PRO RESET

PRESSOTHERAPY PANTS

USER MANUAL

Benefits

Intended use:
This device is a wellness device aimed at relaxation and general wellness purposes only.

ProReset® S.L. (hereinafter “ProReset”) congratulates you on the purchase of your very own ProReset® Pressotherapy Pants. Before using your ProReset® Pressotherapy Pants please read this User Manual in detail.

The ProReset® Pressotherapy Pants have been designed with your safety in mind. However, it's important to follow all safety procedures when using this device.

PRORESET® PRESSOTHERAPY PANTS

ProReset® Pressotherapy Pants can enhance recovery after intense workouts for both professionals and amateurs. These boots utilize massage principles to relax muscles and eliminate metabolic waste, accelerating recovery and minimizing inflammation and soreness.

The passive, targeted, and progressive uniform massage allows for quicker muscle regeneration, enabling more frequent training. Consistent use of ProReset® Pressotherapy Pants contributes to improved long-term performance and mobility.

Operating principle

The ProReset® Pressotherapy Pants utilize a control unit to inflate 8 air chambers in each leg, applying periodic air pressure to blood and peripheral tissues. The control unit's interface allows users to adjust operation modes, pressure, and duration. On-board electronics manage the air chambers through sequential compression, rest, inflation, and deflation cycles.

These pressotherapy pants are suitable for home use with a power outlet or portable use due to a built-in 5200mAh rechargeable battery providing up to 4 hours of operation.

For best recovery results, it is recommended to use the ProReset® Pressotherapy Pants as soon as possible after workout.

What's in the Box?

Our compression Pants include a central unit (control box), 2 connection hoses, 1 single to double adapter hose, 2 leg sleeves and a charging cable with power adapter. Upon unpacking, verify all listed components are present and not damaged.

Leg sleeves x 2
connecting piece incl

01

Control unit x 1

02

Power adapter x 1

03

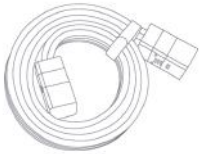
Carrying case x 1

04

Single to dual adapter x 1

05

Connecting hose x 2



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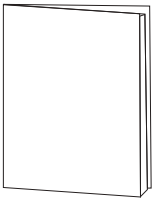
User Manual x 1



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Control unit display details

INSTALLATION AND OPERATING INSTRUCTIONS

Before use

Ensure the battery is charged before operating. To check the battery level, turn on the control unit using the power switch (indicated by "I").

If the unit does not turn on, connect it to the charger.

How to assemble the device

To use both sleeves at the same time, first attach the single end of the single to double adapter to the control unit's connection port. Next, connect the two ends of the single to double adapter to the two connecting hoses. Finally, attach the other end of each connecting hose to a sleeve

NOTE:
Ensure the single to dual “adapter” and “connecting hoses” are properly attached, paying attention to the arrow indicating the correct connection direction for the hoses and connectors.

USE OF PRORESET® PRESSOTHERAPY PANTS

For a better experience during your pressotherapy session, choose a comfortable sitting or lying position. Elevating your limbs slightly to heart level is recommended to optimize lymphatic and blood circulation.

Put on the recovery boots

For optimal benefit from the compression technology, pull the pants up as high as possible, ensuring only your toes extend beyond the end. This positioning ensures that your entire legs receive the full therapeutic effect.

Turn on the device

Turn on the device using the power switch. The screen should illuminate.

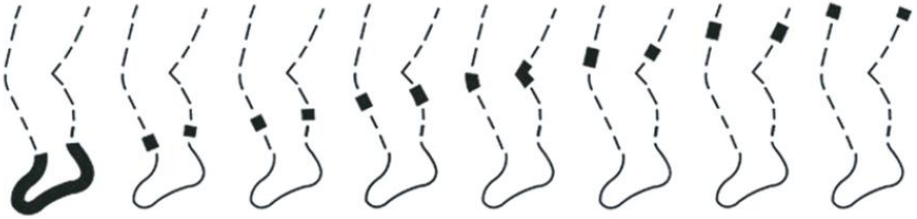
NOTE:
If the screen remains dark, verify the battery level. Either charge the battery or connect the power adapter before attempting to use the device.

