



Recover
Better

Wyłączny importer i dystrybutor w Polsce

MYISO pl



Welcome to the Aerify community

Hi! And Welcome to the Aerify community of Fresh legs!

First of all, we would like to congratulate you on your excellent choice of getting yourself the **Aerify LITE Recovery boots!** That means that you understand the importance of recovery during your active lifestyle which, to be honest, has become very 'main stream' only during the last few years.

We truly embrace what Dotsie Bausch said in the movie "Game Changers":

*"Recovery is the most essential element of an elite athlete's existence. It's damage, repair, damage, repair and you do that over and over again. Because if you can do more work and **more repair**, you're gonna be the **better athlete**."*

And she is a woman worth listening to – 8x USA National cycling champ, 2x Pan-American gold medalist.

In other words - even if you train every day for four or five hours. The rest of the day, the other 20 hours you spend recovering from it. Most of your progress comes from a better recovery that helps you to be better at your next training! Investing in your recovery might be the smartest investment towards achieving your athletic goals!

What's in the box?

Remote control



Air hoses



The Aerify LITE machine & a pair of Aerify LITE overlapping 4-chamber boots

Aerify LITE interface



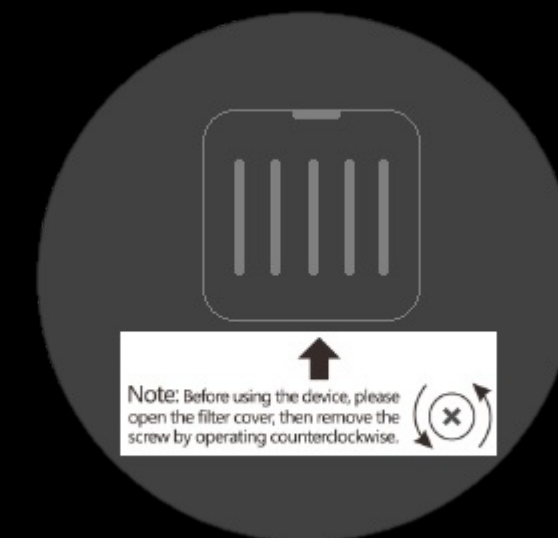
Getting started – how to assemble?

Step 1 – Before starting to use the Aerify machine for the **first time**, flip the machine upside down and look for a small hatch in the center. Underneath you will find a «transport screw» that has to be removed with a simple screwdriver. The screw is **ONLY** used for fixing and protecting the control unit from damage during transportation. You won't need it anymore. Do not insert it back again.

Step 2 – lift the hose covers on the sides of the boots and connect one by one the pins of the air hoses to the boots

Step 3 – make sure the pins are air-tight and connected securely, then close the hose covers

Step 4 – connect the hoses of to the Aerify LITE machine, make sure the arrows on the connectors are facing upwards. You are ready to go!



Step 1



Step 2



Step 3



Step 4

Getting started

How to use Aerify LITE?

Aerify LITE is very easy to operate - just sit down, put your legs into the boots, with or without pants, choose one of the six modes available, adjust the pressure and time settings, press start and enjoy! Aerify LITE allows you to multi-task, while recovering you can watch TV, have your post-exercise meal, check your phone or even work on your laptop. There is no need to sweat anymore, you have already done your job, now relax and let Aerify do it's job.



Press the power button to turn Aerify LITE - ON!



Put both of your legs in the boots and make sure the zipper is closed all the way up!

Choose your recovery mode

Aerify LITE has 6 different recovery modes

Modes A, B, C, D are the main recovery programs:

A: "single wave" mode provides an excellent relaxing massage after a long day on your legs

B: "sequential squeeze" best for lymphatic drainage and flushing lactic acid after exercise

C: "peristaltic double wave" for an intense muscle relax

D: "full squeeze and release" with all chambers at the same time, for a quick and super intense therapy. Perfect for a 10 minute warm up, or a proper 30-60 minute lactic acid flush after exercise.

