



**OS | OPTIMA
SPORT**

OPTIMA SPORT RECOVERY BOOTS MANUAL

- ENGLISH -



TRAIN HARD - RECOVER FAST - OPTIMA SPORT RECOVERY BOOTS

ENJOY A QUICK AND EASY
WAY TO LIGHTER LEGS WITH
OPTIMA RECOVERY BOOTS

We hope you will like them. If you have any questions or other issues, please write us or call us.



contact@optimasportrecovery.com



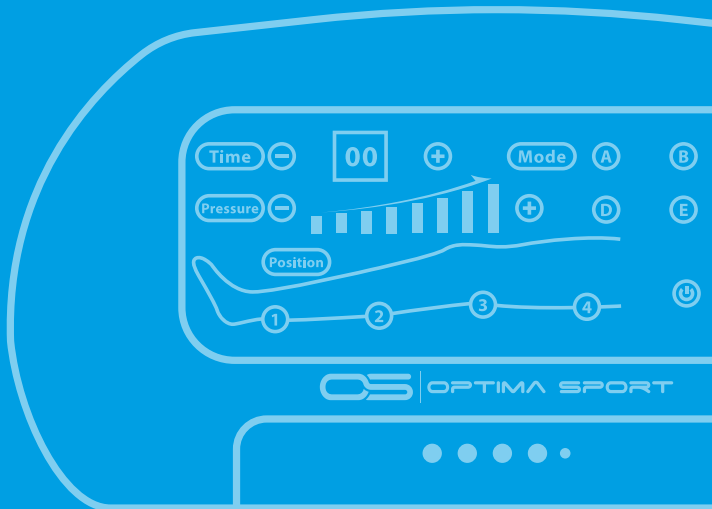
www.optimasportrecovery.com
www.optimasportrecovery.se
www.optimasportrecovery.de
www.optimasport.co.uk
www.optimasport.no

Yours sincerely,
Optima Sport



4, 6 & 8 CHAMBERS

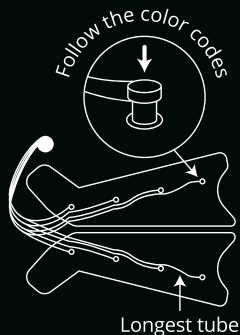
STATIONARY UNIT



STATIONARY UNIT START SET-UP

1. Remove the travelling screw

Turn the machine upside down. Open the filter at the bottom of the machine and remove the screw. The screw simply protects the machine during transport.



2. Install the tubes

The colour of the mouthpieces on the boots and the tubes, respectively, must match. Make sure that the mouthpieces are tight.

NOTE: When the boot is inflated, the first chamber to be inflated should be the foot. If that is not the case, the tubes are positioned the wrong way.

3. Separate the hoses that are attached to the boots

To ensure the optimal treatment, it is important that you separate the hoses that are connected to the boot. Each hose must have approx. 10 cm where they are separated from the other hoses. Below is shown what it should look like.



4. Battery for remote control

Insert battery type 2025 in the remote control
Diameter: 20mm
Thickness: 2.5mm
Volt: 3V



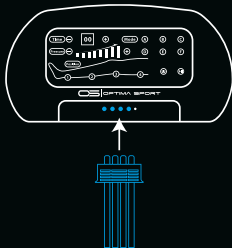
NOTE: The remote control has a range of 40-50 cm.

STATIONARY UNIT - USING YOUR RECOVERY BOOTS

1. Connect the mouthpiece

Connect the mouthpiece at the end of the tubes to the machine.

NOTE: when removing the mouthpiece, it must be coaxed out. Do not turn it from side to side as the machine might crack.



2. Switch on power

Plug in the machine.

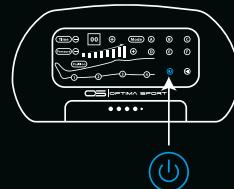
3. Wear the boots

Get comfortable with your legs stretched out.

Avoid wrinkles in your pants, and avoid having things in your pockets.

4. Start the machine

Push the start button on the machine.

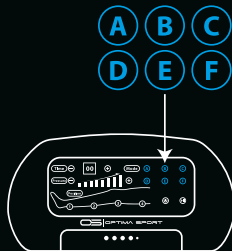


STATIONARY UNIT - USING YOUR RECOVERY BOOTS

5. Select programme

Select the requested programme by selecting Mode. A, B, C, D, E, F.