Select the mode of operation

The device operates with 6 modes, defaulting to mode "1" upon startup. Mode changes are only possible when the device is paused.

Mode 1

Mode 1, applies consistent pressure to a targeted area, making it suitable for muscle relaxation. In this mode, compression progressively moves from the feet upwards towards the chest. When using this mode before exercise, limit the duration to avoid reducing necessary leg muscle tone.



Mode 2

Mode 2 in ProReset® Pressotherapy Pants facilitates rapid recovery from intense workouts by applying consistent, escalating pressure to the upper legs, effectively eliminating lactic acid. Optimal recovery occurs at high pressure levels. For best results, use your pants shortly after exercise.

Mode 3

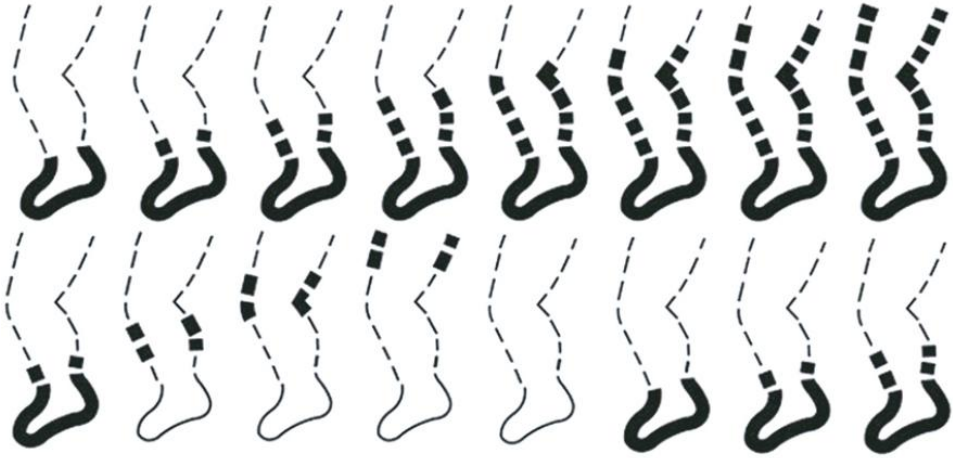
This combined mode (programs 1 and 2) inflates multiple chambers simultaneously to prevent fluid backflow and aid in lactate removal. It offers a faster, intensive recovery by applying intermittent pressure to the entire leg, unlike mode 2 where constant pressure is maintained.

Mode 4

This mode is designed for quick, high-intensity treatments. By inflating all chambers simultaneously, it achieves the maximum number of compression cycles within a specific timeframe.

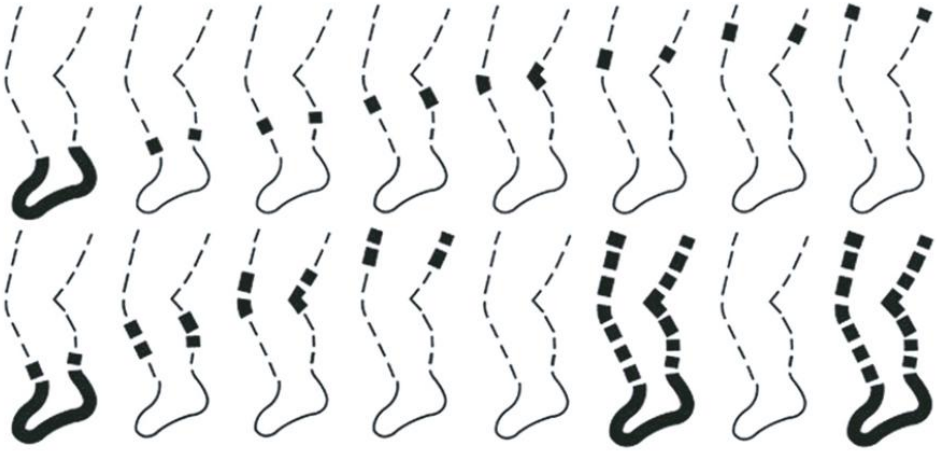
Mode 5

Mode 5 offers a combined approach to therapy, integrating the functionalities of Mode 1 and Mode 2. It initiates with the sequence of Mode 1, and upon its completion, automatically transitions to the sequence of Mode 2. This cycle of Mode 1 followed by Mode 2 is then repeated. The intended benefit of Mode 5 is to combine relaxation techniques with a more intensive recovery process.



