

## FIT KING FT-109A

# FIT KING Air Compression Recovery System User Manual

Model: FT-109A

Brand: FIT KING

## 1. INTRODUCTION

This manual provides essential information for the safe and effective use of your FIT KING Air Compression Recovery System. This system is designed to provide dynamic pressure massage to your legs, aiding in muscle recovery, reducing pain, and improving circulation. Please read it thoroughly before initial setup and operation, and retain it for future reference.



Image 1.1: The FIT KING Air Compression Recovery System, showing the control unit connected to the leg boots.

## 2. SAFETY INFORMATION

To ensure safe operation and prevent injury or damage, please adhere to the following safety guidelines:

- Do not use during sleep.
- Unplug the device when not in use.
- Consult a doctor if you have health conditions like deep vein thrombosis or are pregnant.

- Avoid excessive pressure adjustments.
- Keep out of reach of children.
- Do not use if the device or power cord is damaged.
- Do not attempt to disassemble or repair the unit yourself. Contact customer support for assistance.

### 3. PACKAGE CONTENTS

The FIT KING Air Compression Recovery System package typically includes the following components:

- Leg Compression Boots (Pair)
- Control Unit
- Air Hoses (pre-attached or separate)
- Power Adapter (for charging)
- User Manual
- Premium Carrying Bag

### 4. PRODUCT FEATURES

The FIT KING Air Compression Recovery System incorporates advanced features for effective and convenient leg massage:

- **Cordless & Portable Design:** Equipped with a 2500mAh high-capacity battery, providing 3-4 hours of use on a full charge. Includes a carrying bag for portability.
- **Full Leg Coverage:** Features 4 large overlapped airbags designed to wrap and massage the entire leg, including the junction zones.
- **Customized Zone Massage:** The digital control unit allows selection of specific areas (Foot, Lower Calf, Upper Calf, Thigh) for individual massage.
- **Multiple Settings:** Offers 3 massage modes, 12 pressure intensities (ranging from 40-150 mmHg), and 10 treatment time options (15-60 minutes).
- **Precise Sensor Control:** An innovative sensor system precisely controls inflation volume based on leg size, ensuring optimal and safe air pressure.
- **Efficient Air Pump:** A large-capacity air pump facilitates faster inflation and deflation, delivering dynamic pressure.
- **Quiet Operation:** Mute Pump technology minimizes noise disturbance during use.
- **User-Friendly Interface:** Features a large LCD display for easy monitoring and adjustment of settings.
- **Easy Wear:** Zipper design on the boots allows for easy application and removal.



## Cordless Air Compression Recovery System

Warm-up Before Exercise  
Fast Recovery After Exercise  
Muscle Relaxation  
Enhance Circulation  
Leg Rehabilitation

Image 4.1: Cordless Air Compression Recovery System in use, illustrating its benefits.