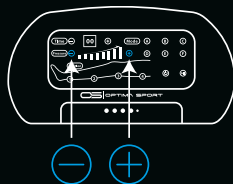
See our recommendations for programmes on the back.



6. Select pressure

Select the requested pressure.

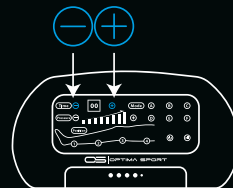
See our recommendations for pressures on the back.



7. Select time

Select the requested time.

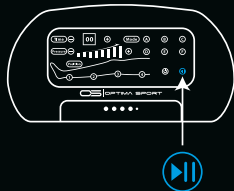
See our recommendations for programmes on the back.



STATIONARY UNIT USING YOUR RECOVERY BOOTS

8. Start the machine

Start the machine by pushing the start button.



DO YOU HAVE ANY QUESTIONS REGARDING YOU RECOVERY BOOTS?

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STATIONARY UNIT - HOW TO TURN CHAMBERS ON AND OFF

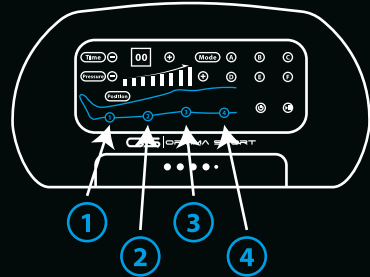
You can turn chambers on and off. This is useful if treatment is not requested at a specific area, e.g. areas with wounds and the like.

The function is also useful if you have areas that are very sore and you would like extra treatment.

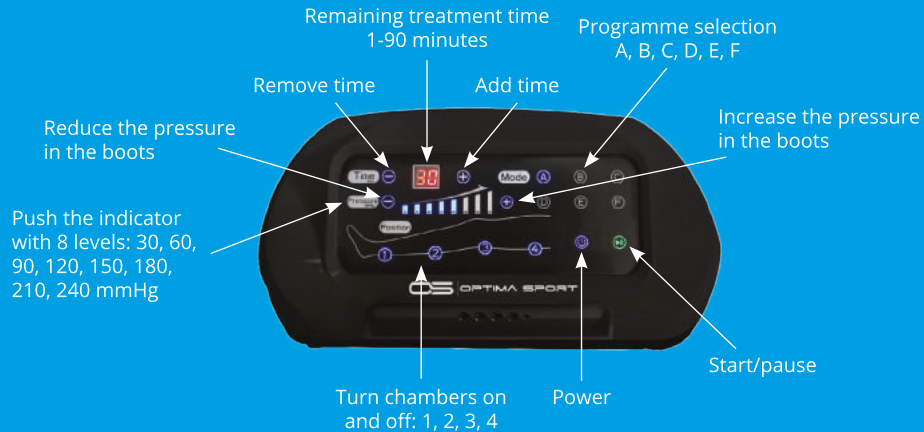
What to do

Follow the above steps to turn on the machine. When the machine is on, push the area on your leg that should not be inflated. The light in the area turns off when you push the first time. Push again to turn the area back on.

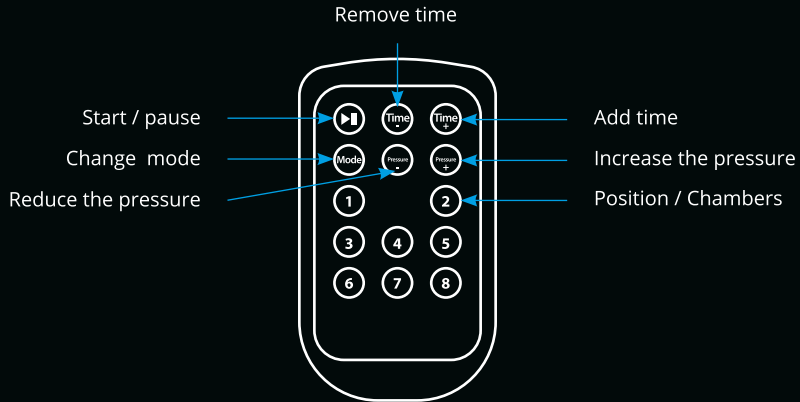
NOTE: the machine is not made for only inflating one area - there must be a minimum of two areas.



