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> [RENPHO Compression Leg Massager RF-ALM070 User Manual](#)

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RENPHO Compression Leg Massager RF-ALM070 User Manual

Model: RF-ALM070 | Brand: RENPHO

INTRODUCTION

The RENPHO Compression Leg Massager is designed to provide air compression massage to your feet, calves, and thighs. This device simulates a manual massage to help relax leg muscles, alleviate pain, reduce swelling, and promote blood circulation. It is suitable for individuals who experience leg fatigue due to prolonged standing, sitting, or intense physical activity.

IMPORTANT SAFETY INFORMATION

- The massager automatically shuts off after 20 minutes to prevent overheating.
- Always ensure a one-finger gap when using the wraps to prevent excessive pressure.
- For elderly individuals or those with leg injuries, begin with the lowest intensity setting (Level 1) to avoid exacerbating pain.
- If you experience discomfort or pain during use, reduce the intensity or readjust the wraps. Discontinue use if discomfort persists.
- This product is not water-resistant. Do not use it in wet environments.
- The product is corded electric and is not cordless.

PACKAGE CONTENTS

- Leg Compression Massager (wraps for feet, calves, and thighs)
- Power Adapter
- Quick Guide
- User Manual
- Storage Bag



Image: Contents of the RENPHO Leg Massager package, including the massager wraps, adapter, quick guide, user manual, and storage bag.

PRODUCT OVERVIEW

The RENPHO Leg Massager consists of adjustable wraps for your feet, calves, and thighs, connected to a handheld controller. The controller allows you to select massage modes, adjust intensity, and manage the heat function.



Image: An overview of the RENPHO Compression Leg Massager, showing the wraps and the handheld controller.

SIZING AND FIT

Ensure the massager fits your body measurements for optimal comfort and effectiveness. The wraps are adjustable with Velcro straps.

- Fits foot length up to 10.8 inches.
- Fits calf length up to 15.9 inches.
- Fits calf circumference up to 24.8 inches.
- Fits thigh length up to 8.8 inches.
- Fits thigh circumference up to 33.5 inches.

Please measure your body before purchasing to ensure a proper fit. When applying, leave a finger gap to allow for inflation without discomfort.

