

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [QUINEAR](#) /

› [QUINEAR Air Compression Recovery System User Manual](#)

## QUINEAR QN-071A

# QUINEAR Air Compression Recovery System

## USER INSTRUCTION MANUAL

Model: QN-071A

## INTRODUCTION

### Welcome

Thank you for choosing the QUINEAR Air Compression Recovery System. This professional sequential device is designed to provide effective massage therapy for your feet and legs, aiding in muscle recovery and improving circulation. It utilizes airwave pressure therapy with multi-chamber airbags to deliver a circulating pressure that helps reduce muscle soreness and fatigue.

Whether you are an athlete, a professional who spends long hours standing, or simply seeking relaxation, this system offers a customizable and beneficial experience for enhanced well-being.

## IMPORTANT SAFETY INFORMATION

**Patients with osteoporosis and other conditions must use this product under a doctor's guidance. Anyone should carefully read the manual before use to ensure safe and effective operation.**

Always consult your doctor before using this device if you have any pre-existing medical conditions, are pregnant, or have any concerns about your health. Discontinue use immediately if you experience any discomfort or pain.

## PACKAGE CONTENTS

Please ensure all items are present in your package:

- 2 x Massage Sleeves (with hoses attached)
- 1 x Control Unit
- 1 x Air Hose
- 1 x Power Adapter
- 1 x User Manual

- 1 x Portable Storage Bag

**Compact Size and Carry Bag Made It Become Your Post-Workout Recovery Partner on Gym**



Image: All components included in the QUINEAR Air Compression Recovery System package.

## PRODUCT OVERVIEW

The QUINEAR Air Compression Recovery System consists of two full-leg massage sleeves and a digital control unit. The sleeves feature 4 air chambers designed to inflate and deflate sequentially, targeting the foot, lower calf, upper calf, and thigh areas.



# 360° FULLY WRAPPED COMPRESSION

Image: Illustration of the 4 air chambers (foot, lower calf, upper calf, thigh) within the leg sleeve.

The control unit allows you to customize your massage experience with various modes, intensity levels, and treatment times.

# UPGRADED CONTROLLER DESIGN

Built-in intelligent pressure sensor, adjust the inflation and deflation time according to the user's leg size



Image: Detailed view of the upgraded controller design with pressure sensor technology.

## SETUP INSTRUCTIONS

1. Unpack all components from the portable storage bag.
2. Connect the air hose to both massage sleeves. Ensure a secure connection.
3. Connect the other end of the air hose to the control unit.
4. Put on the massage sleeves, ensuring they are fully zipped up for proper compression.
5. Plug the power adapter into the control unit and then into a wall outlet.



Image: User relaxing with the QUINEAR system, demonstrating proper setup.

Video: A user demonstrates connecting the air hose and putting on the leg sleeves for the Air Compression Recovery System.

## OPERATING INSTRUCTIONS

Once the system is set up and powered on, use the control unit to customize your massage:

- **On/Off Button:** Press to turn the device on or off.
- **Pressure Button:** Adjust the air pressure intensity. There are 8 levels available, ranging from 50 mmHg to 120 mmHg.
- **Mode Button:** Select from 3 air compression modes: Sequence, Circulation, or Combination.
- **Time Button:** Set the treatment duration to 20, 25, or 30 minutes.

Video: A user demonstrates the control unit and the inflation of the leg sleeves during operation.

