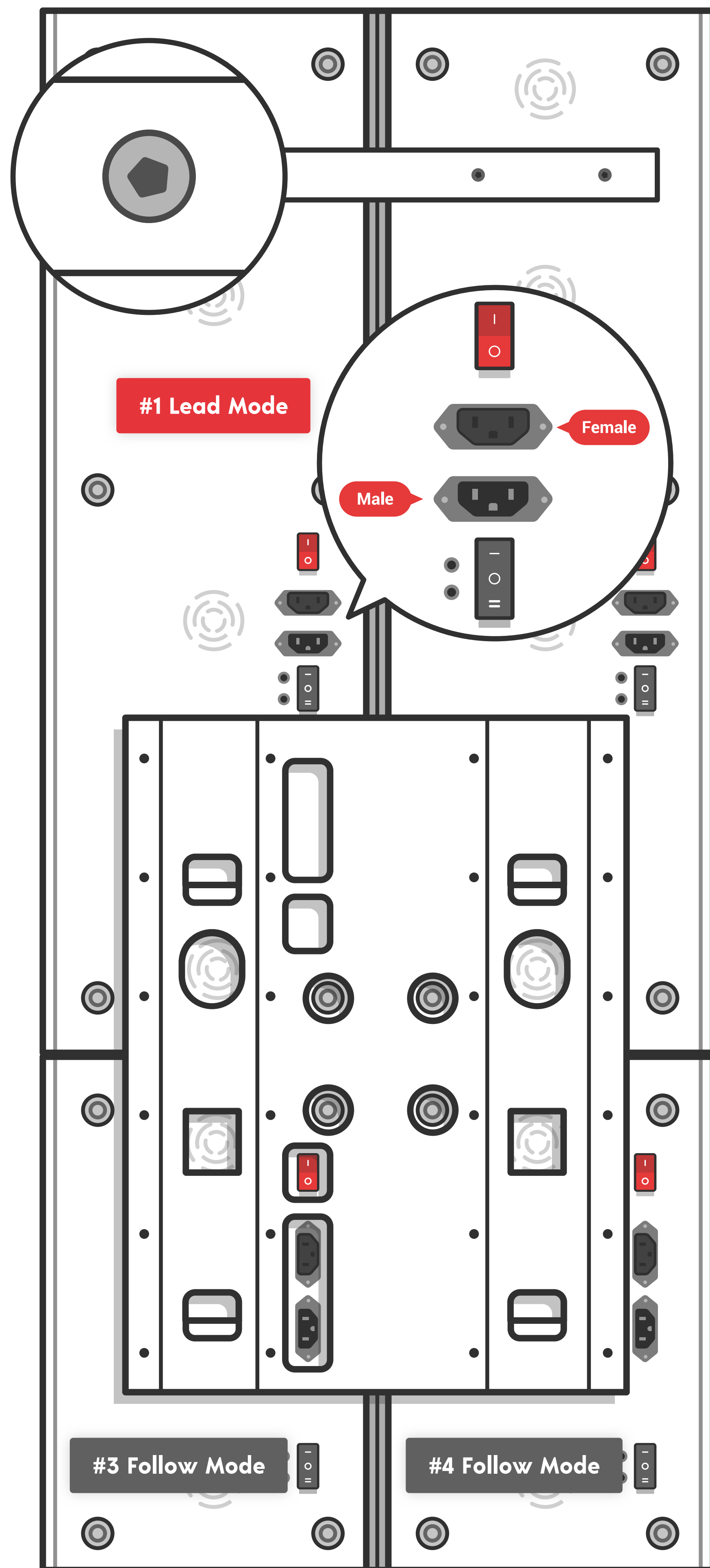


FIG. B

Optional Mounting Systems (2 people required)

STEP 3

Now, attach one connection bar to the Solo devices using 8 M4x6mm Allen screws and hand tighten with the included Allen wrench, as shown in [Figure B](#).

STEP 4

For instructions on how to use your JooVV Max with an optional mounting system, refer to the guide included with that system. Then proceed to step 5.

STEP 5

Locate the power patch cords in the Quad Bracket connection kit. Connect each cord by inserting the female ends into #1 Solo and #3 Mini, and male ends into #2 Solo and #4 Mini, as shown in [Figure B](#).

Optional Mounting Systems (2 people required)

STEP 6

Locate the pairing switch on each Solo and Mini. Turn the switch on #1 Solo to “Lead Mode” and “Follow Mode” on #2 Solo, #3 Mini, and #4 Mini, as shown in [Figure C](#). Next, locate the four black rubber floor bumpers and attach by inserting the adjustable nut into the bottom slots of Mini #3 and #4. Once inserted slide the nut forward and pull down and tighten by screwing clockwise until hand tight, as shown in [Figure D](#).



If you don't want to connect your devices via Bluetooth, follow the instructions included with the Hardwire Pairing kit.

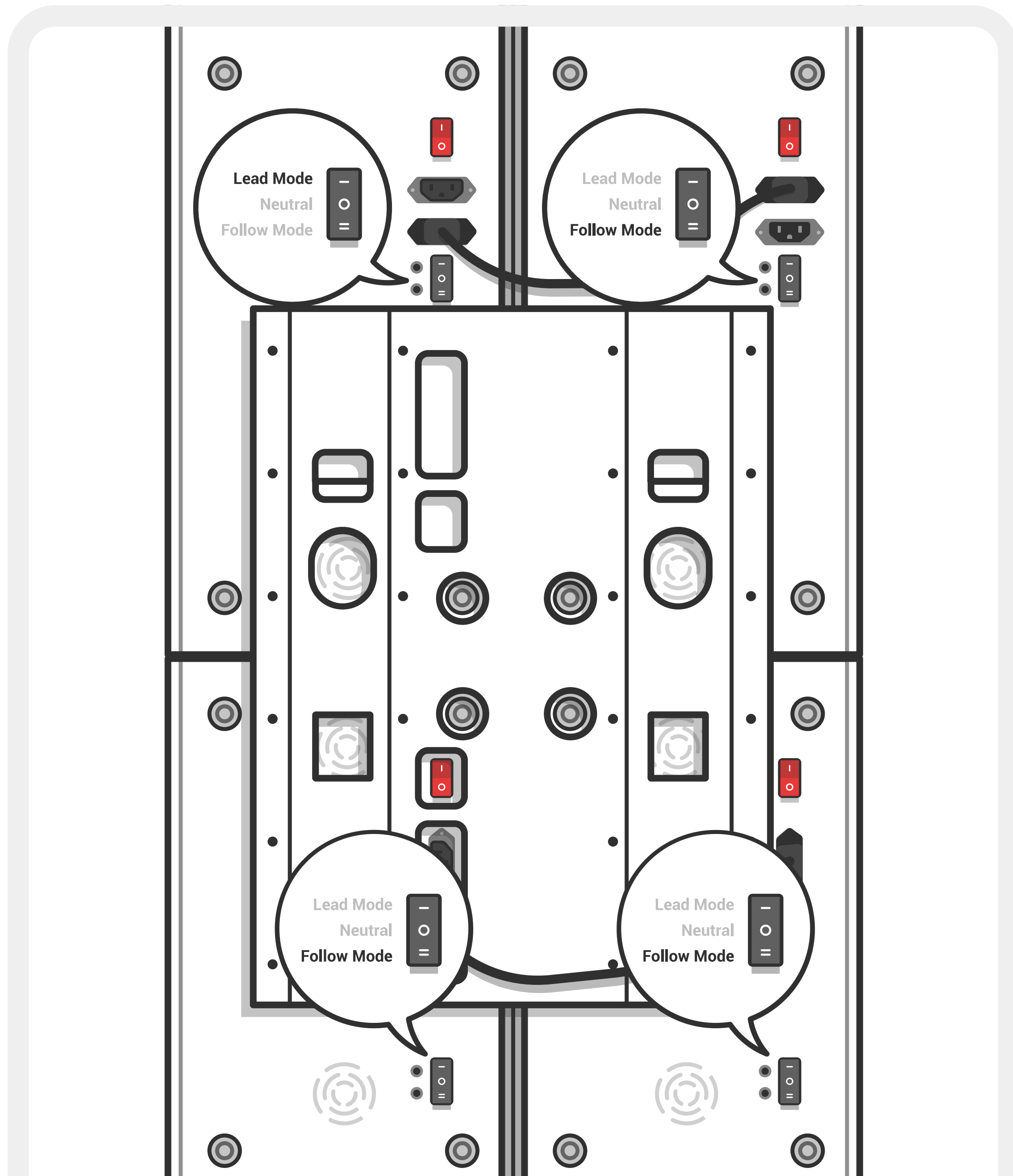


FIG. C

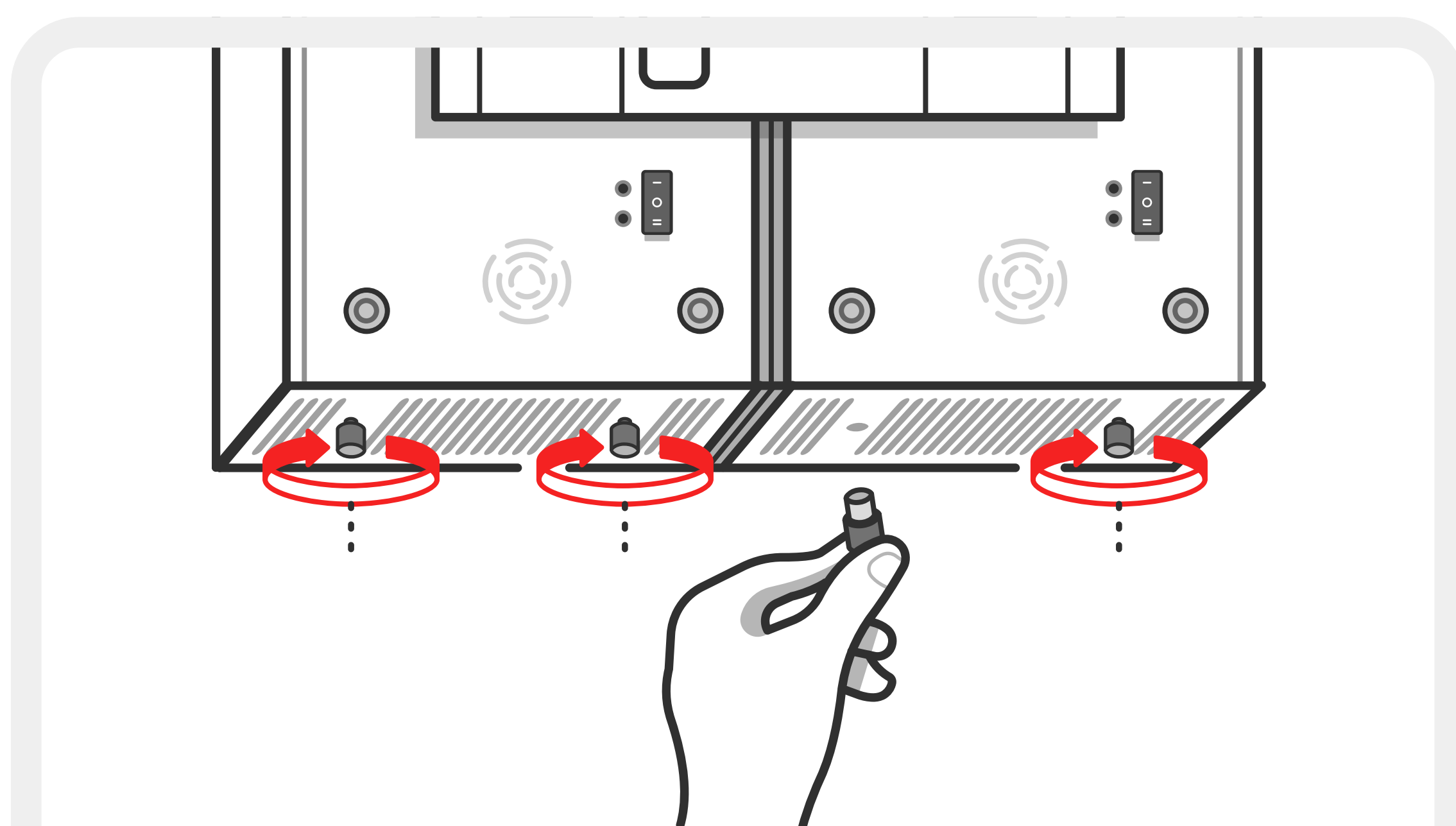


FIG. D

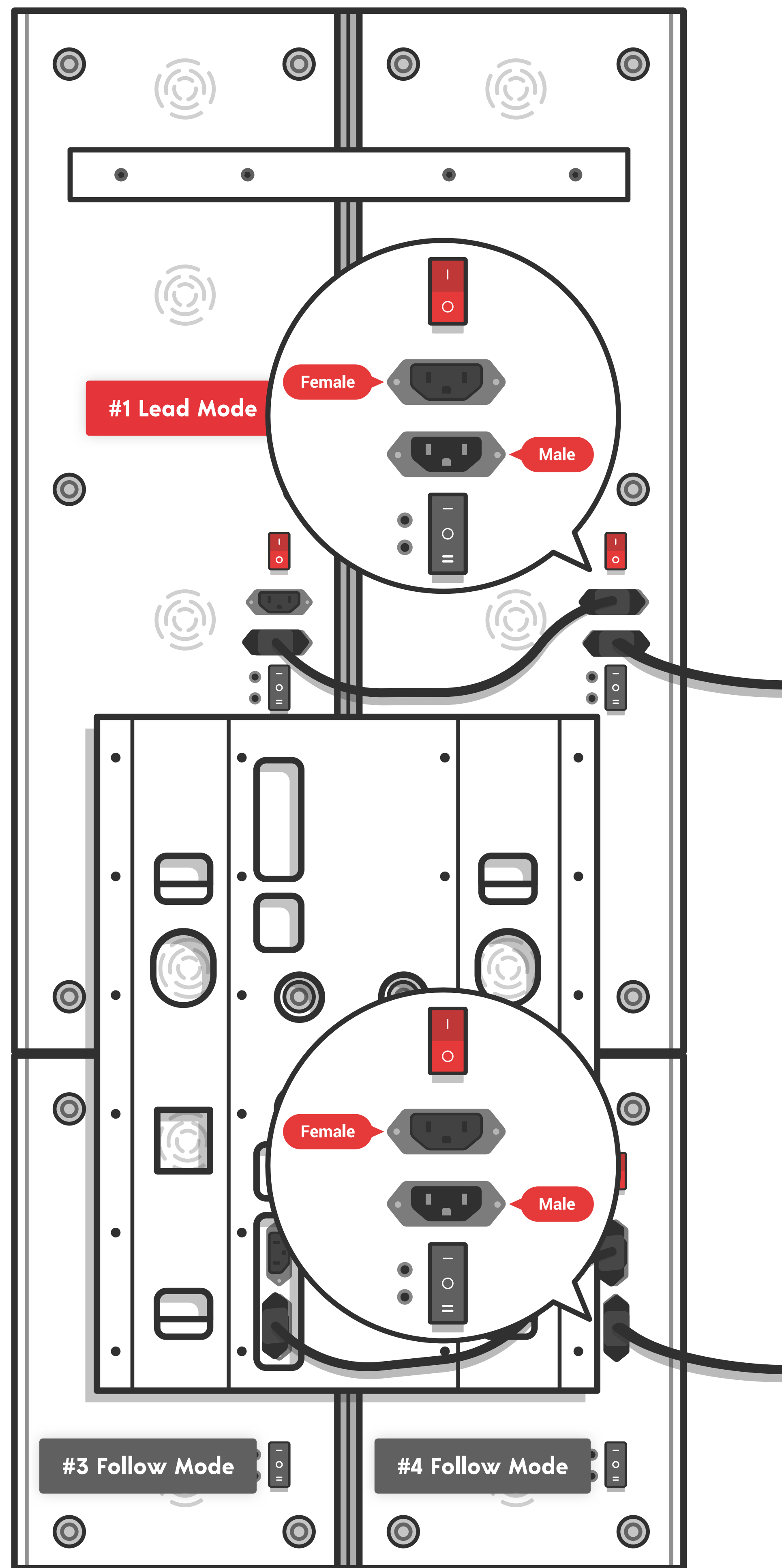


FIG. E

Optional Mounting Systems (2 people required)

STEP 7

Locate two power cords and plug the female ends into #2 Solo and Mini #4, plug the opposite end into a wall outlet, as shown in **Figure E**. Then, turn on the power switches on all devices and your Max will automatically pair.



