

# AIR RELAX®

RECOVERY SYSTEM

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ARRELAX-1

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# AIR RELAX®

RECOVERY SYSTEM

## USER MANUAL



This product is intended for home use as a personal massage apparatus and is not for medical use.

Read the manual carefully before use and store it for later use on the cover of this manual.  
Caution: Always use the device for the intended use only.

ARRELAX-1

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- Please carefully read this manual before using this device.
- Keep this manual near to the device for reading it anytime you need to.
- This manual presents the details to be kept by users to prevent any danger or property loss and safe use of the device.
- If this device malfunctions or fail to operate, immediately turn it off.
- Unplug this device when not in use.

- WARNINGS**
- Death or serious injury can occur if the user does not follow the instructions.

- CAUTIONS**
- Please follow all instructions in the manual.
  - Read, fix or repair properly can occur.

- PROHIBITIONS**
- Instruction to be prohibited.

- OBSERVANCE**
- Prohibition of discharging, Do not attempt to open, repair, disassemble, or modify the main unit of this device. Doing so may lead to a risk of fire, electric shock, or injury to the user.

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## Safety Information

1. This is for indoor use only. Do not use Air Relax in high humidity places such as sauna or bathroom. This may result in mechanical defect or physical damage caused by an electric shock or burn.

**WARNING**  
2. Keep children away from this device due to the risk of electric shock or other serious injury.

**WARNING**  
3. If there is an emergency, unplug the power cord or turn it off by pressing "ON/OFF" button. Then pull out the hose plug from the device immediately so that the air in the cuffs goes out naturally in a few minutes. Then unzip the leg cuffs.

**WARNING**  
4. When using or transporting this product. Please do not shake or drop the device as it may cause the device to malfunction or fall to operate.

**CAUTION**  
5. Do not insert many plugs into an outlet. Use an outlet that has a circuit breaker to prevent the risk of fire.

**CAUTION**  
6. Unplug it in case of the thunder, lightning, or power failure.

**CAUTION**  
7. Grip the plug, not the wire when plugging or unplugging the device. It may result in physical damage caused by an electric shock or burn.

**PROHIBITION**  
8. Do not fold or bend the wire by force or put any heavy objects on the wire. Doing so may lead to a risk of fire.

**PROHIBITION**  
9. Insert the plug completely in an outlet to prevent the risk of fire.

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## Safety Information

**PROHIBITION**  
10. Do not pull the wire to move device.  
Stop using it if wire damage has occurred.

**PROHIBITION**  
11. Do not attempt to open, repair, or modify this device.  
Doing so may lead to a risk of fire, electric shock, or injury to the user.

**PROHIBITION**  
12. Do not use oil, benzene, alcohol, or any other chemicals to clean it or cuffs. The device may be gently wiped with a dry towel or cloth.

**PROHIBITION**  
13. Be careful to not let dust, water or other fluids come in contact with or seep inside the main unit of this device. Do not place the main unit where it could fall into water or be pulled into water. Do not use this device while bathing or near water.

**PROHIBITION**  
14. Do not use it in places with temperature over 35°C or under 0°C.  
Doing so may cause mechanical problems, electric shock, fire, physical damage, or property loss.

**PROHIBITION**  
15. Do not put any objects on top of the device or leg cuffs during operation.  
This can cause a fire or physical injury to the user.

• Stop using it if it makes any kinds of abnormal smell.  
In this case, stop it, unplug it, and contact us for instructions.  
Use may result in fire or electric shock to the user.

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## Indication for safe use

### Contraindications

Do not use this product if you are experiencing inflammation, an infection, pain of unknown origin, or bleeding (internal or external) at or near the site of application, or if you have a wound or near the site of application.

- Do not use this product if you have any of the following conditions:
  - Acute pulmonary edema
  - Acute infections
  - Episodes of pulmonary embolism
  - Deep vein thrombosis
- Where increased venous and lymphatic return is undesirable lesions or tumors, at or in the vicinity of application.
- Bone fractures or dislocation at or in the vicinity of treatment application.
- Do not use on patients having open wounds or inflammation at the site of treatment.