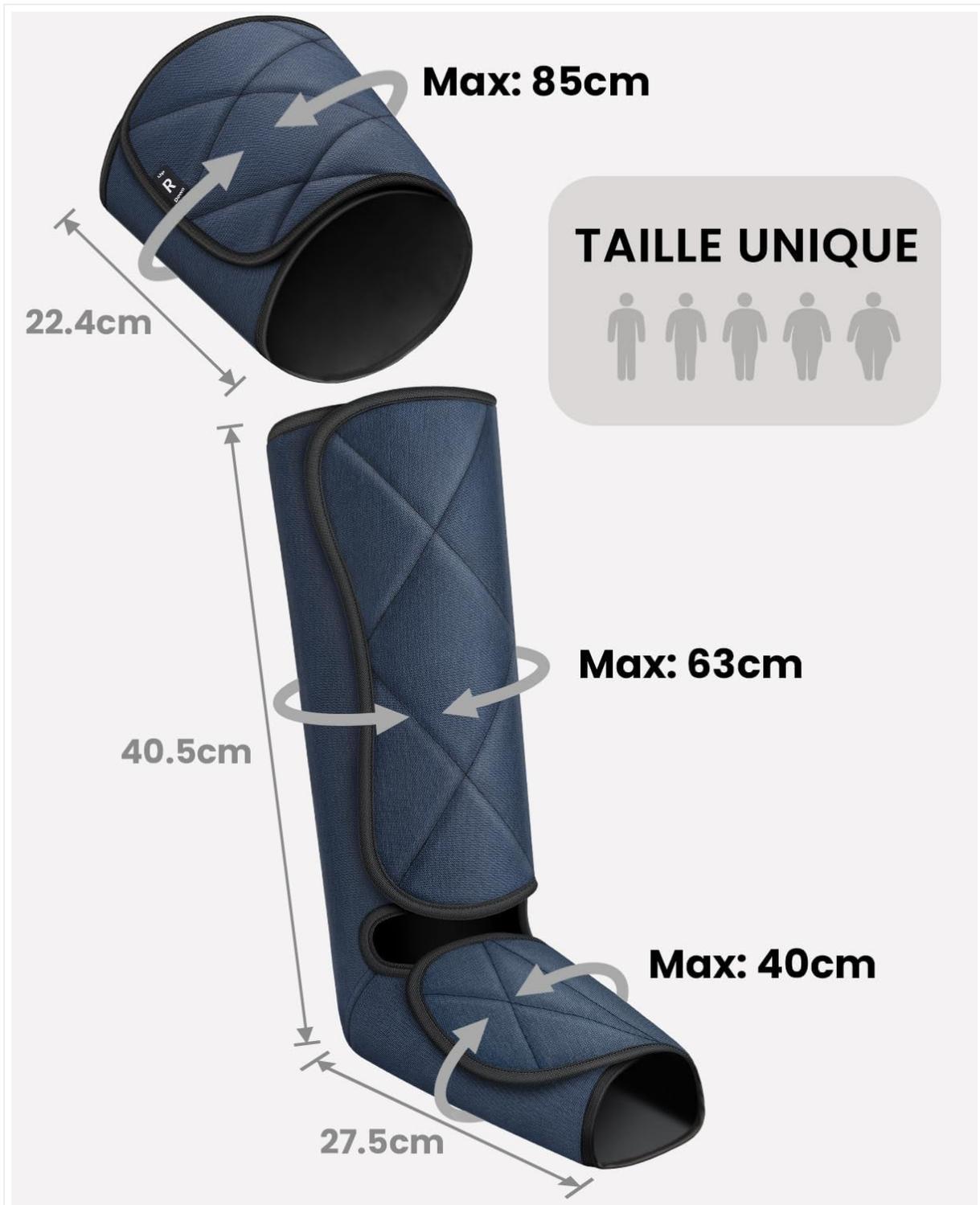


Image: A diagram illustrating the maximum dimensions for foot, calf, and thigh circumference and length for the massager wraps.

SETUP INSTRUCTIONS

1. Unpack all components from the box.
2. Identify the left (L) and right (R) wraps. Each wrap is labeled for correct placement.
3. Wrap the foot, calf, and thigh sections around your legs, securing them with the Velcro straps. Ensure a comfortable fit with a slight gap.
4. Connect the air hoses from the wraps to the corresponding ports on the handheld controller. The hoses are color-matched for easy connection.
5. Plug the power adapter into the handheld controller, then into a wall outlet.

Your browser does not support the video tag.

Video: A short demonstration of how to set up and wear the RENPHO Full Leg Massager, showing the wraps being applied and connected.

OPERATING INSTRUCTIONS

Power On/Off

Press the 'Power' button on the handheld controller to turn the device on or off.

Massage Modes

The massager offers 6 different modes, accessible via the 'Combine' (C) and 'Separate' (S) buttons:

- **Combine Mode (C):**
 - C1: Full Leg Massage (feet, calves, and thighs simultaneously)
 - C2: Feet & Calves Massage
 - C3: Sequence Massage (cycles from feet to thighs)
- **Separate Mode (S):**
 - ST: Thighs only Massage
 - SC: Calves only Massage
 - SF: Feet only Massage

Intensity Levels

There are 4 massage intensity levels. Use the '+' and '-' buttons on the controller to adjust the pressure to your preference. Start with Level 1 and gradually increase as desired.

Heat Function

Please note: This specific model (RF-ALM070) does NOT include a heating function, despite some general product descriptions. The massager focuses solely on air compression.

Discover Your Perfect Match



Image: The handheld controller displaying the power button, mode selection (Combine/Separate), and intensity adjustment buttons.

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Video: An explanation of how the RENPHO Leg Compression Massager works, detailing the inflation and deflation process for muscle relief.

