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› JZBRAIN Pro Compression Boots (Model FE-7223S) User Manual

## JZBRAIN FE-7223S

# JZBRAIN Pro Compression Boots (Model FE-7223S) User Manual

Brand: JZBRAIN | Model: FE-7223S

## 1. INTRODUCTION AND OVERVIEW

The JZBRAIN Pro Compression Boots (Model FE-7223S) are an advanced air recovery system designed to support circulation and muscle recovery. This device features a high-performance pump for efficient inflation and deflation, providing dynamic compression from foot to thigh. It is suitable for athletes, individuals experiencing leg fatigue, or those seeking improved circulation.

Key features include:

- **Fast Compression Cycle:** 55% faster inflation than previous models.
- **Dynamic Compression:** 5 independent air chambers deliver 360° compression.
- **Cordless Operation:** Powered by a 3500mAh rechargeable battery, offering up to 5 hours of wireless use. An AC adapter is included for continuous plug-in use.
- **Customizable Massage:** 6 professional modes and 8 intensity levels.
- **Targeted Zones:** Control 14 independent zones for specific area treatment.
- **Quiet Operation:** Operates at less than 55dB.
- **Safety Features:** Includes 3 auto-shutoff timers (15, 20, 25 minutes) to prevent overuse.



Image: A person relaxing on a couch while using the JZBRAIN Pro Compression Boots.

## 2. SAFETY INFORMATION

Please read all safety instructions before using the JZBRAIN Pro Compression Boots. Failure to follow these instructions may result in injury or damage to the device.

- Do not use the massager while sleeping or if feeling unwell.
- Avoid using the device on inflamed, swollen, or injured areas.
- Consult a physician before use if you have any medical condition, especially related to the heart or circulation.
- Keep the device away from water, moisture, or any liquid to prevent electric shock. Do not use it in damp environments like bathrooms or near water sources.
- Do not cover the massager while in use to avoid overheating.
- This product is not recommended for users with: implanted electronic devices, serious cardiovascular conditions, acute leg injuries, or during pregnancy.
- If you have health concerns, please consult your doctor before use.

## Usage Precautions

This product is not recommended for users with:

- Implanted electronic devices
- Serious cardiovascular conditions
- Acute leg injuries
- Pregnancy

If you have health concerns, please consult your doctor before use.



Image: Visual representation of usage precautions, including conditions where the product should not be used.

## 3. PACKAGE CONTENTS

Verify that all items are present in the package:

- 2 x Massage Sleeves (with Air Hoses Attached)
- 1 x Control Unit
- 1 x Portable Storage Bag
- 1 x User Manual (this document)
- 1 x Power Adapter

## Package Includes



2 x Massage Sleeves (with Air Hoses Attached)



1x Control Unit



1 x Portable Storage Bag



1 x User Manual



1 x Power Adapter

Image: All components included in the JZBRAIN Pro Compression Boots package.

## 4. SETUP

Follow these steps to set up your JZBRAIN Pro Compression Boots:

1. **Unpack:** Carefully remove all components from the packaging.
2. **Connect Sleeves:** Ensure the air hoses from the massage sleeves are securely connected to the control unit. The connections are typically color-coded or clearly labeled.
3. **Wear Boots:** Place your legs into the massage sleeves. Ensure they fit snugly but comfortably. Use the zippers to secure them.
4. **Power Connection:** Connect the AC adapter to the control unit and then plug it into a standard 110V power outlet. Alternatively, ensure the internal battery is charged for cordless use.

For optimal fit, refer to the Sizing Guide in Section 7.

## 5. OPERATING INSTRUCTIONS

Operating your JZBRAIN Pro Compression Boots is straightforward:

1. **Power On:** Press the power button on the control unit to turn on the device. The LED display will illuminate.
2. **Select Mode:** Use the 'M' (Mode) button to cycle through the 6 available massage modes. Each mode offers a different compression pattern.
3. **Adjust Intensity:** Use the '+' and '-' buttons to select one of the 8 intensity levels (pressure range 60-130 mmHg). Start with a lower intensity and gradually increase to a comfortable level.
4. **Target Zones (if applicable):** Some modes allow you to select specific compression zones (e.g., foot, calf, thigh) or combine them. Refer to the control unit display for options.
5. **Set Timer:** Use the 'Time' button to set the desired session duration (15, 20, or 25 minutes). The device will automatically shut off after the selected time.
6. **Start Session:** Once settings are configured, the compression cycle will begin.
7. **End Session:** To stop the massage, press the power button again. The device will deflate and power off.
8. **Storage:** After use, unplug the device (if using AC power) and store it in the provided portable storage bag.