### Intelligent Adjustment of Air Compression

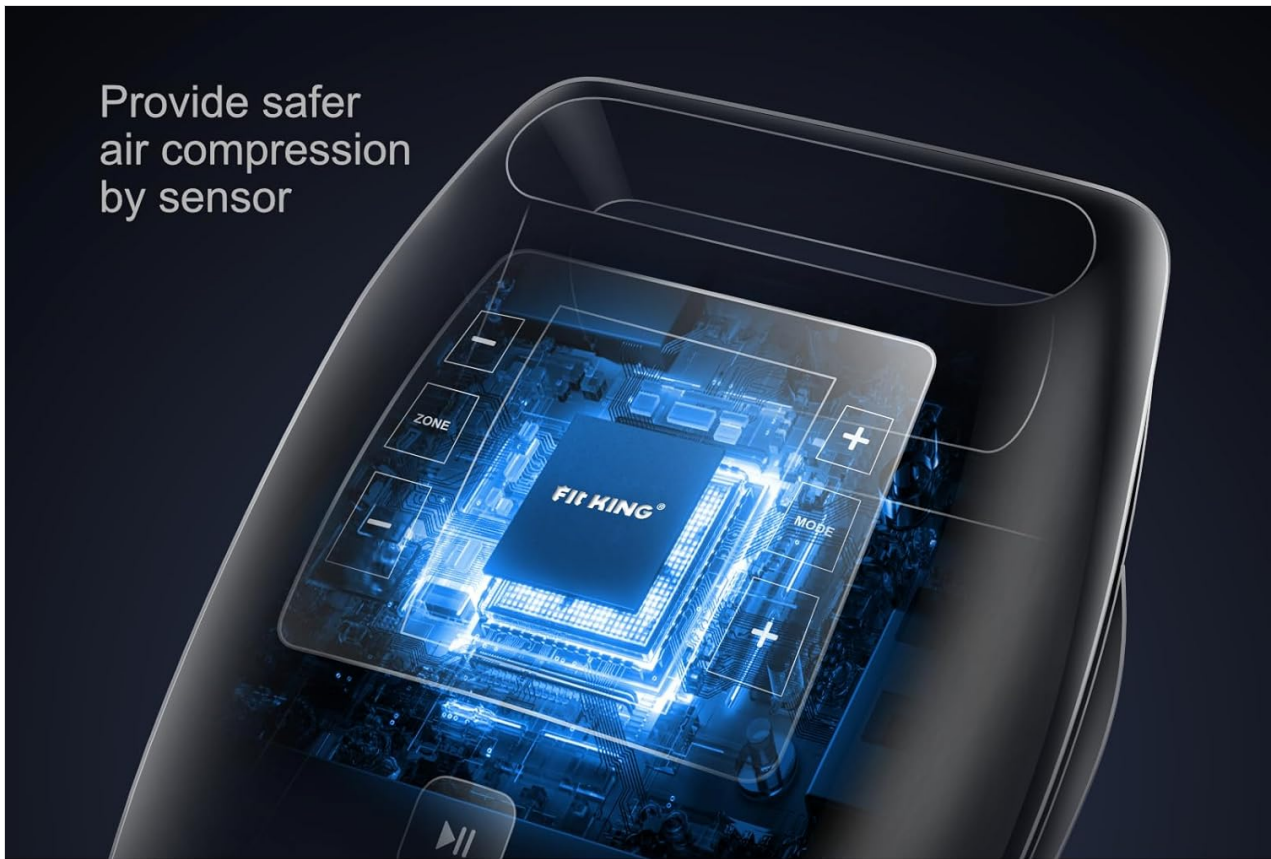
Sensor system will precise control the pressure and adjust the inflation volume, provide you the most suitable and safe air pressure.



Image 4.2: Illustration of the 4 large overlapped airbags for comprehensive leg massage.



Provide safer  
air compression  
by sensor



## Intelligent Pressure Sensor Technology

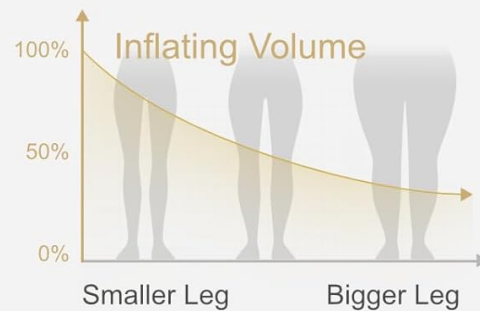


Image 4.3: Visual representation of the Intelligent Pressure Sensor Technology.

## 5. SETUP

Follow these steps to set up your FIT KING Air Compression Recovery System:

1. **Unpack Components:** Carefully remove all items from the packaging.
2. **Connect Air Hoses:** Connect the air hoses from each leg boot to the corresponding ports on the control unit. Ensure the connections are firm and secure to prevent air leakage.
3. **Charge Control Unit:** Before first use, fully charge the control unit using the provided power adapter. Plug the adapter into the charging port on the control unit and then into a standard electrical outlet. The LCD screen will indicate the charging status. A full charge typically takes several hours.
4. **Prepare for Use:** Once charged, disconnect the power adapter. The system is now ready for operation.

