

LegFit relax

Practical recommendations for use

You decide how you use LegFit:

When? At any time, you are not bound to a specific time.

Where? Anywhere, at home, at work, in your leisure time, on the move.

How long? Based on your needs, between two to four hours per day.

The device has been designed for wearing it over or under the clothing, the on/off button can still be sensed by Hand.

Due to gravity, blood circulation in veins towards the heart works better in a lying versus a standing position, therefore, the best effect is achieved when lying down. Please ensure your knees are slightly bent, thus avoiding the calves from resting on the supporting surface and removing pressure from the cuffs.

Recommendations:

- When lying, use a gym foam roller or a cushion to relieve pressure on the knee pit.
- When sitting, stretch slightly your legs to ensure the knee pit remains free and blood can circulate unrestrictedly.
- When standing, tighten the upper hook-and-loop fasteners firmly to avoid the cuff from slipping downwards.
- If your skin is sensitive, a normal light stocking may be worn under the cuff.

Please consult your doctor should you notice reddish or bluish discoloration of the skin, or a warming up, swelling, inflammation or pressure pain in the calf.



Instructions for Use

Instructions for Use online



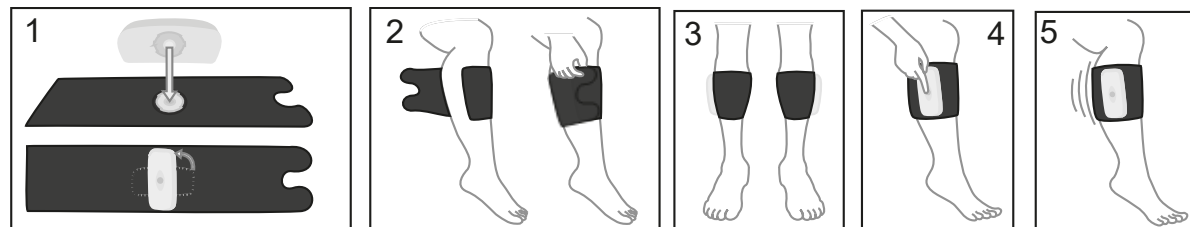
<p>Manufacturer: ICU Tech GmbH Bahnhofstrasse 2 CH-3534 Signau Tel: +41 34 497 28 20 www.legfit.ch sales@icutech.ch</p>	<p>Reseller:</p>
---	-------------------------

1 Button functions

The button offers three different functions depending on how long the button is pressed:

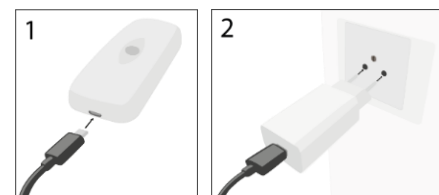
- Short pressing: 0 - 3 seconds
- Long pressing: 3 - 10 seconds
- Reset pressing: > 10 seconds

2 Turning LegFit on and off



1. Attach the LegFit devices to the cuffs.
 2. Attach a cuff to each leg and tighten it firmly with the hook-and-loop fasteners.
 3. Ensure the LegFit devices are placed on the outside of the calves.
 4. Turn on both LegFit devices by pressing the button shortly.
 5. The inflation cycle starts after about 3 seconds.
 6. Stop both LegFit devices by pressing the button shortly.
- ➔ If no or insufficient pressure is generated, the LegFit device turns into standby mode, indicated by a pulsing and fading LED. Make sure that the cuff is attached tightly to the calf and restart the device by pressing the button shortly.
 - ➔ It is recommended to leave the LegFit devices attached to the cuffs between uses.
 - ➔ Both the LegFit devices and cuffs can easily be cleaned with a moist towel; to do so, remove the LegFit device from the cuff.

3 Charging LegFit



1. Connect both LegFit devices and the power adapter with the USB cable.
 2. Connect the power adapter to the socket.
- ➔ The LegFit device must only be charged with the supplied power adapter.
 - ➔ Your LegFit device turns on and the white pulsing and fading LED displays the charging process.
 - ➔ Once the battery is fully charged, the green pulsing and fading LED lights. In this operating mode, the LegFit device can be switched off with a long pressing of the button.

4 LED indication modes

The LED shows the following operating modes of the LegFit device:

	Green steady Normal mode, intermittent inflation cycle according to the settings. Battery is fully charged.
	Yellow steady Normal mode, inflation cycle according to the settings. Low battery charge, connect to the charger.
	Red steady Normal mode, inflation cycle according to the settings. Battery nearly discharged, connect immediately to the charger.
	White steady Normal mode, intermittent inflation cycle according to the settings. Battery is being charged.

	Green pulsing and fading Standby mode, no inflation cycle. Battery is fully charged.
	Yellow pulsing and fading Standby mode, no inflation cycle. Low battery charge, connect to the charger.
	Red pulsing and fading Standby mode, no inflation cycle. Battery nearly discharged, connect immediately to the charger.
	White pulsing and fading Standby mode, inflation cycle not active, battery currently charging.
	Red flashing LegFit device in error state. The device powers off after 10 seconds unless it is connected to the charger. Please contact your local distributor if the error persists after several restart attempts.
	Button not illuminated The device is turned off.