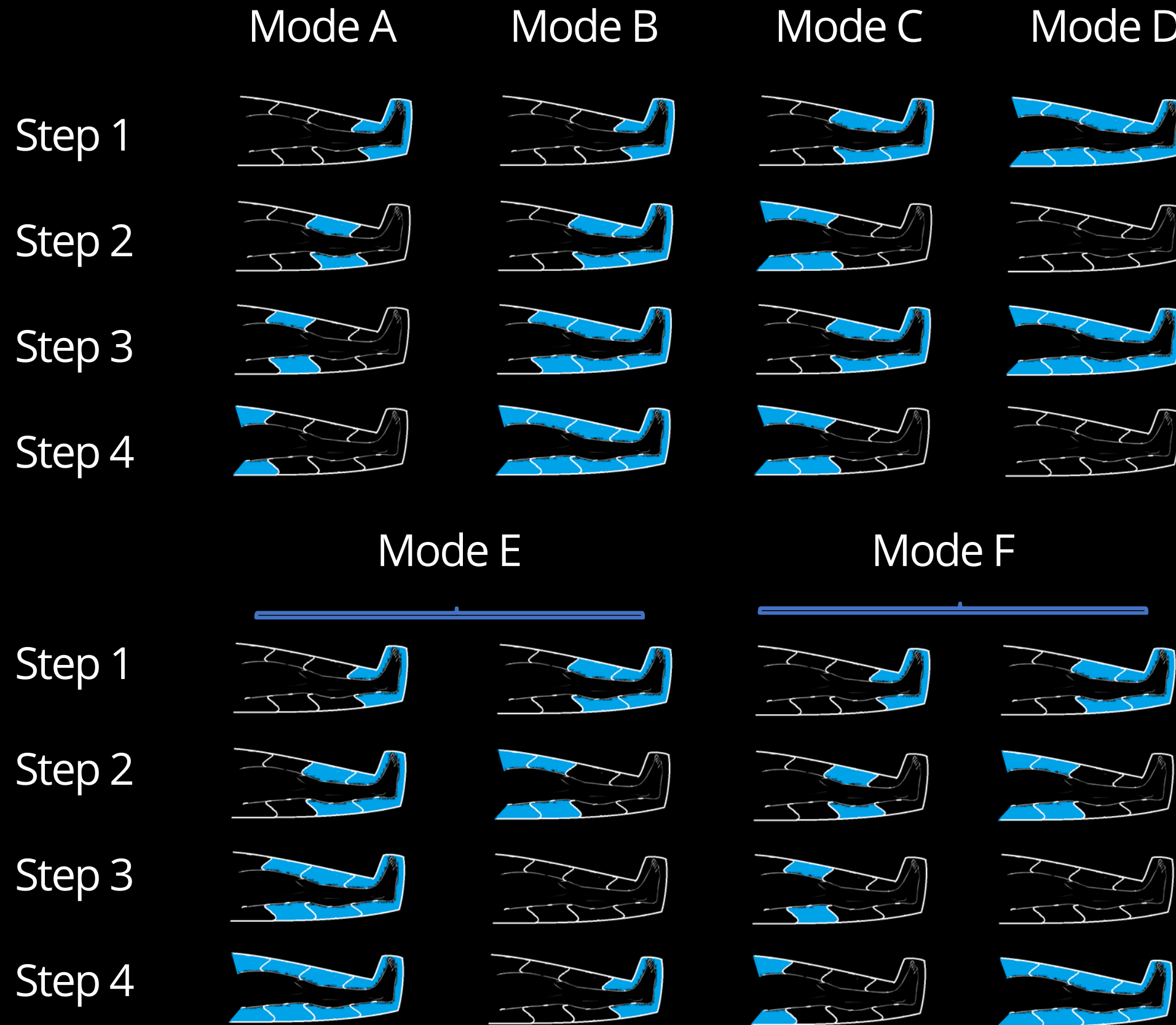


And modes E, F are combinations of the previous modes

E: modes B + C in cycle

F: modes A + C + D in cycle

Cycles of the 6 different modes



Set the pressure POWER LEVEL

Aerify LITE allows you to choose from a wide range of pressure levels for the recovery session. From 30 to 240 mmHg with 8 different levels where each level represents the increase of 30 mmHg. For example, level 1 is 30mmHg, level 5 is 150mmHg and the highest level - 8 is 240mmHg (this is the pressure inside of a volleyball). The pressure needed depends on the circumference of your legs (e.g. with thin legs normally you will need a higher pressure), personal preferences and tolerance of compression. We advise to start with medium pressure – LEVEL 3 to 5 (between 90-150 mmHg) and then go higher or lower according to your comfort level. Please, note that the sensation should be pleasurable yet strong and firm. If you feel uncomfortable at any time we suggest to lower the pressure level.