Mode 6

Mode 6 integrates the functionalities of Mode 3 and Mode 4. It initiates with the Mode 3 sequence and, upon its completion, automatically transitions to Mode 4. This combined cycle then reiterates. The intended outcome is to achieve rapid recuperation alongside significant pressure application.



Set the treatment time

Set the treatment duration using the "+" and "-" buttons, ranging from 10 to 90 minutes (default: 30 minutes). For best results, aim for 30 to 50 minutes. Begin with 30 minutes after light exercise and increase to 50 minutes following intense activity. Sessions longer than 60 minutes are unlikely to provide substantial extra benefits.

Set the pressure

Adjust the pressure using the "+" and "-" buttons. The pressure ranges from 80 mmHg (10.7 kPa) to 260 mmHg (34.7 kPa). The device's default starting pressure is 80 mmHg (10.7 kPa).

Chambers deactivation (optional)

Deactivate chambers individually if you experience injury or pain in a specific area.

To deactivate a chamber, press the chamber selection button. The corresponding light on the control box will flash, indicating that the chamber will not inflate. To reactivate a chamber, repeat the same process.

NOTE:
All chambers are active by default and can be deactivated optionally.

Starting the session

To begin a session, set the parameters and press "Start (ON)". A countdown timer will appear. To stop or temporarily halt the session, press "STOP (PAUSE)".

End of the session

Once the pressotherapy session concludes, the device will automatically stop releasing air and sound an alert. The display will return to its initial settings, at which point the boots can be taken off.

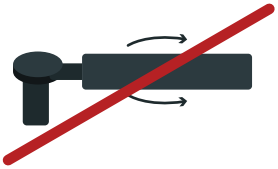
Turning off the device

To completely turn off the unit, first switch the power button located on the front to the "O" OFF position, and then disconnect the power cable.

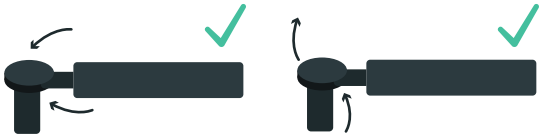
Storage and instructions after use

To store the equipment, disconnecting the connection hoses at the clips on both the hoses and the single-to-dual adapter is optional.

Avoid frequent removal of individual inflation hoses unless absolutely necessary for travel and space-saving, as repeated disconnection may damage them. To disconnect an individual hose, hold the plastic cap and pull.



Do not pull on the hose.



Disconnect by holding and removing the plastic sealing plug.

WARNING:

- Relax during use. Stop or readjust if discomfort occurs.
- Optimal pressure is individual; start at 80 mmHg and adjust for comfort.
- A typical pressotherapy session is 20-50 minutes at 80-120 mmHg, one or two times per day for 6-10 days.

Charging the battery

Connect the charger to an outlet and the control unit. A red light on the adapter indicates charging, and a green light indicates a full charge.

WARNING:
Unplug the power cable and turn off the unit once fully charged. Leaving your device plugged in after it's fully charged can gradually wear out the battery.

Please follow guidelines below to extend the lifespan of your device

Battery Care:
Unplug the power cable once the battery is fully charged. Leaving it connected can cause bidirectional power flow, potentially damaging both the battery and the circuit board.

Charger Care:
To prolong the charger's life, disconnect it from the power outlet or turn off the outlet's power switch when not in use. Continuous connection causes the charger to heat up, leading to faster deterioration of its components.

TECHNICAL SPECIFICATIONS

Pressure	The pressure is adjustable from 80 mmHg to 260 mmHg
Power consumption	49W
Normal power supply requirements	AC 100-240 V, 50-60Hz DC 12.6 V/4 A output OR Lithium battery 12.6 V, 5200 mAh
Compression modes and number of chambers	8 chambers and 6 compression modes
Chamber deactivation	Individually via the control unit
Rechargeable battery	Built-in lithium battery 12.6 V, 5200 mAh
Normal conditions of use	Operating temperature: between 5 °C and 40 °C Degree of humidity: ≤ 85 %

WARNINGS.
IMPORTANT READ BEFORE USE.