STATIONARY UNIT - CONTROL PANEL OUTLINE



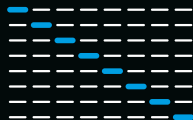
REMOTE CONTROL OVERVIEW



Insert battery type 2025 into the remote control. Diameter: 20mm. Thickness: 2.5mm. Volts: 3V

STATIONARY UNIT - PROGRAMMES

Mode A
Massage



Mode B
Lymphatic drainage



Mode C
Massage



Mode D
Restitution



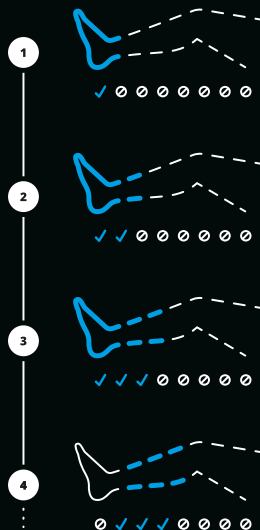
Mode E
B and C in cycle



Mode F
A, C and D in cycle



Example of Mode F



STATIONARY UNIT

TECHNICAL SPECIFICATIONS

Sizes / Leg length

S / 84 cm inside seam length (model K4 only)

M / up to 85 cm inside seam length

L / starting from 86 cm inside seam length

Weight (motor and boots) 5.2 kg

Dimensions (motor)
34 x 31 x 32 cm

Motor pressure
30-240 mmHg

Treatment time

1 - 90 min.

Number of programmes

6 programmes

Volt

30 W, 220V, 50/60Hz

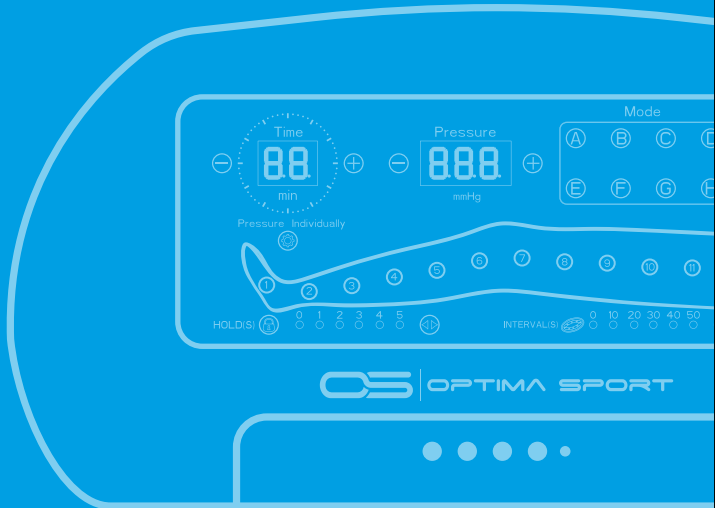
Included when purchased

- 1 recovery motor
- 1 set legs (sizes M / L / XL)
- 1 carrying bag
- 1 remote control



12 CHAMBERS

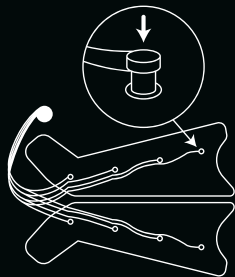
STATIONARY UNIT



STATIONARY UNIT 12 CHAMBERS START SET-UP

1. Remove the travelling screw

Turn the machine upside down. Open the filter at the bottom of the machine and remove the screw. The screw simply protects the machine during transport.



2. Check the hoses

Check that the hoses are correctly fitted so that they sit on the boot and end tightly.

3. Separate the hoses that are attached to the boots

To ensure the optimal treatment, it is important that you separate the hoses that are connected to the boot. Each hose must have approx. 10 cm where they are separated from the other hoses.

4. Connect mouthpiece

Connect the nozzle at the end of the hoses to the machine and check for a tight fit.

5. Battery for remote control

Insert AAA batteries.

NOTE: The remote control has a range of 40 - 50 cm.

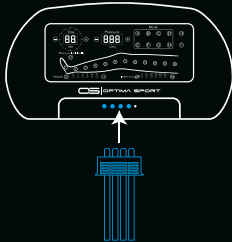


STATIONARY UNIT - USING YOUR RECOVERY BOOTS

1. Connect the mouthpiece

Connect the mouthpiece at the end of the tubes to the machine.

NOTE: when removing the mouthpiece, it must be coaxed out. Do not turn it from side to side as the machine might crack.



2. Switch on power

Plug in the machine.

3. Wear the boots

Get comfortable with your legs stretched out.

Avoid wrinkles in your pants, and avoid having things in your pockets.

4. Start the machine

Push the start button on the machine.

