

FitRx[®]

Recover Max compression boots



User Guide





Congratulations!

With the **FitRx® Recover Max**, you will never complain about leg day again. Featuring multiple pressure and heat modes, these compression boots are designed to alleviate muscle pain and speed up your post-workout recovery. Whether your goal is relief from muscle pain and soreness, improved mobility and blood circulation, or simply a relaxing leg massage, air compression therapy can deliver the relief you need. We couldn't be happier to be taking this journey with you while helping promote a healthier you from the inside out.

Are you ready?

**UPPER
SHIN STRAP**

**AIR HOSE
PLUG**

UP

FOOT STRAP

**LOWER
SHIN STRAP**

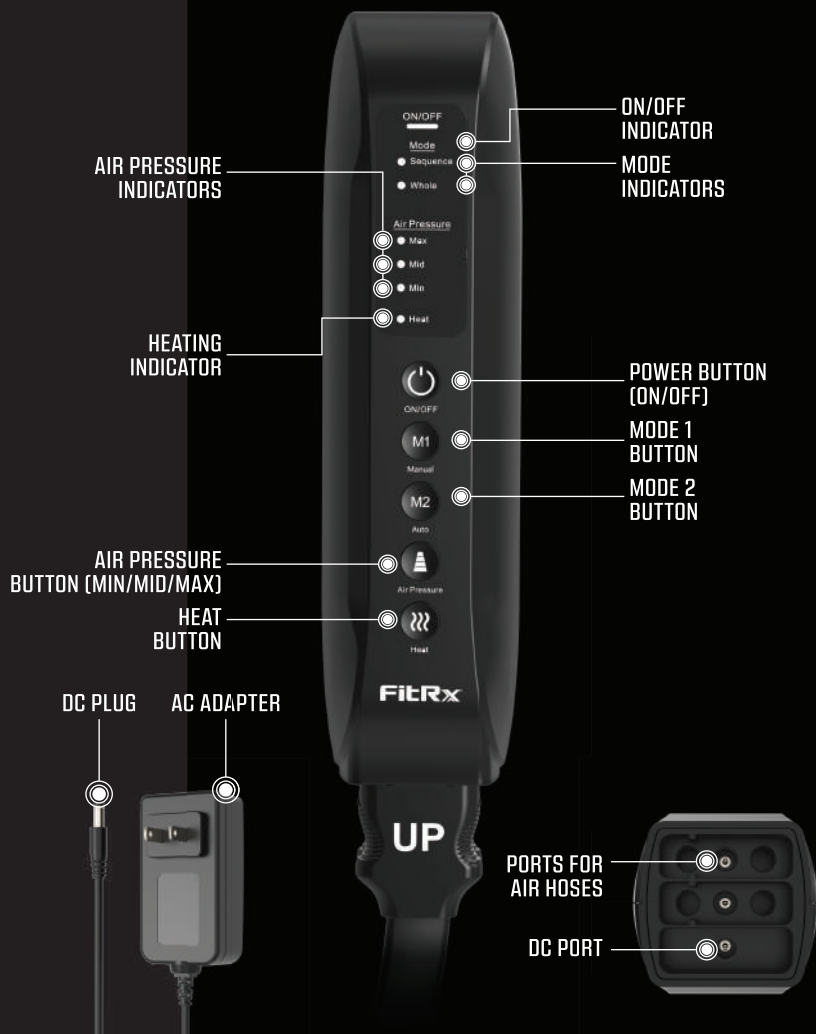
Product Overview & Diagram

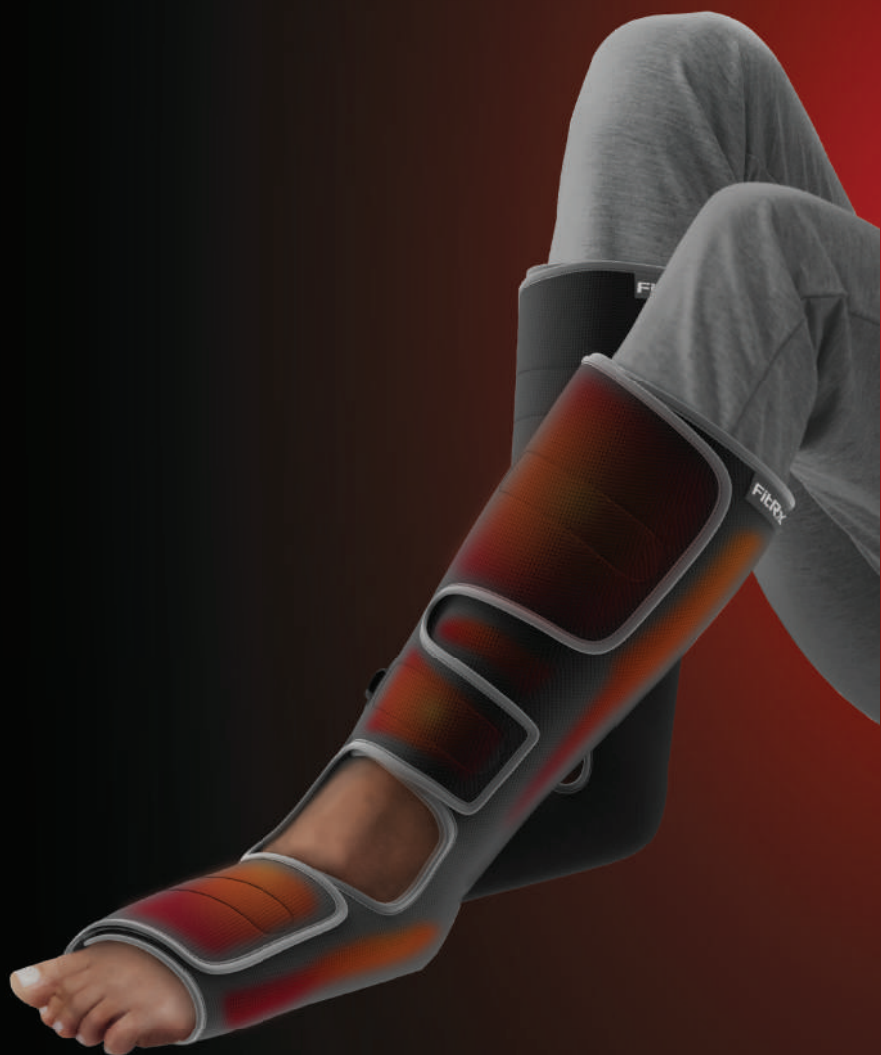
Included in your package

- FitRx® Recover Max compression boots (2)
- Remote
- Travel Case
- AC Power Adapter
- User Guide

Configure it to fit your needs

- Increased mobility & flexibility
- Pre-workout warm-up
- Post-workout recovery
- Sore muscle relief
- Improved blood circulation
- Joint pain relief
- Myofascial release
- Relaxation





User Instructions

Please read the following instructions before using the **FitRx Recover Max**. Keep this user guide for future reference.

Setting Up Your Compression Boots

1. Before each use, always inspect the product to ensure that there is no damage to the Power Adapter, the Remote, or the Boots.
1. Insert the Air Hose Plugs into the Ports at the bottom of the Remote.
2. Plug one end of the Power Adapter into the Remote's DC port, and the other end into an AC outlet.
3. Make sure you are sitting down in a comfortable position.
4. Unwrap each boot.
5. Slide your feet into the boots, then fasten the hook and loop Foot Straps, Lower Shin Straps and Upper Shin Straps.

Using Your Compression Boots

1. Press the Power Button (ON/OFF) to turn the unit ON. By default, it will start in Mode 1 (SEQUENCE) with LOW PRESSURE.
2. Press the Mode 1 Button (M1) to choose between WHOLE and SEQUENCE mode.
 - Sequence mode inflates and deflates each section of the leg sleeves individually.
 - Whole mode inflates all sections of the leg sleeves at the same time.

User Instructions

3. Press the Mode 2 Button (M2) to initiate both WHOLE and SEQUENCE modes.
4. Press the Air Pressure Button to select one of the three pressure modes available: MIN, MID or MAX.
5. To add heat, press the HEAT Button and choose between the two heat levels available.
6. Press the Power Button (ON/OFF) at any time to turn the unit off. The unit will automatically shut off after 20 minutes of continuous use.

Cleaning & Care

1. Before cleaning the unit, ensure that it is turned off and unplugged.
2. Use a damp, clean cloth to gently wipe the remote and the compression boots.
3. Dry the compression boots thoroughly and store them in a cool, dry location, away from direct sunlight, when they are not in use.

CUSTOMER SUPPORT

