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BLITZU POWER+CALF

BLITZU Calf Compression Sleeve Instruction Manual

Model: POWER+CALF

INTRODUCTION AND OVERVIEW

The BLITZU Calf Compression Sleeves are designed to provide targeted support and relief for various leg conditions. Made from a blend of 85% nylon and 15% spandex, these sleeves offer graduated compression to enhance circulation and reduce discomfort.

- **Effective Compression:** Features graduated compression to improve blood circulation, reduce swelling, and alleviate discomfort from varicose veins and pregnancy-related leg swelling.
- **Pain Relief:** Provides quick relief from shin splints, muscle soreness, and leg cramps, enhancing muscle recovery and supporting performance during physical activity.
- **Patented Kinesiology Strips:** Incorporates advanced kinesiology strips for superior support, stability, and pain reduction, promoting natural pain relief and accelerating recovery.
- **Breathable & Comfortable:** Constructed with premium breathable fabric to keep legs dry and comfortable for extended wear, preventing discomfort or overheating.
- **Versatile Support:** Suitable for pregnancy swelling relief, shin splint treatment, nursing, and general muscle recovery, ideal for running, traveling, or long hours of standing.
- **Faster Recovery:** Speeds up muscle recovery and enhances post-workout recovery by reducing swelling, improving circulation, and offering long-lasting relief from leg pain.

THE BEST SOLUTION FOR ACHY LEGS



Supports weak legs. Restore your strength.

#1

BEST SELLING
BRAND

UPGRADED

SIX
ZONE

COMPRESSION
TECHNOLOGY



BLITZU®



Achilles
Tendinitis



Varicose
Veins



Swelling &
Edema



Shin
Splints



Deep Vein
Thrombosis



Restless Leg
Syndrome



Calf
Cramps

Image: BLITZU Calf Compression Sleeves worn by runners, illustrating the various conditions they help alleviate.

SETUP AND SIZING

To ensure the best fit and optimal compression, it is crucial to select the correct size. Please follow the sizing instructions below:

- Measure Your Calf:** Use a soft tape measure to determine the circumference of the thickest part of your calf.
- Consult the Size Chart:** Refer to the size chart provided to match your calf measurement with the appropriate sleeve size.
- Between Sizes:** If your measurement falls between two sizes, choose the larger size for a looser, more comfortable fit, or size down for tighter compression.

SIZE CHART

Measure the circumference of the widest part of your calf.



Do not assume your size

Please take measurements to ensure the best fit!

If you're between sizes:

Size up for a more comfortable fit
Size down for greater compression

Size	Calf circumference
Small/Medium	11 - 14.5" 28 - 37 cm
Large/X-Large	15 - 18.5" 38 - 47 cm
2XL	19 - 22" 48 - 56 cm
3XL	22.5 - 26" 57 - 66 cm

Image: Detailed size chart for BLITZU Calf Compression Sleeves, with instructions on how to measure your calf.

The sleeves are designed for easy application. Simply roll them up and slide them over your foot and up your calf until they are comfortably positioned below your knee.

OPERATING AND USAGE

BLITZU Calf Compression Sleeves are versatile and can be worn in various situations to provide continuous support and promote recovery.

- **Easy On/Off:** The flexible fabric allows for effortless slipping on and off, making them convenient for daily use.
- **Footless Design:** The footless design allows you to wear your preferred socks or go barefoot, offering customizable footwear options and better ventilation.
- **Activity Versatility:** Ideal for running, hiking, football, volleyball, basketball, baseball, golf, gymnastics, hockey, cycling, fitness, exercise, traveling, weightlifting, tennis, pickleball, jogging, walking, standing, sitting for long shifts, and general workouts.

- **Post-Activity Recovery:** Wear after intense physical activity to aid in muscle recovery and reduce soreness.

SUPPORT YOU CAN WEAR ANYWHERE

All-day stability, all-day comfort



WEAR WITH YOUR SOCKS



SUITABLE FOR ALL SPORTS



PERFECT FOR WORKOUTS



GREAT FOR DAILY USE

Image: Examples of how and when to wear BLITZU Calf Compression Sleeves, including with socks, during sports, workouts, and daily tasks.

Your browser does not support the video tag.

Video: An official BLITZU video demonstrating the calf compression sleeves in action during various activities, highlighting their targeted support and ease of use.

CARE AND MAINTENANCE

Proper care will extend the life and effectiveness of your BLITZU Calf Compression Sleeves.

- **Machine Wash:** Wash in cold water.
- **Drying:** Do not tumble dry. Air dry for best results.
- **Bleaching:** Do not bleach.

- **Ironing:** Do not iron.
- **Dry Cleaning:** Do not dry clean.

TROUBLESHOOTING

No specific troubleshooting steps are typically required for compression sleeves. If you experience discomfort, ensure you have selected the correct size according to the sizing chart. If discomfort persists, discontinue use and consult a healthcare professional.

SPECIFICATIONS

Brand Name	BLITZU
Model Name	calfsleeve
Part Number	POWER+CALF
Material	85% nylon, 15% spandex
Color	White (Small/Medium)
Item Dimensions LxWxH	4.72 x 2.36 x 0.5 inches
Package Weight	0.02 Kilograms
Sport Type	Exercise and Fitness, Hiking, Driving, Football, Volleyball, Basketball, Baseball, Golf, Gymnastics, Hockey, Running, Cycling, Fitness, Exercise, Traveling, Weightlifting, Sports, Tennis, Pickleball, Jogging, Walking, Standing, Sitting, Long Shifts, Workouts
Specific Uses For Product	Arthritis, Shin Splints, Sprain, Support shin splints, reduce calf strain, relieve muscle soreness, minimize leg fatigue, improve circulation, aid recovery after exercise, prevent cramps, provide support during running, cycling, or sports, keep calves warm during outdoor activities, help with long periods of standing or sitting, Swelling

WARRANTY AND SUPPORT

BLITZU is committed to customer satisfaction. While specific warranty details are not provided in this manual, the brand offers dedicated customer service support to assist you with any inquiries or issues.

For support, please refer to the contact information provided with your product packaging or visit the official BLITZU website.

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