1. Please consult a physician before using this device if:  
• If you are pregnant or feel weak. If you have an implant at the site of application if you have a cardiac pacemaker.

2. If it malfunctions in any way, stop it immediately with the ON/OFF button.

**PROHIBITION**  
3. Stop using it if you experience any abnormal physical conditions during operation.

**WARNING**  
4. In case of power failure, unplug the hose from the long block. Air will be discharged when you pull out the hose.

**CAUTION**  
5. Do not use it to direct pressurized air towards your eyes, nose, mouth, or ears. Doing so may lead to a serious injury.

**CAUTION**  
6. Remove any items from your pockets or legs before you wear the cuffs. (Not doing so may result in damage to your items or the cuffs).

**WARNING**  
7. Make sure to unplug the device after use, and store cuffs and the device in a safe place.

**WARNING**  
8. Use caution: clothing, body hair, and skin may get caught in the zipper.

**WARNING**  
10. Do not fold or bend the hose.

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## Cuff safekeeping and maintenance

Use our cuffs carefully. They are for pneumatic application use and are not easily repaired.

1. The leg cuffs are intended for a single user to prevent any infection transmission between users.

**WARNING**  
2. Cuffs are not washable.  
The durability of cuffs may be harmed if it is wet so it's recommended to clean it with a wet soft cloth and let the cuffs air dry.

**PROHIBITION**  
3. Do not blow air into cuffs without wearing them.  
Do not use other air pumps to blow air into cuffs. It may cause damage.

**PROHIBITION**  
4. Do not keep cuffs near a stove, cigarettes, needles, or scissors, to prevent damage to cuffs.

**WARNING**  
5. Keep unused cuffs in a clean place. Do not expose the cuffs to extreme temperatures.  
6. Do not fold or bend by force and put any heavy object on the cuffs.

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## Safekeeping and maintenance

1. Store it in a low moisture environment.

2. Store it in an area free from Windows. There are no vents, such as: steam pressure, temperature, humidity, perspiration, sunlight, dust and salinity.

3. When you install or carry the device be sure not to shake or drop the device.

4. Store it out of children's reach.

5. Do not store it near gas or chemicals.

6. Inspect it and the accessories on a regular basis.

7. Prior to using the device, check to see that the device is clean and functions properly.

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## Operation

Air is pumped from the device through the silicone hose that is connected to the leg cuffs. The air is compressed into a valve. The solenoid valves is controlled by the circuit supply and emits the air to each cuff chamber by opening and closing.

## Parts

- Handle: Used for carrying the device.
- Display Window: Shows the status of operation.
- Operation Buttons: Allows you to select ON/OFF, MODE, POINT (MANUAL), PRESSURE and AUTO.
- Air Socket: Hose plug is inserted into this socket, with the arrows pointing up.
- Silicone Hose: Air travels through the silicone hose to inflate the cuffs.
- T Terminal: Connects leg cuffs together.
- Hose Plug: Connects to the air socket on the device.
- Leg Cuffs: Marked Right Leg and Left Leg. Wear them accordingly making sure that they are zipped up and secured using the Velcro tabs.



1. Handle: Used for carrying the device.

2. Display Window: Shows the status of operation.

3. Operation Buttons: Allows you to select ON/OFF, MODE, POINT (MANUAL), PRESSURE and AUTO.

4. Air Socket: Hose plug is inserted into this socket, with the arrows pointing up.

5. Silicone Hose: Air travels through the silicone hose to inflate the cuffs.

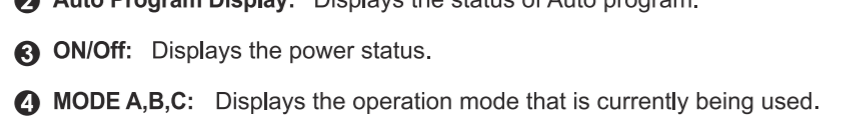
6. T Terminal: Connects leg cuffs together.

