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> Air Compression Leg Massager for Circulation, Recovery Boots with Touch Screen & Selective Zone Deactivation,Pain Relief & Fast Recovery for Athletes 200mmHg 36 Levels(M) User Manual

BOOTECH LITE

BOOTECH Air Compression Leg Massager User Manual

Model: LITE
Brand: BOOTECH

INTRODUCTION

This user manual provides comprehensive instructions for the safe and effective operation and maintenance of your BOOTECH Air Compression Leg Massager. Designed for enhanced athletic performance, accelerated recovery, and professional-grade lymphatic drainage, this device offers advanced compression therapy for your legs.

IMPORTANT SAFETY INFORMATION

Please read all safety warnings and instructions carefully before using this product. Failure to follow these instructions may result in electric shock, fire, serious injury, or product damage.

- Consult a physician before use if you have any pre-existing medical conditions, including but not limited to, heart conditions, blood clots, severe varicose veins, or if you are pregnant.
- Do not use on open wounds, swollen areas, or inflamed skin.
- Keep out of reach of children.
- Use only the provided power adapter and components.
- Do not immerse the device or controller in water or other liquids.
- Unplug the device from the power outlet when not in use or before cleaning.
- Do not attempt to disassemble or repair the device yourself. Contact customer support for assistance.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

PACKAGE CONTENTS

Verify that all items listed below are included in your package:

- 2 x BOOTECH Air Compression Leg Boots

- 1 x Control Unit with Touch Screen
- 1 x Air Hose Set
- 1 x Portable Carrying Bag
- 1 x Power Adapter
- 1 x User Manual (this document)



Image: All components of the BOOTECH Air Compression Leg Massager, including the two leg boots, the control unit, and the portable carrying bag.

SETUP GUIDE

1. **Unpack Components:** Carefully remove all items from the packaging and place them on a clean, flat surface.

2. **Connect Air Hoses:** Connect the air hoses from the leg boots to the corresponding ports on the control unit. Ensure a secure connection. The hoses are typically color-coded or labeled for easy matching.

Your browser does not support the video tag.

Video: This video demonstrates the setup process, including connecting the air hoses and putting on the leg boots. It also shows the control unit in operation.

3. **Wear the Leg Boots:** Slip your legs into the boots. The boots feature a reinforced double zipper that expands up to 4 cm, allowing for a secure and customized fit for various leg sizes. Zip up the boots completely.
4. **Connect Power:** Plug the power adapter into the control unit, then plug the adapter into a standard electrical outlet.
5. **Power On:** Press and hold the power button on the control unit for 2 seconds to turn on the device.

OPERATING INSTRUCTIONS

The BOOTECH Air Compression Leg Massager features an intuitive touchscreen control panel for easy operation.



Image: Detailed view of the control panel, highlighting buttons for timer, mode selection, pressure adjustment, zone deactivation, and play/pause functions.

Control Panel Functions:

- **Power Button:** Press and hold for 2 seconds to turn the device ON/OFF.
- **Timer:** Adjust the massage duration from 5 to 30 minutes. Use the '+' and '-' buttons to change the time.
- **Pressure:** Adjust the intensity of the compression from 20 to 200 mmHg across 36 levels. Use the '+' and '-' buttons to increase or decrease pressure. It is recommended to start at the lowest setting and gradually increase.
- **Mode Selection:** Choose from 6 customizable massage modes. Press the 'Mode' button to cycle through the available modes.
- **Zone Deactivation:** Deactivate specific chambers for sensitive areas. Refer to the control panel display to identify and select zones.
- **Play/Pause:** Start or pause the massage session.

Understanding Massage Modes:

The device offers 6 distinct massage modes, each designed for specific recovery needs. The system utilizes 4 overlapping chambers to ensure uniform pressure distribution.



Image: Illustration of Mode 1, where chambers inflate sequentially from the foot upwards, promoting blood circulation and muscle fatigue relief.

- **Mode 1:** Gradually increases activated chambers from 1 to 4 in one cycle, moving from the distal end to the proximal end. Promotes blood circulation and relieves muscle fatigue.
- **Mode 2:** Recommended for warm-up and training activation before exercise. Similar to Mode 1 but with different default pressure and duration (Mode 1 is about 3 seconds, Mode 2 is 8 seconds).
- **Mode 3:** Inflates/deflates sequentially from chamber 1 and moves backward every two chambers. Promotes blood circulation and optimizes metabolism.
- **Mode 4:** Designed for rapid deep recovery and to stimulate the parasympathetic nervous system, softening connective tissue.
- **Mode 5:** Focuses on rapid deep recovery and stimulating the parasympathetic nervous system, softening connective tissue.
- **Mode 6:** A combination of Modes 3 and 4. It starts with Mode 3 and, once completed, activates Mode 4. This mode is ideal after intense workouts for optimum recovery.



Image: Illustration of Mode 2, showing a similar inflation pattern to Mode 1, suitable for warm-up.

PREMIUM DETAILS



TOUCHSCREEN



HANDBAG



SMOOTH ZIPPERS



EXTENSION ZIPPER

Image: Illustration of Mode 3, demonstrating sequential inflation and deflation, moving backward every two chambers.