Safety Precautions

- Do not immerse the product in water or use in humid environments to prevent electrical shock or fire.
- In case of malfunction or incident, immediately turn off the device.
- Connect the device only to a grounded power outlet.
- Avoid kinking or twisting the power cable to prevent fire or electric shock. If any parts are worn, damaged, or loose, contact support at support@proreset.com immediately.
- Do not use the unit in unstable environments (tilted, vibrating, or subject to impact).
- Do not remove the recovery pants while the device is on.
- Remove sleeves only after switching off the unit.
- Place the control unit on a level surface.
- Do not move while wearing the recovery pants during operation.
- Consult a physician before using this device. This product is not intended for diagnosis, treatment, or cure of any medical conditions.

Precautions for use

- Verify the device, connecting hoses, single to dual adapter, and sleeves are in good condition.
- Ensure connecting cables are properly attached and secured.
- Confirm the device is functioning correctly.
- Using damaged or modified electrical cables can cause fire and electric shock.
- Power off and unplug the device before moving.
- Minimize vibration during transport.
- Handle the device gently during transport to prevent cosmetic damage.
- Place the device on a stable surface with at least 5 cm of clearance on all
- Do not use the device during thunderstorms.
- Keep the inflatable connecting hose away from the nose, mouth, ears, and other body parts to avoid injury.

• Keep the pants away from heat sources like stoves and cigarettes to prevent leaks and fire hazards.

• Remove jewelry, watches, and metal objects before use to prevent injury and damage to the sleeves.

• Keep sharp objects (needles, scissors, etc.) away from the sleeves to prevent punctures and device failure.

• Do not inflate the sleeves with tools other than the intended pump to avoid damage and injury.

• Do not insert metallic objects like paper clips, staples, needles, or food into the device.

• In case of emergency or discomfort (pain, paralysis, difficulty breathing, dizziness, etc.), immediately press the stop button or disconnect the inflatable hose.

• Elderly individuals and those with poor arterial elasticity should increase compression levels gradually during the session. Start with low pressure and increase intensity slowly.

• Use the sleeve in a lying position with the body relaxed.

• Wearing underwear and socks is recommended for hygiene and to prevent cross-infection when multiple people use the same sleeve.

• Do not disassemble, attempt to repair, or modify the device. Contact customer service at support@proreset.com for repairs.

• Dispose of the product and accessories according to local environmental regulations.

• Do not use the product in areas with intense sunlight, humidity, near water, vibrations, inclined surfaces, strong magnetic fields, electromagnetic waves, on-site pulse voltage, or where chemicals or corrosive gases are stored.

• Do not use in the presence of flammable anesthetic mixtures with air, oxygen, or nitric oxide.

To ensure the longevity and proper function of your pressotherapy pants, please adhere to the following storage instructions:

1. Environmental Conditions:
Avoid storing the product in areas with high temperatures, humidity, direct sunlight, dust, or corrosive gases.

2. Moisture Avoidance:
Keep the product away from water sources and moisture.

3. Pre-Storage Preparation:
Before storing, ensure all accessories, including the power cable, are clean. This will help prevent malfunctions during the next use.

Electrical Safety

1. Do not place or operate the device near water or liquids.
2. Do not place it near or pour running water over the device.
3. This device is not to be used in the vicinity of water.
4. Do not store devices in temperatures exceeding 140F/60C.
5. Do not use your device if damaged, this may result in electric shock or injury.

Disclaimer

ProReset® Pressotherapy Pants is not intended to diagnose, cure, or prevent specific diseases or medical conditions. These products are only intended to be used for relaxation and wellness purposes.

Any information contained in this manual is not intended as medical advice or a substitute for medical advice.

ProReset® does not intend these products to cure any physical or skin conditions solely from their use. A qualified health professional or doctor should always be consulted prior to using the products, and professional medical attention should be sought regarding any serious or life-threatening conditions.

These statements have not been evaluated by any Food and Drug Administration or health authorities. This product is not intended to diagnose, treat, cure, or prevent any disease whatsoever.

