

## CINCOM CM-112A-M

# CINCOM Leg Massager Recovery System CM-112A-M Instruction Manual

Model: CM-112A-M

## INTRODUCTION

The CINCOM Leg Massager Recovery System is designed to provide air compression massage for leg muscle recovery and circulation improvement. This cordless device offers customizable settings to support various recovery needs, from post-training muscle fatigue to general relaxation.

## WHAT'S INCLUDED

Your CINCOM Leg Massager Recovery System package includes the following components:

- 2 x Massage Sleeves
- 1 x Control Unit
- 1 x Power Supply (Adapter)
- 1 x User Manual
- 1 x Carrying Bag

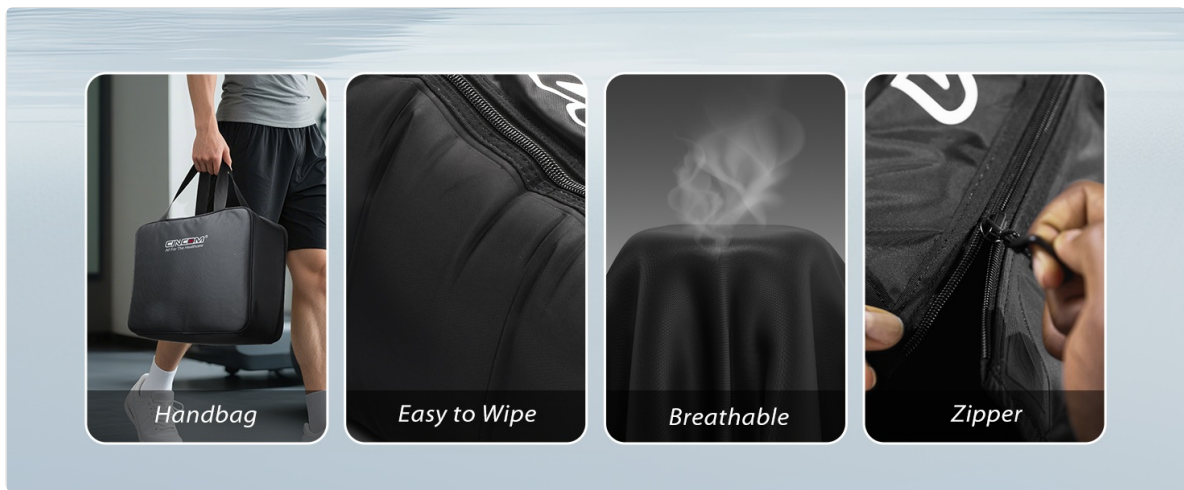


Image: All components included in the CINCOM Leg Massager Recovery System package, neatly arranged.

## SIZING GUIDE

To ensure optimal performance and comfort, select the correct size based on your measurements. Refer to the table and image below:

Size	Upper Thigh Circumference	Inseam Length	Recommended Height
Small	Up to 27.5 inches	26 - 31 inches	5'1" - 5'7"
Medium	Up to 29 inches	29 - 33 inches	5'8" - 6'2"
Large	Up to 32.5 inches	34 - 36 inches	6'3" - 6'7"

**How to measure:** Inseam is the distance from just below your crotch to the bottom of your ankle.



Image: Visual guide for measuring leg dimensions to select the appropriate size of the recovery boots.

## SETUP INSTRUCTIONS

- 1. Unpack Components:** Carefully remove all items from the carrying bag.
- 2. Connect Hoses:** Attach the air hoses from the massage sleeves to the corresponding ports on

the control unit. Ensure a secure connection.

3. **Wear Sleeves:** Zip up the massage sleeves around your legs. Ensure they are snug but not overly tight.
4. **Power On:** Press and hold the power button on the control unit to turn on the device.

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Video: Official CINCOM video demonstrating the setup and use of the recovery boots, including how to wear them and connect the control unit.

## OPERATING INSTRUCTIONS

The CINCOM Leg Massager Recovery System features a user-friendly LCD touch display for easy operation.

1. **Select Mode:** Press the 'M' button to cycle through the 3 available modes:
  - **Sequential:** Air chambers inflate and deflate one after another, moving up the leg.
  - **Circulation:** All chambers inflate and deflate simultaneously.
  - **Combination:** A blend of sequential and circulation patterns.
2. **Adjust Strength (Pressure):** Use the '+' and '-' buttons to adjust the pressure level from 50 mmHg to 150 mmHg (11 adjustable levels).
3. **Set Timer:** Use the '+' and '-' buttons next to 'Mins' to set the session duration from 15 to 60 minutes (10 timer settings).
4. **Select Zones:** The device features 5 independently controlled air chambers (foot&ankle, lower calf, upper calf, knee, and thigh). You can select specific zones (1-5) to target or combine them for customized recovery.
5. **Start/Pause:** Press the Play/Pause button to start or pause the massage session.



Image: Detailed view of the control panel, highlighting the LCD display and touch controls for various settings.

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Video: Official CINCOM video showcasing the layered air compression and various modes of the massager boots.

## MAINTENANCE

- **Cleaning:** Wipe the massage sleeves with a damp cloth. Do not immerse the control unit or sleeves in water.
- **Storage:** Store the device in its carrying bag in a cool, dry place away from direct sunlight.
- **Battery:** Charge the battery regularly, even if not in frequent use, to maintain battery health.

## TROUBLESHOOTING

If you encounter any issues, refer to the following common solutions:

- **Device not turning on:** Ensure the battery is charged. Connect the power adapter and try again.
- **No compression:** Check that all air hoses are securely connected to the control unit and the sleeves. Ensure the sleeves are properly zipped.
- **Uneven compression:** Verify that the sleeves are worn correctly and that no air leaks are present.
- **Controller screen not displaying:** Ensure the device is powered on and fully charged.
- **Unusual noise:** A low sound from the pump is normal. If the noise is excessive, ensure hoses are not kinked.

For further assistance, please contact CINCOM customer support.

## SPECIFICATIONS

- **Model Name:** CM-112A-M
- **Product Dimensions:** 16 x 8 x 6.5 inches
- **Item Weight:** 10.64 Pounds
- **Power Source:** Battery Powered
- **Massage Therapy Technique:** Compression
- **Adjustable Pressure Levels:** 11 (50–150 mmHg)
- **Timer Settings:** 10 (15–60 minutes)
- **Modes:** Sequential, Circulation, Combination
- **Zones:** 5 independently controlled air chambers
- **Battery Average Life:** 7 days (with typical usage)
- **Material Type:** Nylon
- **Color:** Black

## WARRANTY AND SUPPORT

The CINCOM Leg Massager Recovery System comes with a 12-month warranty. For non-human-induced failures, the remote control is eligible for an extended warranty. Please refer to the included user manual for full warranty details.

For any questions or support, please contact CINCOM's dedicated customer support team.

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