Regen8 Nyx 8-Chamber Compression Recovery Boots (Medium, 160-175cm)

USER MANUAL



Find the Digital Manual Online

Product may vary slightly from the item pictured due to model upgrades.

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

NOTE:
This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at www.lifespanfitness.com.au

TABLE OF CONTENTS

I. Overview **03**

II. Installation and Use instructions **04**

III. Main Performance and Technical **08**

IV. Working Principle of the Product **08**

V. Precautions for Safe Use **09**

VI. Maintenance and Cleaning **11**

VII. Storage and Transportation Environment **11**

VIII. Packing List **12**

IX. Warranty **13**

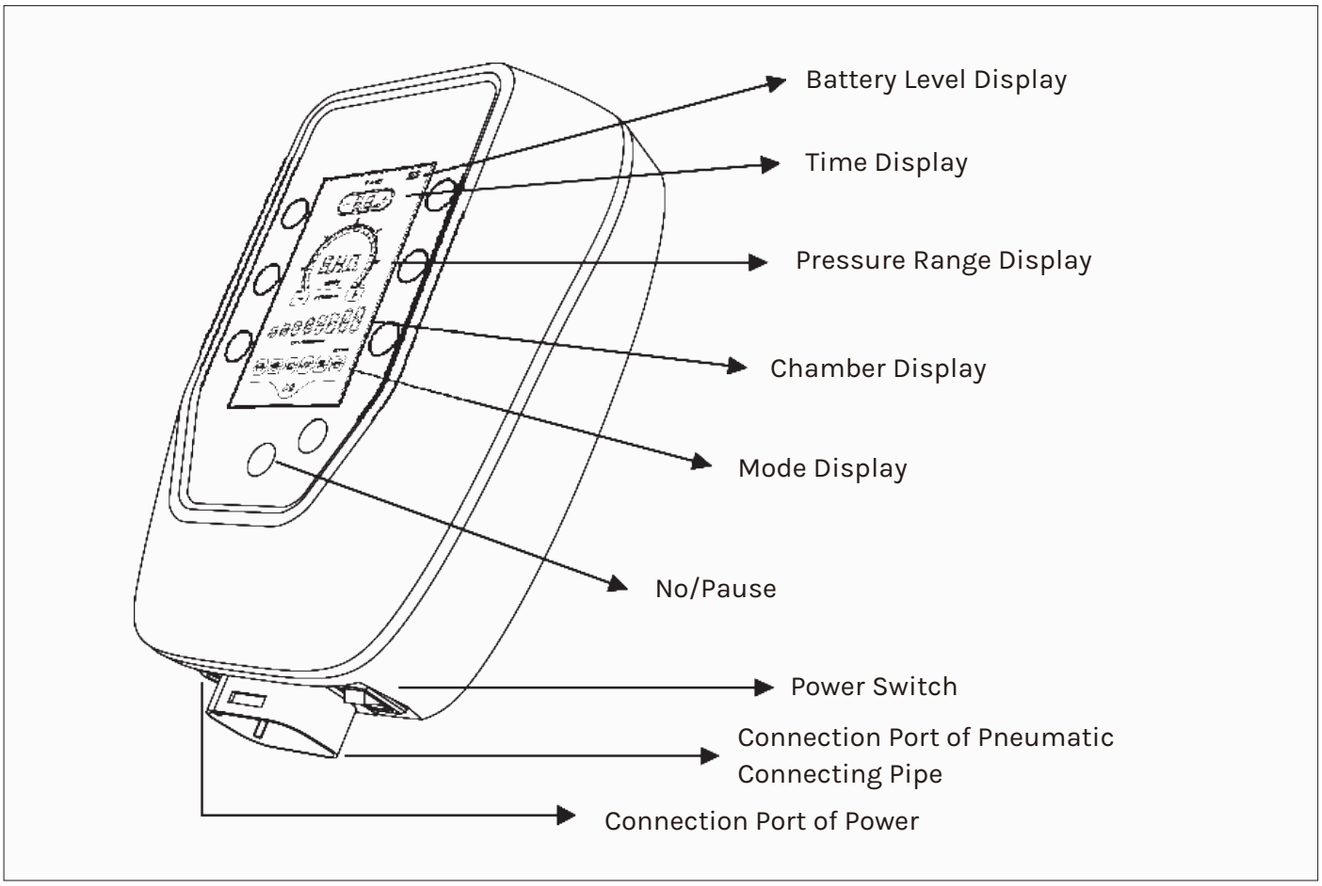
I. OVERVIEW

1.1 Introduction to Air Compression Massage Boots

Product Name: Air Compression Massage Boots

Product introduction: Air Pressure Massager Boots is mainly composed of main engine, One to two adapter, inflatable connecting pipe, Limb sleeve and the power adapter.

1.2 Introduction of Host Operating Display Panel



Mode: Mode setting button There are six modes: 1, 2, 3, 4, 5 and 6.
Time+/ Time-: Time Setting button, increase time/ Reduce time
Pressure+/ Pressure-: Pressure setting button, increase pressure/Reduce pressure.
Select: Closed chamber selection button, open or close chamber setting key, divided into ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ eight-channel chamber setting button, select and click Confirm to determine open or close.
Confirm: The closed chamber determines the key.
On/Pause: Start button / Pause button

II. INSTALLATION AND USE INSTRUCTIONS

2.1 Unpacking Inspection

