

AIR RELAX PRO

AR-4.0
QUICK GUIDE

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5.5 Inch touch screen

Quick access to all features

4 Modes

Each predefined mode delivers the best therapy / treatment

Deflate option

Effortlessly releases the air from your garment

Wide pressure range

Set any pressure in the range of 40mmHg - 170mmHg



Dual voltage 100 - 240V

No transformer required

Customized chamber selection

Allows to target / skip desired chamber(s)

Wide range timer

1-95 min select your own therapy time

Built-in sensor

Calibrates the pressure based on circumference

Non-toxic and lead free silicone hose



Durable Garment
Heavy duty and easy to clean material is great for active lifestyle



200 Denier nylon Oxford polyurethane coating garment



Overlapped design smooth chamber to chamber pressure transaction



Medical grade biocompatible garment



6 Chambers
Offers anatomically more accurate layout/design



HOW TO USE AIR RELAX PRO

The control unit should be placed on a stable flat surface from where it will not slip or fall. Position the control unit so that the user can easily reach it during sessions.

1. Connect the AC adapter or the power bank into the AC adapter socket on the control unit.
2. Plug the AC adapter power cord into an appropriate electrical wall outlet.
3. Connect the hose bundle plug to the control unit.
4. The hoses should not be twisted or folded.
5. The hose bundle plug should be inserted fully to prevent air from leaking out.
6. The garment is not sterile, do not place directly against open wounds, sores, rashes, infections, or stitches. A layer of clothing between the garment and skin is recommended for hygienic reasons.
7. Remove any jewelry, watches, or anklets before wearing the garments.



1. To put on the leg sleeves, zip the leg sleeves halfway up, and insert your foot into the leg sleeves.
2. Pull the top of sleeves towards your torso.
3. Close the zipper all the way up to the top, being careful that your clothes are not caught in the zipper. Ensure they are completely zipped before beginning a session.
4. Place the zipper flat as in the picture and secure the Velcro strap firmly.



**START
THE
SESSION**





1. Insert the garment hose plug to the hose bundle receptacle making sure the arrow sign is facing up.
 - ✓ The hose should not be twisted or folded.
 - ✓ The garment hose plug should be connected fully to prevent air from leaking out.
2. Turn the power switch on the control unit to turn on the system.
 - ✓ The default setting is drain cycle, 15 minutes and 80 mmHg.
3. Press the MODE button; SEQT, PROG, DRAIN, OVLAY, on the display screen to select the mode.

4. Press the CHAMBERS button on the display screen to access the air pressure settings.

√ Press the CHAMBER button on the display screen and hold for 3 seconds to disable or enable the specific chamber.

5. Press the UP/DOWN button on the display screen to adjust the air pressure setting between 40 to 170 mmHg.

√ Start using the Air Relax System from the lowest pressure and increase gradually until you have reached a pressure you are comfortable with.

6. Press the TIME button on the display screen to access the session time.

7. Press the UP/DOWN button on the display screen to adjust the session time between 5 to 95 minutes.

8. Press the START button to start the session.

√ Press the STOP button on the display screen and hold for 3 seconds to return the default setting.

√ At the start of a session, a few inflation cycles are used to calibrate the pressure based on your limb(s) or body circumference. The first cycle or two may take a longer time to fill completely.

1. When the session is completed, the garment will deflate for 30 seconds automatically.
2. Allow the garment to deflate for 30 seconds before you remove it.
3. At the end of the session, turn off the power switch at the back of the control unit.

