

VERVE®



Compression Recovery Boots

USER MANUAL

vervefitness.com

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This guide includes everything you need to set up and use your Compression Boots. From installation tips to cleaning instructions, each section is designed to help you operate your unit with ease.

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IMPORTANT SAFETY INFORMATION

For your safety and the optimal performance of your VERVE Compression Recovery Boots, please ensure you read and follow all safety precautions and instructions outlined in this manual.

1. Emergency Stop

If you experience severe pain, unusual symptoms, or need to remove the sleeves in an emergency during use:

- Press the power button to stop the device or disconnect the hoses.
- Remove the sleeves and consult your doctor immediately.

2. Pre-Use Consultation

Consult your doctor before using this device if:

- You have a pacemaker or other medical devices that may be affected by electrical interference.
- You are suffering from malignant tumours.
- You have heart disease.
- You have serious peripheral neuropathy or sensory disturbances caused by diabetes.
- You have injuries or fractures that make it unsuitable to use the device.

3. Keep Out of Reach

Keep the device out of reach of infants, children, and individuals who are unable to use it independently.

4. Original Adapter Only

Only use the original power adapter supplied with the device.

5. Power Cord Care

Do not scratch, damage, bend excessively, pull, or twist the power cord or power adapter. Doing so may cause fire or electric shock.

6. Power Adapter Safety

Do not use the device if the power adapter is malfunctioning or the plug is loose.

7. Dry Hands Only

Avoid plugging in or unplugging the power adapter with wet hands.

8. Temperature Control

Do not place the controller under a quilt or use the device in excessively high temperatures.

9. No Unauthorised Repair

Do not attempt to remodel, disassemble, or repair the product without authorisation.

FREQUENTLY ASKED QUESTIONS

How does it massage?

This is an air compression device with five overlapping chambers (foot, lower calf, upper calf, and thigh) that inflate and deflate in a sophisticated sequence to simulate hand kneading and stroking.

It maximises blood flow throughout the body, reduces pain and soreness in the treated areas, and improves circulation.

What if the strength is too strong or weak?

There are 11 levels of massage strength available; please select the one that suits you. If you still feel it's too strong even at the lowest setting, stop using the device and consult your doctor before using it again.

Does it need to be plugged in?

No, the controller has a rechargeable battery, so you can use it wherever you like. A fully charged battery can last up to 2 hours (depending on mode and intensity).

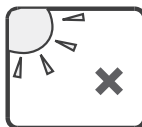
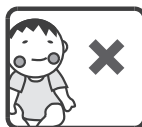
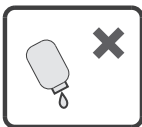
How long should I use it?

Recommended use time is 1-2 times a day, no more than 60 minutes at a time. You can restart it if you feel too tired and want the massage to last longer for muscle soreness relief.

What's the blocker plug for?

The blocker plug can be inserted into the air hose connection ports, along with another sleeve air hose, allowing a single sleeve to work separately.

CAUTIONS



1. Avoid Humid Areas:

Do not use it in the bathroom or other humid places.

2. Unplug When Not in Use:

Unplug the power adapter when you are not using it.

3. Stay Stationary:

Do not walk around while using the device or wearing the sleeves.

4. Protect from Damage:

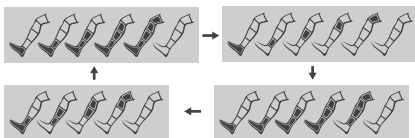
Do not leave the system, power supply, or any accessories where they could be damaged by children, pets, pests, or liquids.

FREQUENTLY ASKED QUESTIONS

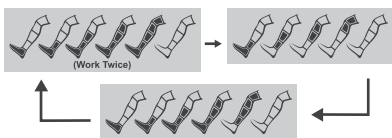
How many modes?

There are three massage modes.