EVERYTHING YOU NEED



Image: Illustration of Mode 4, depicting a pattern for rapid deep recovery and connective tissue softening.

MODE 1

GOING FROM THE DISTAL END TO THE PROXIMAL END, THE MASSAGER GRADUALLY INCREASES THE NUMBER OF ACTIVATED CHAMBERS FROM 1 TO 4 IN ONE CYCLE. PROMOTING BLOOD CIRCULATION AND RELIEF MUSCLE FATIGUE.

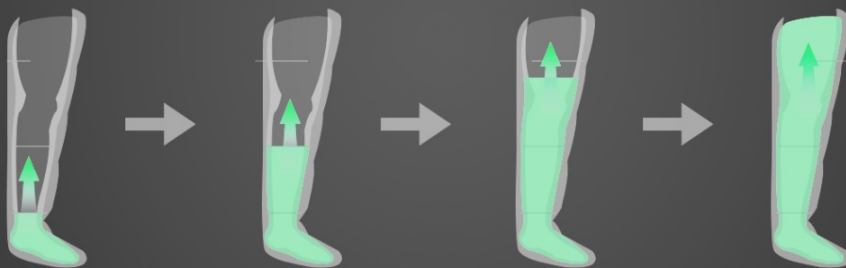


Image: Illustration of Mode 5, showing a pattern for rapid deep recovery.

MODE 2

IT IS RECOMMENDED TO WARM UP AND USE THE TRAINING ACTIVATION MODE BEFORE EXERCISE. THE ONLY DIFFERENCE BETWEEN THESE TWO MODES IS THE DEFAULT PRESSURE AND DURATION. MODE 1 IS ABOUT 3 SECONDS, MODE TWO 8 SECONDS.

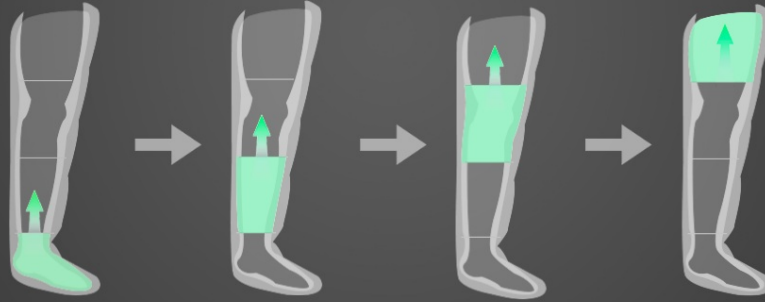


Image: Explanation of Mode 6, which combines Mode 3 and Mode 4 for optimal post-workout recovery.

MAINTENANCE AND STORAGE

Cleaning:

- Always unplug the device before cleaning.
- Wipe the exterior of the leg boots and control unit with a soft, damp cloth.
- Do not use abrasive cleaners or harsh chemicals.
- Ensure all components are completely dry before storing or next use.

Storage:

- After use, ensure the boots are fully deflated. You may need to gently press out any remaining air.
- Fold the leg boots neatly and place them, along with the control unit and hoses, into the provided portable carrying bag.
- Store the device in a cool, dry place, away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter any issues with your BOOTECH Air Compression Leg Massager, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not power on.	Power adapter not connected properly or no power from outlet.	Ensure the power adapter is securely plugged into both the control unit and a working electrical outlet. Try a different outlet.
No compression or weak compression.	Air hoses not securely connected; boots not fully zipped; pressure setting too low.	Check all air hose connections. Ensure both leg boots are fully zipped. Increase the pressure setting on the control unit.
Uneven compression in boots.	Air hose kinked or damaged; internal chamber issue.	Check air hoses for kinks or blockages. If the problem persists, contact customer support.

Problem	Possible Cause	Solution
Device is noisy.	Normal operation sound; device placed on an uneven surface.	The device operates at less than 40 dB, which is whisper-quiet. Ensure it is on a flat, stable surface. If noise is excessive, contact customer support.

If the problem persists after attempting these solutions, please contact BOOTECH Customer Support.

SPECIFICATIONS

Feature	Detail
Product Dimensions	15.75 x 12.2 x 9.45 inches; 8.75 Pounds
Item Model Number	LITE
Manufacturer	BOOTECH
Power Source	Corded Electric
Material	Nylon
Color	Black
Pressure Levels	36 (20 to 200 mmHg)
Massage Modes	6 Customizable Modes
Chambers	4 Overlapping Chambers
Timer	5 to 30 minutes
Noise Level	Less than 40 dB

WARRANTY AND SUPPORT

BOOTECH offers a **24-month warranty** on this product, ensuring your satisfaction with its quality and performance. For any questions, technical assistance, or warranty claims, please contact BOOTECH Customer Support through the following channels:

- **Website:** Visit the official BOOTECH website for support resources and contact information.
- **Email:** Refer to your product packaging or the official website for the customer support email address.
- **Phone:** Refer to your product packaging or the official website for the customer support phone number.

Please have your product model number (LITE) and purchase date ready when contacting support.