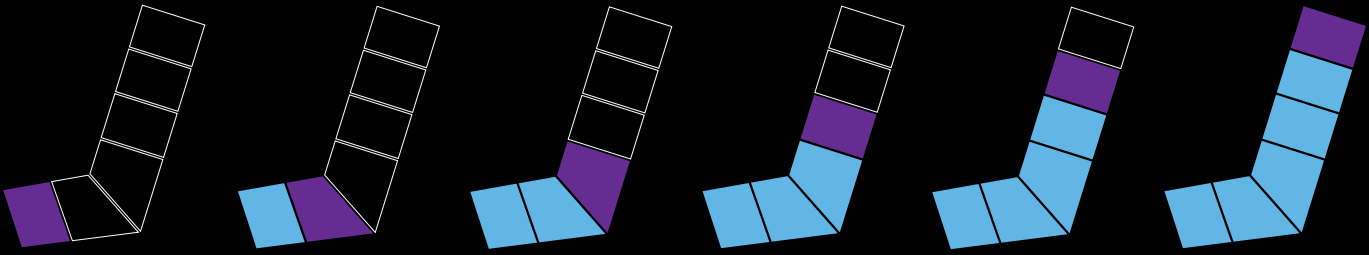
✓ At the end of the session, the garment will deflate within a short time, allowing it to be removed easily.

✓ You should be able to remove the garment off and pull it on again for each use without completely unzipping the garment.

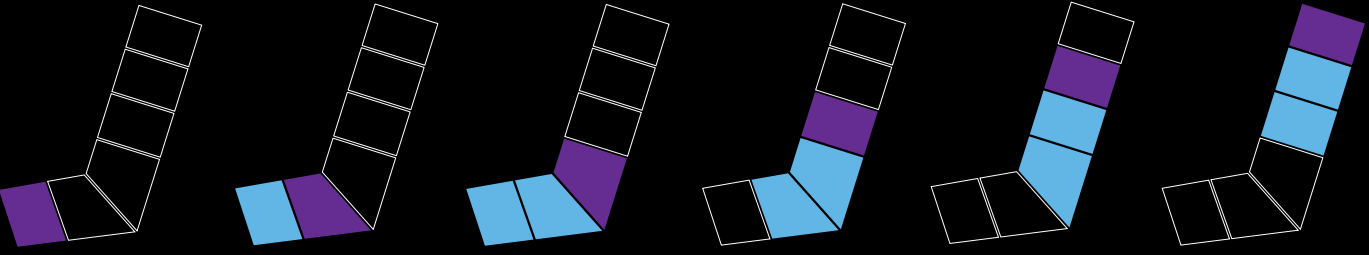
✓ Discontinue use if you experience pain or discomfort, or if there is onset of bruising, irritation, or redness during or after the session and consult your physician immediately.

**END
THE
SESSION**

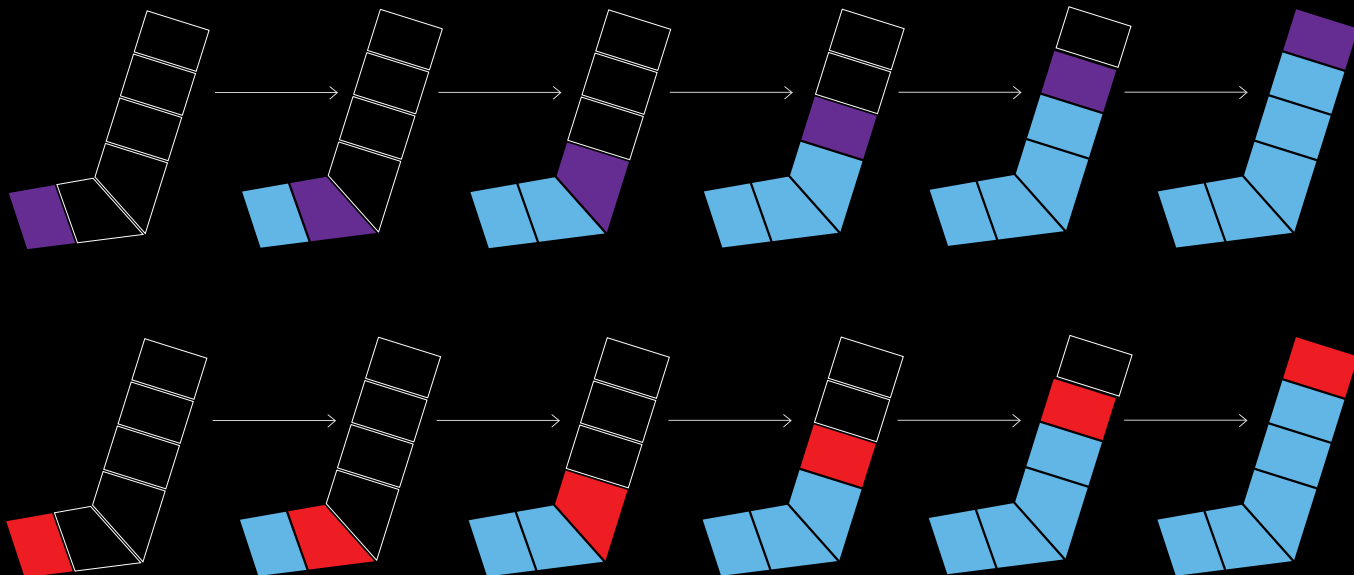
- Air Relax Pro control unit contains four modes, each predefined delivers the best therapy / treatment. Sequential Cycle Mode : Cyclical uniform therapy starts at the distal end and moves in succession toward proximal end. Fills chambers one after the other, and then deflates to release the pressure.