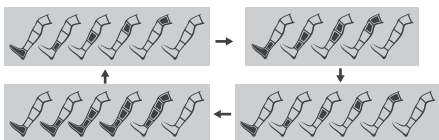
Mode 1: Combination Mode



Mode 2: Circulation Mode



Mode 3: Sequence Mode



When should I use it?

This device promotes blood flow and effectively relieves muscle soreness and fatigue. Since it's rechargeable and portable, you can use it anywhere, anytime.

It's ideal for pre-workout warm-ups, post-workout recovery, or after a long day at work.

Can I use just one leg?

Yes, insert the controller's blocker plug into one of the air hose connection ports, ensuring both connection ports are plugged with an air hose or blocker plug.

This allows each sleeve to work separately. For better relief, it's recommended to use both sleeves simultaneously.

Why does it make noise?

The noise comes from the air pump inside the controller, which continuously provides air to the airbags in the sleeves. This is normal.

Can I target specific areas?

Yes, you can press chambers "1", "2", "3", "4", or "5" to select one or multiple chambers for customising your massage area (foot, lower calf, upper calf, or thigh), allowing you to tailor your recovery sessions to specific needs.

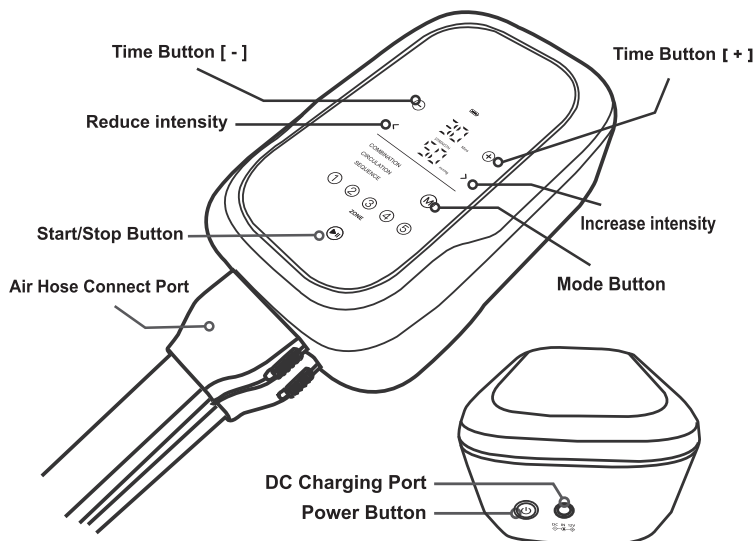
PRODUCT SPECIFICATIONS

Specification		Details	
Product Name	VERVE Compression Recovery Boots		
Model No.	VER-CRB-001		
Adapter	AC 100~240V 50/60Hz, DC12V/2A		
Rated Power	24W		
Battery Capacity	10.8V 2500mAh		
Charging Time	About 2H		
Usage Time	2H		
Materials	Sleeves : Durable Nylon; Controller : Fireproof ABS; Air Hoses : Silicone		
Compression Modes	3 Modes: Sequence /Circulation /Combination		
Intensity Levels / Pressure Range	11 Levels: LOW-50~70mmHg; MID-80~110mmHg; HIGH-120~150mmHg		
Operating Conditions	Temperature: +5C to 35C; Humidity: 5% to 80% non-condensing; Atmospheric Pressure: 70 kPa to 106 kPa;		

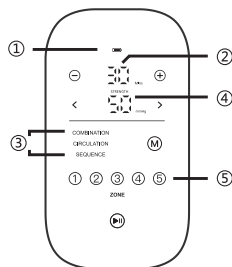
Specification		Details	
Timer	10 Levels Optional (15Mins~60Mins)		
Total Weight	4.1kg		
Sleeve size (S)	Inseam length: 80 cm. Maximum thigh circumference: 72 cm. Maximum foot circumference: 42.5 cm.		
Sleeve size (M)	Inseam length: 86 cm. Maximum thigh circumference: 75 cm. Maximum foot circumference: 46 cm.		
Sleeve size (L)	Inseam length: 90 cm. Maximum thigh circumference: 82 cm. Maximum foot circumference: 47.5 cm.		
Storage Conditions	Temperature: -20C to 55C; Humidity: 5% to 90% non-condensing; Atmospheric Pressure: 70 kPa to 106 kPa; Keep dryband avoid direct sunlight exposure.		