Follow devices will show “No” on the display until successfully paired with a lead device. Once paired, the display will flash “Yes” then will change to “:”.

STEP 8

Once paired, #1 Solo will display the treatment time and #3 Mini will display a colon “:”. To adjust the treatment time, press the “Time” button on the control panel. This will add time in one-minute increments up to 20 minutes. The timer will cycle back to 1 minute after the time exceeds 20 minutes on the display.

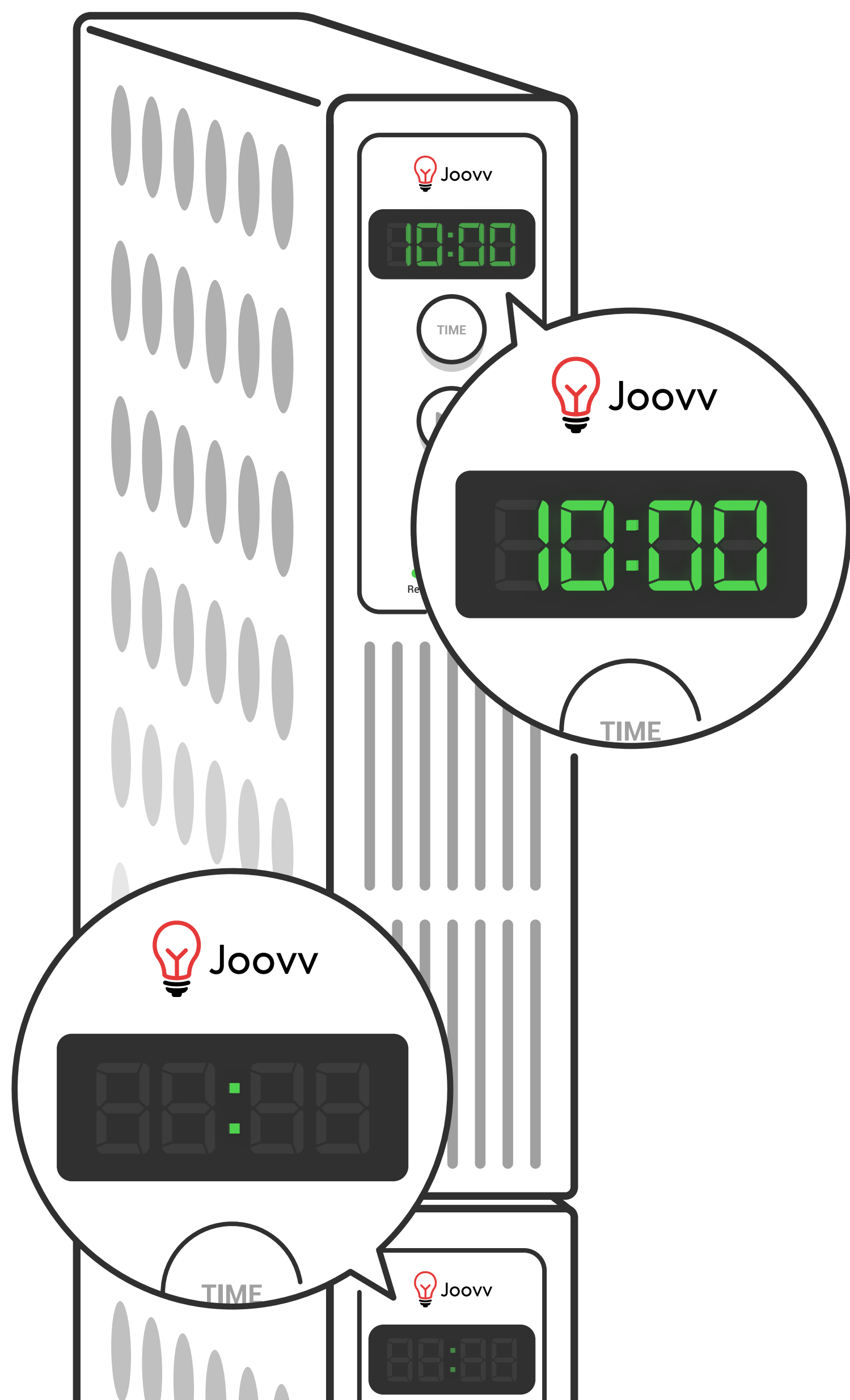


FIG. F

STEP 9

Optional Mounting Systems (2 people required)

The default wavelength mode utilizes both red and near infrared wavelengths. After pausing your treatment session, you can change the mode to use only the red or near infrared LEDs by selecting the “Mode” button on the control panel. The green indicator light will illuminate indicating which wavelength configuration is selected.



Remember that near infrared LEDs emit light that is **NOT** visible to the naked eye.

STEP 10

To start your treatment session, press the “Play/Pause” button once. You can pause your treatment at any time by pressing the “Play/Pause” button a second time. Resume your treatment by pressing the “Play/Pause” button again.

That’s it—you’re ready to start Joovvin’!



Your Joovv’s cooling fans will run for 5 minutes after the treatment session is complete to cool the LEDs.

Setting Up Your Joovv Quad



If you'd prefer instructional setup videos, please visit: www.joovv.com/setup

Parts List – Door Mount

JOOVV QUAD	
4 x Joovv Solo Devices	2 x Power Cords
4 x Threaded Posts	4 x Braided Steel Cables - 90mm
1 x M5 Allen Wrench	1 x Instruction Manual
2 x Door Mount Kits	
QUAD CONNECTION KIT	
2 x Power Patch Cords	4 x Connection Bars - 14"
16 x M4x6mm Allen Screws	1 x Allen Screwdriver - 2.5mm

Door Mount
(2 people required)

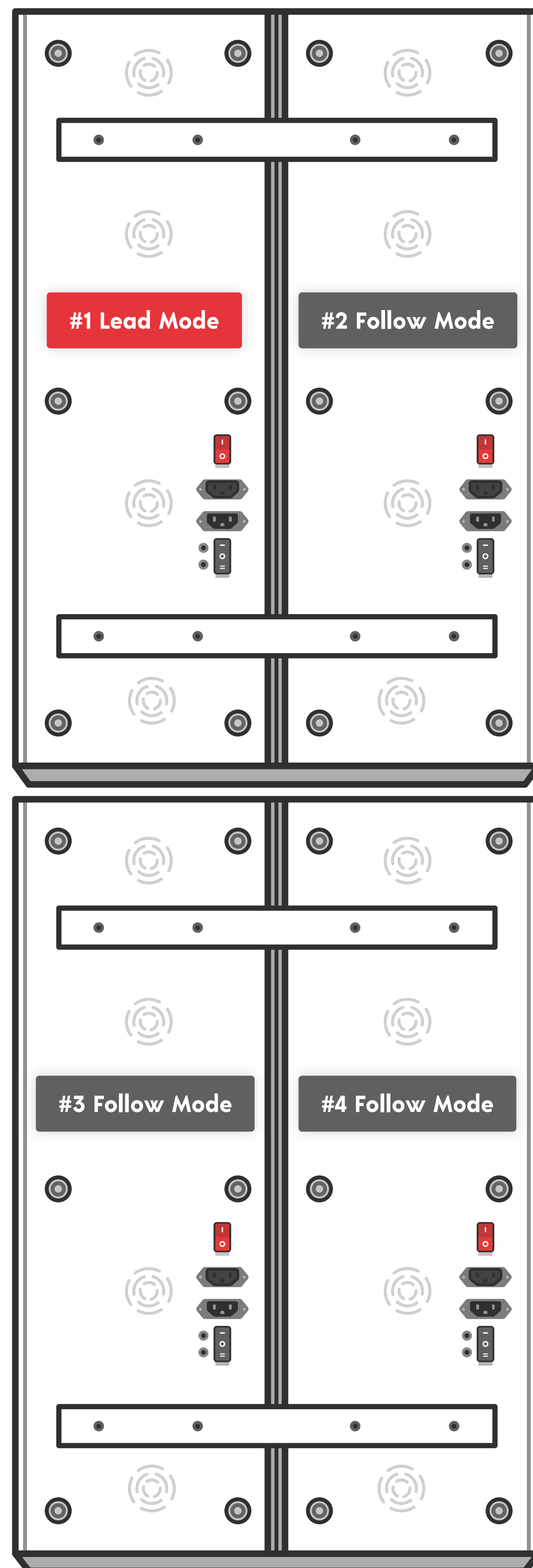


FIG. A

STEP 1

Place each Solo face down on a scratch-free surface and align, as shown in **Figure A**.

STEP 2

Locate the Quad Door Connection Kit and lay out the connection bars on the Solos, as shown in **Figure A**. Attach each connection bar using (4) M4x6mm Allen screws and hand tighten using the included Allen wrench.



Your Joovv system comes with extra screws.



Do not use a drill to install the screws as this can strip the threads.

Door Mount
(2 people required)

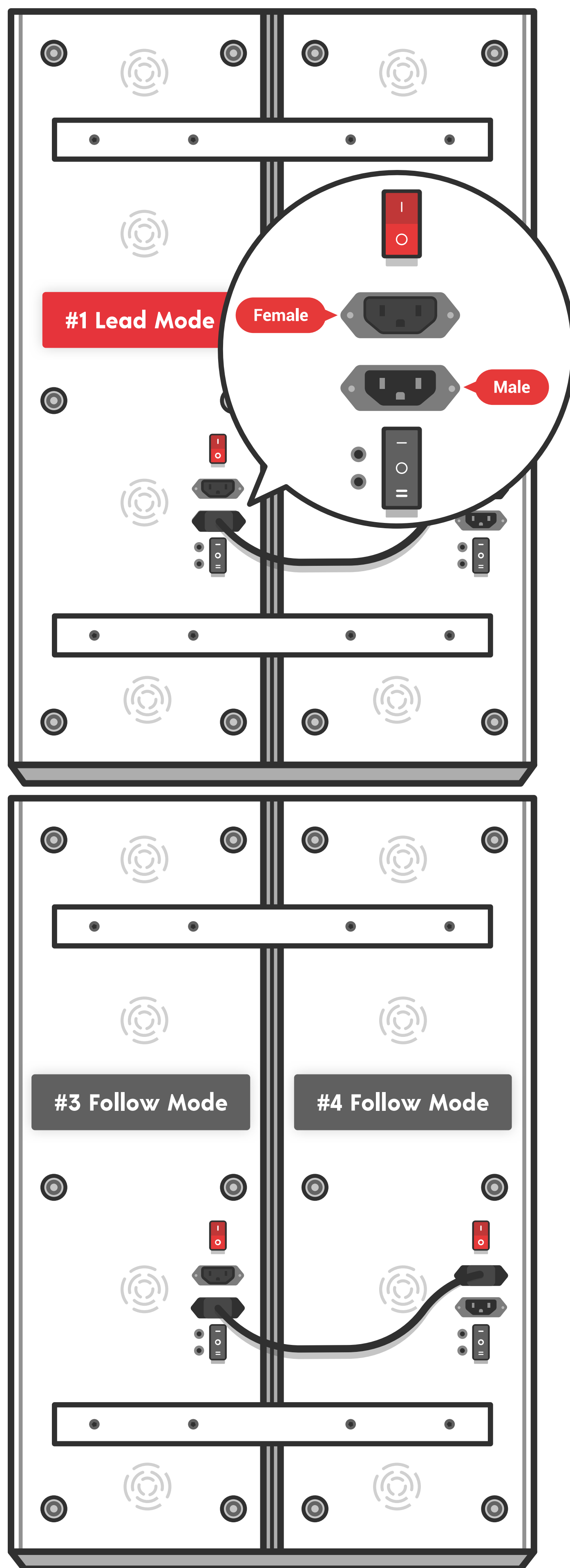


FIG. B

STEP 3

Locate the power patch cords in the Quad Door connection kit. Connect each cord by inserting the female ends into #1 Solo and #3 Solo, and male ends into #2 Solo and #4 Solo, as shown in [Figure B](#).

Door Mount
(2 people required)

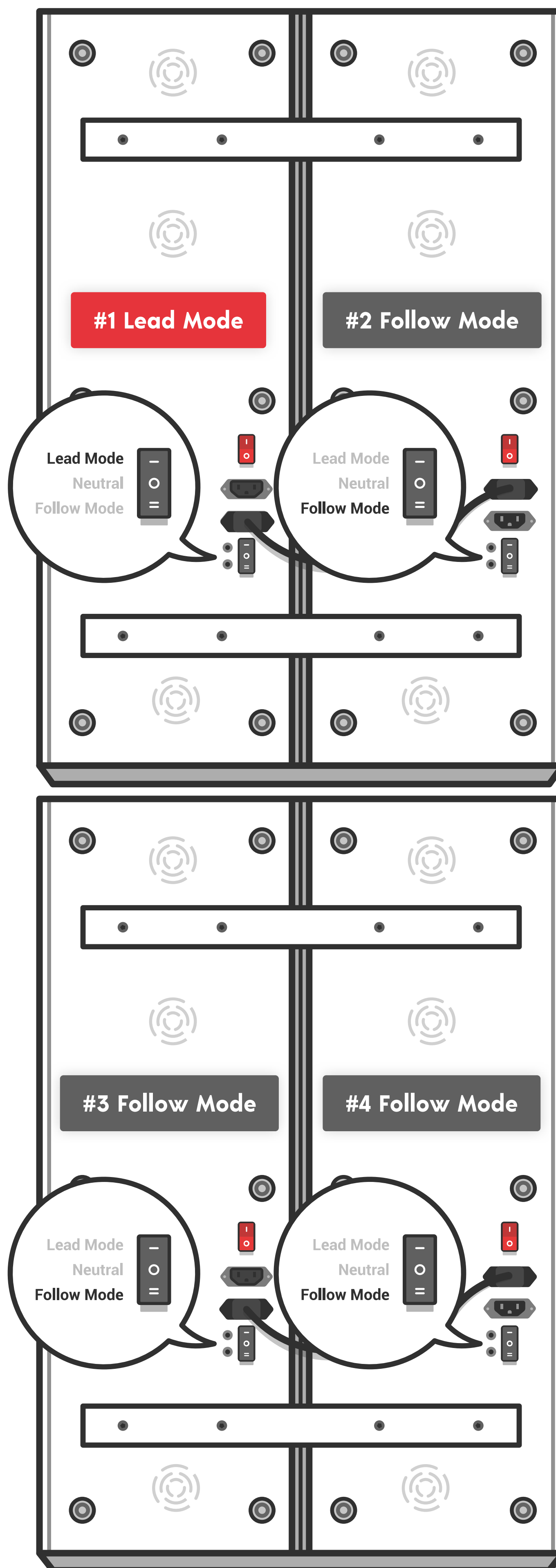


FIG. C

STEP 4

Locate the pairing switch on each Solo. Turn the switch to “Lead Mode” on #1 Solo and “Follow Mode” on Solos #2, #3 and #4, as shown in [Figure C](#).



