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## Bodi-Tek BT-CRBO3

# Bodi-Tek BT-CRBO3 Circulation Plus User Manual

Model: BT-CRBO3

## 1. INTRODUCTION

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The Bodi-Tek BT-CRBO3 Circulation Plus is an advanced electronic muscle stimulation (EMS) device designed to promote circulation in the lower legs and feet. It utilizes gentle electrical impulses to stimulate muscle contractions, aiding in blood flow and providing a soothing sensation. This manual provides essential information for the safe and effective operation of your device.



Image 1.1: The Bodi-Tek BT-CRBO3 Circulation Plus device, showing its circular design with two large footpads and a central control panel with a digital display.

Regular use of the Circulation Plus can contribute to improved comfort and well-being in your lower extremities. Please read this manual thoroughly before first use and retain it for future reference.

## 2. IMPORTANT SAFETY INFORMATION

Always observe the following safety precautions to reduce the risk of injury or damage to the device:

- Do not use if you have a pacemaker, defibrillator, or any other implanted electronic device.
- Consult your doctor before use if you are pregnant, have deep vein thrombosis (DVT), severe varicose veins, epilepsy, heart disease, or any other medical condition.
- Do not use on open wounds, swollen, infected, or inflamed areas.
- Keep out of reach of children.
- Use only the power adapter supplied with the device.

- Do not immerse the device in water or other liquids.
- Unplug the device from the power outlet when not in use and before cleaning.
- If you experience any discomfort or adverse reactions, discontinue use immediately and consult a medical professional.

### 3. PACKAGE CONTENTS

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Verify that all items are present in the package:

- Bodi-Tek BT-CRBO3 Circulation Plus Device
- Remote Control
- AC Power Adapter
- Instruction Manual (this document)

### 4. PRODUCT OVERVIEW

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Familiarize yourself with the components of your Bodi-Tek Circulation Plus device.





Image 4.1: The Bodi-Tek Circulation Plus device being held by its integrated handle, demonstrating its portability and compact design.

### Device Components:

1. **Footpads:** Two large conductive areas where you place your bare feet.
2. **Control Panel:** Central area with digital display and buttons for operation.
3. **Integrated Handle:** For easy carrying and portability.
4. **Power Input:** Port for connecting the AC power adapter.

### Remote Control:



Image 4.2: A detailed view of the device's control panel buttons and the accompanying remote control, showing power, mode, and intensity adjustment buttons.

The remote control allows for convenient adjustment of settings without bending down.

- **Power Button:** Turns the device on/off.
- **Mode Button:** Cycles through different stimulation programs.
- **Intensity Buttons (+/-):** Increases or decreases the stimulation intensity.
- **Time Buttons (+/-):** Adjusts the session duration.

## 5. SETUP

1. **Placement:** Place the Bodi-Tek Circulation Plus device on a flat, stable surface in a comfortable position where you can sit with your feet resting naturally on the footpads.
2. **Power Connection:** Insert the small end of the AC power adapter into the power input port on the side of the device. Plug the other end into a standard electrical outlet.
3. **Remote Control Battery:** If the remote control is not working, check if it requires batteries (usually 2x AAA, not always included) and insert them according to the polarity markings.

## 6. OPERATING INSTRUCTIONS

Follow these steps to begin your circulation session:

1. **Sit Comfortably:** Sit down and place your bare feet firmly on the two footpads of the device. Ensure full contact for optimal stimulation.
2. **Power On:** Press the Power button on the control panel or the remote control. The digital display will illuminate.
3. **Select Mode:** Press the "MODE" button to cycle through the available stimulation programs. Each mode offers a different pattern of electrical impulses. Experiment to find the one that feels most comfortable and effective for you.
4. **Adjust Intensity:** Use the "+" and "-" intensity buttons to increase or decrease the strength of the electrical impulses. Start with a low intensity and gradually increase it until you feel a comfortable, gentle muscle contraction. Avoid setting the intensity too high, as this can cause discomfort.
5. **Set Time (Optional):** Use the "TIME +" and "TIME -" buttons to adjust the duration of your session. The default session time is typically 25 minutes.
6. **Enjoy Your Session:** Relax and allow the device to work. The session will automatically end when the set time expires.
7. **Power Off:** After your session, press the Power button to turn off the device.



Image 6.1: An illustrative diagram depicting how the electrical impulses from the footpads travel up the legs, stimulating muscles and

promoting blood circulation.

## 7. MAINTENANCE

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Proper care will ensure the longevity of your Bodi-Tek Circulation Plus device:

- **Cleaning:** Disconnect the device from the power outlet before cleaning. Wipe the surface of the device, including the footpads, with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device in a cool, dry place, away from direct sunlight and extreme temperatures. Keep it in its original packaging or a protective bag to prevent dust accumulation.
- **Battery Replacement (Remote):** If the remote control stops responding, replace its batteries (if applicable) with new ones of the correct type and polarity.

## 8. TROUBLESHOOTING

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Problem	Possible Cause	Solution
Device does not turn on.	Not plugged in; power outlet faulty; power adapter damaged.	Ensure power adapter is securely plugged into device and a working outlet. Try a different outlet. Contact support if adapter is damaged.
No sensation or weak sensation.	Feet not making full contact; intensity too low; dry skin.	Ensure bare feet are fully on footpads. Increase intensity gradually. Apply a small amount of water or conductive gel to feet if skin is very dry.
Remote control not working.	Dead batteries; remote out of range; obstruction.	Replace remote control batteries. Ensure remote is pointed at the device and within range. Remove any obstructions.
Device turns off unexpectedly.	Session time expired; power interruption.	This is normal if the session time has completed. Check power connection if it's not due to session completion.

