

RECOVERY+PLUS

GO TO THE NEXT LEVEL



PRESSOTHERAPY

RP 8.0 PRO

USER MANUAL

SECURITY PROTOCOLS

Please review the following precautionary measures attentively to guarantee your safety and the proper use of the product.

Warnings

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

- Press the pause button to halt the device or disconnect the product from the power source.
- Remove the boots and seek medical advice.

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

- Experiencing inflammation, infection, or pain of indeterminate origin in or around the area where the product is being applied.
- Experiencing bone fractures or dislocations in or around the area where the product is applied.
- Undergoing medical treatment or possessing contraindications that necessitate the utilization of any medical unit control.
- Utilizing a pacemaker or other medical device that is vulnerable to electrical interference.
- Afflicted by malignant tumors.
- Experiencing cardiovascular disease.
- Experiencing significant peripheral neuropathy dysfunction or enduring sensory disorders as a result of diabetes.

This product is not appropriate for use in massages following instances of bodily trauma.

3. Store this product out of the reach of children and individuals who are unable to use it independently.

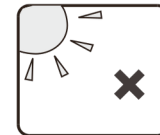
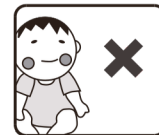
4. Utilize solely the original power adapter.

5. Avoid scratching, damaging, processing, excessively crimping, pulling, or bending the power cord or power adapter. Such actions may result in fire or electric shock.

6. Avoid connecting or disconnecting the power adapter with wet hands.

7. Avoid placing the control on bedspreads or operating the machine at elevated temperatures.

8. Remodeling, dismantling, or repairing the product without authorization is prohibited.



Precautions

1. Utilize exclusively the charger supplied with the product. Employing an alternative charger may result in system malfunction.

2. Avoid using in the bathroom or in areas that may be damp.

3. Keep away from children.

4. Charge the device completely. It is advisable to refrain from using it during charging to promote extended battery longevity.

5. Refrain from walking while utilizing this product.

6. Do not leave the device, power supply, or any other accessories in locations where they may be damaged by children, pets, pests, or liquids.

7. The products offered are intended solely for use in one individual at a time.

Frequently Asked Questions

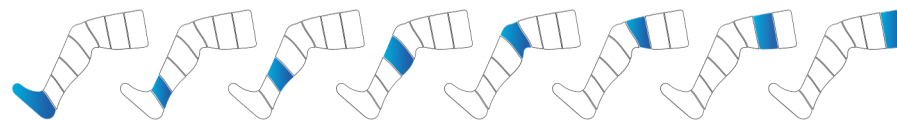
Q1: In what manner does this product administer massages?

R1: This air compression device features eight chambers, strategically positioned across the foot, lower and upper calf, and thigh. It automatically inflates and deflates using an advanced frequency that mimics manual massage, thereby optimizing blood flow throughout the body. This process aids in alleviating muscle pain in the targeted areas and enhances circulation.

Q2: How many massage modes does it offer? What distinguishes them?

A2: This product features six massage modes.

Mode A: REPOSE



Mode B: SEQUENTIAL



Mode C: INTENSE



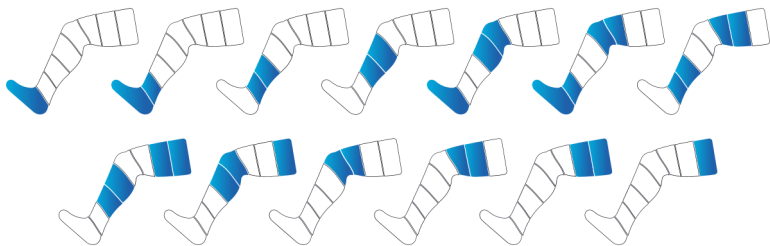
Mode D: PULSE (P = Pulse)



Mode E: DOUBLE SEQUENTIAL



Mode F: DOUBLE INTENSE



Q3. What should I do if I find the massage intensity to be either too weak or too strong?

A3: The device offers various pressure levels in 10 mmHg increments, ranging from 30 mmHg to 250 mmHg. Please choose the intensity that best meets your requirements. If you still find it excessively strong even at the lowest setting, discontinue use and we recommend consulting your doctor prior to using the product again.

Q4. What is the recommended duration for using this product?

R4: It is advisable to utilize it between one and three times per week, in sessions lasting 30 to 45 minutes. Athletes may increase their usage on a daily basis and extend the duration to 60 minutes.

Q5. Is it possible to use it on only one leg?

R5: When utilizing boots, you can operate one leg independently, connecting directly without the 1-in-2 adapter. However, with trousers, independent use is not feasible. For optimal results, we recommend employing both legs concurrently.

Q6. What is causing the control unit to produce noise?

R6: The sound originates from the functioning air pump, which consistently provides air to the boot chambers, a situation that is entirely normal.

Q7. What steps should I take if I have larger legs?

R7: This product is designed to accommodate a wide range of individuals. If you have larger legs and find that the boots do not fit, you may purchase additional extensions from our store, or you can reach out to our after-sales team at info@recovery-plus.es, who will provide you with the link for the extensions.

Q8. When is the appropriate time to utilize this product?