# Smart Digital Controller

Precise Control • LED Display • Auto Pressure Sensor

## Core Controls



### 6 Full-Leg Modes

Scientifically designed to meet most daily compression needs



### 14 Massage Zones

Target a specific area or customize massage across the leg

## Additional Functions



### Wide Pressure Range

More adjustable intensity for a wider range of users



### Memory Recall

Remembers your last settings for easier daily use



### Auto Pressure Sensor

Balances compression for different leg sizes for more consistent comfort



### 15-30 Min Timer

Helps prevent overuse for safer daily use



Image: Detailed view of the Smart Digital Controller for mode, intensity, and timer selection.

Your browser does not support the video tag.

Video: An official seller video demonstrating the Dual-Power Sequential Air Compression Leg Recovery System in use, highlighting its features and operation.

## 6. MODES AND INTENSITY

The JZBRAIN Pro Compression Boots offer 6 distinct massage modes and 8 intensity levels to cater to various recovery needs:

### Massage Modes:

- **M1 (Warm-Up):** Pre-workout muscle warm-up.
- **M2 (After-Training Refresh):** Post-workout muscle recovery.
- **M3 (Daily Relax):** For daily stress or sleep relaxation.
- **M4 (Press Mode):** Deep pressure for tight muscles.
- **M5 (Light Comfort):** Circulation support for swelling or prolonged sitting.
- **M6 (Full-Leg Refresh):** Addresses soreness from sitting or workouts.

### Intensity Levels:

The device provides 8 adjustable intensity levels, ranging from 60 mmHg to 130 mmHg. Adjust the pressure to your comfort and recovery requirements.

## Sequential 5-Zone Full-Leg Compression

Targeted support from foot to thigh

### 5-Zone Control

Combine Any 1-5 Zones for Targeted Relief

6 Preset Massage Modes

Designed for Full-Leg Recovery



Image: Diagram showing the 5-zone sequential compression and how it targets different areas of the leg.

## 7. CORDLESS AND PLUG-IN USE

The JZBRAIN Pro Compression Boots offer flexible power options:

### Cordless Mode:

The integrated 3500mAh rechargeable battery provides up to 5 hours of wireless operation on a full charge. This allows for recovery sessions anywhere without being tethered to an outlet. A full recharge takes approximately 2.5 hours. Average battery life is 3 hours depending on intensity and mode usage.



Image: A person using the compression boots outdoors, demonstrating the cordless functionality.

### Plug-in Mode:

For extended or continuous use, connect the device directly to a power outlet using the provided AC adapter. The device will operate on direct power, and the battery will charge when the unit is plugged in and not actively in use.

## 8. SIZING GUIDE

To ensure optimal comfort and effective compression, choose the correct size based on your leg measurements:

Size	Leg Length (Foot to Crotch, Standing)	Upper Thigh (6" Above Knee, Widest Part)	Calf Max (Widest Part)	Recommended Height
Small	26" - 30.5"	Up to 26"	Up to 22"	5'1" - 5'6"
Medium	29.5" - 33.5"	Up to 28"	Up to 22"	5'5" - 6'0"
Large	32.5" - 37"	Up to 31"	Up to 22"	5'11" - 6'4"

### How to Measure:

- **Leg Length:** Stand barefoot on a flat surface. Measure the distance from the floor to the crotch of the inner thigh.
- **Calf:** Wrap a soft tape measure around the widest part of your calf while standing.
- **Upper Thigh:** Measure around your thigh 6 inches above the knee while standing.

**Pro Tip:** If you are between two sizes, it is recommended to choose the **smaller** size. The sleeves shorten by 4"-6" during

inflation, creating a snugger, more effective fit and ensuring optimal therapeutic compression.

