

# RECOVERY+PLUS

GO TO THE NEXT LEVEL



PRESOTERAPIA

**RP 4.0 G2**

USER MANUAL

## SAFETY MEASURES

**Please carefully read the following precautions to ensure your safety and the proper use of the product.**

### Warnings

1. If you experience severe pain, any unusual symptoms, or need to remove the product in case of an emergency during use:
  - Press the power button to stop the device or disconnect the product.
  - Remove the boots and consult a doctor.
2. Consult your doctor before using this product or disconnecting the tubes in the following cases:
  - Experiencing swelling, an infection, or pain of unknown origin in or near the area where the product is being applied.
  - Having bone fractures or dislocations in or near the area where the product is being applied.
  - Receiving medical treatment or having contraindications that require the use of any medical unit control.
  - Using a pacemaker or another medical device that is susceptible to electrical interference.
  - Suffering from malignant tumors.
  - Having heart disease.
  - Experiencing severe peripheral neuropathy dysfunction or sensory disorders caused by diabetes.
  - Not being suitable for using this product for massages in case of body trauma.
3. Keep this product out of reach of children and individuals who are unable to use it independently.

4. Use only the original power adapter.
5. Do not scratch, damage, excessively bend, pull, or twist the power cord or power adapter. Otherwise, it could cause fire or electric shock.
6. Do not use the product if the power adapter is not working or the plug is loose.
7. Do not plug or unplug the power adapter with wet hands.
8. Do not place the remote control on quilts or use the device in high-temperature environments.
9. It is prohibited to modify, disassemble, or repair the product without authorization.



### Precautions

1. Use only the charger provided with the product. Using a different charger may cause the system to malfunction.
2. Do not use in the bathroom or in areas that may be humid.
3. Keep out of reach of children.

4. Unplug the power adapter when not in use.
5. Do not walk while using this product.
6. Do not leave the system, power supply, or any accessories where they can be damaged by children, pets, pests, or liquids.
7. The provided products are designed to be used by only one person at a time.

## Frequently Asked Questions (FAQs)

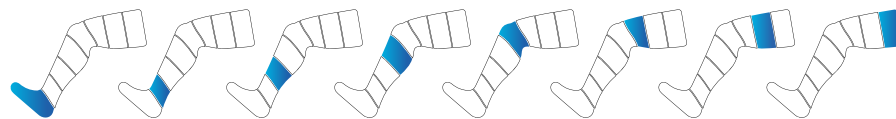
Q1: How does this product perform massages?

A1: This is an air compression device with four chambers (foot, lower calf, upper calf, and thigh), which automatically inflate and deflate using a sophisticated frequency that mimics manual massage stimulation. This helps maximize blood flow throughout the body, reducing muscle pain in the treated areas and improving circulation.

Q2: How many massage modes does it have? What is the difference?

A2: This product features four massage modes.

### Mode A: RELAX



### Mode B: SEQUENTIAL



### Mode C: INTENSE



### Mode D: PULSE (P= Pulsation)



Q3: What should I do if I feel the massage intensity is too weak or strong?

A3: There are three massage intensity levels available. Please select the intensity that suits your needs. If you still find it too strong on the lowest setting, stop using the device, and we recommend consulting your doctor before using the product again.

Q4: How long is it recommended to use this product?

A4: It is recommended to use it once or twice a day, for no more than 30 minutes each time. However, you may use it for a longer duration if you feel very tired and would like a more prolonged massage to relieve pain.

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Q5: Can I use it on only one leg?

A5: Both boots must be connected for the device to work properly, although you can wear one boot on the desired leg while not wearing the other. The unused boot will still function normally even if not worn. However, we recommend using both boots simultaneously for the best results.

Q6: Why does the control unit make noise?

A6: The noise comes from the air pump in operation, which continuously supplies air to the chambers in the boots. This is completely normal.

Q7: What should I do if I have larger legs?

A7: This product is designed to fit most people. If your legs are larger and the boots do not fit, you can purchase additional extensions from our store, or contact our after-sales team ([info@recovery-plus.es](mailto:info@recovery-plus.es)), who will send you the link for the extensions.

Q8: When should I use this product?

A8: This product stimulates blood flow to effectively relieve muscle pain or fatigue, so you can use it whenever you like. You can use it before exercising to warm up your muscles, after exercising for better and faster recovery, or after a hard day at work when you get home.