1. Take out the products and accessories from the packaging boxes and count them according to the "list" in this manual
2. Check whether the products and accessories are damaged.

NOTE: If you have any questions, please contact our customer service or agent immediately!

2.2 Operation Steps

1. **Keep comfortable and relaxed**

   Before using, keep comfortable and relaxed. Sit down or lie down. During use, it is recommended that the limbs be slightly raised at the same level as the heart, which is more conducive to the lymphatic and blood circulation of the limbs.

2. **Connect 1 to 2 transfer tube or inflatable connecting tube**

   When using a single limb sleeve: One end of the pneumatic connecting one end of the one to two adapter to the connection port of the host machine and the other end is connected to the limb sleeve.

   When using two limb sleeves at the same time: First connect one end of the one to two adapter to the connection port of the host machine, and the other end is connected to the pneumatic connecting pipe, and the connect the limb sleeve with the pneumatic connecting pipe.

1. **Put into limb sleeve**

   Put on limb sleeve (arm cuff, leg sleeve or waist sleeve). At the same time,check whether the one to two adapter,pneumatic connecting pipe,limb sleeve (arm, leg or waist sleeve) are tightly connected.

2. **Connecting power supply**

   Connecting the power supply, press the instrument power switch to connect the power supply.

3. **Boot up**

   Press the power switch and the screen will light up.

   NOTE: If the screen does not light up after power on, please check whether the battery is dead, please charge it before using it, or connect it to a power charger.

6. Select Mode, Time,

Press 6.1 Select Mode:

MODE 1	1→2→3→4→5→6→7→8	Description: The pressure starts from the first chamber, and moves continuously from the 1st to 8th chamber at the time, then circulates from the 1st chamber.
MODE 2	1, 2, 3, 4, 5, 6, 7, 8	Description: The pressure starts from the 1st chamber, and each time add one more chamber, to the 8th chamber, then all chambers are released at the same time. And there is a cycle which begins from the 1st chamber.
MODE 3	step one: 1, 2, 3, -1+4 , -2+5, -3+6, -4+7, -5+8 step two: +1, +1*4 +2, +2*4 +3, +3*4 -1, +4, +4*4 -2, +5, +5*4 -3, +6, +6*4 -4, +7, +7*4 -5, +8, +8*4	Description: Step one: The pressure is inflated from the 1st chamber until the 3rd chamber is inflated. When the 4th chamber is inflated, the 1st chamber is deflated. Follow the pattern until the 8th chamber inflation is complete. After 16 seconds, it runs to step two. Step two: 1st chamber (inflate, release 4 times) 2nd chamber (inflate, release 4 times) 3rd chamber (inflate, release 4 times) Release 1st chamber; 4th chamber(inflate, release 4 times) Release 2nd chamber; 5th chamber (inflate, release 4 times) Release 3rd chamber; 6th chamber (inflate, release 4 times) Release 4rd chamber; 7th chamber (inflate, release 4 times) Release 5rd chamber; 8th chamber (inflate, release 4 times) Keep inflating for 3 seconds, then stop working 16secs. Start the cycle from the first step.
MODE 4	1+2+3+4+5+6+7+8	Description: Chambers inflated at the same time, and then fully deflated.
MODE 5	1→2→3→4→5→6→7→8 1, 2, 3, 4, 5, 6, 7, 8	Description: Combination of mode 1 and mode 2.
MODE 6	+1+2, +3+4 -1-2, +5+6 -3-4, +7+8 -5-6 ,1+2+3+4+5+6+7+8	Description: Step one: 1st and 2nd chambers inflated; 3rd and 4th chambers inflated, 1st and 2nd chambers deflated; 5th and 6th chambers inflated, 3rd and 4th chambers deflated; 7th and 8th chambers inflated, 5rd and 6th chambers deflated; 7th and 8th chambers deflated. Stop two: Chambers inflated at the same time, and then fully deflated.start the cycle from the first step.

6.2 Selection time:

Press the time key to set the usage time, the setting range is adjustable for 10-90 minutes, the default time of starting the instrument is 30 minutes.

6.3 Selection of pressure:

Pressure keys to set the cavity pressure, the setting range is 30 mmHg(3.997kPa)-260 mmHg (34.66 kPa) adjustable, boot default 60mmHg (7.999 kPa).

7. Closure function selection

Eight chamber selection button : Air CH1, Air CH2, Air CH3, Air CH4, Air CH5, Air Ch6, Air Ch7, Air Ch8.

You can choose to close to turn off the function of a single chamber (channel).

For example, when you press the Air CH1 button, the light of chamber display (passageway) window 1 will be off, and the chamber(channel) 1 will be button off.

NOTE: The corresponding chamber light is on to indicate that it is in operation, and the light is off to indicate that the corresponding chamber is off.

1. **Start (stop)**

   After setting the above parameters, press the "NO" button to start running, and the time starts countdown. If the instrument needs to stop during operation, it can press the "PAUSE button to stop running.

2. **End of Operation**

   At the end of the operation, the instrument automatically cuts off the output and gives a sound prompt. The display screen restores to its initial state. At this time, remove the limb sleeve.

3. **Shut down**

   If no one continues to use it, turn off the power switch on the side of the instrument, and then unplug the power cord to disconnect the power supply.

WARNING: After using the machine, be sure to press the shutdown button, otherwise the lithium battery is in the discharge state for a long period.

NOTE:

1. Relaxation should be maintained during use. If there is any discomfort during use, use should be stopped immediately or re-adjusted.
2. Due to the different tolerance to pressure and the different circumference of limbs, it is impossible to determine the general pressure value. However, it is suggested to adjust the pressure from 35mmHg to 70mmHg from lower pressure, and then adjust the pressure to more comfortable tolerance according to the situation of each user.
3. Generally, the operating pressure is set to 80-120 mmHg for 20-30 minutes, once or twice a day for 6-10 days.

2.3 Lithium Battery Charging Function

Charging operation

Connect the power charger, one end is inserted into the power outlet, the other end is inserted into the power cord connection port of the host, at this time, the indicator light on the charger is red display, the instrument is charging state. When the indicator light on the power adapter is green, the instrument is fully charged.

NOTE:

The instrument is recommended to be used after the lithium battery has been charged.

It is recommended that the instrument be used after the lithium battery has been charged by unplugging the charger power cord and disconnecting the charger from the power socket; if the power socket is connected, the instrument will work while charging at the same time.

When the battery is already fully charged, working while charging will result in a bidirectional power feed, which will cause damage to the battery and circuit board, thus affecting the service life of the machine.