SELECTING AND DESELECTING INDIVIDUAL CHAMBERS

The 4 air chambers of the boots can also be switched on and off individually giving you an option to avoid specific painful or tender areas of your legs or focus only on specific areas by deselecting other parts of the boots.

By default all chambers are selected and will fill up with air once you initiate any program.

To **deselect** a specific air chamber just press on the individual chamber you would like to deselect before you start the program.

To **select** it again pause the program, press on the air chamber you would like to turn on again and press the start button again.

Any combination of selected/deselected chambers is possible. Feel free to experiment and play which settings feel the best for you.





Set the length of your recovery session

TIME SETTINGS



By default we recommend one session of **30 minutes** a day, but you can manually set up your individual session length **up to 99 minutes**.

For a quick warm-up before exercise even **15 minutes of high pressure** can be enough. But post-workout you can go as long as **50-60 minutes** of relaxing compression. As long as the procedure feels pleasurable to you there are no restrictions how long or how often you should use it!

After using Aerify Recovery boots



After your recovery session with Aerify LITE recovery boots - unzip the zippers and take off the boots. Disconnect the air hoses from the machine if needed.

Store your boots and Aerify LITE device in a safe and dry place, away from heat, direct sunlight or water.

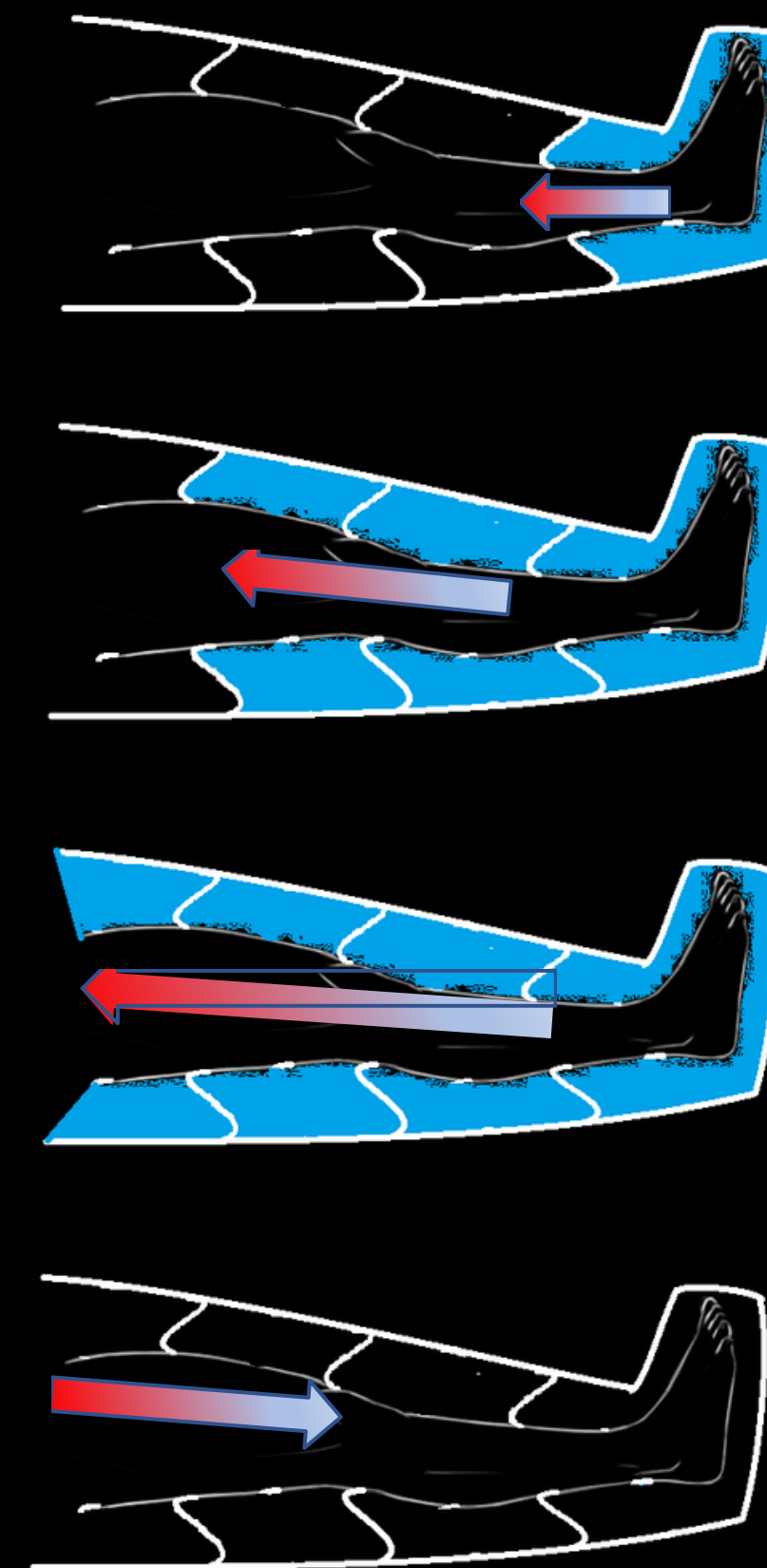
Once assembled the air hoses should not be disconnected from the boots.