BENEFITS OF USE

Regular use of the RENPHO Compression Leg Massager can contribute to:

- Relaxing leg muscles
- Relieving leg pain and fatigue
- Promoting blood circulation

- Reducing leg swelling

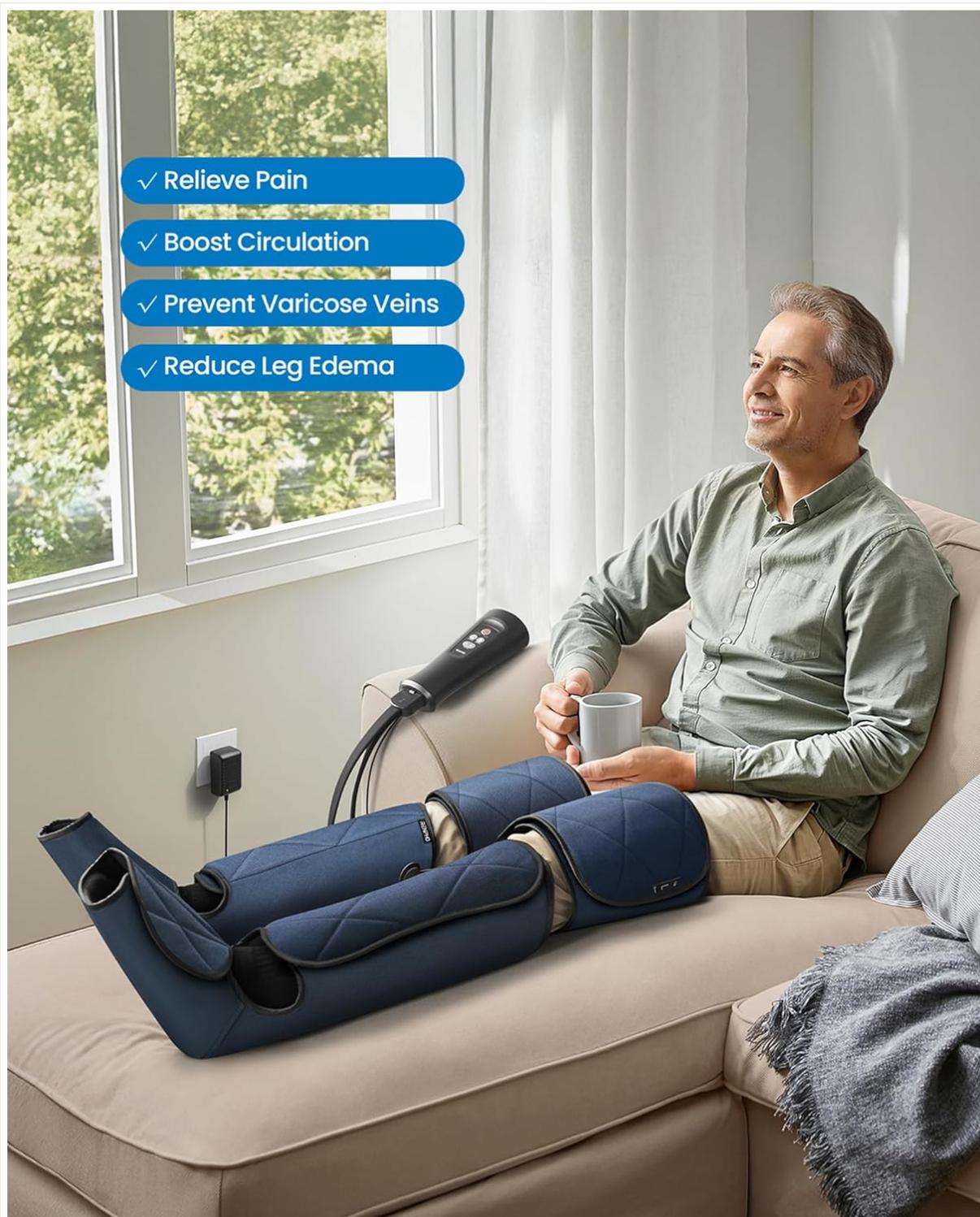


Image: A person relaxing while using the leg massager, highlighting benefits such as pain relief, boosted circulation, and reduced leg edema.