If the charger is left on the plug board for a long time, it will continue to heat up, thus accelerating the aging of parts and materials, in order to extend the life of the charger, please ensure that the charger is unplugged from the socket after charging is completed or turn off the socket individual switch button.

WARNING: This product can only be used with the matching charger/adapter provided by the manufacturer. The use of non-manufacturer chargers/adapters is prohibited! Otherwise, it will cause the voltage/current is too high and burn the instrument, or the voltage/current is too low and the instrument cannot be turned on.

III. MAIN PERFORMANCE AND TECHNICAL

1. **Pressure range:** The range of pressure is 30 mmHg(3.997kPa)- 260 mmHg (34.66 kPa) adjustable. Step 5 mmHg (0.666 kPa) , Start default 60mmHg (7.999 kPa).
2. **Overvoltage protection:** The maximun working pressure should not exceed 10% of the maximun pressure in 20s.
3. **Time**: Timing adjustment in the range of 10 to 90 minutes, step for 5minute, start default 30 minutes.
4. **Working noise:** Normal working noise ≤60dB(A)
5. **Product input power:** 49W.
6. **Power supply conditions:** a.c.100-240V, 50-60Hz Output d.c.12.6V/4A or Lithium battery 12V,5000mAh.
7. **Functional switch:** The device has a stop function switch, which can stop the treatment procedure at any time.
8. **Product Output Channel Mode:** Eight Output Channels and Four/Six Pressure Modes. See this manual for details.
9. **The function of cavity closure:** Any cavity can be set to open or close.
10. **Normal working conditions:**
    Ambient temperature: 5°C, 40°C;
    Relative humidity: ≤85%;
    Atmospheric pressure: 80kPa～106kPa.
11. **Instrument weight:** 1.5KGS.

IV. WORKING PRINCIPLE OF THE PRODUCT

The product is an inflatable and deflating system formed by controlling the main engine and limb sleeve (air bag), working mode, working pressure, working time and other parameters of the instrument are set by human-machine interface.

The air bags in each chamber are controlled by embedded system (wavy inflating, holding and deflating) to exert periodic pressure on human peripheral blood and tissues. Passive uniform massage with direction and graduality. Used for health care and to compensate for inadequate exercise.

V.PRECAUTIONS FOR SAFE USE

5.1 Warnings

1. The product shall not be flooded or wet.
2. When abnormal conditions occur in the use process, the use of the instrument must be stopped immediately.
3. Please use effectively grounded socket.
4. Don't over bend the power cord, which may lead to fire and electric shock accidents.
5. If the instrument is loose or parts fall off or damaged, please contact our company in time.
6. Do not use this instrument in unstable environment such as inclination, vibration.

5.2 Matters needing attention

1. Check whether the product is damaged, whether the connection between the pneumatic connecting pipe and the main engine, the pneumatic connecting pipe and the limb sleeve is reliable.
2. There is a danger of fire and electric shock when using damaged or non-original (modified) power lines.
3. When moving the instrument, the power supply must be cut off and the power plug must be pulled out.
4. When moving instruments, vibration should be avoided as far as possible.
5. When moving the instrument, attention should be paid not to exert too much, so as not to cause damage to the appearance of the machine.
6. The instrument should be placed in a stable place with at least 5 cm of space around it to ensure air circulation and heat dissipation.
7. Before use, the instructions must be carefully read before operation. Special attention should be paid to warnings or reminders.
8. Verify that the instrument is in normal operation before use.
9. Make sure that all wires are properly connected and safe before use.
10. It is forbidden to use instruments in lightning weather.
11. Do not point the inflatable connecting pipe to the nose, mouth, ear and other parts to avoid injury.
12. Limb sleeve should not be close to heat source, such as stove, cigarette end, etc. It will cause leakage or fire damage.
13. Do not use limb sleeves with ornaments, watches and other hard objects, which may cause physical injury or damage to limb sleeves.
14. The sleeve is far away from sharp instruments, such as needles, scissors, etc. It may puncture the sleeve and cause failure.
15. It is forbidden to inflate the limb sleeve with other tools, which will damage the limb sleeve or injure the body.
16. It is forbidden to put metal sharp instruments such as paper clips, staplers, needles or food into equipment.
17. In case of emergency or physical discomfort, such as pain, paralysis, dyspnea, dizziness and so on, please press the stop key or pull out the pneumatic connecting pipe.
18. For the elderly and those with poor vascular elasticity, the operating pressure can start at a low value and gradually increase to the required pressure after several times of use. Never choose high pressure at the beginning, but start at a low level, then gradually increase the pressure, and lie down with a sleeve in a relaxed position as far as possible.