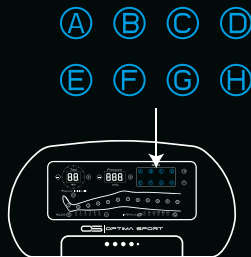


STATIONARY UNIT - USING YOUR RECOVERY BOOTS

5. Select programme

Select the requested programme by selecting Mode. A, B, C, D, E, F, G, H.

See our recommendations for programmes on the back.

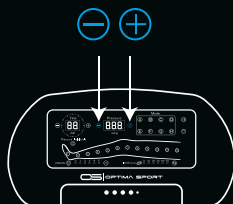


6. Select pressure

Select the requested pressure.

Press + to increase or - to decrease the pressure by 10 mmHg per click.

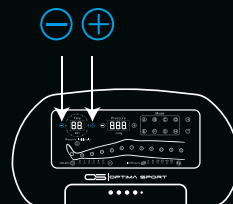
See our recommendations for pressures on the back.



7. Select time

Select the requested time.

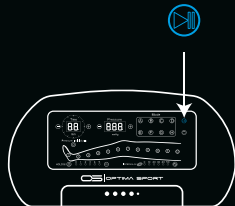
See our recommendations for programmes on the back.



STATIONARY UNIT USING YOUR RECOVERY BOOTS

8. Start the machine

Start the machine by pushing the start button.



DO YOU HAVE ANY QUESTIONS REGARDING YOUR RECOVERY BOOTS?

Visit our Q&A page



STATIONARY UNIT - HOW TO TURN CHAMBERS ON AND OFF

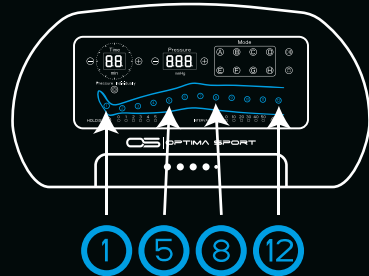
You can turn chambers on and off. This is useful if treatment is not requested at a specific area, e.g. areas with wounds and the like.

The function is also useful if you have areas that are very sore and you would like extra treatment.

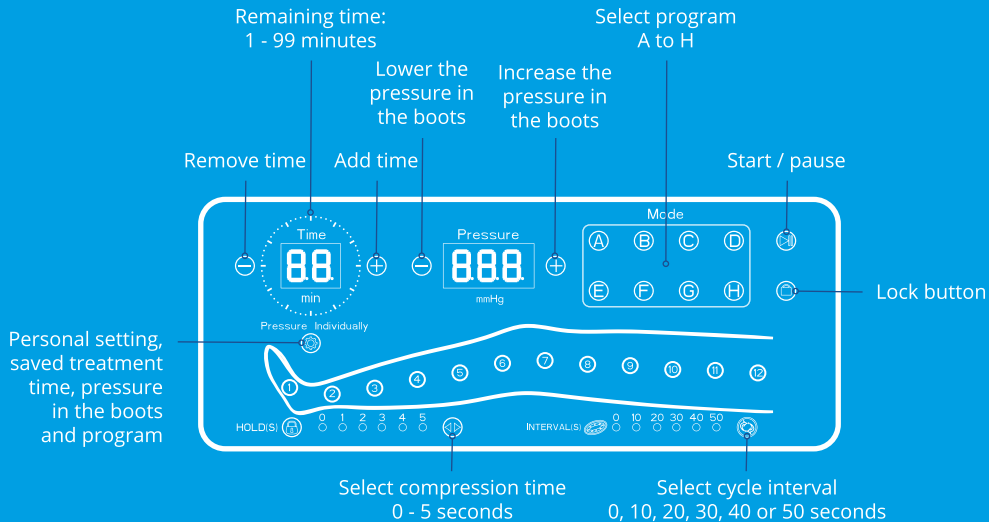
What to do

Follow the above steps to turn on the machine. When the machine is on, push the area on your leg that should not be inflated. The light in the area turns off when you push the first time. Push again to turn the area back on.