FEATURES & COMPONENTS

CONTROLLER



DISPLAY SCREEN

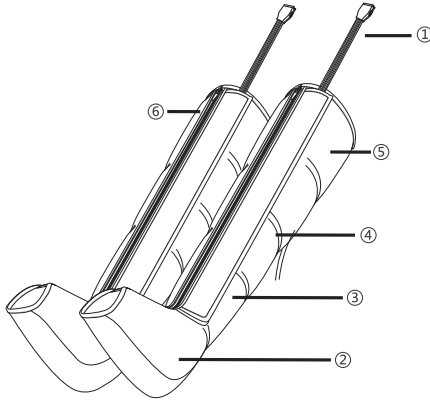


Display current setting and working status (remaining time and pressure range)

1. Remaining Power
2. Remaining Time
3. Current Mode
4. Current Intensity Range
5. Current Massage Zone

FEATURES & COMPONENTS

MASSAGE SLEEVE



- ① . Built-in Air Hose
- ② . Foot Air Chamber
- ③ . Lower Calf Chamber
- ④ . Upper Calf Chamber
- ⑤ . Thigh Chamber
- ⑥ . Zipper

PRODUCT INCLUDES:

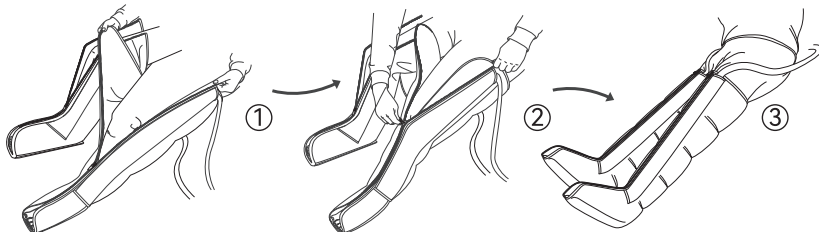
- 2 x Massage Sleeves
- 1x Power Adapter (DC 12V 2A)
- 1 x Controller
- 1 x User Manual
- 1 x Portable Carrying Bag
- 1x Silicone Blocker Plug (At the back of the controller)

OPERATING INSTRUCTIONS

Please read the safety precautions carefully before using the product. For optimal massage, follow the instructions below.

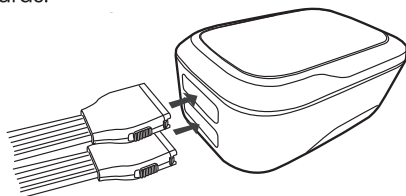
1. Proper Sleeve Placement

Put the sleeves on your legs properly. There is no left-right difference between the sleeves. Ensure the zipper is fully zipped before use. Do not use the system if the zipper is partially or completely unzipped.

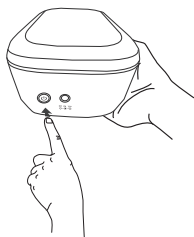


2. Connect Air Hoses

Insert both air hoses firmly into the controller. This side should be positioned upwards.



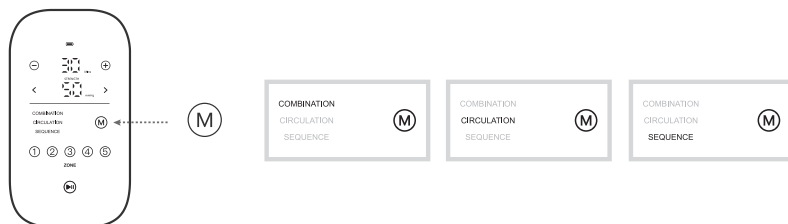
3. Power On and Start Massaging: Find a comfortable seated, reclined, or lying down position. Press the power button  for 3 seconds until you hear a ping sound, indicating the device is on. It will start massage with the default setting.