## 9. SPECIFICATIONS

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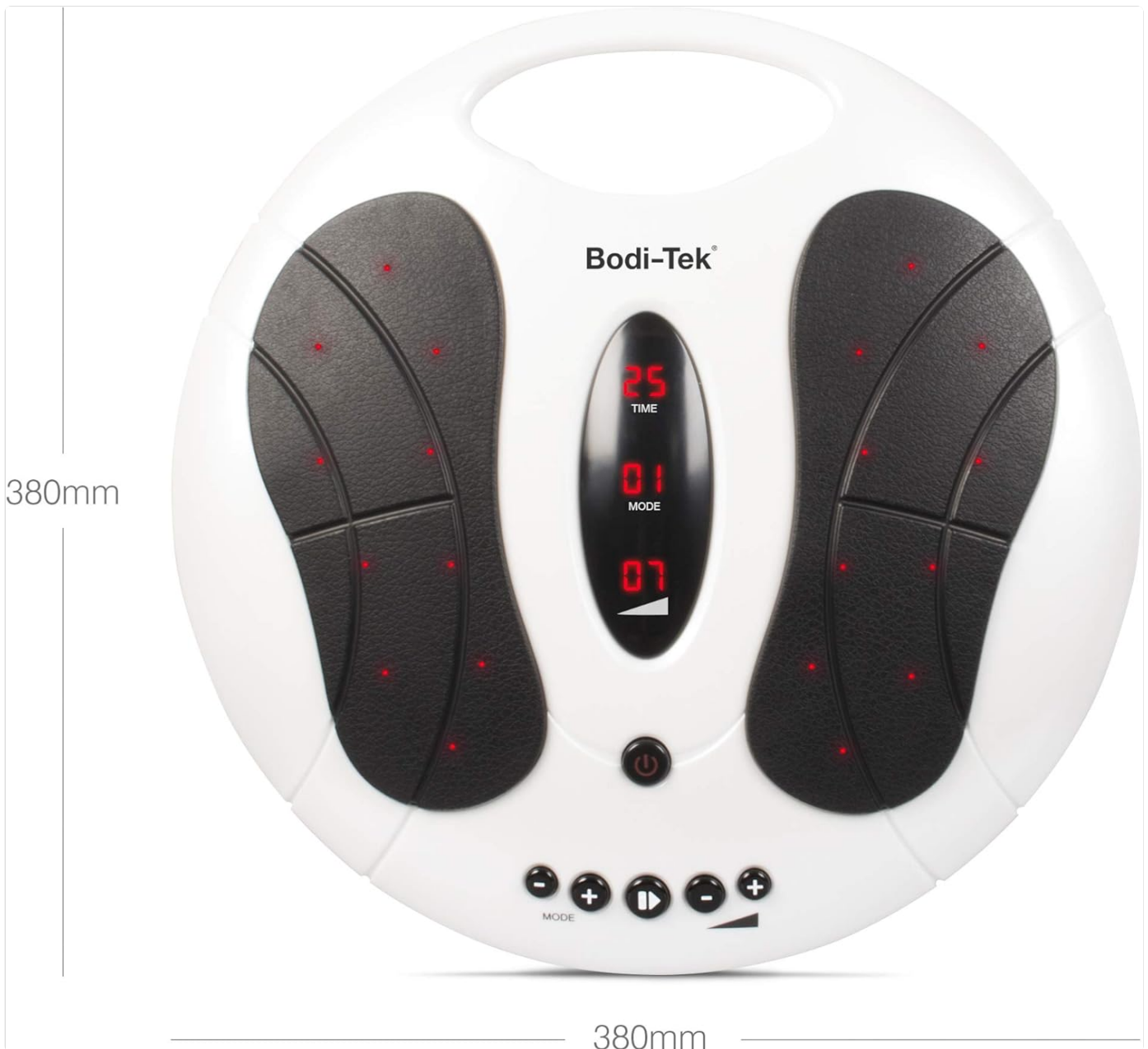


Image 9.1: The Bodi-Tek Circulation Plus device with measurements indicating its approximate dimensions of 380mm by 380mm.

Feature	Detail
Model Number	BT-CRBO3
Technology	Electronic Muscle Stimulation (EMS)
Power Source	AC Power Adapter (Battery for remote control)
Dimensions (Approx.)	380mm x 380mm (Diameter)
Weight (Approx.)	2.4 kg (5.29 pounds)
Intensity Levels	Adjustable
Programs/Modes	Multiple pre-set programs

## 10. WARRANTY AND SUPPORT

Bodi-Tek products are manufactured to high-quality standards. For information regarding warranty coverage, please refer

to the warranty card included with your purchase or visit the official Bodi-Tek website.

If you encounter any issues or have questions not covered in this manual, please contact customer support:

- **Manufacturer:** Optimus Vertrieb Und Service GmbH
- **Website:** [www.optimus-vertrieb.de](http://www.optimus-vertrieb.de)
- **Email/Phone:** Refer to the manufacturer's website for current contact details.

Please have your model number (BT-CRBO3) and purchase date ready when contacting support.