If you don't wish to connect your devices via Bluetooth, follow the instructions included with the Hardwire Pairing kit.

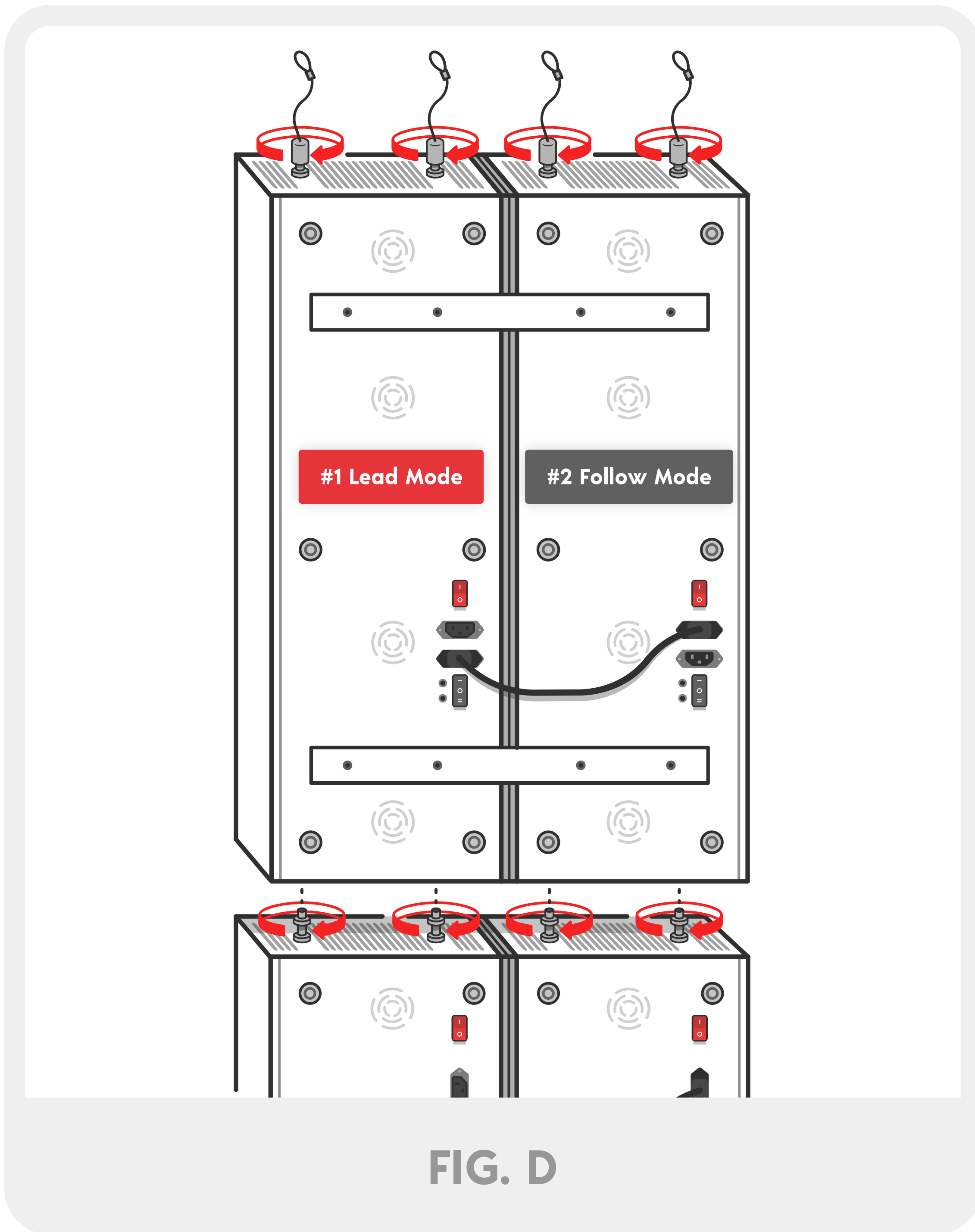


FIG. D

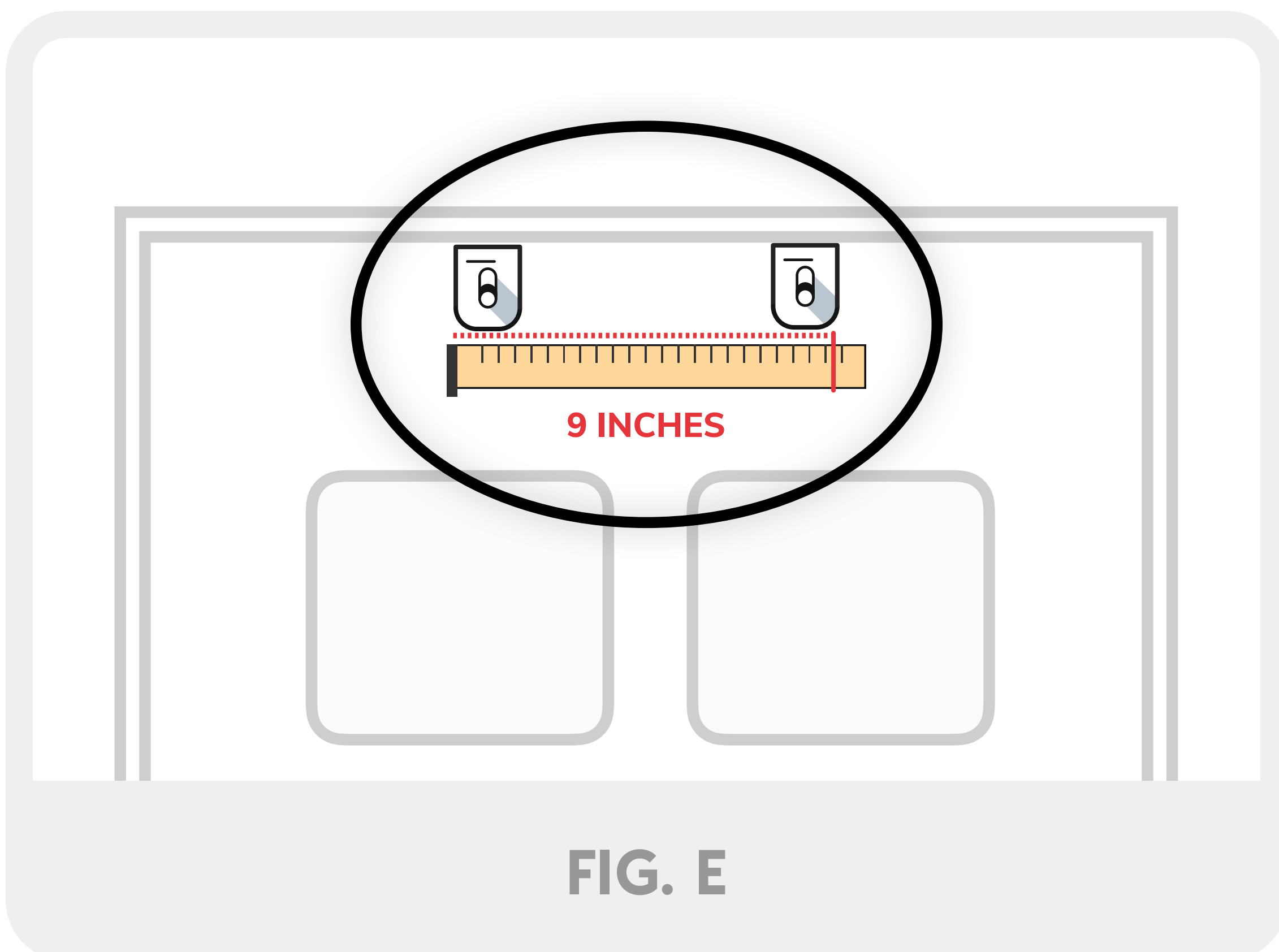


FIG. E

Door Mount
(2 people required)

STEP 5

Screw the threaded posts into the tops of each Solo with the included Allen wrench. Then, attach the braided cables to the threaded posts of Solos #1 and #2, as shown in **Figure D**. Next, locate two snap links from the door hook kit and connect them to the braided cables, as shown in **Figure D**.

STEP 6

Hang the door hooks about 9" apart on any standard-sized door as shown in **Figure E**.



If you don't wish to connect your devices via Bluetooth, follow the instructions included with the Hardwire Pairing kit.

Door Mount
(2 people required)

STEP 7

With assistance from another person, hold the pair of Solos (devices #1 and #2) in place. With your free hand connect the snap links to the door hooks, as shown in Figure F.



Be sure to adequately support the devices while connecting them to the door hooks.

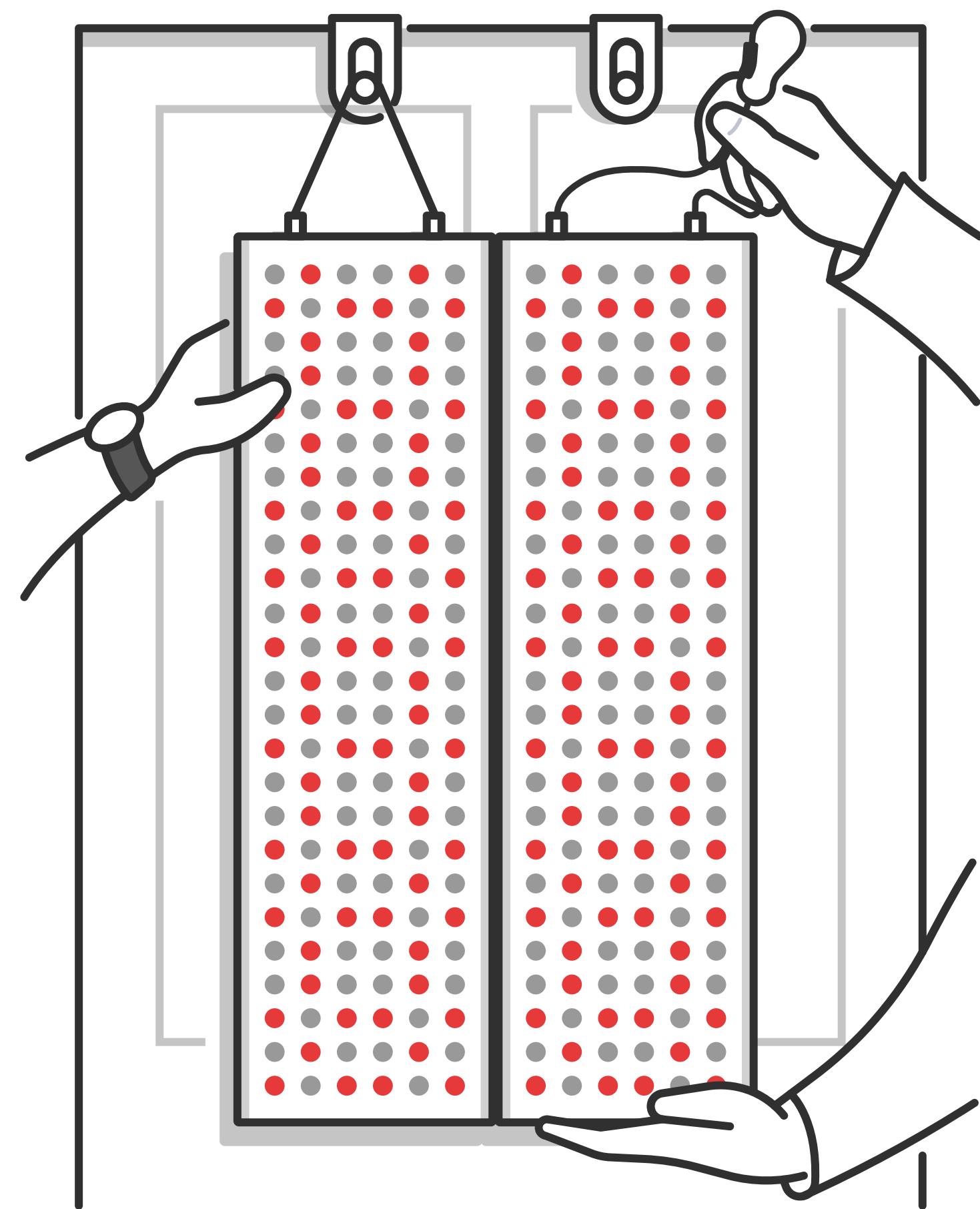


FIG. F

STEP 8

With assistance from another person connect the second set of Solos by lining up the threaded posts with the slots on the bottom ends of Solos #1 and #2. Then, lift up and insert threaded posts on the top ends of Solos #3 and #4. Once inserted, slide forward to lock in place and release, as shown in Figure G.

