

RecoveryAir

RecoveryAir™ Pneumatic Device
Quick Start Guide

Distributed by: Theragun Inc.,
1515 W. Wardlow Rd. Long Beach, CA 90810
www.therabody.com



Scan the QR code to get started.

Pour commencer, numérisiez le code QR.

Para comenzar, escanee el código de respuesta rápida (Quick Response, QR).

Scannen Sie den QR-Code und legen Sie los.

Scanner le QR code pour démarrer.

Effettua la scansione del codice QR per cominciare.

Escanee el código QR para empezar.

Scan de QR-code om aan de slag te gaan.

Zeskanuj kod QR, aby rozpocząć.

Σαρώστε τον κωδικό QR για να ξεκινήσετε.

Skann QR-koden for å komme i gang.

Skenirajte QR kôd da biste počeli.

Skanna QR-koden för att komma igång.

QR kodunu tarayarak başlayın.

Realize a leitura do código QR para começar.

Отсканируйте QR-код, чтобы начать.

امسح رمز الاستجابة السريعة للبدء.

掃描二維碼 開始。

掃描 QR 碼 開始使用。

시작하시려면 QR 코드를 스캔하십시오.

QRコードをスキャンして 始めましょう。

Get the most out of your RecoveryAir Pneumatic Device

See Warnings insert for important
safety instructions

A Battery Status

B Start/Stop button

Use to start or stop a massage. To pause a massage, press start/stop and hold for 3 seconds. Press start/stop again to resume.

C Status indicator

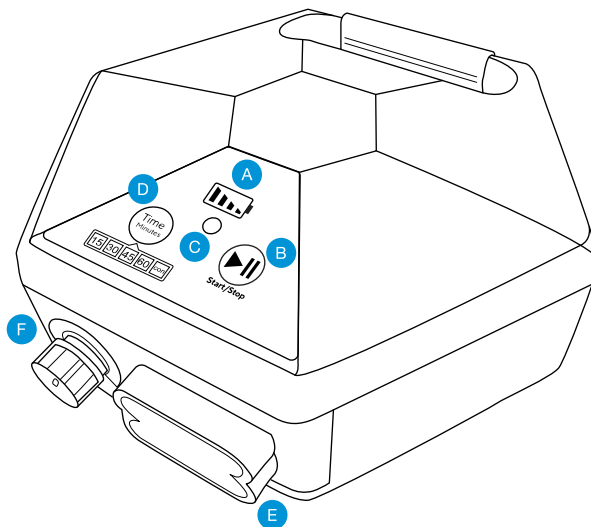
- Power is on
- Message in progress
- Error indication

D Time button

E Air outlet

F Pressure knob

Light - 20 to 30 mmHg
Medium - 40 to 60 mmHg
Intense - 70 to 100 mmHg



Using the RecoveryAir Pneumatic Device

1. Place the RecoveryAir Pneumatic Device on a flat stable surface and insert the DC power adapter cable into the DC adapter socket on the device.
2. Put on the garment.
3. Connect the garment hoses to the RecoveryAir Pneumatic Device by holding the device handle with one hand while connecting or disconnecting the hose bundle with your other hand.
4. Set massage pressure by pressing and holding the Pressure Knob while setting the desired pressure. Recommended pressure for first time users is 40mmHg.
5. Press the Time button to set the massage time by 15min, 30min, 45min, 60min or continuous mode.
6. Select the Hold Time by holding down the Time button
 - **Short hold** - press for three sec. (1 beep)
 - **Medium hold** - press for three more secs. (2 Beeps)
 - **Long hold** - press for three more secs. (3 Beeps)
7. Start the massage

Charging the RecoveryAir Pneumatic Device

- Turn On the Power Switch to enable charging the battery
- Turn Off the Power Switch to conserve battery power when not charging or not using the RecoveryAir Pneumatic Device
- Battery level is continuously displayed by the battery status indicators

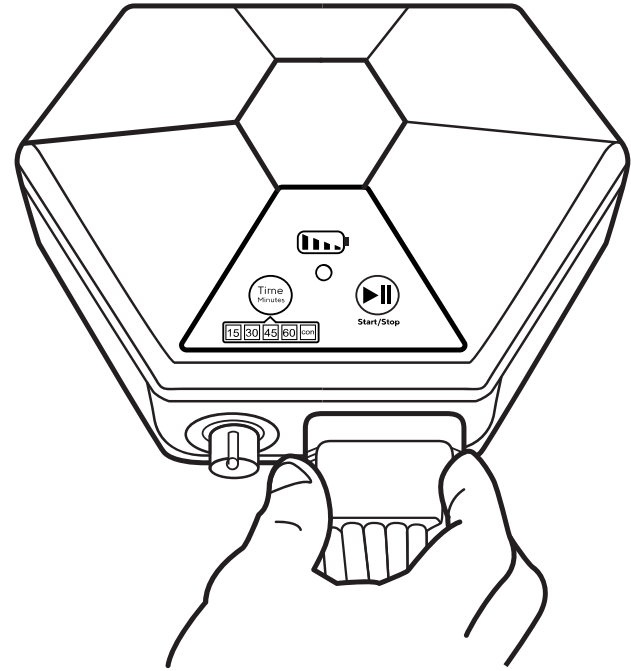
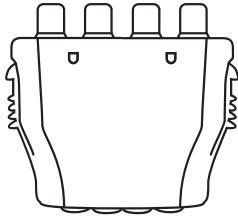
Battery Status	Displayed Icon	Available Power
	Constant bars	100%
	Constant bars	75%
	Constant bars	50%
	Constant bars	25%
	Blinking bar	Almost empty
	No bars	Empty

Air Outlet

Connects the garment hoses to the RecoveryAir Pneumatic Device.

Blocker Plug

Use Blocker Plug when only one garment is in use.



Storage and Transportation

1. Keep the RecoveryAir Pneumatic Device, hoses and garments away from direct sunlight.
2. Store in a dry, shaded place.
3. Do not twist or fold the garment hoses.
4. Store the power cord lightly wrapped and secured.

Cleaning Instructions

1. Wipe clean using a slightly damp cloth.
2. Do not allow any moisture or liquids to enter the RecoveryAir Pneumatic Device.