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Air Relax AR2-S3

Air Relax AR-2 Professional Compression Boots User Manual

Model: AR2-S3

INTRODUCTION

The Air Relax AR-2 Professional Compression Boots system is an FDA-cleared medical-grade device designed to enhance blood circulation, promote lymphatic fluid movement, aid in lactic acid removal, reduce muscle fatigue, improve flexibility, and stimulate recovery. This manual provides essential information for the safe and effective use of your Air Relax system.



Image: The Air Relax AR-2 system, featuring the control unit and two compression boots.

SAFETY INFORMATION

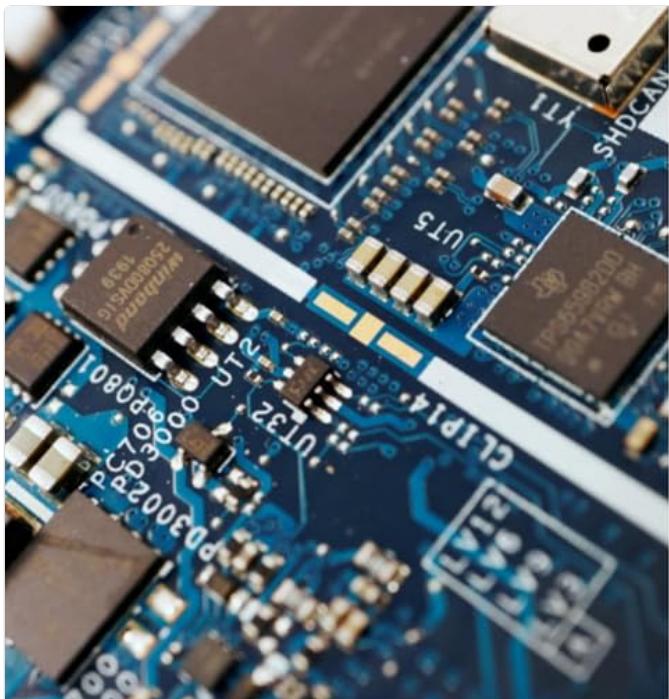
Please read and understand all safety warnings before operating the device.

- **Do not use while sleeping:** Ensure you are awake and aware during operation.
- **Consult a physician:** Do not use if you have any medical conditions that could be affected by the compression. This includes, but is not limited to, acute inflammation, deep vein thrombosis, severe arteriosclerosis, or any condition where increased circulation is contraindicated.
- **No responsibility for incidental, special damages:** The manufacturer is not liable for damages resulting from improper use or failure to follow instructions.
- **Intended Use:** This device is intended for personal and professional use to improve circulation, reduce muscle soreness, and aid in recovery. It is not intended to diagnose, treat, cure, or prevent any disease or health condition.

PRODUCT FEATURES

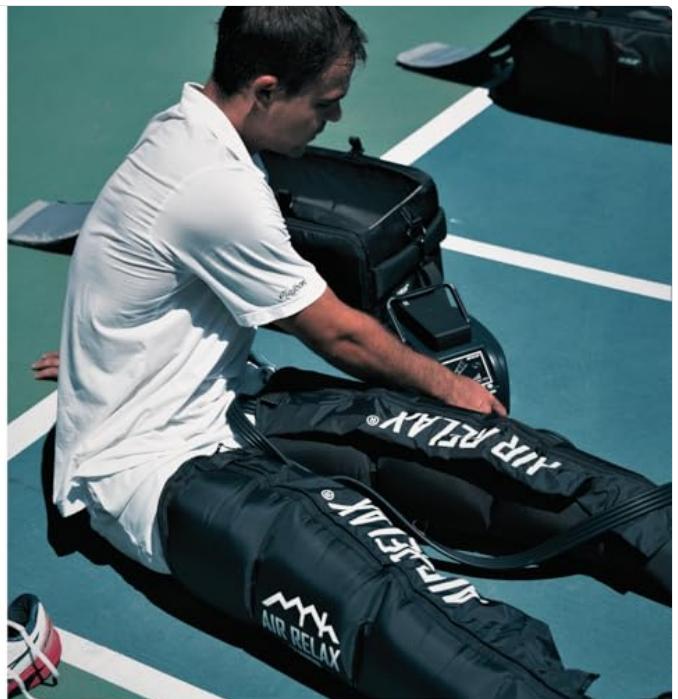
The Air Relax AR-2 system incorporates advanced features for effective recovery:

- **FDA and CE MDD Cleared:** Crafted from professional medical-grade components, ensuring high performance and reliability. Recommended by physicians, chiropractors, and professional therapists.
- **Variety of Uses:** Intended to improve blood circulation, boost lymphatic fluid movement, remove lactic acid, improve flexibility, stimulate recovery, and relieve muscle pain and aches.
- **High Quality Device:** Digitally controlled operation cycle with three therapy modes: A (peristaltic), B (cyclical uniform), and C (continuous therapy). The medical-grade pump delivers 80% more power than many other recovery systems for optimal results.
- **Biocompatible Garment:** Non-toxic, lead-free material tested for biocompatibility, meeting high standards for medical applications, manufacture, and safety.



Digitally controlled operation cycle

Each predefined mode delivers the best therapy/treatment.



Intuitive interface design

Straightforward user interface provides access to all features.

Image: Close-up of the digitally controlled operation cycle and intuitive user interface design.



Three programmed modes

Cyclical uniform, peristaltic, continuous therapy mode.



Medical grade powerful pump

80% stronger than other recovery systems (up to 200mmHg).

Image: Demonstrating the application of the boots and the powerful medical-grade pump.

SETUP

Follow these steps to set up your Air Relax AR-2 system:

- 1. Place the System:** Position the Air Relax AR-2.0 system on a flat, stable surface. Ensure adequate ventilation around the pump unit.
- 2. Connect the Boots:** Connect the air hoses from the compression boots securely to the corresponding ports on the pump unit. Ensure a snug fit to prevent air leakage.
- 3. Wear the Boots:** Slip your legs into the compression boots. Ensure they are comfortable and properly aligned. Use the zippers or fasteners to secure them. Refer to the size chart to ensure proper fit.

AIR RELAX AR 2.0 SIZE CHART

THIS SIZING CHART IS APPROXIMATE. IF YOU ARE BETWEEN SIZES, WE ADVISE CHOOSING THE LONGER SLEEVES. THE INSEAM GIVES A MORE ACCURATE RESULT, NOT THE HEIGHT.

HOW TO MEASURE

MEASURE THE LENGTH FROM TOP OF INSIDE LEG AT CROTCH TO THE HEEL.

LEG SLEEVE SIZE	INSEAM (in)	HEIGHT (feet + in)
S (SIZE 2)	26" - 30"	5' 2" - 5' 7"
M (SIZE 3)	30" - 34"	5' 7" - 6' 0"
L (SIZE 4)	34" Above	6' 0" Above



Image: Air Relax AR 2.0 Size Chart for proper boot selection.

OPERATING INSTRUCTIONS

Once set up, operate your Air Relax AR-2 system as follows:

- 1. Power On:** Plug the power cord into an electrical outlet and press the power button on the control panel.
- 2. Select Therapy Mode:** Choose your desired therapy mode (A, B, or C) using the mode selection buttons on the control panel.
 - **Mode A (Peristaltic):** Sequential compression, ideal for general recovery and circulation.
 - **Mode B (Cyclical Uniform):** Uniform compression, suitable for muscle fatigue relief.
 - **Mode C (Continuous Therapy):** Continuous pressure, for sustained relief.
- 3. Adjust Intensity:** Adjust the pressure intensity to a comfortable level using the pressure control buttons. Start with a lower setting and gradually increase as desired.
- 4. Begin Session:** Press the start button to begin the compression session. The device will automatically cycle through the selected mode.
- 5. End Session:** The session will automatically end after the preset time, or you can manually stop it by pressing the stop

button.



Intuitive user interface design

Straightforward user interface provides access to all features.

Image: The intuitive control panel for selecting modes and adjusting pressure.

MAINTENANCE

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

- **Cleaning:** Wipe down the exterior of the pump unit and compression boots with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners. Ensure the device is unplugged before cleaning.
- **Storage:** Store the system in a cool, dry place away from direct sunlight and extreme temperatures. Ensure the boots are deflated and neatly folded to prevent damage.
- **Inspection:** Periodically inspect the air hoses and connections for any signs of wear, cracks, or damage. Ensure all connections are secure before each use.