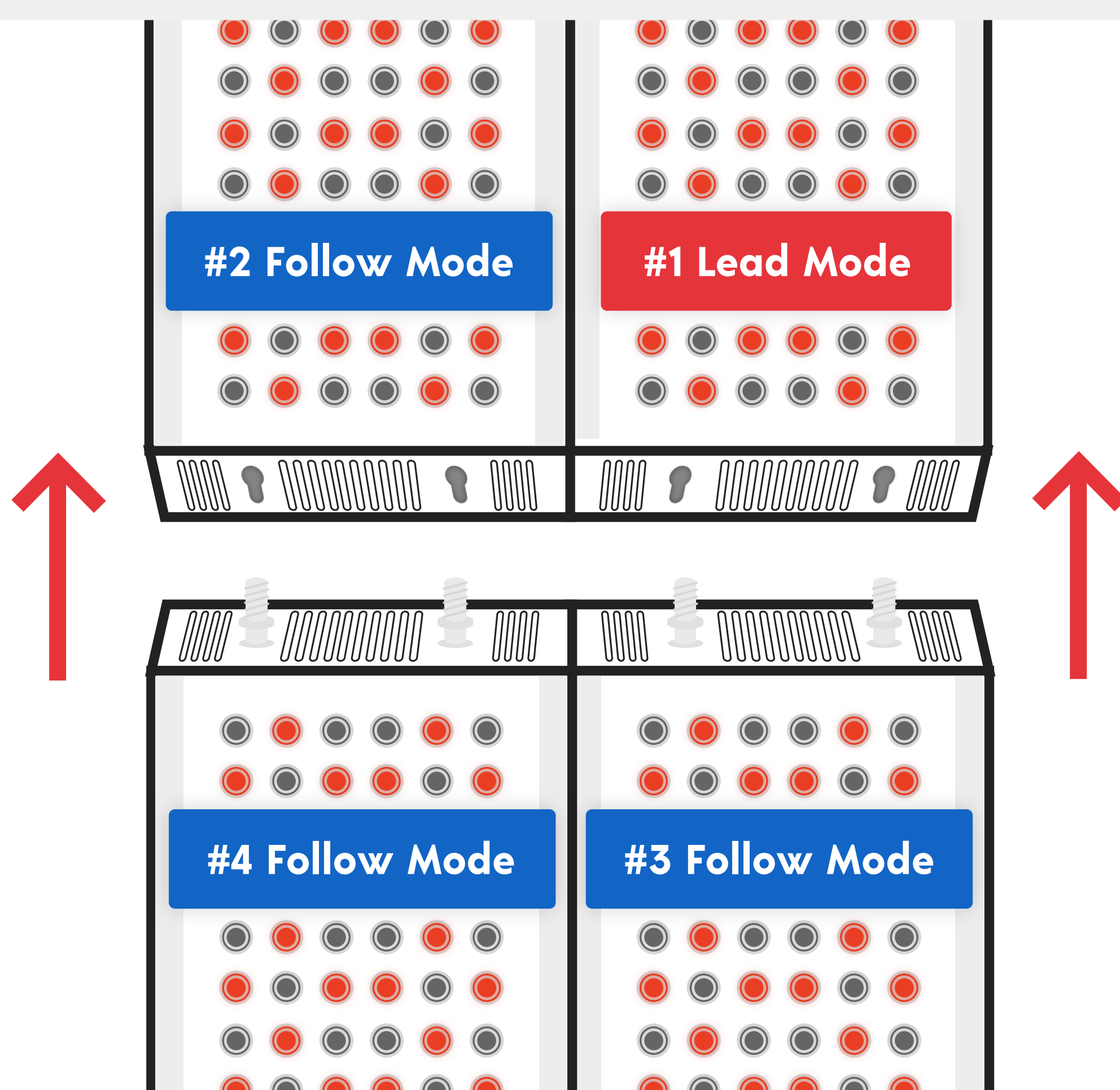


FIG. G

Door Mount
(2 people required)

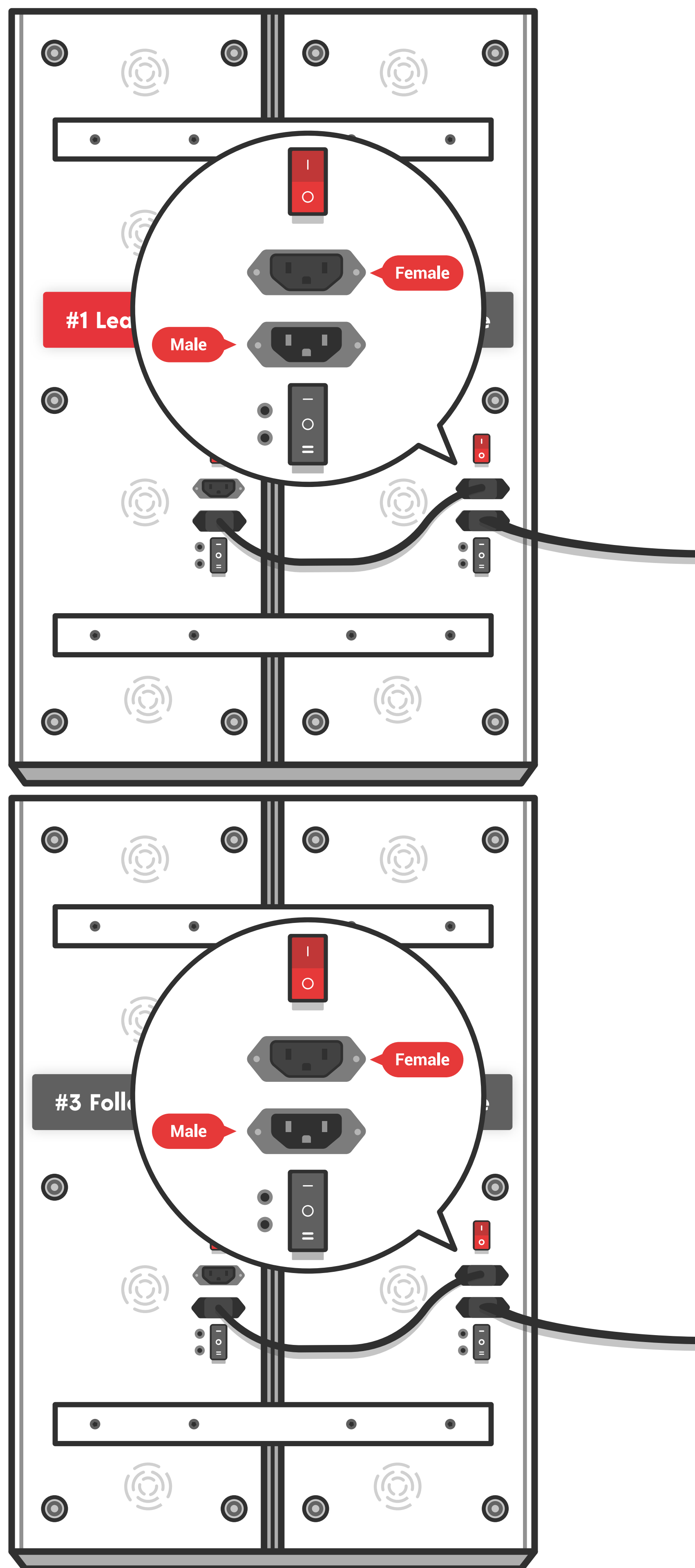


FIG. H

STEP 9

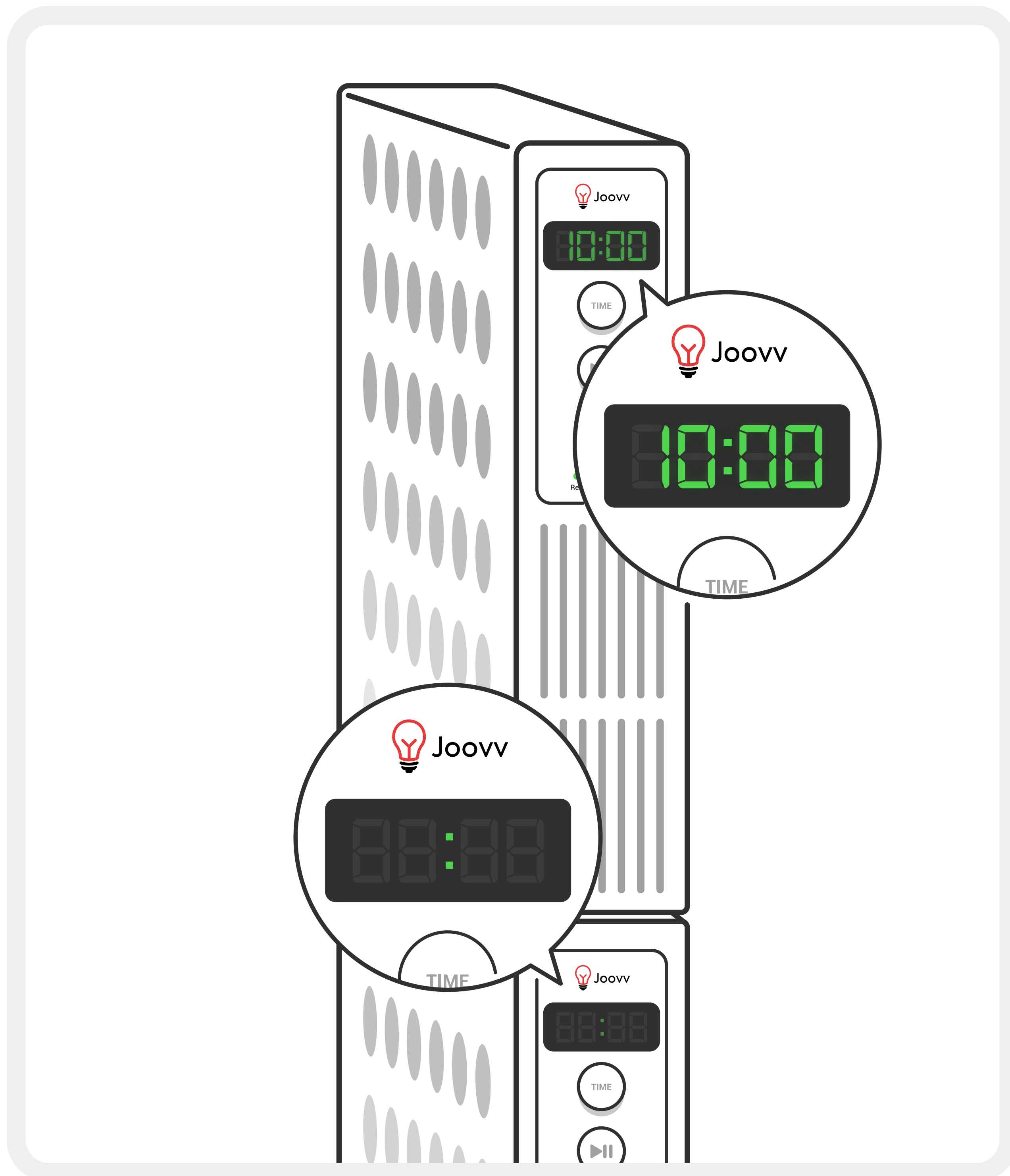
Locate two power cords and plug the female ends into Solos #2 and #4, plug the opposite ends into a wall outlet, as shown in **Figure H**. Then, turn on the power switches on all devices and your Quad will automatically pair.



Follow devices will show “No” on the display until successfully paired with a lead device. Once paired, the display will change to “:”.

STEP 10

Once paired, #1 Solo will display the treatment time and #3 Solo will display a colon “:”. To adjust the treatment time, press the “Time” button on the control panel. This will add time in one-minute increments up to 20 minutes. The timer will cycle back to 1 minute after the time exceeds 20 minutes on the display.



STEP 11

Door Mount
(2 people required)

The default wavelength mode utilizes both red and near infrared wavelengths. After pausing your treatment session, you can change the mode to use only the red or near infrared LEDs by selecting the “Mode” button on the control panel. The green indicator light will illuminate indicating which wavelength configuration is selected.



Remember that near infrared LEDs emit light that is **NOT** visible to the naked eye.

STEP 12

To start your treatment session, press the “Play/Pause” button once. You can pause your treatment at any time by pressing the “Play/Pause” button a second time. Resume your treatment by pressing the “Play/Pause” button again.

That’s it—you’re ready to start Joovvin’!



Your Joovv’s cooling fans will run for 5 minutes after the treatment session is complete to cool the LEDs.

Parts List – Optional Mounting Systems

(Mobile Stand & Wall Setup)

JOOVV QUAD	
4 x Joovv Solo Devices	2 x Power Cords
2 x Threaded Posts (Wall Setup Only)	1 x M5 Allen Wrench
1 x Instruction Manual	
QUAD BRACKET KIT	
2 x Power Patch Cords	2 x Connection Bars - 14"
2 x M6x120mm Phillips Head Screws	4 x Floor Bumpers
1 x Quad Bracket	32 x M4x6mm Allen Screws
1 x Allen Screwdriver - 2.5mm	1 x Anti-Tip Kit

🕒 Approximate setup time: 60-90 minutes

Optional Mounting Systems (2 people required)

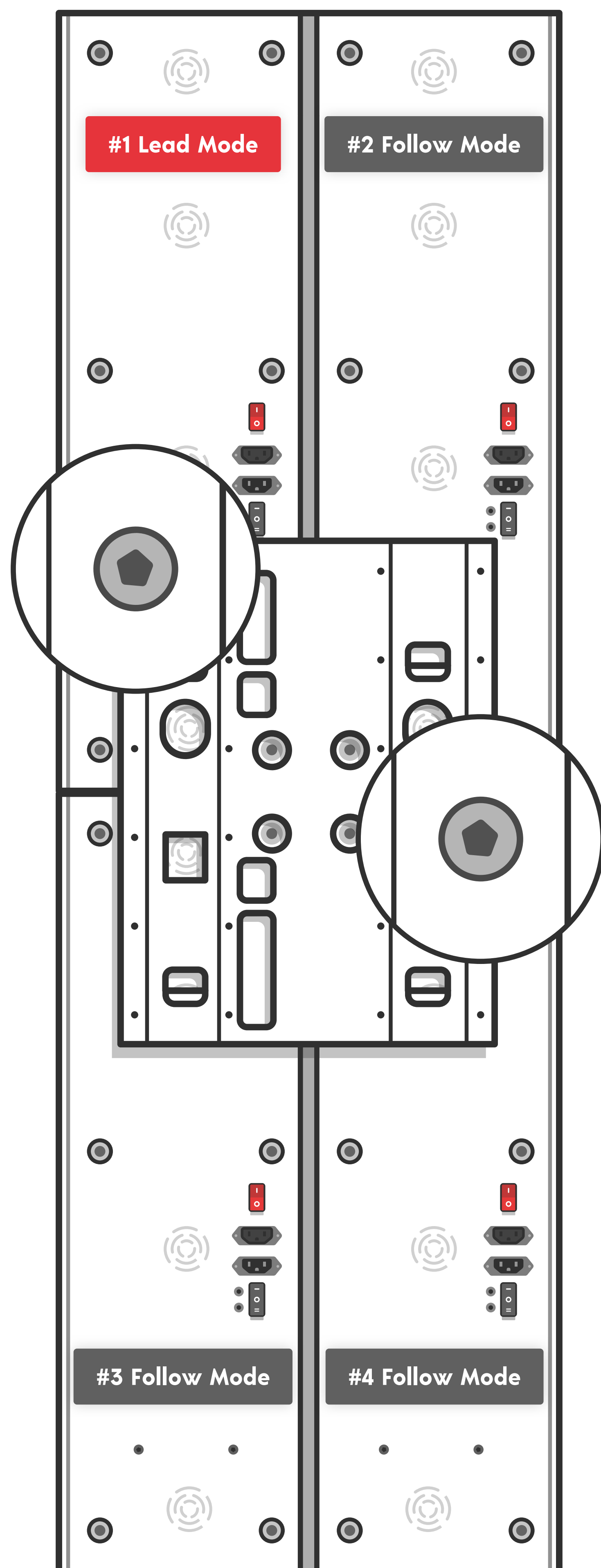


FIG. A

STEP 1

Place each Solo face down on a scratch-free surface and align, as shown in [Figure A](#).