OPERATING INSTRUCTIONS

4. Select Message Mode

Press the Mode button (M) to change the message mode. There are three modes available; refer to the FAQ section for more details.



5. Adjust Pressure Intensity

Press the Pressure button (< >) to adjust the intensity. There are 11 levels:

- **LOW:** 50–70mmHg
- **MID:** 80–110mmHg
- **HIGH:** 120–150mmHg



6. Selecting Treatment Time

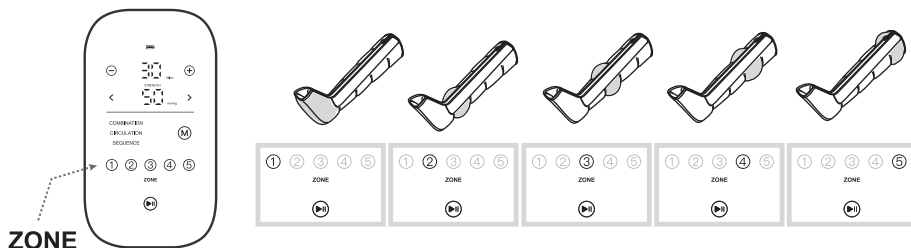
Press the time button (+/-) to choose the treatment time. There are 10-time interval options available (15–60 minutes). The default setting is 30 minutes, with each press adding or subtracting 5 minutes.



OPERATING INSTRUCTIONS

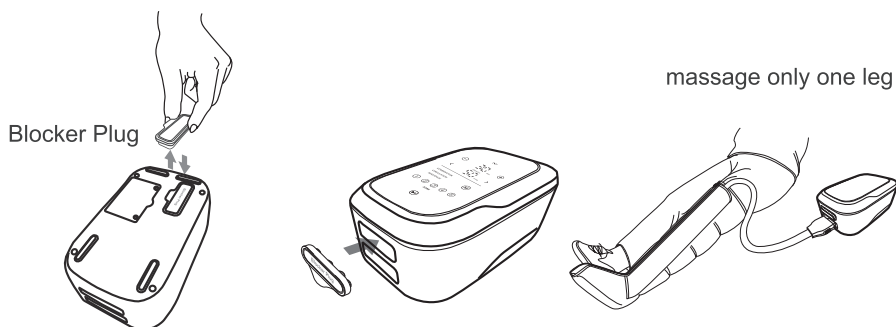
7. Zone Massage (Optional)

Press the zone area chamber "1", "2", "3", "4", "5" to select one chamber or several chambers you want to massage.



8. Massaging Only One Leg Is Possible

If you want to massage only one leg, you need to remove the blocker plug from the bottom of the controller and insert it into one of the female ports. The operation is as follows:

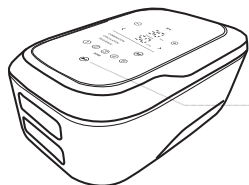


OPERATING INSTRUCTIONS

When to Press the Start/Stop Button?

You need to press the "Start/Stop" button  in the following situations:

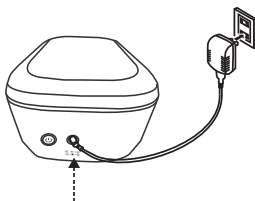
- Anytime you want to pause, press "Start" again




Start /stop

Charging Information

Fully charge the battery for up to 2 hours before using it for the first time. How to charge the battery:



DC Charging Port

- Connect the attached adapter to the DC charging port on the base of the controller.
- Plug the adapter into a wall outlet.

The Battery Indicator LEDs on the controller screen indicate the current battery level.