1. It is recommended to wear underwear and socks in order to avoid cross infection caused by many people using the same limb sleeve.
2. Do not disassemble, repair or alter the product by yourself, nor do you repair it by yourself. If you need repair, please contact our customer service or agent.
3. Check carefully whether the actual configuration of the product is consistent with the packing list,
   and whether the instructions, warranty cards, certificates and accessories are complete. If you have any objection, please contact our customer service or agent in time.
4. In order to avoid environmental pollution, please do not discard products and accessories at will, and treat them according to local environmental protection requirements.
5. Avoid using this product in the following environments: sunshine, high humidity, near-water environment; vibration, inclined place; strong magnetic field environment; electromagnetic wave, impulse voltage occurring place; chemical storage place; corrosive gas place and so on.
6. It should not be used in the presence of flammable anaesthetic gas mixed with air or flammable anaesthetic gas mixed with oxygen or nitrous oxide.
7. As for the storage of this product, please pay attention to the following items.
   (a) Do not store products in high temperature, high humidity, sunshine, dusty and corrosive gases. (b) Do not place products where water is available or easily touched.
   (c) All kinds of accessories, such as power cord, should be cleaned before centralized storage to ensure that no failure occurs in the next use.

Vl. MAINTENANCE AND CLEANING

6.1 Maintenance

1. Inspect the instrument and accessories regularly. Whether there are cracks, deterioration, deformation and loose connection in the main engine and accessories of the product. If so, please contact our customer service or agent for replacement.

1. The instrument and accessories should be placed in a cool and dry place to avoid direct exposure to dampness, dust and sunlight. If it is not used for a long time, please put it in the packing box.

6.2 Cleaning

The product has traces of dust and can be wiped with soft dry cloth or paper towel. Do not use oil, benzene, alcohol, gasoline and other chemicals to clean the instrument.

NOTE: Before cleaning and maintaining the air wave deep massager, make sure that the power supply is cut off!

VII. STORAGE AND TRANSPORTATION ENVIRONMENT

6.1 Maintenance

Storage: Stored in a well-ventilated room without strong sunlight, flammable, explosive and corrosive gases.

Transport: General means of transport are allowed to be used, but they must be prevented from inversion, recumbency, violent impact, vibration, strong sunlight and rain and snow splashing in the course of transportation. They must not be mixed with flammable, explosive and corrosive substances.

Ⅷ. PACKING LIST

The packing list is as follows:

Packing List	Quantity
Main engine	1 PC
The power adapter	1 PC
Single to double adapter	1 PC
Pneumatic connecting pipe	☐ 1 PC ☐ 2 PC
Limb sleeve (arm sleeve) (optional accessories)	☐ 1 PC ☐ 2 PC
Limb sleeve (leg sleeve) (optional accessories)	☐ 1 PC ☐ 2 PC
Limb sleeve (waist sleeve) (optional accessories)	☐ 1 PC ☐ 2 PC
Instructions	1 PC
Certificate	1 PC
Warranty card	1 PC

IX. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at **www.consumerlaw.gov.au**.

Please visit our website to view our full warranty terms and conditions:
http://www.lifespanfitness.com.au/warranty-repairs

WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase.
Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit
https://lifespanfitness.com.au/warranty-form

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit h**ttps://lifespanfitness.com.au/warranty-form** and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to **lifespanfitness.com.au/warranty-form**

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