CARE AND MAINTENANCE

- Wipe the massager wraps with a soft, damp cloth. Do not use abrasive cleaners or immerse in water.
- Store the massager in the provided storage bag in a cool, dry place when not in use.
- Avoid sharp objects that could puncture the air bladders or damage the fabric.
- Keep out of reach of children and pets.

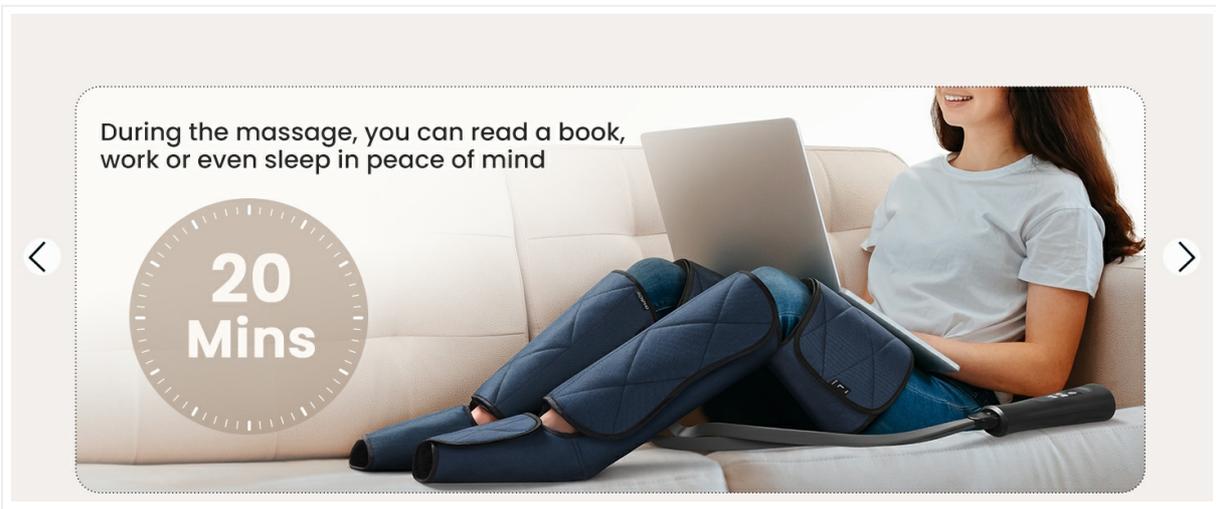


Image: The RENPHO Leg Massager neatly folded and stored in its accompanying storage bag, demonstrating compact storage.

TROUBLESHOOTING

- **Device not turning on:** Ensure the power adapter is securely connected to both the controller and a working wall outlet.
- **Insufficient pressure:** Check that all air hoses are securely connected to their respective ports. Adjust the Velcro straps for a tighter fit, ensuring a one-finger gap remains. Increase the intensity level using the '+' button.
- **Uneven inflation:** Verify that the wraps are correctly placed on the left and right legs and that all hose connections are firm.
- **Discomfort during massage:** Reduce the intensity level or loosen the Velcro straps. If pain persists, discontinue use.

PRODUCT SPECIFICATIONS

Feature	Detail
Model Name	Leg Massager RF-ALM070
Manufacturer	RENPHO
Power Source	Corded Electric
Massage Therapy Technique	Compression
Product Benefits	Fatigue Relief, Muscle Therapy, Pain Relief
Auto-Off Timer	20 minutes
Material Type	Polyester
Color	Blue

WARRANTY AND SUPPORT

For warranty information, technical support, or any questions regarding your RENPHO Compression Leg Massager, please refer to the contact details provided in the included user manual or visit the official RENPHO website. Keep your purchase receipt for warranty claims.