R8: This product enhances blood circulation to effectively alleviate muscle pain or fatigue, allowing for use at your convenience. It can be utilized prior to exercise to prepare your muscles, following exercise for improved and expedited recovery, or upon returning home after a demanding day at work.

Product Name	Air compression recovery system.
Model	Rp. 8.00
Adapter	AC 100-240V 50/60Hz, DC13.5V/3.5A
Rated Power	45W
Compression Mode	6 modes: Relaxation, Sequential, Intensity, Pulse, Double Sequential, Double Intensity
Intensity levels / Pressure range	22 levels, pressure range of 30 to 250 mmHg. Intervals of 10 mmHg.
Timer	5-60 minutes, 10-minute intervals
Product Weight	7 kg
Dimension	530X280X230mm
Boot Type	8 cameras
Operating conditions	Temperature: 5°C to 40°C. Humidity: 5% to 85% non-condensing. Atmospheric pressure: 75 Pa to 106 Pa.
Storage Conditions	Temperature: -20°C to 40°C. Humidity: 30% to 85% non-condensing. Atmospheric pressure: 75 Pa to 106 Pa. Maintain dryness and avoid direct sunlight.

Problems	Potential causes	Solutions
1. The product is non-functional, or the screen fails to illuminate.	1. It is not activated. 2. It lacks a battery, or the charger is not properly connected. 3. The electrical outlet is defective.	1. Verify that the power adapter is securely connected to both the control unit and the wall outlet. 2. Inspect the outlets from the wall.
2. The screen is functioning, but the boots are not operational.	1. Only one of the boots has been linked to the air ducts. 2. The air ducts are inadequately secured. 3. The boots have sustained damage.	1. It functions solely when both boots are connected to the air duct. 2. Kindly verify that the air ducts have been properly and fully inserted into the control unit and junction box. (pay attention to the form ) 3. Verify whether the boots are experiencing air leakage. If that is the case, please reach out to us at Email: info@recovery-plus.es

3. Malfunction during operation or cessation of air pumping.

1. The air ducts are inadequately secured.
2. The battery is depleted.
3. The duration of the treatment session has elapsed.

1. Please verify that the air ducts have been properly and fully inserted into the control unit and junction box. (pay attention to the form ).
2. Verify that the device has a battery or is properly connected to the control unit and the wall outlet.
3. The device will automatically power down once the designated time has elapsed; if needed, press the power button to initiate a new session.

PRODUCT DESCRIPTION

Control unit



Footwear | Trousers



- ①. Air duct coupling.
- ②. Foot air chamber.
- ③. Lower calf air chambers.
- ④. Upper calf air chambers.
- ⑤. Thigh compartments.
- ⑥. Zipper.
- ⑦. Buckle: a suspended support or assistance for positioning it.



Air duct



Charger



BLUETOOTH LINK / APPLICATION

Establish a Bluetooth connection to manage your RP 8.0 PRO device via the app on your smartphone, ensuring a more convenient and efficient experience.

You are required to adhere to the following steps:

1. Navigate to the Google Play Store or App Store to download the "Tuya Smart" application.
2. Upon completion of the download, launch the app and establish your user account.
3. Once registration is finalized, choose "Spain" as your country, input your username (email address), enter your password, and log in.
4. Navigate to the top right corner, where you will find the "+" symbol; click on it. This action will add your RP 8.0 PRO device.
5. The application will locate your device using Bluetooth technology. You must grant the "Tuya Smart" app access to your Bluetooth and pair the devices.
6. Finally, connect your device, and you can now enjoy your new RP 8.0 PRO from your smartphone.

CLEANING

1. If any dirt is present, please clean the control unit, boots/trousers, and ducts using a clean, damp cloth.
2. Thoroughly dry with a clean cloth.
3. Avoid using gasoline, alcohol, thinner, or any other irritating liquids to clean the product, as this may lead to malfunctions, damage to components, or discoloration.
4. Prevent foreign objects from entering the ducts.
5. Avoid dry cleaning.

STORAGE AND MAINTENANCE

1. Do not attempt to disassemble the product on your own, as it contains no user-serviceable components. Should any issues arise during the use of this product, please reach out to customer service at info@recovery-plus.es.
2. Keep this product out of the reach of children or individuals who are unable to use it independently.
3. Avoid positioning it in areas where the following conditions may arise: elevated temperatures or humidity.
4. Refrain from direct exposure to sunlight.

5. Prevent needles from penetrating boots, trousers, and drivers.
6. Avoid placing heavy materials on the product.
7. Ensure that the ports of the control unit, the interconnections of the tubes, and the loader remain free from debris or dirt.
8. Prevent the accumulation of lint or dust. Wipe the system with a dry cloth prior to use.

PRODUCT RECALL

Adhere to local regulations when disposing of waste.

INCLUDED RESOURCES

- 1 control unit
- 1 air duct.
- 1x Power adapter / AC 100-240V, 50/60Hz; DC 13.5V 3.5A.
- 1x Information card providing access to the instruction manual.
- 2x Storage bags for the device and boots or trousers
- 1x Carrying bag





Thank you.

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

For further information, please visit www.recovery-plus.es/support.
Should you have any inquiries, do not hesitate to reach out to our customer support team, available 24/7.

INFO@RECOVERY-PLUS.ES

+34 649 932 249

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