If you have any questions about setting up or using this product, we are here to help. Call or email us, and an experienced customer support representative will be happy to assist you: **1-855-60-TZUMI** or **support@tzumi.com**.

Important Safeguards

If you have any of the following pre-existing conditions, please consult with your doctor before using the compression boots:

- Bone fractures or dislocations at or near the site of application.
- Pacemaker or a similar implanted electronic device.
- Heart disease.
- Skeletal damage or fragility, especially in the spine or back.
- Recent surgery or operation.
- Currently or recently pregnant.
- Osteoporosis.
- Issues with blood circulation or thrombosis.
- Abnormal blood pressure.

Safety Instructions

Please read the following safety precautions carefully to ensure the safe use of your compression boots.

- If you experience any pain or unusual symptoms, stop using the compression boots immediately.
- Frequent use of high pressure may cause abrasions. If you experience any pain or discomfort, stop using the compression boots immediately.
- Give the compression boots time to cool down in between sessions.
- Do not use the compression boots in damp or humid environments, such as in the bathroom or near a pool.
- Exposure to water may cause the compression boots to short circuit.
- Do not use the compression boots in direct sunlight or near an open flame.
- Do not cover the compression boots with anything while they are in use.

- Do not attempt to disassemble or modify the compression boots, to avoid product malfunction.
- Only use the accessories provided with these compression boots.
- Make sure the compression boots are turned off when setting up or cleaning them.
- This is not a medical device.

SPECIFICATIONS

- **Input:** 100-110V, 50-60Hz
- **Power:** 36W
- **Product Weight:** 4.1 lbs
- **Temperature:** Low = 109 °F, High = 114 °F

Stop using the compression boots immediately if any of the following occurs:

- The power cord is damaged.
- The compression boots were dropped or damaged in any way.
- The compression boots have been submerged in water.
- The compression boots are not operating correctly.

Warning: Consult with your doctor before using the compression boots on an injured part of the body.



Disclaimer

Read the instructions carefully before using the Recover Max compression boots. The use of this equipment is subject to following its instructions closely. tzumi is not liable for any damages or losses caused by the inappropriate use of this device.

Do not use the compression boots without the approval of your doctor if you are: pregnant, diabetic, have a pacemaker, are recovering from surgery, suffer from migraines, neuropathic disorders, disc protrusions or spinal inflammation. If you feel any pain or discomfort while using the compression boots, stop using them immediately and consult with your doctor or physiotherapist.

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