7. Hose Plug: Connects to the air socket on the device.

8. Leg Cuffs: Marked Right Leg and Left Leg. Wear them accordingly making sure that they are zipped up and secured using the Velcro tabs.

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## Display Window



**1 Display:** Shows four chambers (ankle, calf, knee and thigh) As the display lights up the chamber that is displayed will fill with air.

**2 Auto Program Display:** Displays the status of Auto program.

**3 ON/OFF:** Displays the power status.

**MODE A.B.C:** Displays the operation mode that is currently being used.

**POINT (Manual):** It displays the status of "POINT" (Manual) operation. Operation area on the cuff is selected.

**PRESSURE:** Air Pressure levels range from 0-230mmHg. There are 4 pressure levels, which can be selected by pressing the button during operation. The "POINT" light turns off and the light on the changed function turns on. The default pressure is level 1.  
Level 1: 0-60 mmHg  
Level 2: 60-120 mmHg  
Level 3: 120-180mmHg  
Level 4: 180-230mmHg

**AUTO:** Displays and operates when the "AUTO" button is pressed.

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## Function Buttons

### ON/OFF, MODE

**1 "ON/OFF" button**

• When the "ON/OFF" button is pressed first, "AUTO" program and Mode "A" operates (pressure level 1)

• It turns off after 15 minutes automatically as long as other function buttons are not pressed during a session.

• If other function buttons are pressed during a current session, another 15 minutes starts from the time the function button is pressed.

**2 "MODE" button**

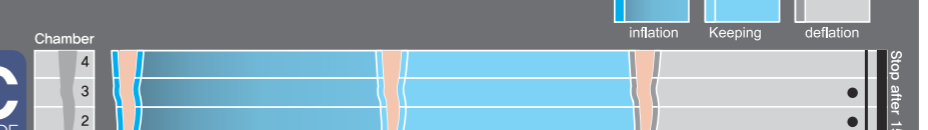
• You can choose "A", "B", "C" mode. Press the "MODE" button once if you want to change the mode.

• In case "MANUAL" or "AUTO" is pressed during operation. The "MODE" light turns off and the newly selected mode turns on.

**Add next to existing MODE Diagram**



Each individual chamber will inflate and deflate one after the other.



Each individual chamber will inflate and stay inflated until all four chambers are filled. They will then ALL deflate.



All four chambers will inflate together and deflate at the same time.

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## Function Buttons

### POINT, PRESSURE, AUTO

**1 POINT (Manual) button**

• Allows you to select specific points/chambers to concentrate on.

• You can choose from 4 sections of leg compression areas.

• In case "MODE" or "AUTO" is pressed during operation. The "POINT" light turns off and the light on the changed function turns on.

• All operation of "POINT" function inflates and deflates that area only. See picture guide below to select points/chambers.

• Pressure area is changed whenever the button is pressed.

• Once the button is pressed once, twice, three times, four times, five times, six times, seven times.

**2 PRESSURE button**

• There are 4 pressure levels which can be selected one by one pressing this button during the operation. The default pressure is level 1. By continually pressing the pressure button you can adjust to a higher level

**3 AUTO button**

• "AUTO" function starts when it's pressed during the operation. It turns off when "ON/OFF" is pressed.

• "AUTO" program combines "MODE" (A.B.C) and "POINT" in a this sequence:

• The pressure level could be selected during the "AUTO" program.