|                                   |                                                                                                                                                             |
|-----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Product Name                      | Air Compression Recovery System                                                                                                                             |
| Model                             | RP 4.0 G2                                                                                                                                                   |
| Adapter                           | AC100-240V, 50/60Hz, DC 12V 2A                                                                                                                              |
| Potencia nominal                  | 24W                                                                                                                                                         |
| Compression Mode                  | 4 modes: Relax / Sequential / Intense / Pulse                                                                                                               |
| Intensity Levels / Pressure Range | 11 levels: low-50/60/70/80mmHg; medium-90/100/110/120mmHg; high-130/140/150mmHg                                                                             |
| Timer                             | 15 - 45 minutes, 5-minute intervals                                                                                                                         |
| Product weight                    | 3kg.                                                                                                                                                        |
| Dimension                         | 419X190X230mm.                                                                                                                                              |
| Sleeve type                       | 4 chambers                                                                                                                                                  |
| Operating Conditions              | Temperature: +5°C to 40°C.<br>Humidity: 5% to 85% non-condensing.<br>Atmospheric pressure: 75Pa to 106Pa.                                                   |
| Storage Conditions                | Temperature: -20°C to 40°C.<br>Humidity: 30% to 85% non-condensing.<br>Atmospheric pressure: 75Pa to 106Pa.<br>Keep dry and avoid direct sunlight exposure. |

| Problems                                                      | Possibles causes                                                                                                                           | Solutions                                                                                                                                                                                                                                                                                                                                                                    |
|---------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1-The product is not working, or the screen does not turn on. | 1. The device is not turned on.<br>2. The adapter is not properly plugged in.<br>3. The wall socket is defective.                          | 1. Press the power button.<br>2. Check that the power adapter is properly connected to the control unit and the wall socket.<br>3. Check the wall sockets.                                                                                                                                                                                                                   |
| 2- The screen is working, but the boots are not.              | 1. Only one of the boots is connected to the air ducts.<br>2. The air ducts are not securely connected.<br>3. The boots have been damaged. | 1. The device only works when both boots are connected to the air ducts.<br>2. Please check if the air ducts are correctly and fully inserted into the control unit and the connection box (pay attention to the 'UP' mark).<br>3. Check if the boots have any air leakage.<br>If so, please contact us at: <a href="mailto:info@recovery-plus.es">info@recovery-plus.es</a> |

3. Breakage during operation or cessation of air pumping.

1. The air ducts are not securely connected.  
2. The power adapter is loose.  
3. The treatment session time has expired.

1. Please check if the air ducts are correctly and fully inserted into the control unit and the connection box (pay attention to the 'UP' mark).  
2. Ensure that the power adapter is properly connected to the control unit and the wall socket.  
3. The device will automatically turn off when the preset time ends; press the power button to start a new session if necessary.

## PRODUCT DESCRIPTION

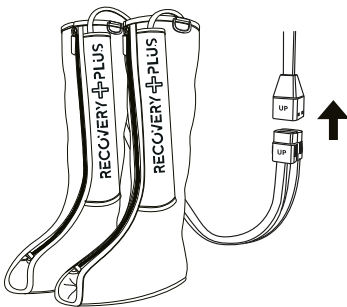


## OPERATING INSTRUCTIONS

Please carefully read the safety measures before using this product.  
To enjoy a better massage, use it following the instructions.

1. Insert the air tubes of the boots into the duct.

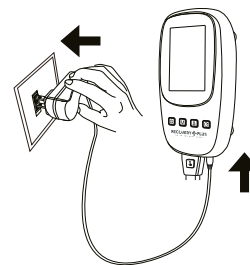
\*Both boots are required to be connected for the device to function.



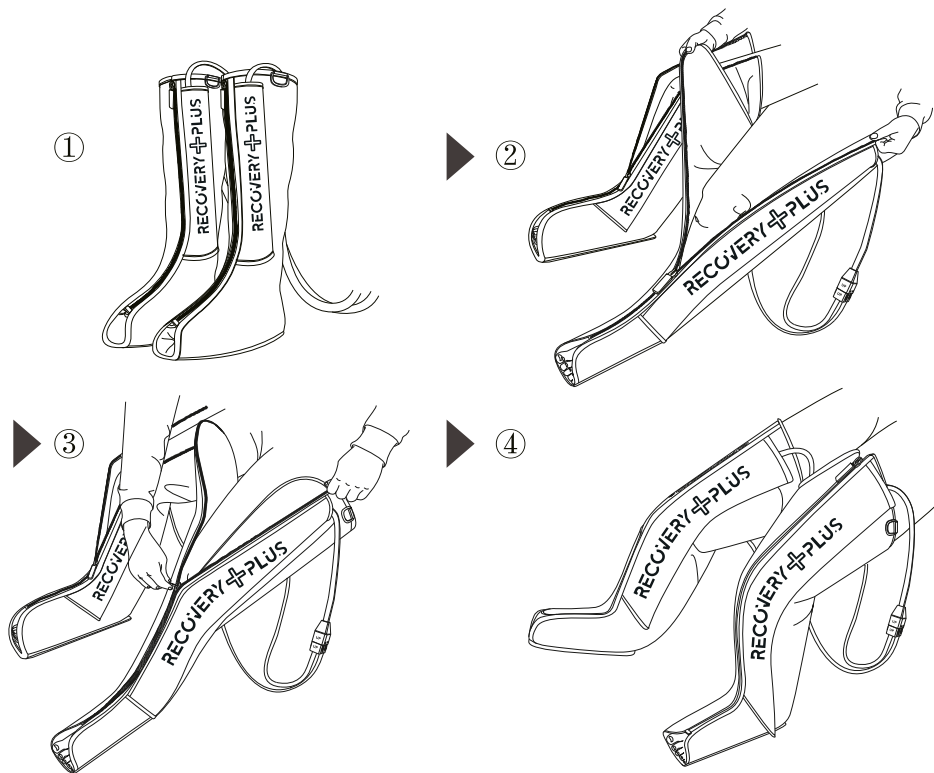
2. Connect the duct to the control unit; at this point, you will hear an audible "click."