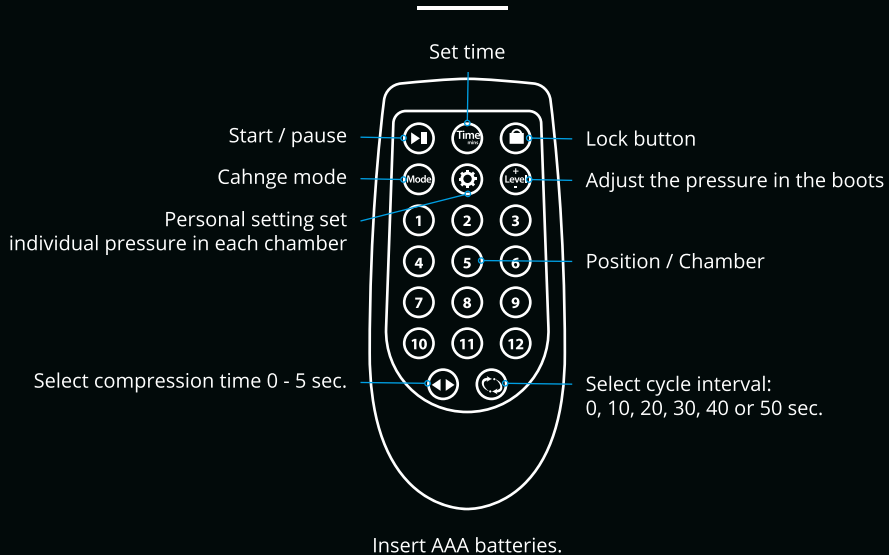
NOTE: the machine is not made for only inflating one area - there must be a minimum of two areas.



STATIONARY UNIT 12 CHAMBERS - OVERVIEW OF THE CONTROL PANEL



REMOTE CONTROL OVERVIEW



STATIONARY UNIT 12 CHAMBERS - PROGRAM OVERVIEW

Mode A

Massage

1 chamber at a time



Mode C

Massage

2 chambers at a time



Mode E

Moderate

lymphatic drainage

3 chambers at a time



Mode B

Lymphatic drainage

Inflation of chambers from foot and up pressure is kept in each chamber



Mode D

Restitution

The entire boot is inflated at once



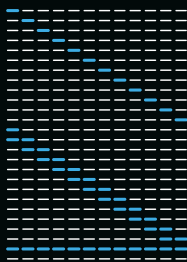
Mode F
Drainage combination

Program B + C
Hard drainage followed by gentle drainage



Mode G
Massage combination

Program A + C + D
Point massage followed by gentle drainage, followed by recovery

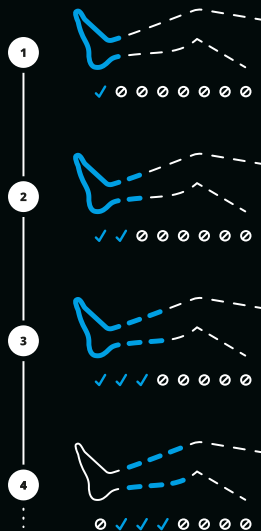


Mode H
Massage and drainage combination

program A + C + E + B
Point massage and gentle, moderate, hard drainage



Example of Mode E



STATIONARY UNIT

TECHNICAL SPECIFICATIONS

Sizes / Leg length

S / 84 cm inside seam length (model K4 only)

M / up to 85 cm inside seam length

L / starting from 86 cm inside seam length

Weight (motor and boots) 5.2 kg

Dimensions (motor)
34 x 31 x 32 cm

Motor pressure
30-240 mmHg

Treatment time

1 - 90 min.

Number of programmes

6 programmes

Volt

30 W, 220V, 50/60Hz

Included when purchased

- 1 recovery motor
- 1 set legs (sizes M / L / XL)
- 1 carrying bag
- 1 remote control

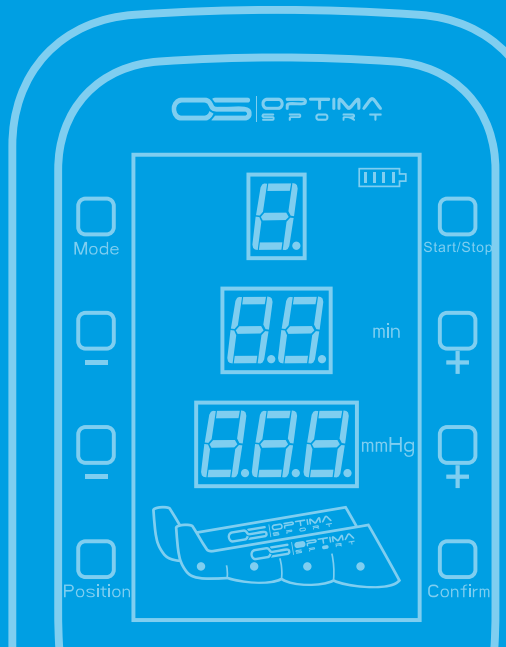


DO YOU HAVE ANY QUESTIONS REGARDING YOUR RECOVERY BOOTS?