(!!!) It is important that you always keep your Aerify LITE boots and machine clean and well maintained. Please, avoid using it on dirty or sweaty legs. Best recommended to use it after a shower or with clean pants. However, if needed to clean, use a wet cloth and let the boots dry naturally, do not use any electrical dryers, keep away from fire, direct sunlight or any heat source. Make sure that the water does not get into the machine - it's not water resistant. Do not wash the boots in your washing machine or a large bath or bowl of water. Do not use laundry dryers and similar devices.



How do Aerify LITE Recovery boots work?

Aerify LITE uses air or also called pneumatic compression to create a dynamic and effective massage for your legs. By sequentially pressurizing different chambers of the boots it increases lymph and blood circulation in your legs that reduces swelling and helps to recover faster by removing waste products of our metabolism like lactic acid from active lifestyle and sports. The improved flow of nutrient and oxygen-rich blood is exactly what your muscles need to be able to rebuild themselves.



**External
Stimulation
Of blood
circulation**

The sexy science behind Aerify

The technology of pneumatic pressure and compression boots has been around for quite some time. Large medical facilities have been using it for patients to stimulate lymphatic and blood circulation. However, this tech usually costs several thousands of euros and requires a lot of space! Aerify LITE offers you the same technology in a compact design for a super affordable price!

THE SCIENCE BEHIND IT IS SOLID AND PROVEN and there are links to several studies on our website:

- External pneumatic compression (EPC) enhances Pressure-to-Pain Threshold in Elite Athlete Recovery!
- EPC positively influences metabolism, vascular biology, redox balance and inflammation.
- EPC enhances flexibility and range of motion!
- whole limb, lower pressure EPC improves conduit artery endothelial function!



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Benefits of Aerify LITE recovery boots

USING AERIFY LITE RECOVERY BOOTS:

- INCREASES BLOOD CIRCULATION
- SPEEDS UP MUSCLE RECOVERY
- INCREASES TRAINING PERFORMANCE
- REDUCES SWELLING AND INFLAMMATION
- HELPS TO CLEAR LACTIC ACID
- HELPS TO PREVENT MUSCLE SORENESS

ADDITIONAL BENEFITS INCLUDE:

- LYMPHATIC DRAINAGE
- FATIGUE RELIEF
- REDUCES SWOLLEN ANKLES
- FIGHTS HEAVY LEGS
- HELPS THE BODY TO CLEAR TOXINS
- ANTI-CELLULITIS

Contraindications

DO NOT USE AERIFY LITE IF YOU ARE PREGNANT OR HAVE:

Any cardiovascular disease,
Arrhythmia,
High blood pressure,
Acute pulmonary edema,
Acute infections,
Osteoporosis,
Episodes of pulmonary embolism,
Acute thrombophlebitis,
Deep Vein Thrombosis,
Blood Clots,
Bone fractures or dislocation,
Open wounds or inflammation,
Feel pain,
Feel unexplained tiredness,
Going through a surgery or have just had one.



Consult your doctor if unsure that you can use External Pneumatic Compression!

Cleaning and maintenance

It is important that you always keep your Aerify LITE boots and machine clean and well maintained. However, if needed to clean, use a wet cloth and let the boots dry naturally, do not use any electrical dryers, keep away from fire, direct sunlight or any heat source. Make sure that the water does not get into the machine - it's not water resistant.