## 6. OPERATION

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Operating your FIT KING Air Compression Recovery System is straightforward:

1. **Wear the Boots:** Sit comfortably and slide your legs into the compression boots. Ensure your feet are positioned correctly and zip up the boots completely. The zipper design allows for easy wearing.
2. **Power On:** Press and hold the power button on the control unit to turn on the device. The LCD screen will illuminate.
3. **Select Mode:** Use the 'MODE' button to cycle through the 3 available massage modes: Combination, Sequence, and Circulation. Select the mode that best suits your preference.
4. **Adjust Pressure Intensity:** Use the '+' and '-' buttons to adjust the air pressure intensity. There are 12 levels, ranging from 40 mmHg to 150 mmHg. Start with a lower intensity and gradually increase to a comfortable level.
5. **Set Treatment Time:** Use the 'TIME' buttons to select your desired treatment duration, from 15 to 60 minutes.
6. **Zone Massage (Optional):** If you wish to target a specific area, press the 'ZONE' button and select the desired zone (Foot, Lower Calf, Upper Calf, Thigh) using the corresponding controls. You can also use a silicone plug (not included, but can be used with one of the ports) to massage only one leg if desired.
7. **Start/Pause:** Press the 'Play/Pause' button to start the massage. Press it again to pause the massage at any time.
8. **Power Off:** Once your session is complete, or if you need to stop, press and hold the power button to turn off the device.



## Customized Operation

Large LCD Display  
12 Pressure Intensities  
3 Massage Modes  
Treatment Time Adjustable  
Zone Massage Optional

Image 6.1: Digital control unit for customized operation.

# Customized Zone Massage

You can select a specific zone to massage individually (Foot/Lower Calf/Upper Calf/Thigh)



Image 6.2: Customized Zone Massage diagram.

## 7. SIZING GUIDE

To ensure optimal fit and performance, please refer to the sizing chart below and measure your legs accurately:

**FIT KING Leg Compression System Size Chart**

Size	Upper Thigh	Inseam	Height
Small	Up to 26.5"	Up to 30"	5'1" - 5'8"
Medium	Up to 28.5"	Up to 34"	5'9" - 6'3"
Large	Up to 31.5"	Up to 36"	6'4" - 6'8"

**How to Measure:**



- **Upper Thigh:** Wrap a measuring tape around the thickest part of your upper thigh.
- **Inseam:** Measure from the crotch to the heel of your leg.

# Available In Three Sizes

Please select the most right size from the chart below.

Size	Upper Thigh	Inseam	Height
Small	Up to 26.5"	Up to 30"	5'1" – 5'8"
Medium	Up to 28.5"	Up to 34"	5'9" – 6'3"
Large	Up to 31.5"	Up to 36"	6'4" – 6'8"

## How to Measure ?

**Upper Thigh:** Wrap the tape around the **thickest part** of upper thigh

**Inseam:** Measure from the crotch to the heel of your leg.

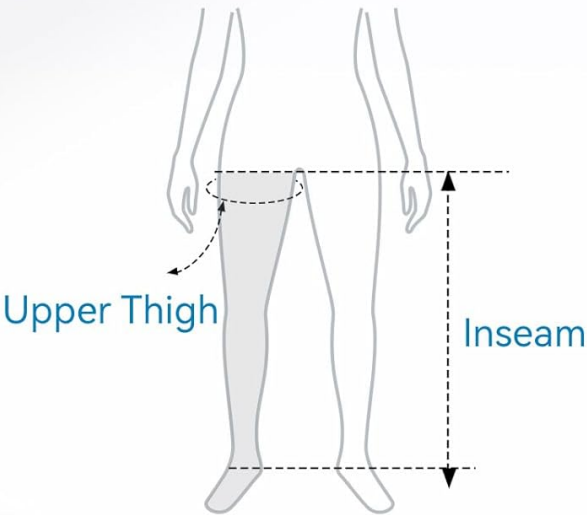


Image 7.1: Sizing chart and measurement guide.

## 8. MAINTENANCE

Proper maintenance ensures the longevity and hygiene of your device:

- **Cleaning:** Disconnect the boots from the control unit and power adapter. Wipe the exterior of the boots and control unit with a soft, damp cloth. Do not use abrasive cleaners, solvents, or immerse any part of the device in water.
- **Drying:** Ensure all components are completely dry before folding and storing.
- **Storage:** Store the device in its premium carrying bag in a cool, dry place, away from direct sunlight and extreme temperatures. Avoid placing heavy objects on top of the device.