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BATTERY UNIT

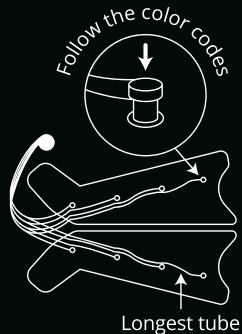


BATTERY UNIT - START SET-UP

1. Install the tubes

The colour of the mouthpieces on the boots and the tubes, respectively, must match. Make sure that the mouthpieces are tight.

NOTE: When the boot is inflated, the first chamber to be inflated should be the foot. If that is not the case, the tubes are positioned the wrong way.



2. Separate the hoses that are attached to the boots

To ensure the optimal treatment, it is important that you separate the hoses that are connected to the boot. Each hose must have approx. 10 cm where they are separated from the other hoses. Below is shown what it should look like.



BATTERY UNIT - USING YOUR RECOVERY BOOTS

1. Connect the mouthpiece

Connect the mouthpiece at the end of the tubes to the machine.

NOTE: when removing the mouthpiece, it must be coaxed out. Do not turn it from side to side as the machine might crack.



2. Connect power

Check if the battery is charged. If the battery is empty then put the charger into an outlet and plugged in the machine.

NOTE: You can use the machine even though it is connected to an outlet.

If the battery has been completely depleted of power it must charge 4-5 hours before use.

3. Wear the boots

Get comfortable with your legs stretched out.

Avoid wrinkles in your pants, and avoid having things in your pockets.

4. Start the machine

Press and hold the on / off button until you hear a beep and the machine turns on.



BATTERY UNIT - USING YOUR RECOVERY BOOTS

5. Select programme

Select the requested programme by selecting Mode. 1, 2, 3, 4.

See our recommendations for programmes on the back.



6. Select pressure

Select the requested pressure.

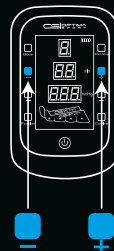
See our recommendations for pressures on the back.



7. Select time

Select the requested time.

See our recommendations for programmes on the back.



BATTERY UNIT USING YOUR RECOVERY BOOTS

8. Start the machine

Start the machine by pushing the start button.



DO YOU HAVE ANY QUESTIONS RE. YOUR RECOVERY BOOTS?

Visit our Q&A page



BATTERY UNIT - HOW TO TURN CHAMBERS ON AND OFF

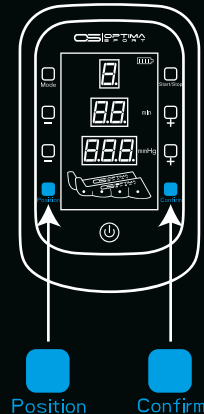
You can turn chambers on and off. This is useful if treatment is not requested at a specific area, e.g. areas with wounds and the like.

The function is also useful if you have areas that are very sore and you would like extra treatment.

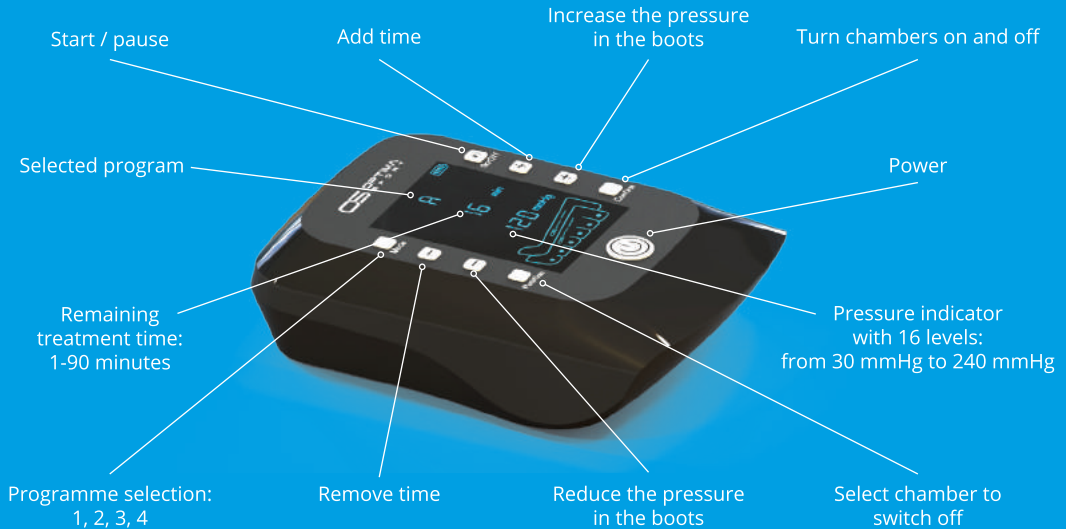
What to do

Follow the above steps to turn on the machine. When the machine is on, push the area on your leg that should not be inflated. The light in the area turns off when you push the first time. Push again to turn the area back on.