ProReset® is not responsible for any damage or loss that may arise from the use of our products, services, or information, and we disclaim all liability to the fullest extent permitted by law.

Maintenance and Storage

Regular Inspection

Routinely inspect the pressotherapy pants and their components for any signs of damage such as cracks, distortion, or loose connections. If you find any issues, please contact customer support at **support@proreset.com.**

Storage Guidelines

To ensure the longevity of the product and its accessories, store them in a cool, dry environment away from moisture, dust, and direct sunlight. For extended periods of non-use, storing the device in its original packaging is recommended

Cleaning
To clean the ProReset® Pressotherapy Pants, first ensure the power supply is off. Wipe away any dust with a soft, dry cloth or paper towel. Avoid using oil, benzene, alcohol, gasoline, or other chemicals for cleaning.

Storage
Store the boots and accessories in a ventilated space, avoiding direct sunlight and flammable, explosive, or corrosive gases.

Transport
Transport the device using any suitable method, ensuring protection against overturning, falling, strong impacts, vibration, and exposure to intense sunlight, rain, or snow. When transporting, do not include flammable, explosive, or corrosive materials, in accordance with the order contract.

Disposal
- This device must not be disposed of with your normal household rubbish.
- This device requires disposal via your designated waste collection point.

ProReset® Warranty Policy

ProReset® warrants that this product is free from defects in materials and manufacturing workmanship under normal and intended use. This 1-year limited warranty begins from the date of production and covers the original purchaser only. This warranty is non-transferable and requires proof of purchase for any claims whatsoever.

Warranty Coverage
ProReset® will, at its sole discretion, repair or replace defective products or components found to be faulty within the warranty period.

EXCLUSIONS
This limited warranty does not cover:

1. Normal wear and tear.
2. Shipping costs to and from ProReset's warehouse for repairs or replacements.
3. Damage incurred during transit (claims should be filed with the shipping carrier).
4. Accessories or components added after shipment that are not approved by ProReset®.
5. Products purchased through unauthorized dealers or third-party resellers.
6. External accessories not listed in ProReset's standard product catalog.

7. Maintenance or service costs beyond warranty repairs.
8. Any modifications to the product.

WARRANTY VOIDING CONDITIONS

This warranty will be void if:

1. Cosmetic damage occurs not related to material or workmanship defects (e.g., scratches, dents, or tears).
2. Damage results from accidents, misuse, abuse, improper use or storage, or unauthorized modifications.
3. Repairs or alterations are performed without ProReset's prior written approval.
4. The product is used in conditions exceeding the guidelines outlined in this Instructional Manual.
5. The serial number is removed, defaced, or untraceable.
6. Any parts are tampered with or modified.
7. Cleaning agents containing harsh chemicals (e.g., acetone, paint thinner) are used.
8. The product is placed too close to heat sources, exposed to direct sunlight, or subjected to extreme environments.
9. The product is used outside the specified operational conditions, stored improperly, or used incorrectly.
10. Any spikes in electricity, lightning or any other natural disasters.

Claim Process

- Claims must be submitted within 30 days of defect discovery and no later than the warranty expiration date.
- Provide proof of purchase and a detailed description of the defect with videos and photos.
- Unauthorized repairs may render the product irreparable and void the warranty.
- Purchasers are responsible for shipping costs, import costs to and from ProReset's warehouse for all warranty related service.
- Claims should be submitted via certified mail or through the ProReset website.

Limitations of Liability

- ProReset's liability is limited to repair or replacement at its discretion under this warranty.

• No compensation is provided for incidental damages, loss of use, downtime, or any consequential losses.

• Purchasers assume full responsibility for compliance with local safety codes and operational regulations.

General Conditions

• This warranty applies only to products used and maintained per ProReset's instructions and specifications.

• Resale, rental, lease, or any transfer of ownership voids this warranty. No implied warranties of merchantability or fitness for a particular purpose extend beyond this document.

The contents of this manual are subject to change without prior notice. As our organization evolves, we may update or revise the information to reflect changes in procedures, policies, or operational needs.

If you have any questions about your product or this user manual, please contact ProReset® by sending an email to support@proreset.com.

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