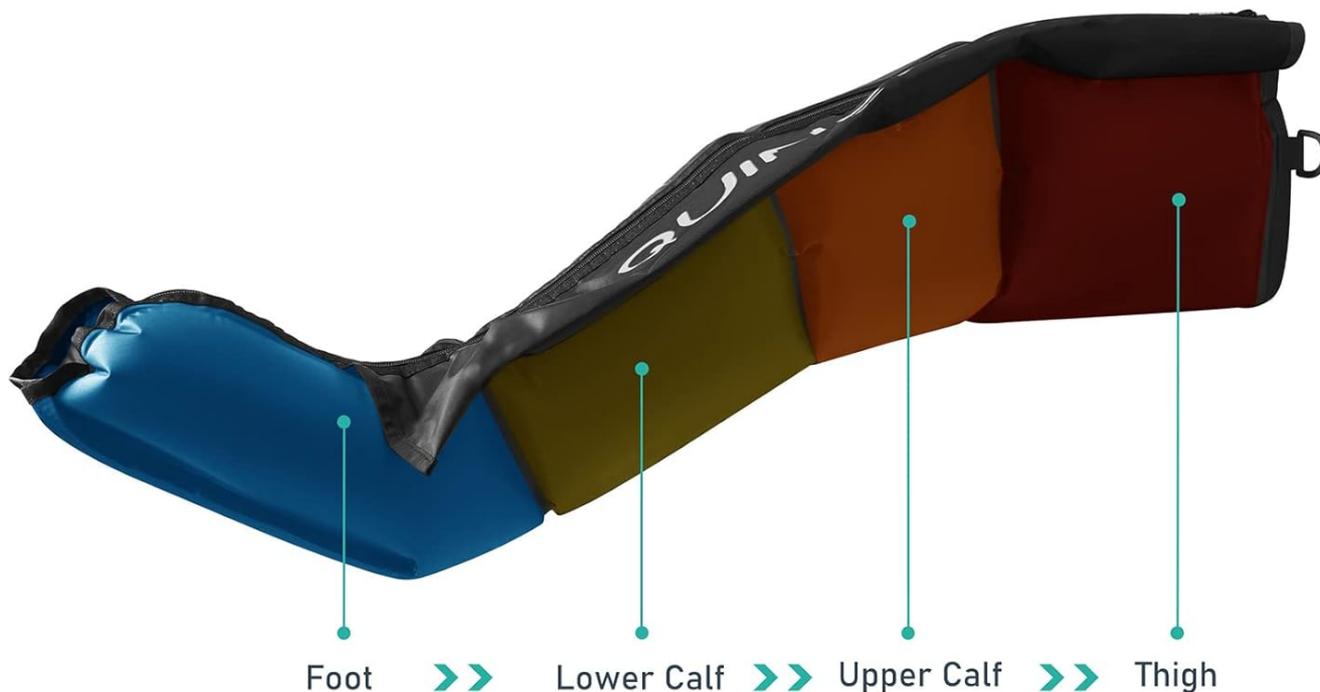
Video: An influencer demonstrates the leg compression system in use, highlighting its features and benefits.

## SIZING GUIDE

To ensure the best fit and optimal compression, please refer to the sizing chart below. Measure the distance from your heel to the uppermost part of your thigh to determine your inseam.

### FULL-LEG COMPRESSION WITH 4 AIR CHAMBERS

According to the physiological structure of the human body, the product will massage sequentially from the distal end to the proximal end



 **3 Adjustable Timer**  
20 - 25 - 30 mins

 **3 Modes**  
Sequence    Circulation    Combination

 **8 Intensities**  
LOW: 50-60-70 mmhg    MID: 80-90-100 mmhg    HIGH: 110-120 mmhg

Image: Sizing chart with measurement instructions for optimal fit.

Size	Upper Thigh (max)	Inseam	Height
Small	Up to 27.5"	26" - 31"	5'1" - 5'9"
Medium	Up to 29"	29" - 34"	5'10" - 6'2"
Large	Up to 32.5"	34" - 36"	6'3" - 6'6"

## MAINTENANCE AND CARE

Proper maintenance ensures the longevity and optimal performance of your QUINEAR system:

- **Cleaning:** Wipe the exterior of the massage sleeves and control unit with a soft, damp cloth. Do not use abrasive cleaners or immerse any part of the device in water.
- **Storage:** After each use, deflate the sleeves completely and store all components neatly in the provided portable storage bag. Store in a cool, dry place away from direct sunlight.

## TROUBLESHOOTING

---

If you encounter any issues, please refer to the following common problems and solutions:

- **No Power:** Ensure the power adapter is securely plugged into both the control unit and a working wall outlet.
- **No Pressure/Weak Pressure:** Verify that the air hose is firmly connected to both sleeves and the control unit. Ensure the leg sleeves are fully zipped up and properly fitted.
- **Discomfort/Too Strong:** Adjust the intensity level to a lower setting. Try a different massage mode. If discomfort persists, stop using the device and consult your doctor.
-