3. Properly connect the adapter to the socket and the control unit. You will hear a "Di" sound, and the screen will flash for one second.



4. Put the boots on correctly on your legs, paying attention to the Left/Right markings.



\*Please ensure the zipper is fully closed before starting. Never attempt to use the system with the zipper partially closed or left open.

\*\*You can use the D-ring at the top of the boot as an aid to put it on more quickly.

Find a comfortable position that allows you to sit, recline, or lie down.  
Press the ON/OFF button to start.

- 1) You will hear a "Di" sound, and the screen will light up to display the settings.
- 2) The system will start with the following default settings: Mode 1 (Relax Mode); minimum intensity (the lowest level); 15-minute timer.



6. Press the MODE button to change the massage mode. There are 4 massage modes; see the differences in the Frequently Asked Questions, section A2.



7. Press the PRESSURE button to adjust the air pressure intensity. There are eight levels available. We suggest starting with a low intensity on your first use and gradually increasing it as you become more accustomed to the product.



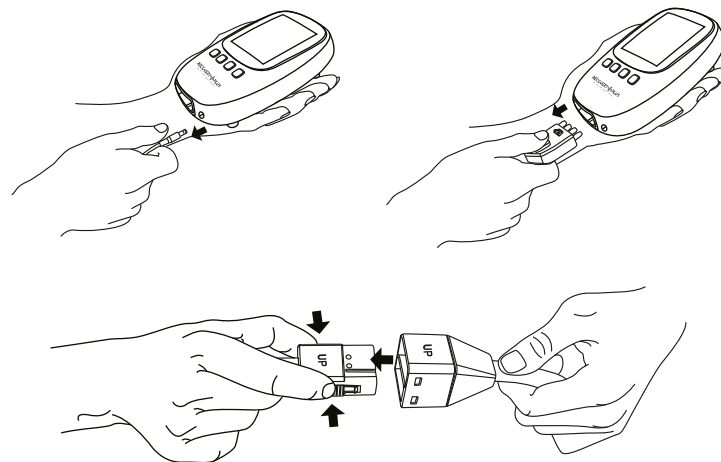
8. Press the TIME button to select one of three treatment session durations: 20 minutes, 25 minutes, or 30 minutes. The time can be readjusted during the session.



\*The device will automatically turn off when the session time expires. You can press the button again if you wish to enjoy more minutes of massage or end the massage before the previously set time.

## NOTES AFTER USE

1. If you have finished using the device, turn off the control unit by pressing the power button and disconnect the adapter from the control unit and the socket.
2. Disconnect the duct from the control unit by pressing the button on top of it and pulling it out.
3. Disconnect the boots from the duct and remove your legs.
4. Place the equipment back into the product box or the portable storage bag.



## CLEANING

1. If there is dirt, please clean the control unit, boots, and ducts with a clean, damp cloth.
2. Completely dry with a clean cloth.
3. Do not use gasoline, alcohol, thinner, or any other type of harsh liquid to clean the product, as it may cause malfunction or damage to the components, or lead to discoloration.
4. Do not allow foreign objects to enter the ducts.
5. Do not dry clean.

## STORAGE AND MAINTENANCE

1. Do not attempt to disassemble the product yourself. It contains no user-serviceable parts. If any issues arise while using this product, please contact customer service at [info@recovery-plus.es](mailto:info@recovery-plus.es).
2. Keep it out of reach of children or individuals who are unable to use it independently.
3. Do not place it in locations with the following conditions: high temperatures or humidity.
4. Avoid direct sunlight exposure.

5. Avoid needles puncturing the boots and ducts.
  6. Do not place heavy objects on the product.
  7. Keep the control unit ports, tube interconnections, and charger free from debris or dirt.
  8. Do not allow lint or dust to accumulate.
- Clean the system with a dry cloth before use.

## PRODUCT DISPOSAL

Respect local regulations when disposing of waste.

## INCLUDED MATERIAL

- 2x Massage boots (with included ducts).
- 1x Control unit.
- 1x Air duct.
- 1x Power adapter AC100-240V, 50/60Hz, DC 12V 2A.
- 1x Instruction manual.
- 1x Portable storage bag.



THANK YOU

for choosing Recovery Plus, and welcome to the R+ family.

For more information, visit [www.recovery-plus.es/support](http://www.recovery-plus.es/support).

If you have any questions, feel free to  
contact our 24/7 customer service team.

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