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wellness

# Circulation Plus™ *Active*

Could be just the boost you need



**Bodi-Tek®**

# User Guide



# Warnings

- **Read all instructions thoroughly and retain for future reference.**
- This appliance can be used by children aged 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning the use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and maintenance shall not be made by children without supervision.
- Do NOT use after drinking alcohol or if you are feeling unwell or fatigued.
- Do NOT override any safety features or open the unit.
- Only use with the power adapter supplied.

## Do NOT use if:

- You have an electronic implant (e.g. cardiac pacemaker).
- If you are in the early stages of pregnancy.
- If you are being treated for existing DVT (deep vein thrombosis).
- If you have broken skin on the soles of your feet.

## **Please get your doctor's permission before using the Bodi-Tek Circulation Plus Active if:**

- You have a history of heart disease or cardiac condition.
- If you suffer from epilepsy or multiple sclerosis.
- If you suffer from diabetes.
- If you suffer from phlebitis in its active phase (inflammation of a vein).
- If you suffer from inflamed tissue through disease or injury.
- If you suffer from varicose veins in its later stage.
- If using for a medical condition.
- If you suffer from reduced sensitivity in lower legs and feet (associated with diabetes).
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- If you are in any doubt about using the Bodi-Tek Circulation Plus Active for any reason, please consult your doctor before use.

## **Precautions**

- The DC power supply connector must only be disconnected from the unit when the mains adapter is disconnected from the mains.
- Remove battery when not in regular use.
- Do not attempt to recharge the battery supplied.
- Do not put batteries in fire.
- The 'use by date' of the battery is stamped on the negative contact. Do NOT use the battery after this date.
- Remove exhausted batteries promptly and dispose of in accordance with your local authority requirements.
- Keep your unit out of reach of children.
- Do NOT stand on the unit, only use in a seated position.

- Do NOT dismantle control unit and keep away from direct heat. Repair and service must only be undertaken by Bodi-Tek or an authorised distributor.
- Bodi-Tek will not accept responsibility if the guidelines and instructions supplied with the unit are not followed.
- If the conductive gel comes into contact with the eyes, rinse thoroughly with water. If irritation persists, consult a doctor.
- Should any irritation occur on or around the feet, discontinue use and contact Bodi-Tek or your GP.
- Always consult your GP and obtain a diagnosis if you do not know what is causing your pain.
- Protect clothing and surroundings.

## Cleaning

- Clean unit with a slightly damp cloth.
- Do NOT immerse in water.
- Do NOT clean with solvents or abrasives.

# Circulation Plus Active

The Bodi-Tek Circulation Plus Active uses EMS technology to simulate the act of normal exercise, causing the muscles in the lower legs and feet to repeatedly contract and relax, this means you will benefit from the results of normal exercise while seated.

While the Circulation Plus Active should not be seen as a substitute for normal active exercise it does provide a means of exercising the lower legs passively while seated or otherwise relaxing.

If you have medical conditions, please consult your doctor for their guidance on use.

## Technical Specifications

Weight	3.05 kg
Dimensions	440mm x 440mm x 150mm
Programme/ Modes	3
Output Levels	1–99
Programme Time	25 mins

## Adapter

Input	100 - 240v AC 50/60Hz
Output	9V dc 500mA max. Centre pin positive

## Environment

Temperature	Operating	0 to 35 degrees Celsius
	Storage	-20 to 50 degrees Celsius
Humidity	Operating	10% to 80% RH
	Storage	5% to 90% RH

This product is not a medical device.

