

# RECOVERY+PLUS

GO TO THE NEXT LEVEL



## PRESSOTHERAPY

**RP 5.0**

USER MANUAL

## SECURITY PROTOCOLS

**Please review the following safety precautions meticulously to guarantee your safety and the appropriate use of the product.**

### Notices

1. If you encounter intense pain or atypical symptoms during use, or need to remove the product in an emergency:

- Press the pause button to halt the device or disconnect the product from the power supply.
- Take off the boots and seek medical advice.

2. Consult your physician prior to utilizing this product or removing the tubes if:

- The presence of inflammation, infection, or pain of indeterminate origin in or around the area where the product was applied.
- The presence of fractures or bone dislocations in or around the area where the product was applied.
- During active medical treatment or in situations where contraindications necessitate the use of a medical monitoring device.
- Utilization of a pacemaker or other medical devices vulnerable to electrical interference.
- The existence of malignant neoplasms.
- Experiencing cardiovascular disease.

They exhibit considerable peripheral neuropathy or sensory disturbances related to diabetes.

This product is not advised for use in massages after physical trauma.

3. Store this product out of the reach of children and individuals who cannot operate it independently.

4. Utilize solely the original power supply.

5. Refrain from scratching, damaging, tampering with, overtightening, pulling, or bending the power cord or AC adapter, as such actions may lead to fire or electric shock.

6. Refrain from connecting or disconnecting the power adapter with damp hands.

7. Refrain from ordering quilts and avoid using the washing machine at elevated temperatures.

8. Modifying, disassembling, or repairing the product without appropriate authorization is strictly prohibited.



### Precautions

1. Utilize exclusively the charger provided with the product. Employing an alternative charger may lead to system malfunction.

2. Refrain from utilizing the bathroom or any areas that may be moist.

3. Keep out of the reach of children.

4. Fully charge the device. To enhance battery longevity, it is recommended to refrain from using the device during the charging process.
5. Refrain from stepping on this product while it is in operation.
6. Refrain from leaving the device, power adapter, or other accessories in locations where they may be susceptible to damage from children, pets, pests, or liquids.
7. The delivered products are designated solely for the use of an individual.

## FREQUENTLY ASKED QUESTIONS

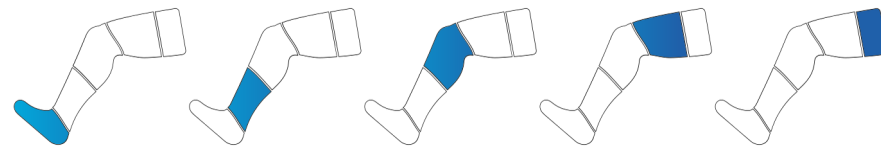
Question 1: What is the method of massage application with this product?

This five-chamber air compression device, designed for the feet, calves, and thighs, automatically inflates and deflates at an advanced frequency that mimics a manual massage. It enhances blood circulation throughout the body, alleviates muscle pain in targeted areas, and promotes blood flow.

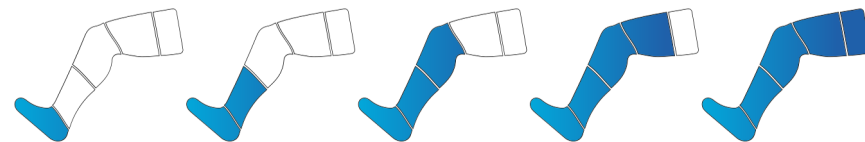
Question 2: How many massage programs exist? What distinguishes them?

A2: This product features six distinct massage programs.