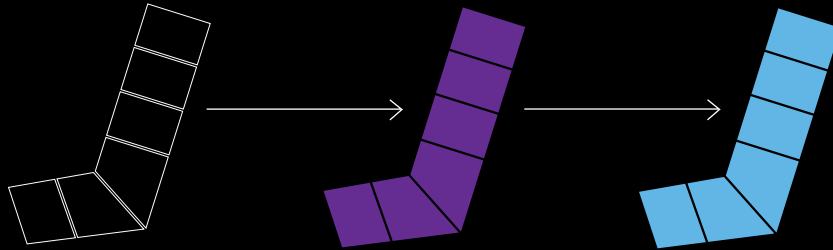
- Progressive Cycle Mode : Progressive peristaltic therapy is moving in a waveform up the distal end to the proximal end. Fills only three chambers one after the other, and then deflates to release the pressure.



- Drain Cycle Mode: Exclusive rehabilitation therapy applies a directional massage, starting at the distal end and progresses upwards towards torso and then deflates to release the pressure.



- Overlay Cycle Mode: Continuous therapy inflates all chambers with the same amount of pressure in unison and sustains that pressure and then deflates to release the pressure.



■ / inflating ■ / holding □ / deflating ■ / 2x Inflating | deflating

✓ After the use of Air Relax Recovery system will have minimal toxins and waste in the lymphatic system and further recovery such as cryotherapy or ice baths can now be used without trapping these toxins/waste in the lymphatic system that attribute to Delayed Onset Muscle Soreness (DOMS).

● SUGGESTED RECOVERY PROCESS AND PROCEDURES

Pre-Training

- Using the Air Relax Recovery system on athletes 30 minutes prior to warm up helps stimulate better flow of the venous system, gives a light lymphatic flush, and helps with muscle activation.
- Suggested Time: 15 min on Mode PROG, Pressure level 60 mmHg-100 mmHg.

Post-Training

- Active warm down and static stretch.
- Air Relax Recovery system to give full lymphatic drainage and help advance the drainage of toxins, such as lactic acid and other body waste products, provide enriched blood flow and improve blood flow and oxygen within the venous system.
- Suggested time: 45-60 min on Mode PROG (15 min), Mode SEQT (15 min), Mode OVLAY (15 min), or Mode DRAIN (45 min), Pressure level 100 mmHg-140 mmHg.

Immediate Post Activity

- Active warm down and static stretch.
- Air Relax Recovery system to give full lymphatic drainage and help advance the drainage of toxins, such as lactic acid and other body waste products, provide enriched blood flow and improve blood flow and oxygen within the venous system.
- 15-30 min on Mode PROG, 15-30 min Mode PROG(15 min), Mode SEQT(15 min), Mode OVLAY(15 min), or Mode DRAIN(45 min), Pressure level 100 mmHg-140 mmHg.



JOIN THE TEAM



MEET ELITE
ATHLETES



MEET CLUB
MEMBERS



BE AN
AMBASSADOR



SHARE YOUR
FEEDBACK



CONTACT US