- Turn off and unplug the Aerify LITE machine before cleaning.
- Don't wash the machine and boots in your washing machine or a large bath or bowl of water.
- Wipe the boots with a dry or damp cloth.
- Do not use oil, alcohol, gasoline or chemical agents to wash the machine or boots
- Do not use laundry dryers and similar devices.
- Use and store the equipment at room temperature only.
- Store the equipment in a safe and dry place, away from any heat source or direct sunlight



IMPORTANT - WARNINGS

PLEASE, READ THE INSTRUCTIONS CAREFULLY!

- Do not use the machine or boots for anything other than intended and written in this user's manual
- Please, consult your doctor or physician before using the Aerify LITE boots. This product is not intended to diagnose, cure, treat or prevent any diseases.
- Do not unzip the boots while they are inflated or being inflated.
- Always turn the power off before unzipping the boots.
- Do not get the machine wet.
- Use the machine on a flat surface.
- Do not open the machine as it will end your warranty!
- Immediately stop the procedure in case of abnormal pain or any other not comfortable sensation
- We recommend to wear pants or leggings under the boots
- When using the Aerify boots for the first time, we recommend not to exceed 30 minutes.
- The time and pressure should be increased gradually and only according to your health and pressure tolerance. The pressure should feel firm but pleasurable, never painful.
- When recovery session is in process, sit still, do not walk with inflated or deflated boots.
- Do not hit or drop the machine from any heights, such abuse will damage the machine.
- Do not put any weight or any other object on top of the machine.
- Use the equipment for massage only, it's not a toy for kids and pets.
- Do not let children under 12 years of age to use it.
- Do not leave the machine near heat or in a direct sunlight.
- When the equipment, machine, boots, batteries and packaging is being discarded, it should be disposed according to the disposal procedures and rules. Pay attention to environmental pollution.

Technical information

- Weight – 2.5kg
- Pressure: 30-240mmHg
- Time settings: 1-99 minutes
- Voltage: 220V/ 50Hz
- Power: 65W
- 2 years warranty



Technical troubleshooting

Please, do not hesitate to contact us at hello@aerifyrecovery.com in case you are encountering any technical issues but here we have compiled some frequently asked questions that might help you:

MACHINE WON'T TURN ON

Please, check the fuse. In case the capacity of the fuse has been overloaded by electricity it can cause the metal ribbon inside the fuse to melt through. It is located on the bottom of the machine in a corner under a black screw cap with «fuse» written on it.

MACHINE IS LOUD

Please, make sure that you have taken out the transport screw. Check STEP 1 in «Getting started – how to assemble?»

MY AERIFY BOOTS COMPRESS THE CHAMBERS IN THE WRONG DIRECTION - WHAT SHOULD I DO?

- 1) Please, change the direction how you have attached the hoses (the air tubes) to the boots.
- 2) Or rotate the connector by 180 degrees clockwise so the arrows of the connectors match.

SOME OF THE CHAMBERS OF THE BOOTS ARE NOT FILLING - WHAT CAN I DO?

- 1) Check if all air hose to boots connections are tight;
- 2) Check if you are not sitting on one of the air hoses (tubes);
- 3) Check if the air hoses are not bent or blocked;
- 4) Remove the air hose plug from the machine and feel with your hands if on «mode D» the air comes from all air holes. If yes, then check again the air hoses (tubes) if not blocked, bent or sat on!

COMPRESSION PERFORMANCE IS POOR

1. Please, make you are using it in 220V electricity current. For 110V (e.g. USA) you need a convertor to 220V.
2. Check for air leaks in the tubes or boots

Warranty and repair

We stand behind the quality of our products therefore the warranty for the machine and also the boots is 2 years (24 months) from the date of purchase. Warranty is only applied for factory defects! If your machine or boots have problems due to bad maintenance, e.g., accidental drop of the machine, someone put something heavy on it or let kids play with it, let it sit too long in the sunlight, used it in a sauna, let it soak in the water, caused any other kind of damage by not using it according to the producers' guidelines, then the warranty will not cover it. Make sure to read the warnings and most importantly – please, follow them!

In case of any technical issues, however, please, contact us by email: hello@aerifyrecovery.com and we will help you to find the best solution!

Aerify
Recovery Technology

Time
min



30



Mode

A

B

C

Pressure
mmHg



30

60

90

120

150

180

210

240



D

E

F

Position

1

2

3

4



Start



Time

Time

Mode

Mode

Mode

Pressure

Pressure

Pressure

Position

1

2

3

4

Air Pressure Massage Device