



Aerify[®] **FI**

Recovery Technology

dynamic air compression & heat



**user
manual**





**boosting your
natural recovery**

Welcome to the Aerify community

First of all, we would like to congratulate you on your excellent choice of getting yourself the Aerify FLY dynamic compression wearables! 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.

Aerify FLY is the new generation of our dynamic air compression range products. The same Aerify Recovery technology in a smaller, fully wireless and portable system. Aerify FLY targets the calves, also called your second heart, and is the perfect weapon for anyone with tired or swollen legs.

We truly embrace an active lifestyle therefore the portable Aerify FLY will be your perfect tool for home use, travel, office, training camps, race days or even as a professional's helper in any physiotherapists and massage therapists practice.

What's in the box?

1 pair (2 pcs.) of
one size Aerify FLY
calf sleeves



carry bag

2 pcs. USB type C
charger cables

Control panel interface

Current compression mode

Current compression level

Toggle 3 different compression modes

Toggle 3 different temperatures (or turn off the heat)

Heating temperature C

On/Off (hold 3 sec)

Starts compressing automatically when turned on.

Toggle 3 different compression levels



How to use Aerify FLY?

- Please, read the **user manual and contraindications** to make sure the product is suitable for your intended use.
- Use it with or without any clothing.
- Put the Aerify FLY sleeves on your calves, make sure to fit them well and close the velcro, **press and hold the On/Off button**. Compression and heat is on by default.
- Press the **M** button to toggle between 3 different **compression modes** - sequence, circular and whole.
- Press the **Compression level** button to toggle between 3 different levels of compression - min (120 mmHg), med (180 mmHg), max (240 mmHg).
- Press the **Temperature** button to toggle between 3 different levels of heat: +45C, +50C or +55C, or turn off the heat completely if the heating mode is not necessary or it becomes too warm for you.
- Press the **On/Off button** to pause the compression or turn it off.




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Pressure power, time and heat level

Aerify FLY has **3 different compression power levels**.

Press the Compression level button to toggle between the different levels of compression - min (120 mmHg), med (180 mmHg), max (240 mmHg).

The choice of compression level is purely subjective and depends on various things like the circumference of the calf, compression tolerance, soreness of muscles etc. Choose the level of compression that feels the most pleasurable to you. The compression must be firm but not painful.

By default **the time** for all modes is **20 minutes** which is the recommended minimal time of application. However, you can easily go for 2 or more sessions if the compression massage is pleasurable.

Aerify FLY sleeves also have an integrated heating element to help to maximize the effects of the compression massage. Heat naturally increases circulation and may help to aid the natural recovery processes of the body. Press the **Temperature** button to toggle between 3 different levels of heat: +45 C, +50C or +55C, or to turn off the heat completely if the heating mode is not necessary or it becomes too warm for you. By default the temperature is set to +45C.

Choose your compression mode

Press the M button to toggle between 3 different compression modes - sequence, circular and whole.

Mode 1 - Sequence

Sequential compression. Perfect for a warm up or recovery. First inflates the lower air chamber, then the upper air chamber, both hold for a moment and then the air is released.



Mode 2 - Circular

Circular compression. Perfect for a light recovery or massage. First inflates the lower air chamber, then the upper air chamber while the first one releases the air simultaneously. Then the cycle repeats.



Mode 3 - Whole

Whole compression. Perfect for an intense massage pre or post exercise. Both air chambers inflate simultaneously and then release the air simultaneously. Then the cycle repeats.



A black, rectangular, sleek device with rounded corners, resting on a black surface with a hexagonal pattern. The device has a blue logo on the front and four small, circular buttons on the top. The background is a plain, light-colored surface.

Aerify

How does Aerify FLY work?

Aerify FLY is made for your calf muscles to boost your entire lower body.

Aerify uses air or also called pneumatic compression to create a dynamic and effective massage for your legs. By sequentially pressurising different chambers of the sleeves it increases liquid circulation in your legs that helps to recover faster from active lifestyle and sports.