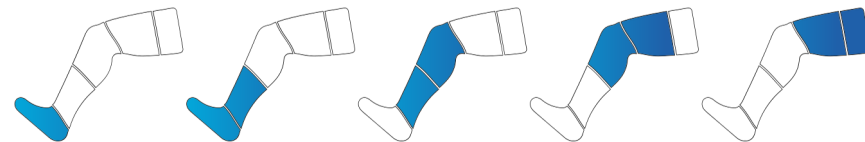
### Mode A: REPOSE



### Mode B: SEQUENTIAL



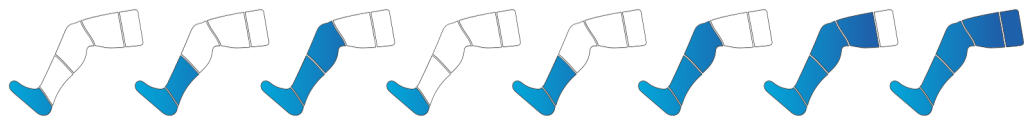
### Mode C: INTENSIVE



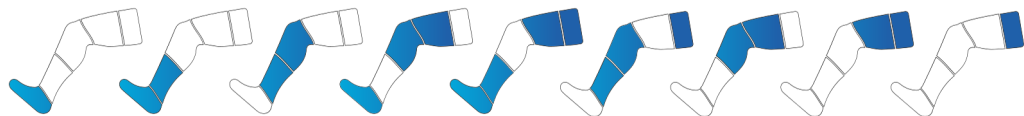
### Mode D: PULSE (P = Impulses)



### Mode E: DUAL SEQUENCE



### Mode F: DOUBLE INTENSITY



Question 3: What actions should I take if the massage is either too weak or too intense?

A3: There are seven available pressure levels (ranging from 1 to 7), with intensities from 50 mmHg to 230 mmHg. Choose the level that provides the most comfort. If the massage feels overly intense, even at the lowest setting, cease use and consult your physician prior to using the device again.

Question 4: What is the recommended duration for using this product?

R4: It is advisable to utilize the device one to three times per week, for durations of 30 to 45 minutes. Athletes may increase the frequency of use and extend the duration to a maximum of 60 minutes.

Question 5: Is it feasible to utilize it on a single leg?

R5: It is possible to utilize one of the phases independently by connecting one of the plugs and placing the cover provided with the 1-in-2 adapter on the remaining plug. To attain optimal results, we advise utilizing both legs concurrently.

Question 6: What factors contribute to noise generation in the control unit?

R6: The operation of the air pump, which consistently provides air to the trunk chambers, is entirely normal.

Question 7: What strategies can I employ to cultivate more muscular legs?

A7: This product is appropriate for the majority of users. If you have more muscular legs and the boots do not fit, you may acquire additional extensions from our store or reach out to our customer service at [info@recovery-plus.es](mailto:info@recovery-plus.es). They will provide you with the link to order the extensions.

Question 8: When is the optimal time to utilize this product?

R8: This product enhances blood circulation, providing effective relief from muscle pain and fatigue. It is suitable for use at any time: prior to training to prepare the muscles, following training for optimal recovery, or after a long day at work.

|                                   |                                                                                                                                                                 |
|-----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Product name                      | Compressed air recovery system.                                                                                                                                 |
| Model                             | 5,0 Rp.                                                                                                                                                         |
| Adapter                           | AC 100–240 V, 50/60 Hz, DC 15 V/3 A                                                                                                                             |
| Rated power                       | 45 W                                                                                                                                                            |
| Compression mode                  | 6 modes: Relaxation, Sequential, Intense, Pulsating, Double Sequential, Double Intense                                                                          |
| Intensity levels / pressure range | 7 levels   Ranges: 50 to 230 mmHg. 1: 50, 2: 80, 3: 110, 4: 140, 5: 170, 6: 200, 7: 230                                                                         |
| Timer                             | 15 to 45 minutes, in 15-minute intervals                                                                                                                        |
| Product weight                    | 5.7 kg                                                                                                                                                          |
| Dimensions                        | 450 x 180 x 340 mm                                                                                                                                              |
| Boot type                         | 5 cameras                                                                                                                                                       |
| Terms of Use                      | Temperature: +5 °C to 40 °C.<br>Humidity: 5% to 85% (non-condensing). Atmospheric pressure: 75 Pa to 106 Pa.                                                    |
| Storage conditions                | Temperature: -20 °C to 40 °C.<br>Humidity: 30% to 85% (non-condensing). Atmospheric pressure: 75 Pa to 106 Pa. Store in a dry place, away from direct sunlight. |