STEP 2

Locate the Quad Bracket Kit, and place the Quad Bracket on top of the Solos aligning the bracket holes with the corresponding holes on each device. Attach the bracket using (24) M4x6mm Allen screws and hand tighten using the included Allen wrench, as shown in [Figure A](#).



Your Joovv system comes with extra screws.



Do not use a drill to install the screws as this can strip the threads.

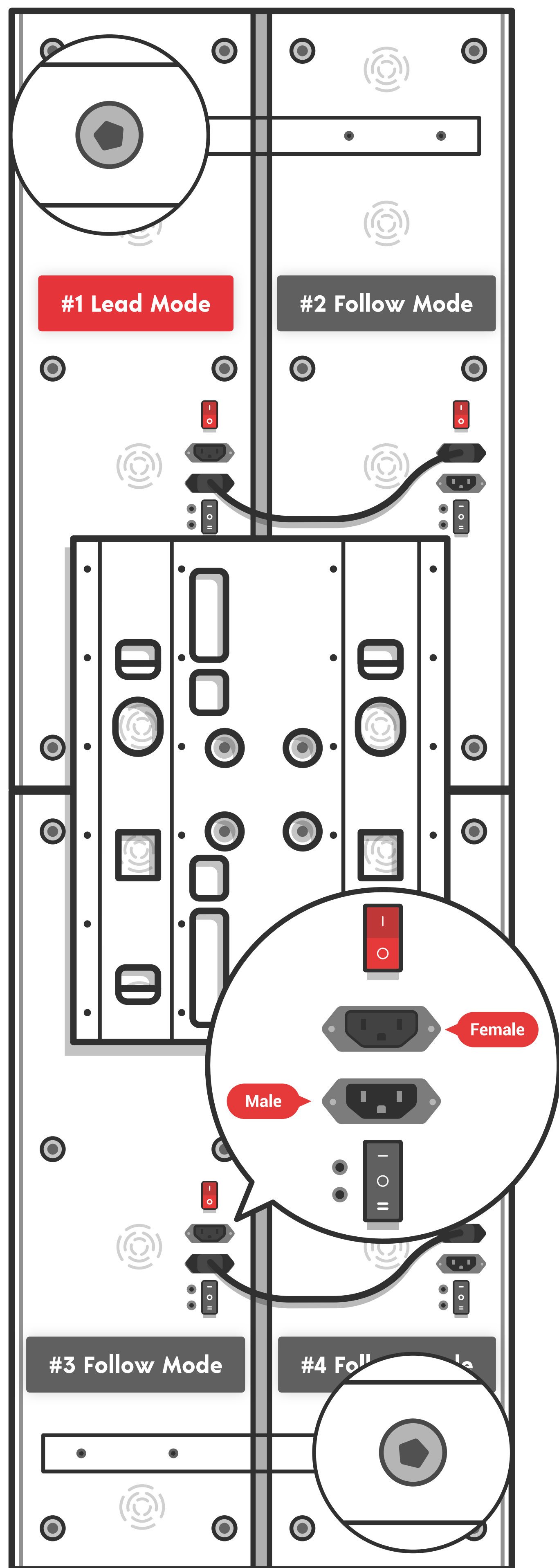


FIG. B

Optional Mounting Systems (2 people required)

STEP 3

Now, set the included connection bars across the top and bottom of your Joovv Quad. Attach the bars using 8 M4x6mm Allen screws and hand tighten using the included Allen wrench, as shown in [Figure B](#).

STEP 4

For instructions on how to use your Joovv Quad with an optional mounting system, refer to the guide included with that system. Then proceed to step 5.

STEP 5

Locate the power patch cords in the Quad Bracket kit. Connect each cord by inserting the female ends into Solos #1 and #3, and male ends into Solos #2 and #4, as shown in [Figure B](#).

STEP 6

Optional Mounting Systems (2 people required)

Locate the pairing switch on each Solo. Turn the switch to “Lead Mode” on #1 Solo and “Follow Mode” on Solos #2, #3 and #4, as shown in **Figure C**. Next, locate the four black rubber floor bumpers and attach by inserting the adjustable nut into the bottom slots of Solos #3 and #4. Once inserted slide the nut forward and pull down and tighten by screwing clockwise until hand tight, as shown in **Figure D**.

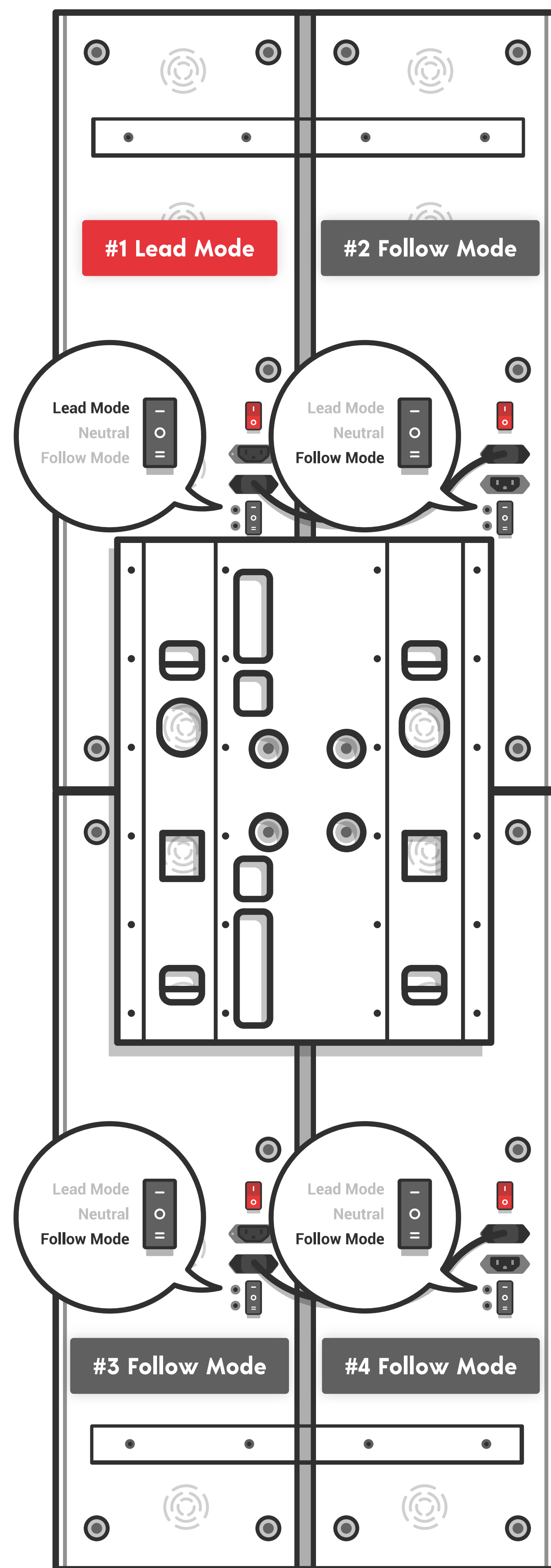


FIG. C



If you don't wish to connect your devices via Bluetooth, follow the instructions included with the Hardwire Pairing kit.

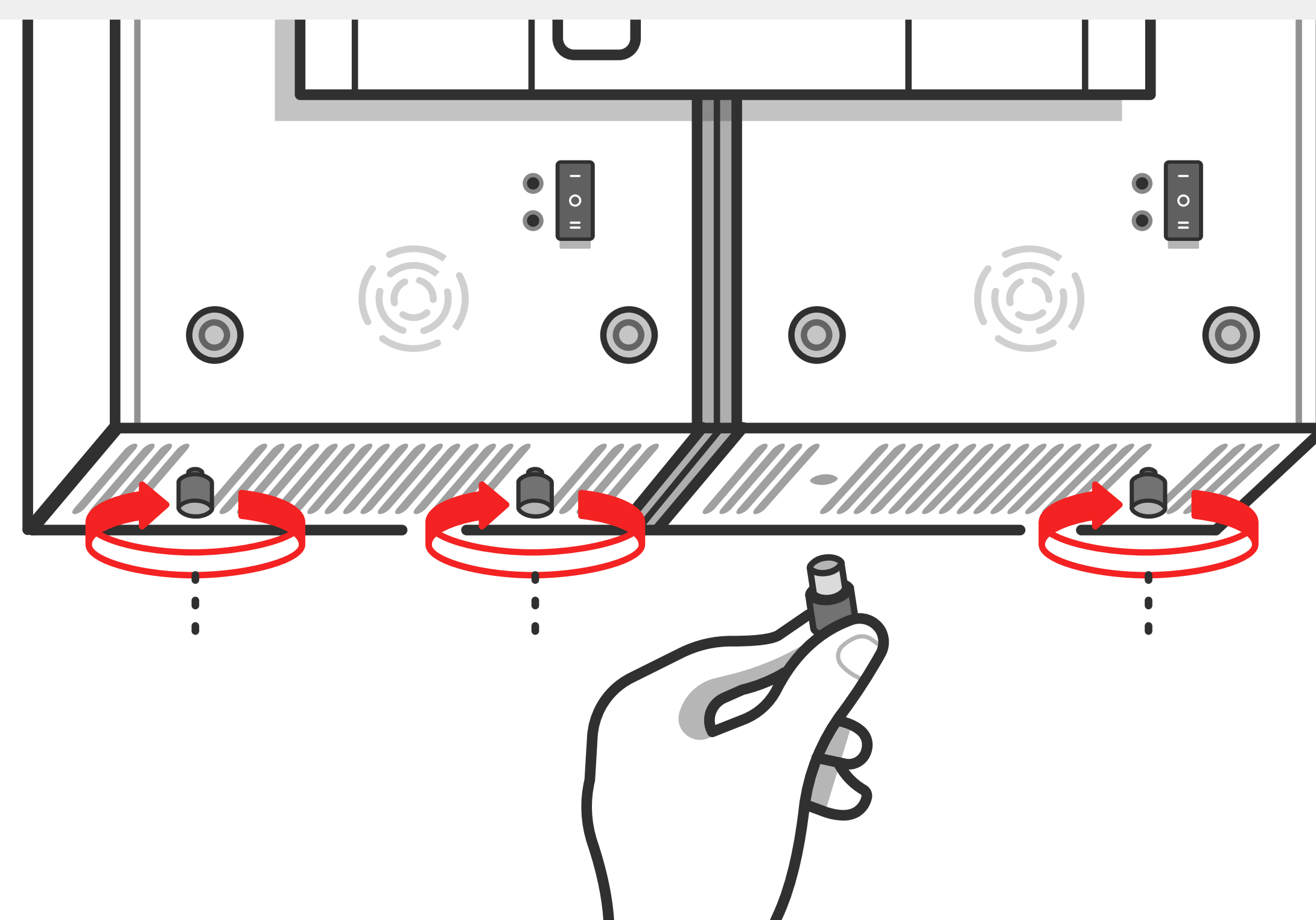


FIG. D

Optional Mounting Systems
(2 people required)