The calves are often called "the second heart" as they have an important role of helping the circulatory system. The body is engineered so that when you walk, the calf muscles pump venous blood back toward your heart. The veins in your calf act like a reservoir for blood your body does not need in circulation at any given time. Targeted dynamic air compression massage on the calves increases circulation throughout your entire lower body and helps your body in it's natural recovery processes.



*This is not a realistic picture. The purpose of it is to give the idea that the calves play an important role within the circulatory system of the body that is similar to the heart.

Contraindications

- Do not use the Aerify FLY during pregnancy or with any medical implants (e.g. cardiac pacemakers), life sustaining medical electronic devices, medical electronic equipment.
- Any severe cardiovascular disease,
- Arrhythmia,
- High blood pressure,
- Poor coagulation,
- 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,
- Severe skin allergies or skin infectious diseases
- Severe nervousness, high fever, convulsions, spasms, manic restlessness
- Feel pain,
- Feel unexplained tiredness,
- Going through a surgery or have just had one.

!!! Consult your doctor if unsure that you can use dynamic air compression

Important warnings

- Please, consult your doctor or physician before using the Aerify FLY sleeves. This product is not intended to diagnose, cure, treat or prevent any diseases.
- Keep out of the reach of children
- Do not apply to wounds, scars or areas near the heart
- If discomfort occurs, stop using it and inform your doctor immediately
- Avoid using the Aerify FLY sleeves for too long (more than 90 minutes)
- Do not use over area of previous treatment
- Do not use on sensitive areas, sensory organs, face, private areas, large blood vessels or near the heart
- Do not use a damaged product
- This product does not replace a medical treatment
- This product contains lithium batteries. Please, do not disassemble, modify, immerse in water or throw in fire to prevent damage and explosion. Please, recycle the product when the service life is over.
- Please, use the product following the instructions.
- Suitable for people over 16 years of age
- Do not use the Aerify FLY sleeves while driving a car or operating heavy machinery
- Do not leave the sleeves near heat or in a direct sunlight.
- When the equipment, batteries and packaging is being discarded, it should be disposed according to the disposal procedures and rules. Pay attention to environmental pollution.

Cleaning and maintenance

Turn off and clean the sleeves with a **dry cloth** after each use.

Do not use any acidic or alkaline cleaners, alcohol, thinner, gasoline, nail polish remover or any other solvents. **Do not** use hard brushes or a stainless steel sponge to avoid scratches and damage. **Do not** submerge the sleeves in water or pour water on it while cleaning it - the pump of the sleeves is NOT water resistant.

Use and store the sleeves at room temperature only.

Store the sleeves in a safe and dry place, away from any heat source or direct sunlight.



Charging instructions

To charge the Aerify FLY use the USB type C cables and attach them to an adapter or a laptop.

The charging time for the Aerify FLY pump is ~4hrs for up to 4hrs of battery life.

The charging indicator light is red during the charging and turns green when the pump is fully charged.

Keep the charging port of the pump clean and do not continue charging it after the battery indicator turns green.

Please, do not use the Aerify FLY sleeves while they are charging!



USB type C port

Technical information



- Weight - 0.6 KG (1 sleeve)
- Size – 36 x 11 x 16 cm
- Power Consumption – 5W
- Charger output: DC 5V
- Charging time: 4 Hrs
- Pressure range: 120-240 mmHg
- Battery capacity: 2500 mAh

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 the most frequently asked questions that might help you:

THE PUMP WON'T TURN ON

- Charge the battery of the pump. It needs approx. 4h charging for up to 4h of using.
- Press and hold firmly the on/off button for 3 seconds.

BATTERY WON'T LAST or CAN'T CHARGE

- Make sure the pump is fully charged (min. 4h) before you use it.
- Try charging again with a different socket
- Pull out the adapter and make sure it's in place
- Check and clean the adapter and the charging port
- Replace the adapter or charging cable

WEAK COMPRESSION POWER

- Make sure the sleeve is as tight as possible before the velcro is closed
- Ask for help tightening the sleeves before turning on the pump

Warranty and repair

We stand behind the quality of our products therefore the warranty for the Aerify FLY sleeves is 2 years (24 months) from the date of purchase. Warranty is only applied for factory defects! If your sleeves have problems due to bad maintenance, e.g. accidental drop of the pump, 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!

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