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## Operation cycle

### Operation cycle of MODE



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## Operation cycle

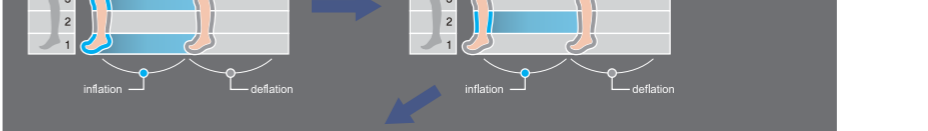
### Operation cycle of POINT



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## Operation cycle

### Operation cycle of AUTO

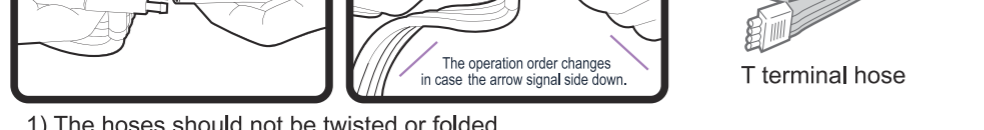


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## How to use this product 1

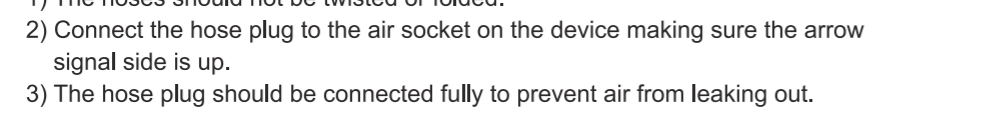
NOTE: When you receive your device all hoses will be connected with the exception of the hose plug that connects to the machine.

**1 Connecting "T" terminal hoses**



1) The hoses should not be twisted or folded.  
2) The arrow on the left and right cuffs face each other and are connected to T terminal.

**2 Connect hose plug to the device**



1) The hoses should not be twisted or folded.  
2) Connect the hose plug to the air socket on the device making sure the arrow signal side is up.  
3) The hose plug should be connected fully to prevent air from leaking out.

**3 Connecting the power cable (110-120V Power Source)**

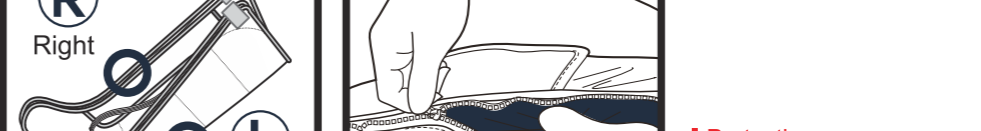
1) Check the voltage to insure it is the same as the product.  
INCORRECT VOLTAGE WILL DAMAGE IT PERMANENTLY AND MAY CAUSE FIRE. Using the wrong voltage will void your warranty.

2) Plug in the power cord fully. The device will beep twice when the power is on.  
3) Place the product on a flat area.

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## How to use this product 2

### Wearing Leg Cuffs



1) Wear light clothes with this product.  
2) Make sure you have the "left" and "right" leg cuffs placed on your legs accordingly.  
3) Pull the zipper all the way up to the end and be careful that your clothes are not caught in the zipper.  
4) Place the zipper flat as in the picture and attach the Velcro firmly.

• Velcro  
After the Velcro to prevent the air pressure from causing the zipper to unzip (pop) while upper chambers are filling up. If this happens don't worry, simply shut off your device and secure the zipper as suggested above.

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## Troubleshootings

**Check Points:**  
Please troubleshoot the issue before asking for repair service.

**1 Not Turning on**

- Make sure power outlet is the power cord connected?
- Try a different outlet
- Plug in the power cord, sure it fits snugly in the socket.

**2 Stopped during operation**

- Is the connections to the electrical outlet OK?
- Is the display window lit up?
- Press ON/OFF button again

**3 Noise during use**

- Use on a stable flat surface.
- Move it to a flat floor or table
- Sounds like leaking air.
- Check all hoses to make sure they are fully connected.