## 9. TROUBLESHOOTING

If you encounter any issues with your FIT KING Air Compression Recovery System, refer to the following common troubleshooting steps:

- **Device not powering on:** Ensure the control unit's battery is sufficiently charged. Connect it to the power adapter and try again.
- **No compression or weak compression:** Check that all air hoses are securely connected to both the leg boots and the control unit. Ensure the boots are worn correctly and the zippers are fully closed. Verify that the selected pressure intensity is not too low.
- **Uneven compression:** Make sure the boots are properly aligned on your legs and the zippers are fully fastened. Check for any kinks or blockages in the air hoses.
- **Unusual noise during operation:** A low hum from the air pump is normal. If you hear loud or unusual noises, power off the device and check for any obstructions or loose connections.
- **Error message on display:** If an error code appears, power off the device, wait a few moments, and power it back on. If the error persists, contact customer support.

If these steps do not resolve the issue, please contact FIT KING customer support for further assistance.

## 10. SPECIFICATIONS

Key technical specifications for the FIT KING Air Compression Recovery System (Model FT-109A):







- **Product Dimensions:** 15.75 x 12.2 x 6.1 inches
- **Item Model Number:** FT-109A
- **Batteries:** 1 Lithium Polymer battery required (included)
- **Material:** Nylon
- **Item Weight:** 4.3 Kilograms (9.48 Pounds)
- **Power Source:** Battery Powered
- **Use For:** Legs
- **Pressure Intensities:** 12 levels (40-150 mmHg)
- **Treatment Time:** 10 options (15-60 minutes)

## 11. WARRANTY AND SUPPORT

FIT KING is committed to customer satisfaction and product quality.

- **Warranty:** This product is covered by a 24-month warranty from the date of purchase.
- **Customer Support:** For warranty claims, technical support, or any questions regarding the operation or maintenance of your FIT KING Air Compression Recovery System, please contact FIT KING customer service. Refer to the contact information provided with your product packaging or visit the official FIT KING website.

## Related Documents - FT-109A

	<p><a href="#">FIT KING Calf Massager: Operating Instructions</a></p> <p>Step-by-step guide for using the FIT KING Upgraded Cordless Calf Massager, covering setup, operation of power, mode, and intensity buttons, and storage for effective leg circulation and pain relief.</p>
	<p><a href="#">FT-060A Quick Start Guide: Fit King Compression Boots</a></p> <p>A quick start guide for the Fit King FT-060A cordless compression boots, detailing charging, usage, and optimal settings for pain relief and circulation.</p>
	<p><a href="#">Fit KING FT-012A Leg &amp; Foot Massager User Manual</a></p> <p>User manual for the Fit KING FT-012A Leg &amp; Foot Massager, detailing safety precautions, specifications, components, usage, cleaning, storage, and contact information for this air compression therapy device.</p>
	<p><a href="#">Fit KING FT-009A Leg &amp; Foot Massager User Manual</a></p> <p>User manual for the Fit KING FT-009A Leg &amp; Foot Massager. Provides instructions on operation, safety precautions, specifications, and maintenance for this air compression leg and foot massager.</p>
	<p><a href="#">Fit King Leg &amp; Foot Massager with Heat User Manual</a></p> <p>User manual for the Fit King Leg &amp; Foot Massager with Heat, model FT-081A. Provides safety precautions, component names, specifications, FAQs, usage instructions, cleaning, storage, disposal, and contact information.</p>
	<p><a href="#">Fit KING FT-075A Leg &amp; Foot Massager User Manual</a></p> <p>Discover how to use your Fit KING FT-075A Leg &amp; Foot Massager. This comprehensive user manual details safety precautions, product features, specifications, operating instructions, and maintenance for optimal circulation and muscle relief.</p>



[Manuel de l'utilisateur : Système de récupération par compression Fit KING FT-109A](#)

Manuel de l'utilisateur détaillé pour le système de récupération par compression Fit KING FT-109A, incluant précautions de sécurité, instructions d'utilisation, spécifications techniques et dépannages.

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[\[pdf\] User Manual Frequently Asked Questions](#)

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Compresin Recuperacin Sistema Modelo No. **FT-109A** Manual del usuario Lea atentamente el manual antes de utilizar y gurdelo bien para futuras consultas.

Contenido Precauciones de seguridad FAQs Especificaciones Descripcin del producto Instrucciones de uso Solucin de problemas Notas despus del uso L...

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