NOTE: the machine is not made for only inflating one area - there must be a minimum of two areas.

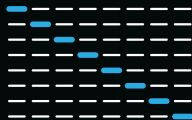


BATTERY UNIT - CONTROL PANEL OUTLINE



BATTERY UNIT - PROGRAMMES

Mode 1
Massage



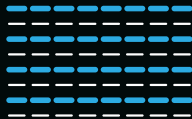
Mode 2
Lymph drainage



Mode 3
Massage



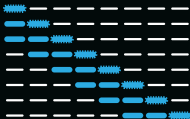
Mode 4
Recovery



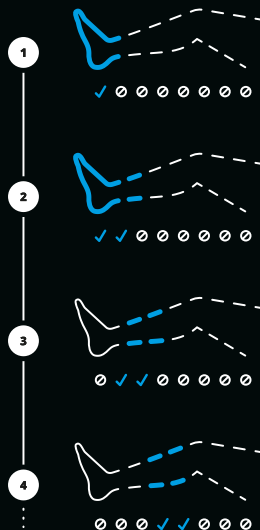
Mode 5
Intense



Mode 6
Intense Pulse



Example Mode 3



BATTERY UNIT

TECHNICAL SPECIFICATIONS

Sizes / Leg length

S / 84 cm inside seam length (model K4 only)

M / up to 85 cm inside seam length

L / starting from 86 cm inside seam length

Weight (motor and boots) 4.1 kg

Dimensions (motor)
34 x 21 x 32 cm

Motor pressure
30-240 mmHg

Treatment time
1 - 90 min.

Number of programmes

6 programmes

Volt

25 W, 12.6V, 2A,
battery capacity:
2500 mAh

Included when purchased

1 1 recovery battery motor
1 set legs (sizes M / L / XL)
1 carrying bag

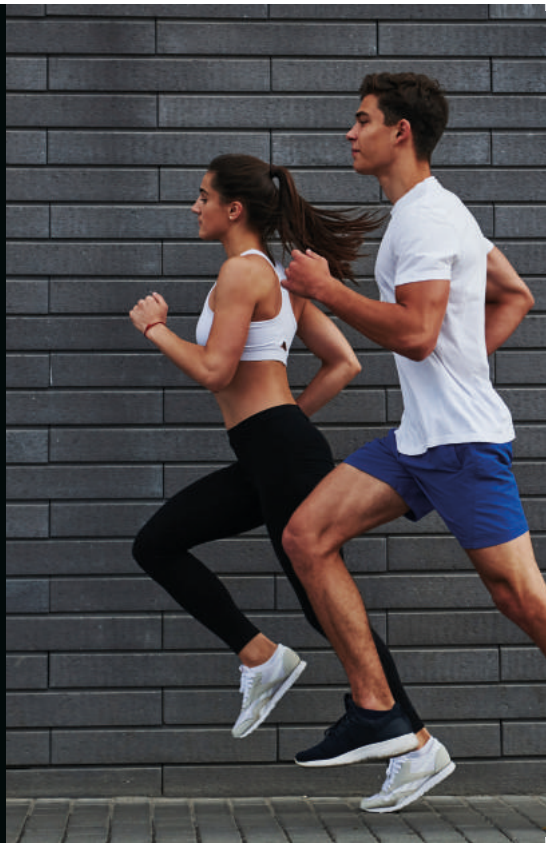
This machine comes with an app for Android and iOS devices. You can find the app where you download your apps by searching on Optima Sport Recovery Boots.



INFORMATION FOR BOTH MODELS

REMOVING THE TUBES

Do not pull the tubes when removing them. Grab the plug when removing the tubes. The plugs can easily be coaxed or be turned from side to side when removing them.



HOW OFTEN CAN I USE MY REBOOTS?

