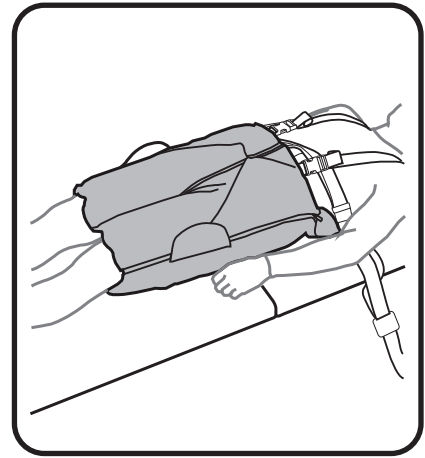
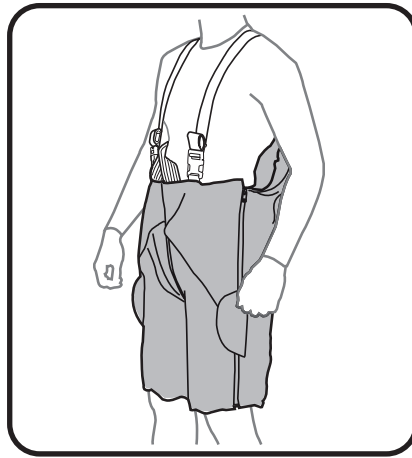
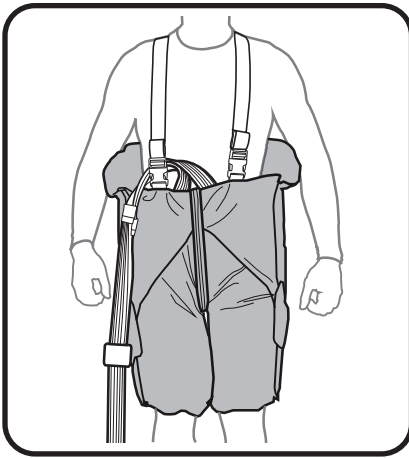


AIR RELAX[®] SHORTS

Please Read This Quick Guide. Thank You.



1. The control unit should be placed on a stable flat surface from where it will not slip or fall. Position the control unit so that the user can easily reach it during sessions.
2. Plug the power cord into an appropriate electrical wall outlet.
3. Lay the shorts on a bed or couch, with the logo side up.
4. The shorts have two zippers, one on each side. Open the zippers halfway on both sides of the shorts.
5. Get into the shorts and close the zippers all the way, leave them closed for the duration of the session.
6. The shorts should not fit too tightly. If the shorts are too tight, reduce the pressure immediately or turn the control unit off.
7. The shorts have two fastening straps, one on each side. Bring each strap to the torso and fasten it. Adjust the length by pulling the loop for a comfortable fit.
8. Connect the hose plug to the air socket on the control unit making sure the **arrow sign** is facing up.
9. Press the **ON/OFF** button on the control unit to turn on the system.
10. Press the **MODE** button on the control unit to select the mode.
11. Press the **PRESSURE** button on the control unit to adjust the pressure level.
12. When the session is completed, the control unit will turn off automatically.
13. Allow the shorts to deflate for 30 seconds before you remove them.



air relax



air relax



air relax



air relax



Note:

- The hoses should not be twisted or folded.
- If other buttons are pressed during a current session, another 15 minutes starts from the time the last button is pressed.

WARNING

- If you are pregnant or suspect you may be pregnant, do not use the Air Relax Shorts.
- For your safety and to avoid property damage, please read the Air Relax manual provided with the system and use as indicated. Non-Compliance may cause serious injuries or death and or severe property damage. Do not use the system in any way other than the usage stated in the manual.
- This system does not constitute medical treatment and is not a substitute for a medical examination or diagnosis. If you are dealing with a serious health condition check with your health care provider before using.

CAUTION

- The shorts are not sterile, do not place directly against open wounds, sores, rashes, infections, or stitches. A layer of clothing between the garment and skin is recommended. Remove **any jewelry or watches** before wearing the shorts.
- Using pressure over **100 mmHg (Level 2)** with the shorts is not recommend. Air Relax Shorts are not intended for use in a standing or seated position. Use them laying face up on a bed or any other flat surface.

Tips:

- Select the compression strength starting from low to high level.
- Limit movements during the session.
- Registering your product will help us provide you with quicker and more efficient service and support and assure you get the most out of your warranty.

Register your product at <https://www.air-relax.com/pages/registration>