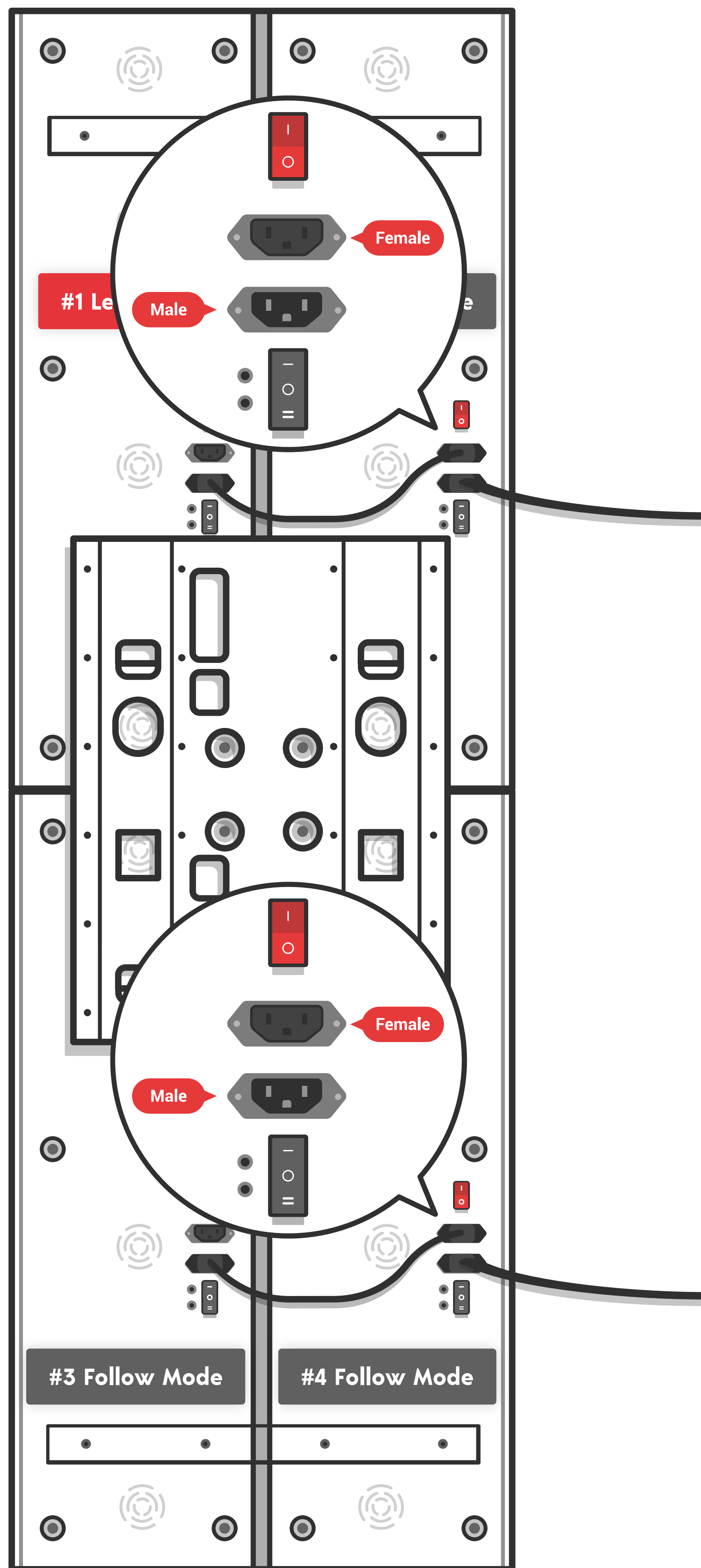


FIG. E

STEP 7

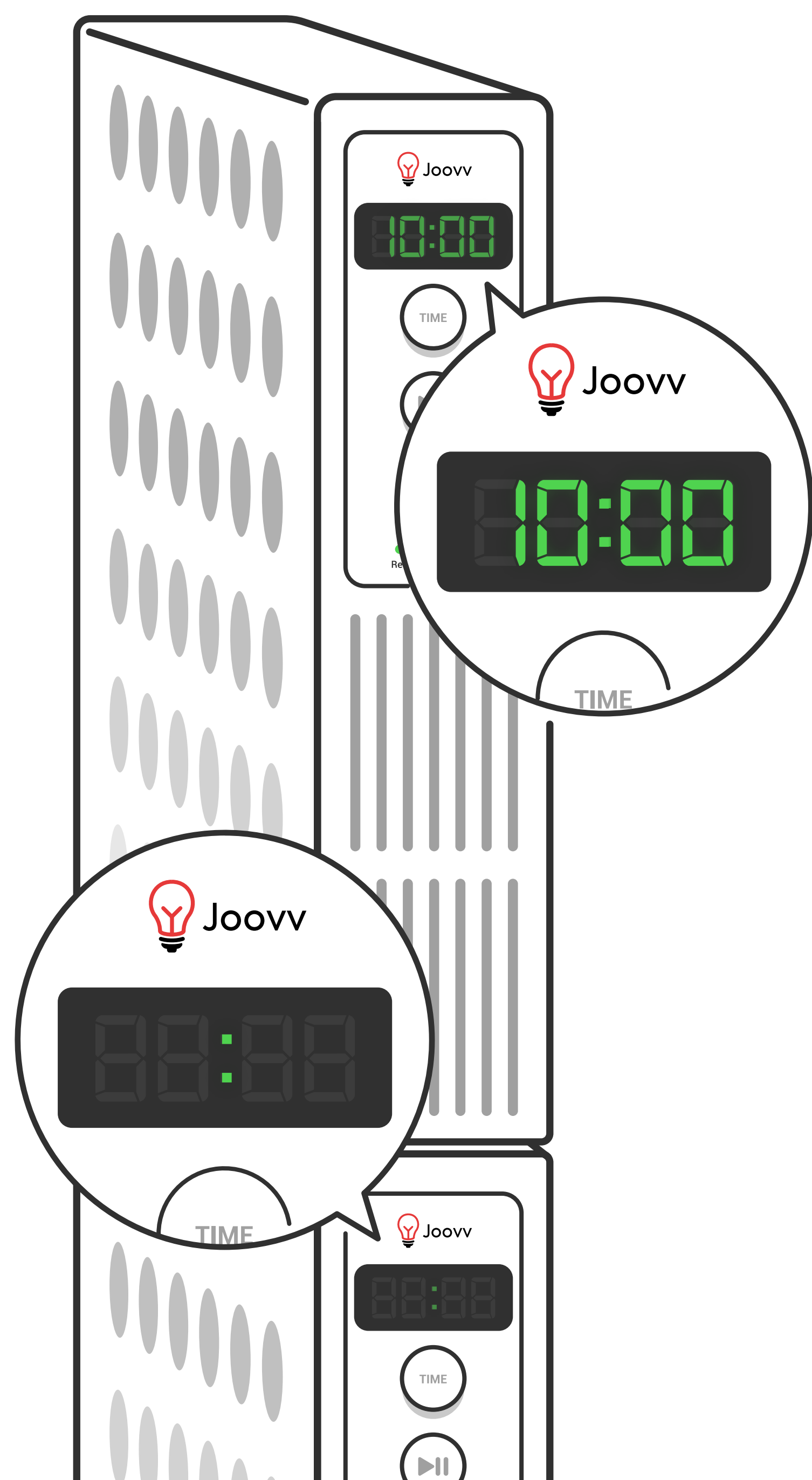
Locate two power cords and plug the female ends into Solos #2 and #4, plug the opposite ends into a wall outlet, as shown in **Figure E**. Then, turn on the power switches on all devices and your Quad will automatically pair.



Follow devices will show "No" on the display until successfully paired with a lead device. Once paired, the display will change to ":".

STEP 8

Once paired, #1 Solo will display the treatment time and #3 Solo will display a colon “:”. To adjust the treatment time, press the “Time” button on the control panel. This will add time in one-minute increments up to 20 minutes. The timer will cycle back to 1 minute after the time exceeds 20 minutes on the display.



STEP 9

Optional Mounting Systems (2 people required)

The default wavelength mode utilizes both red and near infrared wavelengths. After pausing your treatment session, you can change the mode to use only the red or near infrared LEDs by selecting the “Mode” button on the control panel. The green indicator light will illuminate indicating which wavelength configuration is selected.



Remember that near infrared LEDs emit light that is **NOT** visible to the naked eye.

STEP 10

To start your treatment session, press the “Play/Pause” button once. You can pause your treatment at any time by pressing the “Play/Pause” button a second time. Resume your treatment by pressing the “Play/Pause” button again.

That’s it—you’re ready to start Joovvin’!



Your Joovv’s cooling fans will run for 5 minutes after the treatment session is complete to cool the LEDs.

Setting Up Your Joovv Elite



If you'd prefer instructional setup videos, please visit: www.joovv.com/setup

Parts List

(Mobile Stand & Wall Setup)

JOOVV ELITE	
6 x Joovv Solo Devices	2 x Power Cords
1 x M5 Allen Wrench	1 x Instruction Manual
ELITE BRACKET KIT	
2 x Power Patch Cords	1 x Elite Bracket
2 x Connection Bars - 23"	48 x M4x6mm Allen Screws
3 x M6x120mm Phillips Head Screws	1 x Allen Screwdriver - 2.5mm
6 x Floor Bumpers	1 x Anti-tip Kit

🕒 Approximate setup time: 90-120 minutes

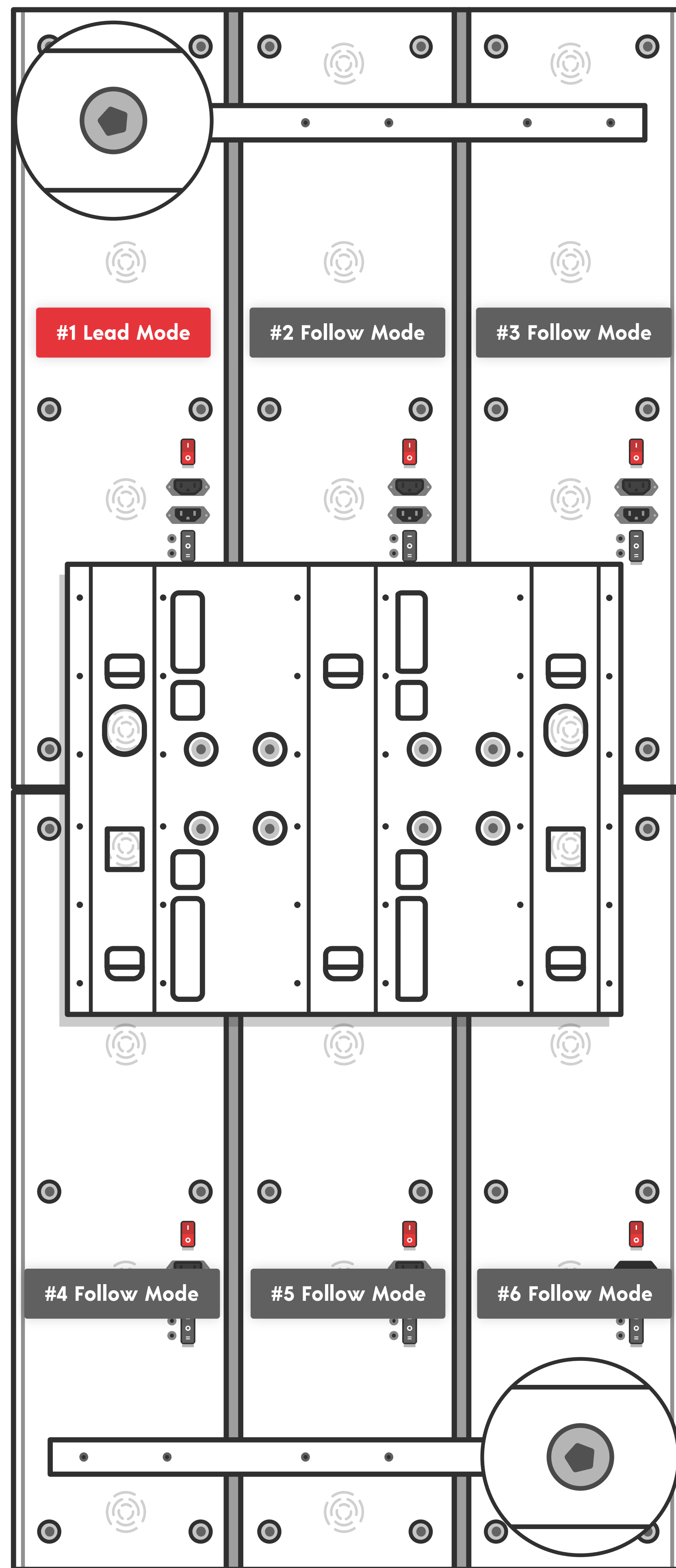


FIG. A

Optional Mounting Systems

(2 people required)

STEP 1

Place each Solo face down on a scratch-free surface and align, as shown in **Figure A**.

STEP 2

Locate the Elite Bracket Kit, and place the Elite bracket on top of the Solos aligning the bracket holes with the corresponding holes on each device. Attach the bracket using (36) M4x6mm Allen screws and hand tighten using the included Allen wrench. Next, place the connection bars across the top and bottom of each Solo. Attach the bars using (12) M4x6mm Allen screws and hand tighten using the included Allen wrench, as shown in **Figure A**.



Your Joovv system comes with extra screws.



Do not use a drill to install the screws as this can strip the threads.

Optional Mounting Systems (2 people required)

STEP 3

For instructions on how to use your Joovv Elite with an optional mounting system, refer to the guide included with that system. Then proceed to step 4.

STEP 4

Locate the power patch cords in the Elite Bracket kit. Connect each cord by inserting the female ends into Solos #1, #2, #4, and #5 and male ends into Solos 2#, #3, #5 and #6, as shown in [Figure B](#).

STEP 5

Plug the two power cables into devices #3 and #6. Next, plug patch cables into the male sockets devices #1 and #4 and the female sockets on devices #2 and #5. Finally, connect the last two devices by connecting patch cables into the male sockets of devices #2 and #5 and the female sockets on devices #3 and #6, as shown in [Figure B](#).