| Problems                                                             | Possible causes                                                                                                                                             | Solutions                                                                                                                                                                                                                                                                                                                                            |
|----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. The product is not working or the screen remains blank.           | 1. It isn't working.<br>2. The battery is missing or the charger isn't properly connected.<br>3. The wall socket is damaged.                                | 1. Make sure the power adapter is properly connected to the control unit and the wall socket.<br>2. Check the wall sockets.                                                                                                                                                                                                                          |
| 2. The screen is working, but the boot processes are not responding. | 1. Only one of the boots was connected to the ventilation ducts.<br>2. The ventilation ducts are not properly connected.<br>3. The boots have been damaged. | 1. This will only work if both ducts are connected to the air duct.<br>2. Ensure that the air ducts are properly fitted and fully connected to the control box and junction box.<br>3. Ensure that the boots provide adequate ventilation.<br>If this occurs, please contact us at: <a href="mailto:info@recovery-plus.es">info@recovery-plus.es</a> |

|                                                                             |                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>3. Malfunction during the operation or deactivation of the air pump.</p> | <p>1. The ventilation ducts are inadequately connected.<br/>2. The battery is depleted.<br/>3. The therapy session has concluded.</p> | <p>1. Ensure that the air ducts are correctly positioned and securely fitted into both the control box and the junction box.<br/>2. Verify that the device is equipped with a battery and that it is properly connected to both the control unit and the electrical outlet.<br/>3. The device will automatically power down after the designated time; if needed, press the power button to initiate a new session.</p> |
|-----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

PRODUCT DESCRIPTION

Command unit



Footwear | Trousers



- ①. Connection for air ducting.
- ②. Air chamber for the foot section.
- ③. The air chambers are situated in the lower region of the calf.
- ④. The air chambers are situated in the upper region of the calf.
- ⑤. Cameras positioned in the upper thigh.
- ⑥. Zipper.
- ⑦. Loop: Suspension apparatus or supplementary mounting device.

Air conditioning conduit



Charger



## CLEANING

1. If the control unit, sleeves, and cables are soiled, kindly clean them using a clean, damp cloth.
2. Thoroughly dry with a clean cloth.
3. Avoid using gasoline, alcohol, thinners, or other irritating liquids to clean the product, as this may result in malfunctions, damage to components, or discoloration.
4. Prevent the ingress of foreign objects into the ventilation ducts.
5. Refrain from using dry cleaning.

## STORAGE AND MAINTENANCE

1. Please refrain from disassembling the product independently, as it contains no user-serviceable parts. If you experience any issues while using this product, kindly reach out to our customer service at [info@recovery-plus.es](mailto:info@recovery-plus.es).
2. Store out of reach of children and individuals who are unable to use it independently.
3. Avoid placing in areas where the following conditions may arise: elevated temperatures or humidity.
4. Refrain from any direct exposure to sunlight.

5. Prevent needles from penetrating footwear and riders.
6. Refrain from placing heavy objects on the product.
7. Maintain the cleanliness of the control unit connections, hose connections, and charger, ensuring they are free from dirt and dust.
8. Prevent the buildup of lint and dust. Wipe the system with a dry cloth prior to use.

## PRODUCT RECALL

Please adhere to local regulations concerning waste disposal.

## MATERIALS PROVIDED

- 1 control unit
- 1 Ventilation duct.
- 1 power supply unit 100–240 V AC 50/60 Hz, 15 V DC/3 A
- One information card providing access to the user manual
- Two storage bags for the device and the boots
- 1 tote bag



## THANKS

Thank you for selecting Recovery Plus, and welcome to the R+ family.

For further information, please visit [www.recovery-plus.es/support](http://www.recovery-plus.es/support). Our customer service team is ready to address any inquiries.

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