TROUBLESHOOTING

If you encounter issues with your Air Relax AR-2 system, refer to the following common solutions:

Problem	Possible Cause	Solution
Device does not power on.	Power cord not securely plugged in; power outlet issue.	Check power cord connection. Try a different power outlet.
Boots are not inflating.	Air hoses not properly connected; air leakage; pump malfunction.	Ensure all hose connections are secure. Check boots for punctures or damage. Contact customer support if problem persists.
Insufficient compression.	Low pressure setting; air leakage.	Increase pressure setting. Check for air leaks in boots or hoses.
Device making unusual noise.	Normal pump operation; internal issue.	Some pump noise is normal. If noise is excessive or unusual, discontinue use and contact customer support.

If troubleshooting steps do not resolve the issue, please contact Air Relax customer support.

SPECIFICATIONS

Specification	Detail
Product Dimensions	15 x 14 x 10 inches
Item Weight	8 Pounds
Item Model Number	AR2-S3
Manufacturer	AIR RELAX
Material	Nylon, Plastic
Power Source	Corded Electric
Therapy Modes	3 (Peristaltic, Cyclical Uniform, Continuous)
Chambers	4
Pressure Output	Up to 200 mmHg (80% stronger than other systems)

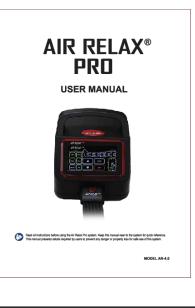
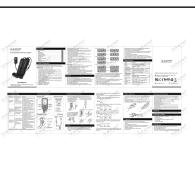
WARRANTY AND SUPPORT

Air Relax is committed to providing reliable products and excellent customer service.

- Warranty:** The Air Relax AR-2 Professional Compression Boots system comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and ensures enhanced durability and peace of mind.
- Lifetime Support:** Air Relax provides lifetime support for its products. For any questions, technical assistance, or service inquiries, please contact our customer support team.
- Protection Plans:** Additional protection plans may be available for purchase, such as a 3-Year Protection Plan or Complete Protect monthly plan. Please refer to your purchase details for more information on these optional plans.

For support, please visit the official Air Relax store or contact their customer service directly. [Visit the Air Relax Store](#)

Related Documents - AR2-S3

	<p><u>Air Relax Pro AR-4.0 User Manual</u></p> <p>Comprehensive user manual for the Air Relax Pro AR-4.0 compression therapy system, covering setup, operation, safety guidelines, maintenance, troubleshooting, and specifications for effective muscle recovery and circulation enhancement.</p>
	<p><u>Therabody JetBoots PRO Plus User Manual: Air Compression Therapy for Leg Recovery</u></p> <p>Discover the Therabody JetBoots PRO Plus User Manual. Learn about this advanced air compression therapy device designed for temporary relief of minor muscle aches and pains, and to improve leg circulation. Find setup, usage, and maintenance instructions.</p>
	<p><u>Normatec 3 Operating Instructions and Safety Manual</u></p> <p>Comprehensive guide to the Normatec 3 air compression recovery system by Hyperice, covering setup, operation, safety, and maintenance.</p>
	<p><u>Normatec 3 User Manual & Safety Guide Hyperice</u></p> <p>Official user manual and safety guide for the Hyperice Normatec 3 dynamic air compression massager. Learn about setup, operation, features like ZoneBoost, troubleshooting, technical specifications, and warranty.</p>
	<p><u>Air Relax Pro AR-4.0 Quick Guide: Recovery and Performance Enhancement</u></p> <p>A comprehensive quick guide to the Air Relax Pro AR-4.0, detailing its features, usage instructions, and recovery protocols for athletes. Learn about the four therapy modes, pressure settings, and recommended sessions for pre-training, post-activity, and general recovery.</p>
	<p><u>QUINEAR QN-071A Air Compression Recovery System User Manual</u></p> <p>User manual for the QUINEAR QN-071A Air Compression Recovery System, detailing its features, operation, specifications, safety guidelines, and maintenance for leg recovery and massage therapy.</p>