The battery indicator keeps blinking white when the device is charging.

1. The indicator stays white when the battery level exceeds 50%.
2. The indicator stays orange when the battery level is below 50%.
3. The indicator stays red when the battery level is below 20%.
4. The indicator keeps blinking red when the battery level is below 10%.

Note: Please use the provided power adapter in our package; do not use any other power adapter.

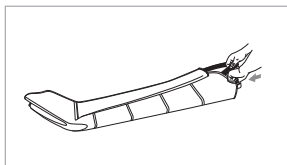
PRODUCT TROUBLESHOOTING

Alarm Instructions : When the performance is affected but the machine can work normally, an alarm will sound. If it does not affect operation, no alarm will sound.

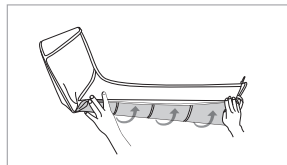
Issue	Possible Cause	Solutions
Doesn't work and screen is off	Power is not turned on	Press the power button to turn the controller on
	Battery runs out of power	Please fully charge the battery
The screen is on but the sleeves don't work	Only connect one sleeve air hose to the controller	Connect 2 sleeves air hoses (or 1 sleeve air hose and controller's rear cover) to the controller
	Air hoses are not connected completely and an air leak occurred	If an air hose is not securely connected and an air leak happened, the device will pause after 3 minutes, sound a "DI" alarm 5 times, and then auto-off after 2 minutes. Please check if the air hoses are completely inserted into the female ports.
	The sleeves have been damaged	Check if the sleeves have an air leak, if there is, please contact us
Break of during operation or stop pumping	Battery runs out of power	Please fully charge the battery
	The treatment session time is up	The device will shut off automatically when the pre-set timing is up, press the power button to start a new session if needed

AFTER USE INSTRUCTIONS

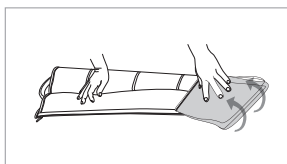
1. Turn off the control unit by pressing the power button after use.
2. Press the buttons on the air hose ports to disconnect the air hoses from the controller.
3. Once the boots have completely deflated, remove the sleeves and pack all accessories into the storage bag.



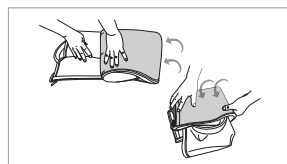
① Put the air hoses into the sleeve



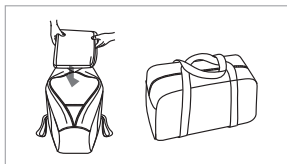
② Fold the sleeve in half



③ Fold the sleeve up from the heel area



④ Fold upward about 3 times



⑤ Place the folded sleeve into the storage bag

MAINTENANCE & CLEANING

Product Cleaning

Before cleaning, ensure the device is powered off.

- If dirty, wipe the controller, sleeves, and hoses with a damp, clean cloth.
- Dry thoroughly with a clean cloth.
- Do not use gasoline, alcohol, solvents, or other harsh liquids to clean the device, as they may cause malfunctions or damage and discolour the components.
- Avoid allowing foreign objects to enter the hoses.
- Do not dry clean the device.

Storage & Maintenance

1. Do not attempt to disassemble the device; it has no user-serviceable parts. If you encounter any issues, please contact us for assistance.

2. Keep the device out of reach of infants, children, and anyone unable to use it independently.

3. Avoid placing the device in high-temperature or high-humidity conditions.

4. Keep it out of direct sunlight.

5. Protect the sleeves and hoses from punctures by sharp objects.

6. Do not place heavy items on the device.

7. Ensure the open ports of the controller, hose connections, and power inlet remain clear of debris.

8. To prevent lint or dust build-up, wipe down the system with a dry cloth before use.

Disposal

Please follow local regulations for proper disposal of the device.