## Size Tips—Find Your Best Fit

Size	Your Leg Length (Foot to Crotch, Standing)	Upper Thigh (6" Knee Above)	Calf Max (Widest Part)	Your Height
▶ <b>Small</b>	26" - 30.5"	Up to 26"	Up to 22"	5'1" - 5'6"
<b>Medium</b>	29.5" - 33.5"	Up to 28"	Up to 22"	5'5" - 6'0"
<b>Large</b>	32.5" - 37"	Up to 31"	Up to 22"	5'11" - 6'4"

Please measure the distance from the floor to the crotch of the inner thigh.

**HOW TO MEASURE**

**1 LEG Length**  
Stand barefoot on a flat surface. This is the easiest & most reliable way to pick your size.

**2 CALF**  
Wrap a soft tape measure around the widest part of your calf while standing.

**3 UPPER THIGH**  
Measure around your thigh 6 inches above the knee while standing.

**PRO TIP**

**? Between two sizes?**  
Go with the **SMALLER** size.

The sleeves shorten 4"–6" during inflation, creating a snugger, more effective fit. Sizing down ensures optimal comfort and full therapeutic compression.

Image: Visual guide for measuring leg dimensions to find the best fit.

## 9. MAINTENANCE

Proper maintenance ensures the longevity and hygiene of your compression boots:

- **Cleaning:** If sweating occurs or the sleeves become soiled, wipe them with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners. Ensure the device is completely dry before storage.
- **Storage:** Store the compression boots and control unit in the provided portable storage bag in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Avoid Water:** Do not immerse the control unit or sleeves in water or any other liquid.
- **Handle with Care:** Avoid sharp objects that could puncture the air chambers.

## 10. TROUBLESHOOTING

If you encounter any issues with your JZBRAIN Pro Compression Boots, refer to the following common solutions:

- **Device Not Turning On:**
  - Ensure the power adapter is securely plugged into both the control unit and a working electrical outlet.

- If using cordless mode, ensure the battery is charged. Connect to the AC adapter and allow it to charge for at least 30 minutes before attempting to power on again.

- **No Compression or Weak Compression:**

- Check that all air hoses are securely connected to the control unit and the sleeves.
- Ensure the sleeves are properly zipped and sealed around your legs. Any gaps can lead to air leakage and reduced compression.
- Verify that the intensity level is set appropriately on the control unit. Increase the intensity if needed.
- Confirm that the correct mode is selected. Some modes may have different compression patterns or target specific zones.

- **Unusual Noise:**

- A low humming sound during operation is normal. If you hear loud or unusual noises, power off the device and check for any obstructions or loose connections.

- **Automatic Shut-off Before Timer Ends:**

- This could indicate overheating. Ensure the device is not covered during use and is in a well-ventilated area. Allow it to cool down before restarting.
- Check if the battery is low if operating in cordless mode.

If these steps do not resolve the issue, please contact customer support.

## 11. SPECIFICATIONS

Feature	Detail
Product Dimensions	14.96 x 10.63 x 7.09 inches
Weight	7.21 Pounds
Model Number	FE-7223S
Power Source	Battery Powered (Rechargeable) / AC Adapter
Battery Type	1 Nonstandard Battery (included)
Battery Capacity	3500mAh
Charging Time	2.5 Hours
Battery Life (Average)	3 Hours (up to 5 hours depending on usage)
Massage Therapy Technique	Compression
Number of Modes	6
Intensity Levels	8 (60-130 mmHg)
Target Use Body Part	Leg
Manufacturer	Xiamen Healthpal Electronic Co., Ltd
UPC	774882171553

Feature	Detail
Color	Black
Form Factor	Wraparound

## 12. WARRANTY

The JZBRAIN Pro Compression Boots (Model FE-7223S) come with a **1-Year Manufacturer's Warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear.

Please retain your proof of purchase for warranty claims.

## 13. SUPPORT

For technical assistance, warranty claims, or any questions regarding your JZBRAIN Pro Compression Boots, please contact the manufacturer or your retailer.

Manufacturer: Xiamen Healthpal Electronic Co., Ltd

Please refer to the product packaging or the official JZBRAIN website for the most current contact information.

## 14. LEGAL DISCLAIMER

Statements regarding this product have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is intended for personal use to aid in muscle recovery and circulation and should not replace professional medical advice or treatment.