You can use Reboots every day. The optimal treatment time is between 20 and 50 minutes, but the boots can also be used for longer periods. We do not recommend using them for more than 1.5 hours a day. Use your Recovery Boots sensibly, and pay attention to the signals sent by your body.

Our Recovery Boots is not medical equipment. If you suffer from a serious illness, please consult your doctor before use.





RECOMMENDED USE

Before training

Optima Sport Recovery Boots work as a massage to warm up your muscles. Pre-training sessions are generally 10 to 20 minutes with a moderate intensity level in e.g. Mode A or Mode C.

After training (Restitution)

We generally recommend 20 to 30 minutes in Mode B (lymphatic drainage) followed by 15 to 30 minutes in one of the massage programmes (Modes A, C or D). Selection of the massage programme depends on your temperament. Mode D will feel like the hardest programme where the pressure may seem high (obviously, you can always reduce the pressure).

Rehabilitation

If you are in rehabilitation after an injury, the pressure in the boot will often have to be reduced. Start with 5 to 10 minutes in Mode B (lymphatic drainage) with the pressure at level 1 to 5 (30-150 mmHg). This will result in drainage and blood circulation to the injury and reduce the rehabilitation period.

After 5-10 minutes, you can disconnect the chamber(s) that add pressure on the place of your injury and continue using the remaining chambers. As an alternative, please consult your physiotherapist.

Feeling thirsty and relaxed after treatment is normal.

RECOMMENDED USE

Restless Leg Syndrome (RLS)

We have many customers who find that our recovery boots help them with restless legs. If you find that massage helps with your restless legs, there is a good chance that our recovery boots can help you.

Start out with a low pressure level. Below is an example of a treatment you can try. Test the treatment before bedtime, as it will optimize your chances for a good night's sleep.

30 minutes in program B (2 on battery machines) with a pressure of 120-150 mmHg, followed by 10 to 20 minutes in program D with a pressure of 120 mmHg

Lack of fluid and minerals can also have an effect on restless legs. Therefore, make sure that you drink enough during the day and get the vitamins and minerals you need.





PRESSURE SELECTION

The pressure selection will vary from person to person. It is okay that your Recovery Boots add a hard pressure, but it should never be uncomfortable. The pressure is too high if you feel that you are tensing.

AVOID

Always make sure to fully zipper the boots before turning on the machine.

Avoid zipping up the boots when the machine is on.

Avoid pulling the tubes when removing them from the machine. Rather, pull the mouthpieces.
NOTE, do not turn the nozzle from side to side.

Avoid removing the tubes on the boots all the time. When you are travelling with the boots, the tubes can be removed to optimise space in your bag, but it is not necessary.

Do not place the machine too far away from you when using it. The hoses must NOT be fully extended. A distance of 1 m will usually be appropriate.

CHAMBERS IN THE BOOT

4 - 6 - 8 chambers

Select the number of chambers that is suitable for you.

Overlapping chambers (optimflow)

No dead points between the chambers with our overlapping chambers.



Turn the chambers on and off

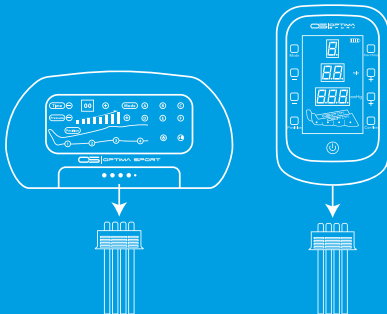
Activate and deactivate the chambers as you see fit. If there are areas where you do not want treatment, the chambers can e.g. be turned off.



AFTER USE

After use

Just needs to disconnect the hose from the machine by pulling the main end out. The cuffs connected with hose are always kept and used as a whole; When use, it just need insert the other end of the hose the machine.



Cleaning

Clean with a dry cloth. Do not use water, oil, benzene, alcohol, gasoline or chemical agents to clean the machine or garments. Keep in a dry place and do not store at low temperatures.



DO NOT EXPOSE THE MACHINE TO ...



Do not walk in the boots



It is not a toy for children



Avoid direct sunlight and heat



Call Optima Sport for repair



OPTIMA SPORT RECOVERY BOOTS MANUAL

[optimasportrecovery.com](https://www.optimasportrecovery.com) | [optimasportrecovery.se](https://www.optimasportrecovery.se) | [optimasportrecovery.de](https://www.optimasportrecovery.de) | [optimasport.co.uk](https://www.optimasport.co.uk) | [optimasport.no](https://www.optimasport.no)