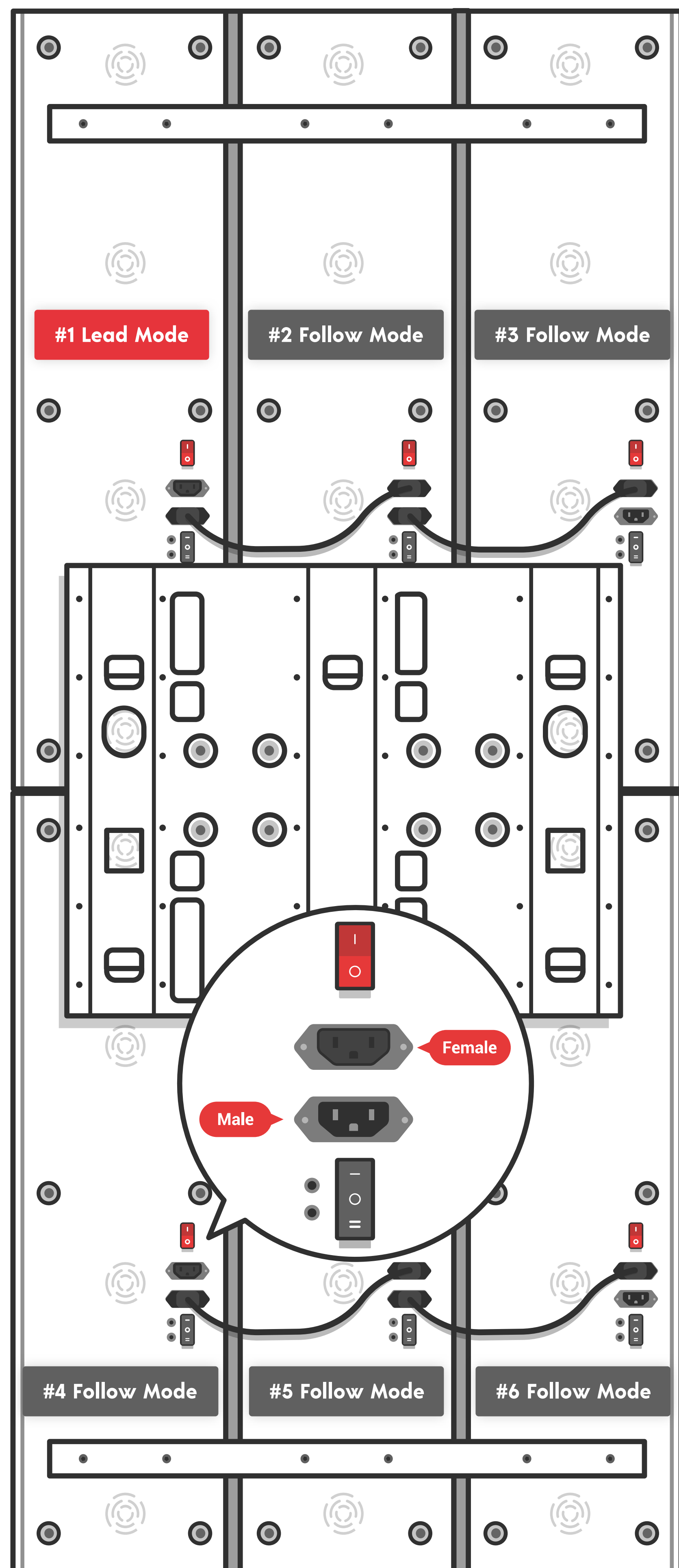


FIG. B

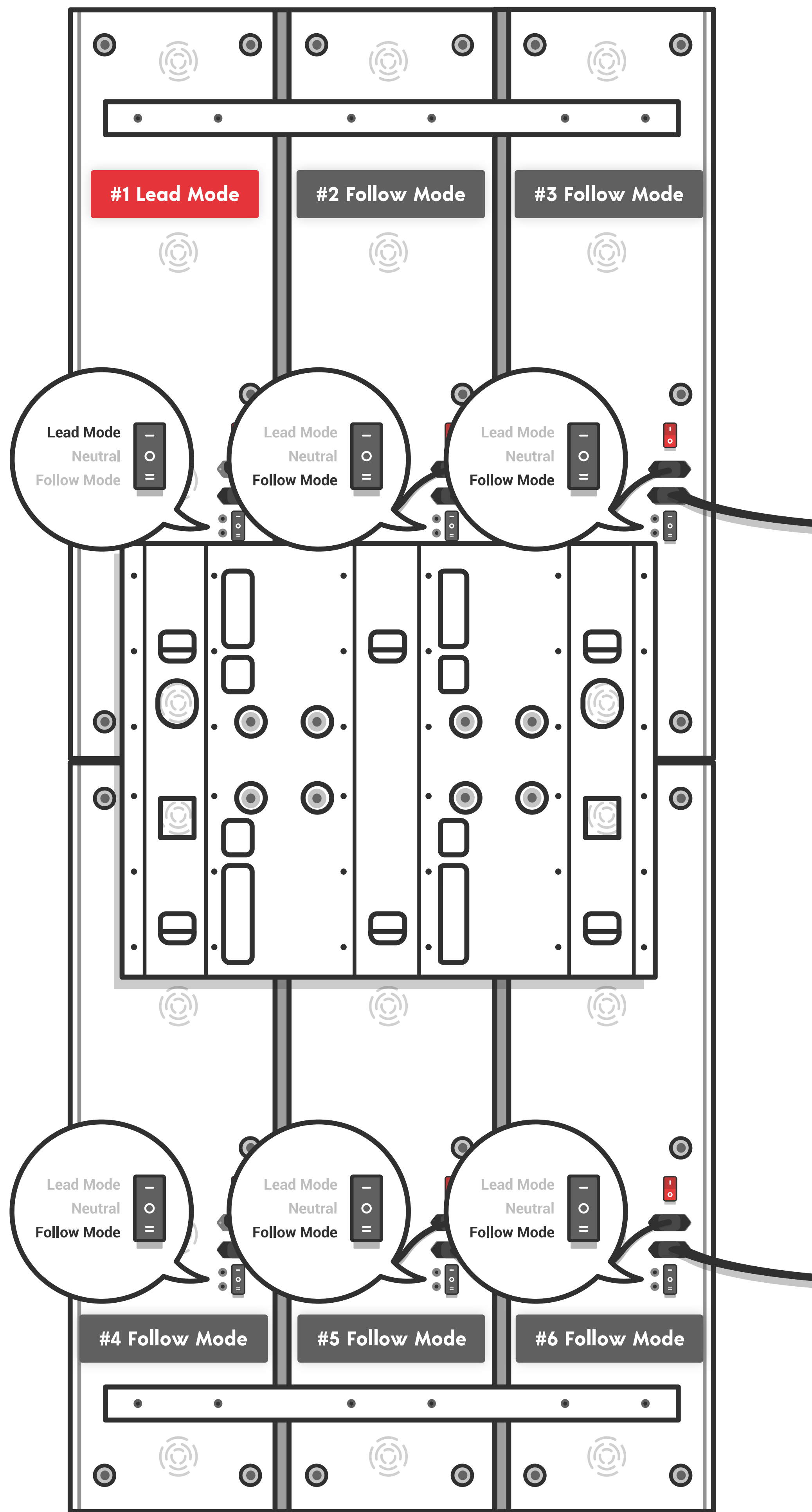


FIG. C

STEP 6

Optional Mounting Systems
(2 people required)

Locate the pair switch on each Solo. Turn the switch on #1 Solo to “Lead Mode” and “Follow Mode” for Solos #2, #3, #4, #5 and #6, as shown in **Figure C**. Next, locate the six black rubber floor bumpers and attach by inserting the adjustable nuts into the bottom slots of Solo #4, #5 and #6. Once inserted, slide the nuts forward and pull down and tighten by screwing clockwise until hand tight, as shown in **Figure D**.



If you don't wish to connect your devices via Bluetooth, follow the instructions included with the Hardwire Pairing kit.

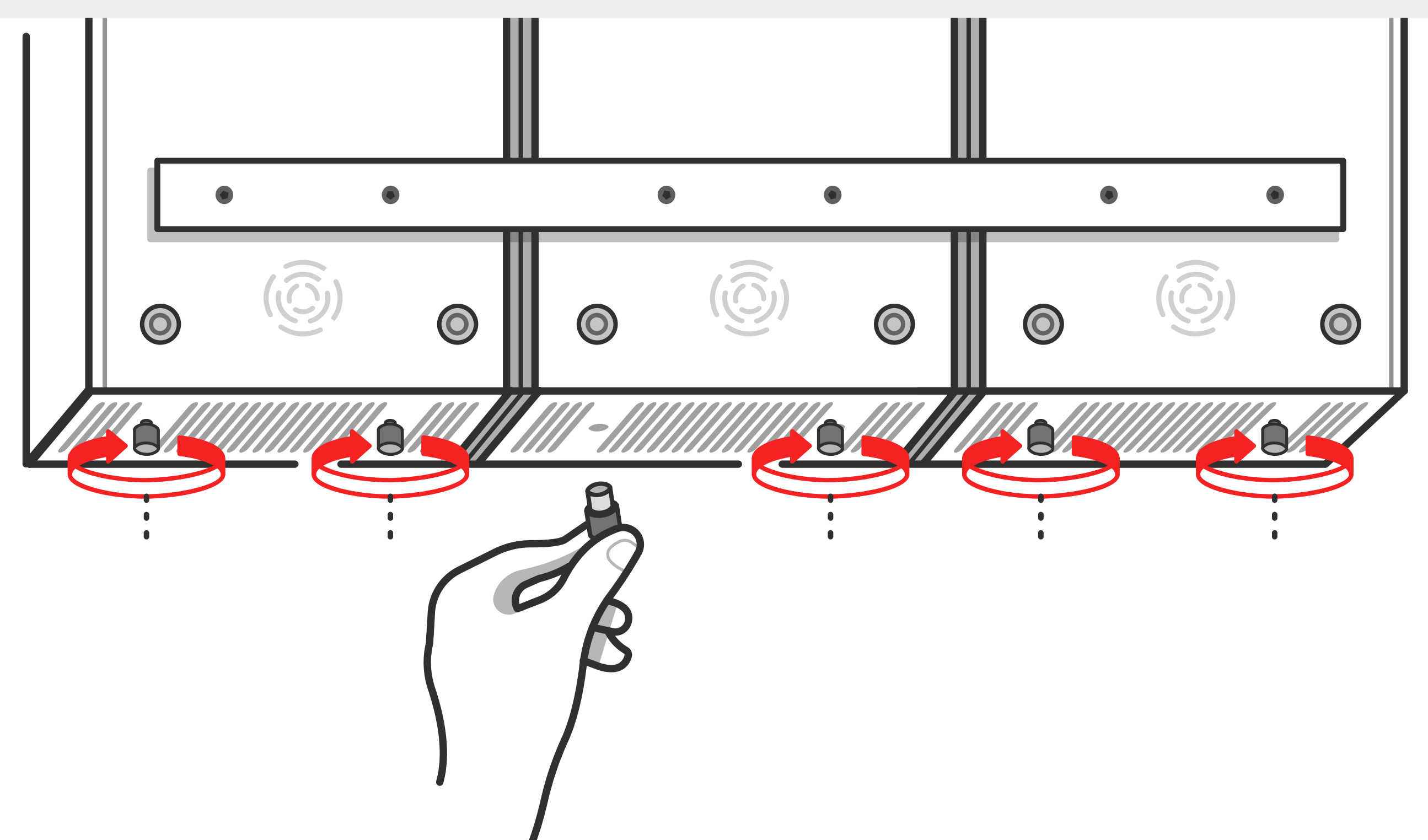


FIG. D

Optional Mounting Systems (2 people required)

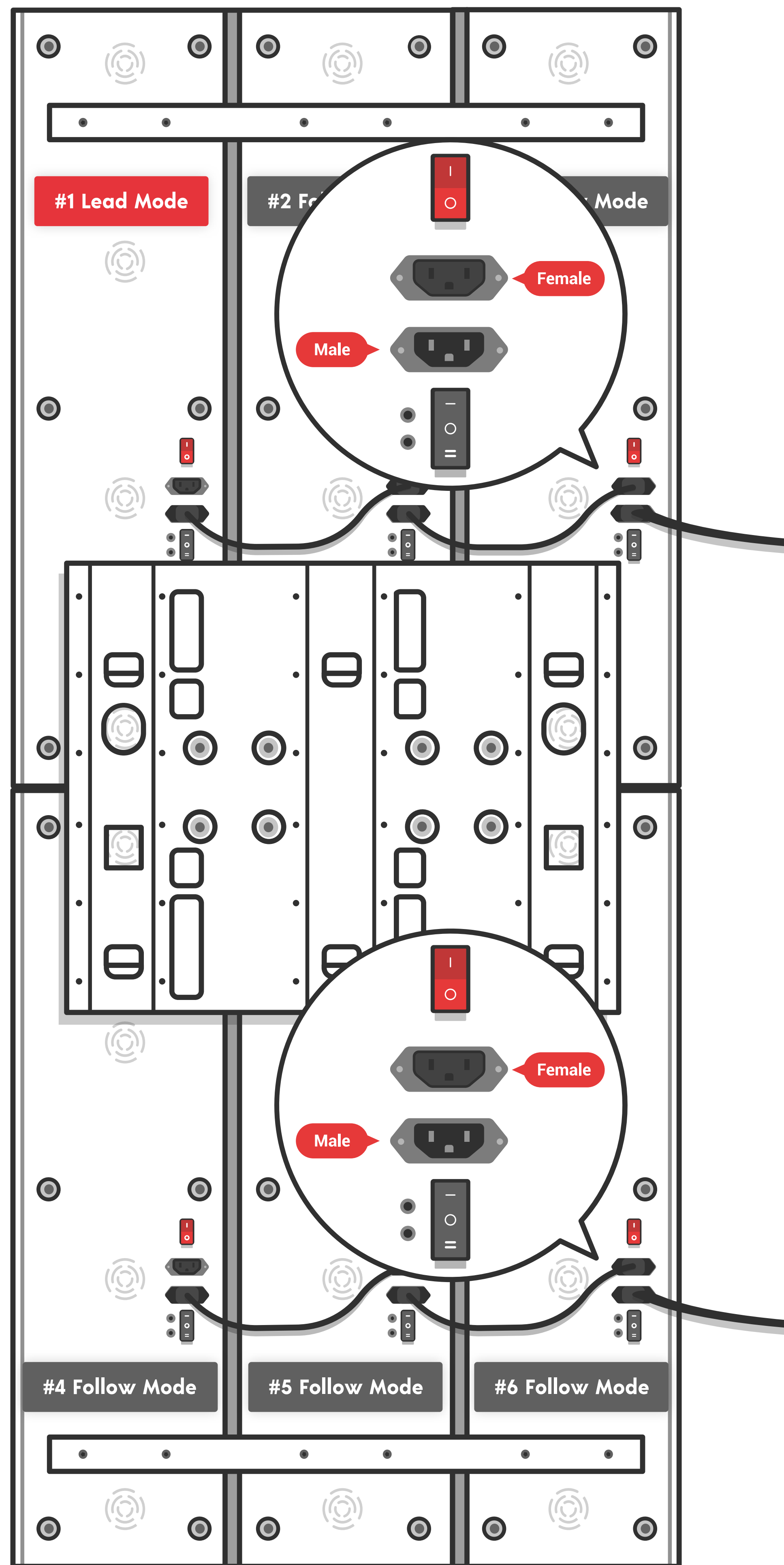


FIG. E

STEP 7

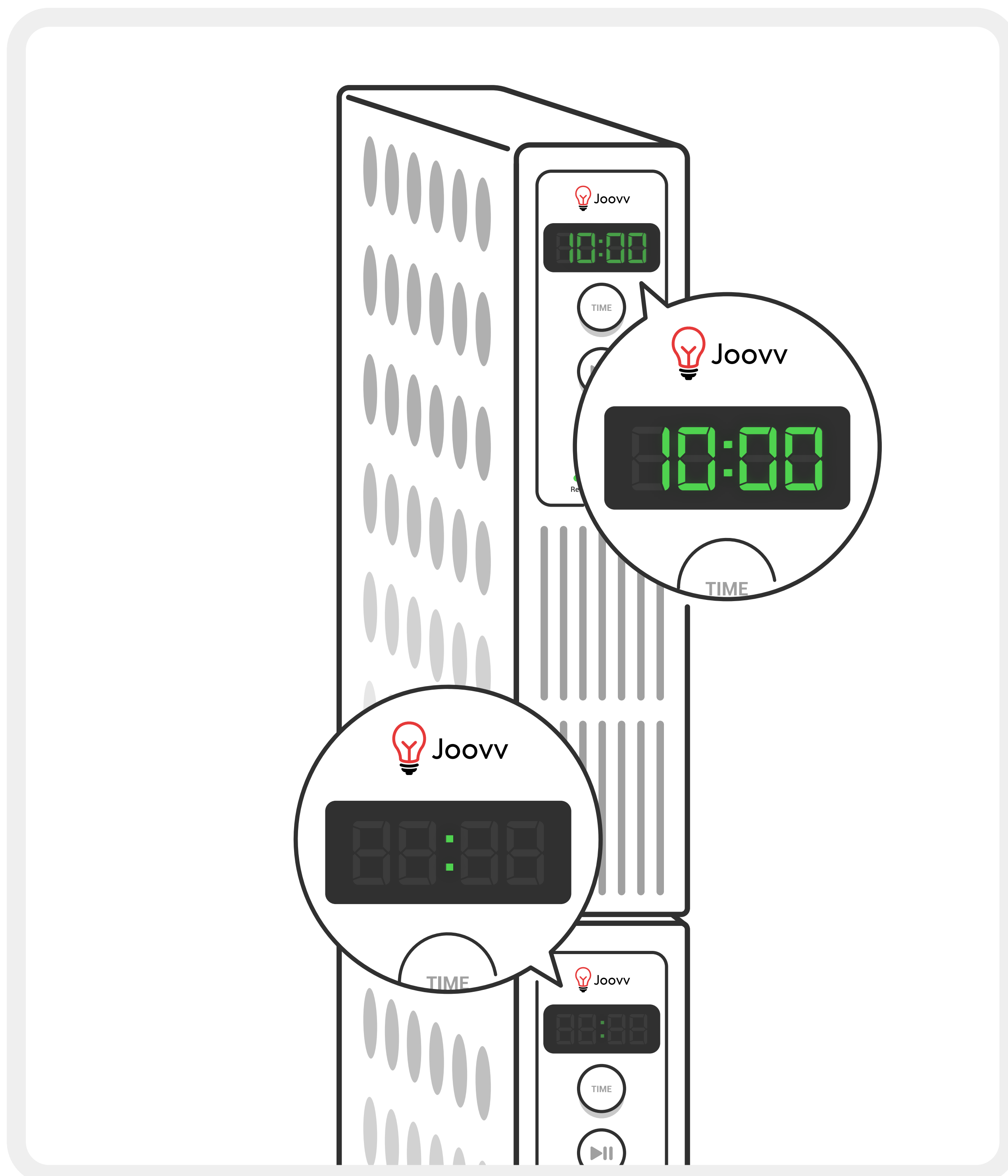
Locate two power cords and plug the female ends into Solos #3 and #6, plug the opposite ends into a wall outlet, as shown in **Figure E**. Then, turn on the power switches on all devices and your Elite will automatically pair.



Follow devices will show “No” on the display until successfully paired with a lead device. Once paired, the display will change to “:”.

STEP 8

Once paired, #1 Solo will display the treatment time and #3 Solo will display a colon “:”. To adjust the treatment time, press the “Time” button on the control panel. This will add time in one-minute increments up to 20 minutes. The timer will cycle back to 1 minute after the time exceeds 20 minutes on the display.