**4 No compression**

- Are all air hoses folded?
- Spread out the folded air hoses
- Are the leg cuffs torn?
- Contact Us

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## Model Label

### INDICATIONS

Description	Make in Korea
Product Name: LCM2012	
Product Name: LCM2012	
Manufacturer: Air Relax, Inc. 22500 Northridge Blvd. Suite 100 Northridge, CA 91340	Package Size: 2 pieces
Weight: 10.5 lbs	Consumption: 120W
Make of Operation: Compression operation with automatic heating	
This product is intended for home use only. It is not for medical use.	
Warning: Do not use on persons having open wounds, or inflammation at the site of application.	
Storage/ Maintenance:	Refer to user's manual
Size:	Type: A or B

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## WARRANTY INFORMATION

The Air-Relax material/accessories are warranted by a manufacturer, against manufacturing defects in material and workmanship for a period of one year from the date of purchase from Air-Relax. In the event of any defect occurring during the warranty period, a manufacturer will, at its option, (a) correct the defect by repair or by repair or by replacement of applicable part or component that fails as a result of such defect. Without charge, the part and labor; or (b) replace the device with one of the same or their current design. The Air-Relax unit includes the leg cuffs, device and hose.

The foregoing warranty does not cover normal wear and tear or cosmetic damage, and are void if the device/accessories are not used in accordance with the User Manual, are otherwise misused or modified in any way, and/or repaired by anyone other than an authorized service representative of a manufacturer. This warranty expressly excludes transportation, shipping or insurance costs, or defects, damages or failure resulting from misuse, abuse, improper or abnormal usage, or neglect.

EXCEPT AS PROVIDED ABOVE, AIR-RELAX MAKES NO EXPRESS WARRANTY OR IMPLIED WARRANTY INCLUDING THOSE OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. USE, AND ARE LIMITED TO THE EXTENT STATED ABOVE. EXCEPT AS EXPRESSLY STATED ABOVE, AIR-RELAX SHALL HAVE NO LIABILITY OR RESPONSIBILITY TO ITS CUSTOMERS, OR ANY OTHER PERSON OR ENTITY, WITH RESPECT TO ANY LIABILITY, LOSS OR DAMAGE CAUSED DIRECTLY OR INDIRECTLY BY USE OR PERFORMANCE OF THE PRODUCT OR ARISING OUT OF OR THE USE, INABILITY TO USE OR ANY BREACH OF THIS WARRANTY INCLUDING BUT NOT LIMITED TO ANY DAMAGE S RESULTING FROM INCIDENTAL, LOSS OF TIME, PROPERTY OR INCOME, OR ANY INDIRECT, SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES OF ANY KIND.

Some states do not allow the exclusion or limitations of incidentals or consequential damages, so the above limitations or exclusion may not apply to you. You may also have other rights which vary from state to state. In the event of a product defect covered by the foregoing warranty during the applicable warranty period, send the product to: Air Relax, 9535 Braucher Street, Pico Rivera, CA 90660, USA, postage prepaid and insured and an indication of the nature of the defect identified.

All replacement parts and products become the property of Air-Relax. New or reconditioned parts and products may be used in the performance of a Warranty service. Repaired or replaced parts and products are warranted for the remainder of the original warranty period only. You will be charged to repair or replace parts and products made after the expiration of the applicable Warranty period.

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## RETURN POLICY

This policy is only applicable if you are the end user and you purchased the equipment directly from Air Relax.

In the unlikely event that you are not satisfied with your purchase, you may return it within (30) days of the purchase date. All returns are and exchanges are subject to the conditions listed below.

1. Returns and exchanges must have a Return Merchandise Authorization (RMA) number. Obtain an RMA number by contacting us at sales@air-relax.com. Returned items without an RMA will not be eligible for a credit to your account.

2. Returns must be received within 15 days of RMA issuance.

3. Product and packaging must be returned in new and undamaged condition. Any product(s) showing signs of wear or being soiled in any way will be deemed "unacceptable" and you will be so notified. Unacceptable returns or exchanges may be reshipped to you following payment of a restocking/shipping fee.

4. Returned items will be subject to a 10% inspection fee. A returned item is an item that is being sent back for a refund.

5. If you refuse delivery of your order for any reason, you will be refunded the cost of your order less the shipping fees once your item is received and inspected.

6. All partial or full refunds will be posted to the credit card used for purchase.

7. Air Relax is not responsible for items lost or damaged during shipping.