**STEP 9**

Door Mount
(2 people required)

The default wavelength mode utilizes both red and near infrared wavelengths. After pausing your treatment session, you can change the mode to use only the red or near infrared LEDs by selecting the “Mode” button on the control panel. The green indicator light will illuminate indicating which wavelength configuration is selected.



Remember that near infrared LEDs emit light that is **NOT** visible to the naked eye.

STEP 10

To start your treatment session, press the “Play/Pause” button once. You can pause your treatment at any time by pressing the “Play/Pause” button a second time. Resume your treatment by pressing the “Play/Pause” button again.

That’s it—you’re ready to start Joovvin’!



Your Joovv’s cooling fans will run for 5 minutes after the treatment session is complete to cool the LEDs.

Troubleshooting Guidelines

Some of the devices in my full-body system won't turn on.

- Each Solo device requires 300 watts (W) and each Mini requires 120W of power. So the Max system requires 840W, the Quad requires 1200W, and the Elite requires 1800W.
- Due to these power requirements, we recommend using a dedicated 15-amp circuit for the Quad setup and a dedicated 20-amp circuit for the Elite setup with 110 volts of power.
- You can check to see if your Joovv system is receiving enough power through the following steps:
 - Start by powering on and pairing just the upper row of devices. Power off and unplug the other devices.
 - After confirming the upper devices are operating correctly, plug the lower row of devices into a wall outlet on another circuit, using an extension cord if necessary.*
 - Power on all the devices. If they work correctly, then the devices weren't receiving the required power from the initial power supply. To continue use without problems, make sure the Joovv system is on a circuit that isn't being used other electrical devices.
 - *Note: Use an extension cord with a rated capacity exceeding the power requirements. We recommend a 12-gauge power cord for optimal results.

My Joovv devices won't pair together.

1. Power off the device(s).
2. Unplug the device(s) from the wall receptacle(s) and wait 1 minute.
3. If you are using the wireless pairing method, set the pairing switch to "Lead Mode" for the lead device and "Follow Mode" for the other devices. If you are using the hardwired pairing method, reference the hardwire pairing kit instructions to assure cables are plugged in as instructed, then set all of the pairing switches to neutral.
4. Plug back in device(s) to the wall receptacle(s).
5. Power on the device(s) using the Lead device. Note you will need by pressing the play button on either the top or bottom device.
6. The lead device will display the treatment time, and the following device(s) will display a colon ":" once successfully paired.
 - Note: Follow devices will show "n0" on the display until successfully paired with a lead device.

I'm not sure how to use the timer in the control panel.

- The "Time" button adjusts the treatment time in increments of 1 minute, with a maximum treatment time of 20 minutes. The time will cycle back to 1 minute when the display exceeds 20 minutes.
- When the desired treatment time is selected, it will be shown on the display.
- Pressing "Play/Pause" will start the treatment. If "Play/Pause" is pressed again during the treatment, the session will pause.
- If the timer has been adjusted and the treatment started, the device will recall the newly programmed treatment time for subsequent sessions.

My Joovv is displaying "FA:n".

- When the device has been used consecutively and not allowed to run through its regular 5 minute post-treatment cool down operation; the device will initiate a lock-out on further treatments being selected and run through a cool down operation. During this cool down operation period, the display will show the wording "FA:n", alerting the users that the cool down operation is in effect.

My door hook is not large enough for my door.

- If the standard door hook is not the appropriate size for your door, you may contact us at help@joovv.com to request a larger size. All inquiries must include a detailed summary of your issue, including measurements of the door you intend to use.
- By default we include a 1 3/8" wide door hook that accommodates most standard size doors, for larger doors we have a 1 7/8" option. To inquire about the larger option please contact us at help@joovv.com.

My Joovv is displaying "n0".

- If your device displays "n0:", this means the black pairing switch on the back of the device is set to "Follow Mode" and the device is looking to pair with a "Lead Mode" device. To correct this, change the black pairing switch to either "Neutral" or "Lead Mode", this will allow you to operate the device individually.

Why isn't your phone number listed?

- We offer nearly 24/7 online support via email and live chat throughout the week. All of our Customer Success Representatives are real, friendly people working from our headquarters in California. We love answering questions, providing support, and helping you pick out the best Joovv for you.
- We don't offer phone support because we truly believe it wouldn't be possible to provide the same level of service over the phone. We decided to keep our support online for a few reasons:
 - We can instantly view your questions, order information, system details, and other information so we can troubleshoot efficiently and effectively.
 - We don't use any automated systems, which means you're always being supported by a real Joovv employee.
 - It's faster. We can quickly get to the bottom of your questions without putting you on hold. Online support keeps detailed records in one place. This ensures nothing gets lost in translation if we need to escalate your issue.
 - We'll always have access to previous inquiries, so you won't have to repeat questions.

Frequently Asked Questions

How should I use my Joovv?

For optimal cellular health, including deep tissue treatment, we recommend 10-minute sessions for each desired treatment area at a distance of approximately 4-6 inches from the device.

Should I wear eye protection?

Eyewear is optional but not required. The LEDs may appear very bright until your eyes are accustomed to the light. For this reason, we recommend closing your eyes until you find that it's comfortable to open them. If you have any concerns, we recommend that you consult your trusted healthcare provider.

Why do the near infrared LEDs on my Joovv look like they're not working?

The human eye can only see wavelengths of light up to 760 nm on average. Joovv uses a wavelength of 850 nm for the near infrared LEDs making them invisible to the naked human eye.

What is the difference between red and near infrared wavelengths?

Both red light at 660 nm and near infrared light at 850 nm have been proven to enhance cellular function. The main difference is that red light is readily absorbed by skin tissue, leading to improved skin health and collagen production. Near infrared light at 850 nm is invisible to the human eye and penetrates into deeper tissue, leading to benefits like increased muscle recovery and reduced joint pain.

Can I wear clothes when using the Joovv?

You can wear clothes during your treatment sessions, or you can be nude. Just make sure the area of your body that you're treating is fully exposed to the light and not covered by any clothing.

Will the Joovv interfere with the medications I use?

Hundreds of clinical studies have proven light therapy to be safe and effective. However, if you use medications such as Tetracycline, Digoxin, Retin A, and/or other photosensitizing drugs, it's recommended that you consult your healthcare provider before using the Joovv.

Is it safe for children to use the Joovv?

Clinical studies have shown light therapy to be safe and efficacious. However, we recommend consulting with a healthcare professional if you have any concerns.

How soon can I expect results?

The cellular benefits provided by the wavelengths in our products have been proven in many studies. Red and near infrared light are energy for your cells. Exposing your body to this light enhances your cells to function at a higher level. The human body is complex yet amazing! It is hard to predict the way your body will respond to photobiomodulation and how quickly you will see results. Your cells will decide what healing needs to take place first.

Why do the fans continue to run after my treatment?

By default, the fans are programmed to run an additional 5 minutes after your treatment is complete to assure proper cooling of the device.

General Information

Technical Information

Model Number:	Joovv Mini, Joovv Solo.
Sizes	Joovv Mini, Joovv Solo.
Irradiance	>100mW/cm ² *
Note	Only use power supply provided. This device has no user serviceable parts.
Voltage Input	90 – 265V/AC
Rated Power	120W for Joovv Mini, 300W for Joovv Solo
Operating Temperature/Altitude/ Atmospheric Pressure/Humidity	“0°C to +29°C/0-2000m 80kPa to 106kPa/0%-90%, (32°F to 90°F) relative humidity
Storage & Transportation Temperature/Humidity/ Atmospheric Pressure	-30°C to +55°C / 0%- to 90%, relative humidity /50kPa to 106kPa
Wavelength	660nm Red +/- 10nm visible light 850nm Infrared +/- 10nm non-visible light

*Irradiance varies based on wavelength configuration and distance from the device.

Warnings and Cautions

Warnings

- Do not stare directly into the diodes or its reflection in a mirror because it can cause temporary irritation of the eyes.
- Do not let children use the devices unsupervised.
- This device is an electrical device. To avoid electric shock, adhere to the following:
 - Do not drop your device in water or liquids because you may get an electric shock.
 - Do not wash electrical parts with water or liquids.
 - Do not directly touch the device or touch the plugs or switches with wet hands.
 - Do not apply or touch the device to wet or damp skin.
 - Do not pull, carry, or lift the device by its cord. If the cord is damaged, do not use the device because you could get an electric shock.
 - Do not use the device if it has been dropped, left outside, or has encountered water or liquids.
 - Do not use on or near heated surfaces.
 - Do not operate this device in areas where it could be exposed to flammable or combustible products, or where vapours may be present. Explosion of fire may occur.
 - This device is not to be used by sleeping, or unconscious persons.
 - Do not use the device on open wounds, as heat may increase circulation and cause bleeding.
 - Do not use this device in combination with liniments, salves, ointments, and balms that contain heat-producing ingredients as a skin burn could result.
 - Use of this device in any way other than described in this manual voids the warranty and could result in serious injury.

- Do not modify, or attempt to modify or repair, this equipment. There are no user-serviceable parts.
- If this equipment is modified in anyway, appropriate inspection must be taken to ensure continued safe use.

Cautions

We recommend consulting your doctor prior to use if you believe you are sensitive to light. Medicines for colds, allergies, pain medicine and drugs to treat infections may cause light sensitivity. To check if you're sensitive to light, turn on the device and shine the light on a single spot for a total of 3 minutes to see if any reaction occurs. If you see any redness or a rash on the exposed area, please discontinue use and contact your health physician.

- Consult your doctor prior to use if you are:
 - Pregnant.
 - Are taking drugs known to cause sensitivity of skin to light.
 - Have any suspicious or cancerous lesions.
 - Recently had a steroid injection or use topical steroids.
 - Do not use this device on infants.
- If you experience discomfort or have a concern about the device, stop use immediately and contact your doctor.
- Use indoors only.
- Use supplied power supply only.
- Unplug from outlet when not in use to avoid tripping hazards.
- Do not unplug by pulling directly onto the cord. Grasp the plug itself, not the cord, when unplugging from the outlet.
- Do not exceed 20 minutes of use in one therapy session.

If you have any difficulty setting up your device, using, cleaning or maintaining your device, please contact our customer support at help@joovv.com

Electrical Safety

- Do not place your device where it can fall or be pulled into water or other liquid.
- Do not expose your device to running water. If your device comes into contact or becomes submerged into water or other liquid, unplug it immediately from the electrical power outlet.
- If device is to be used in the vicinity of water, we recommend using an electrical outlet protected by Ground Fault Circuit Interrupter.
- Do not store your device in hot temperatures that are or can exceed 140°F (60°C).
- Do not separate power supply or cables during use. Switch the device off at the back and then unplug device from the electrical power outlet before separating cables.
- If you have any difficulty setting up your device, using, cleaning or maintaining your device please contact our customer support at help@joovv.com
- Do not use your device if it is damaged. Continuous use of a damaged device may result in electric shock or injury.
- When not in use, store device in a dry room, making sure it is protected from excessive moisture, heat and dust.
- Do not use extension cords unless they are designed to carry the total rated wattage of the devices being powered.
- Do not connect more than 3 Joovv devices with the included power patch cords, as described in this product manual.

Maintenance, Cleaning, Disposal Guidelines, Warranty and Returns

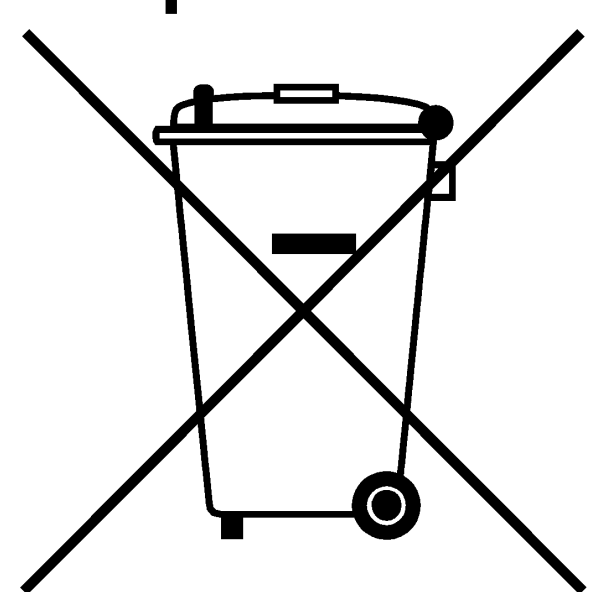
Maintenance

The Joovv does not require maintenance other than routine cleaning.

Cleaning

- Turn off your device by switching off the power switch to the off position on the back of the device.
- Unplug the power adaptor at the power wall outlet.
- Clean the surface of device with a slightly damp cloth, making sure the device is dry before using.
- Avoid the use of any harsh cleaners or bleaches as this may damage your device.

Disposal Instructions



This symbol on the device or packaging indicates that this device may not be disposed of with your other household waste. This device requires disposal via your designated collection point for the recycling of

waste electrical and electronic equipment. Recycling your waste equipment at the time of disposal will help to conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment.

Disclaimer

*Joovv light therapy products are registered as class II medical devices and are indicated for use in the relief of muscle and joint pain, including arthritis and muscle spasm pain, and increasing of blood circulation, and relaxation of muscles. The information provided is for educational purposes only and is not intended to support the safety or effectiveness of Joovv devices, or diagnose, treat, cure, or prevent any disease. It's not a substitute for a face-to-face consultation with your healthcare provider, and should not be construed as medical advice. The independent reviews presented are applicable to the individual depicted and may not represent the uses mentioned above. Individual results may vary.

Warranty

Joovv, Inc. warrants that its devices will function and perform within the specifications for two years from the date of delivery. The warranty covers all parts and labor during the warranty period with some exclusions. If service is required, the buyer is responsible to return the device to Joovv within the 2-year warranty period. The warranty shall not apply to equipment that has been abused, modified, damaged, or fitted with substitute parts. Joovv shall not be liable for any consequential loss or inconvenience caused by any failure of its products. If the device is repaired or replaced, Joovv reserves the right to provide parts in different colours to the original device.

To obtain warranty service, please complete your product(s) registration card and contact Joovv at help@joovv.com or www.joovv.com/warranty to request an authorization number.

Returns

All of our modular products come with a risk-free 60-day trial. If you're not satisfied with your purchase during the trial period, just go to www.joovv.com/returns and we'll provide a hassle-free return process. Here are some details to note:

- Because we ship our products for free within the domestic U.S., return shipping will be your responsibility.* We cannot be responsible for lost or damaged shipments.
- All returns or exchanges must be received in like new condition with all original accessories and packaging.
- All returns received with damaged or missing components may be subject to additional fees. If applicable, these fees will be deducted from the refunded amount.
- After submitting a return request, we'll provide you with a return authorization number.
- All returns will be inspected and processed within 3-5 days.
- Returns must be postmarked before the end of the 60-day trial. Returns sent after 60 days will not be accepted.

*Due to the policies of our financing partner, for Bread financed orders with expedited shipping, you will assume responsibility for the expedited shipping charge in advance of the return.



Corporate Office

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Customer Service

Email: help@joovv.com
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