# Your Circulation Plus Active

Remote Control Unit



Power Adapter Socket

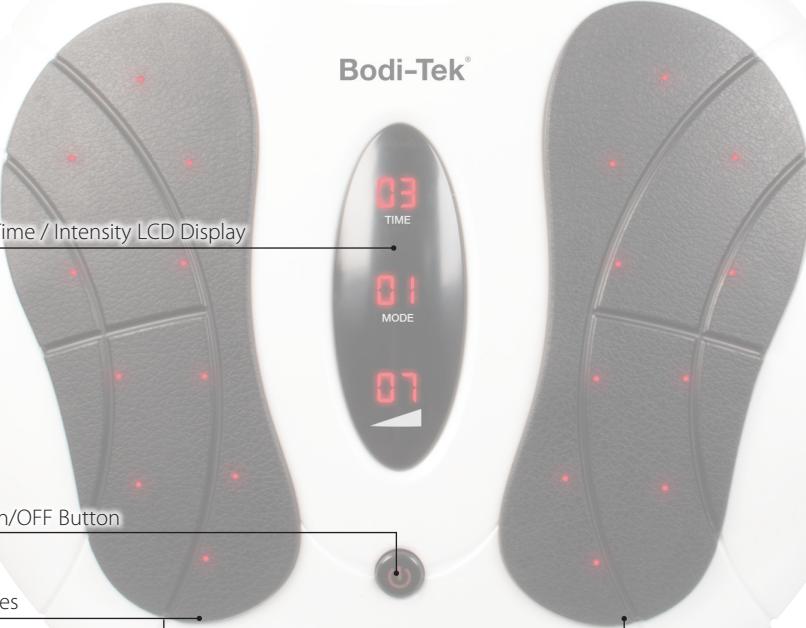
Mode / Time / Intensity LCD Display



Power On/OFF Button



Foot Plates



Mode Buttons



Stop/Start button

Intensity Levels





# Getting started



- 1 Plug in power adaptor and switch on at mains outlet.



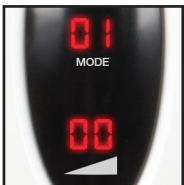
- 2 Apply and rub a small quantity of conductive gel into the soles of your feet.



- 3 Sit on a chair and place your bare feet onto the foot plates.

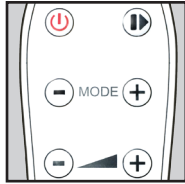
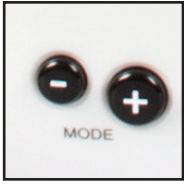


- 4 To switch the unit on, press the on/off button on the unit or on the remote control.



When the unit comes on the intensity will indicate 00 and the programme/mode will display 01.

**Note: The unit will switch off after 20 seconds if no other buttons are pressed.**



- 5 Use the mode +/- buttons to select a different programme (this can also be done using the remote control)

**Note: A different programme can be selected at any time. The intensity level will reset to 00.**

There are 3 programmes. Simply select and use the programme which you find most comfortable. Each programme runs for 25 minutes. If you change between programmes the total run time will still be 25 minutes.

**Programme 1:** A deeply stimulating rhythmic contraction to one leg/foot followed by the other. There are six seconds of pulses followed by a one second pause.

**Programme 2:** A deeply stimulating rhythmic contraction to both feet/legs at the same time, comprising six seconds of pulses followed by a one second pause.

**Programme 3:** Features nine different stimulation modes. Each runs for forty five seconds and are then repeated over the 25 minute run time.



- 6 To start the stimulation/programme press the + intensity level button. The timer will start counting down from 25 minutes.

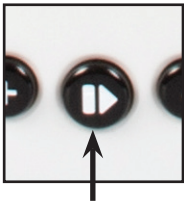
**Important: The intensity level starts at a low level. It is normal to have to press the + button a number of times before you start to feel any stimulation (this can be between levels 15 and 20). There are 99 intensity levels in total.**

Intensity range guide:

**1 - 29 Low Stimulation      30 - 59 Medium Stimulation      60 - 99 High Stimulation**

We recommend you begin on a low level of intensity (1 - 29) to start with until you get used to the sensation before progressing to a higher level.

If you are only feeling a tingling sensation the intensity level is too low. Increase the intensity until you feel your muscles contracting.



- 7 Use the Start/Stop button should you wish to pause your programme.

- 8 When finished, switch off and unplug unit from the mains power supply.

# Changing the remote control battery



To change the battery push the latch as indicated and slide out the battery holder.

When replacing the CR2025 battery ensure the + sign is facing the back of the remote control.

## Battery care & disposal

- If the unit is left unused for a long period of time, remove the batteries.
- Please ensure that the batteries are disposed of in the correct manner in accordance with local authority requirements.

# Some commonly asked questions

## Q. What is EMS and how does it really work?

A. When exercising, your muscles receive small electrical signals via nerve endings to stimulate a contraction. Once a muscle has contracted and the nerve is no longer sending a signal, the muscle relaxes. EMS mimics these signals repeatedly to reproduce the muscle contractions of physical exercise.

## Q. Why can't I feel anything?

A. You must have both feet placed on the foot plates. You may also have the 'intensity' level too low, increase to a higher level to feel the contractions.

## Q. Will I find it uncomfortable?

A. At low intensity you will feel a slight tingling sensation. As intensity is increased, you will feel the tingling sensation decrease and the muscle contractions increase. Individuals have different tolerance levels of comfort, it is important that you find the level most suited to you.

## Q. Why are my legs sore after treatment?

A. The chances are you have set the intensity level too high and your muscles are being overworked. Next time select a lower intensity level and ensure you leave enough time between sessions, allowing your muscles time to recover.

## Q. The unit has turned itself to '0' or off?

A. The Circulation Plus Active will automatically switch off after 20 seconds unless a programme is selected and the intensity level set.

If the programme is changed during treatment the intensity levels will automatically reset to '0' for your safety.

# Warranty

If you have any questions, or if you experience any difficulties with this product, please call our customer care line on **+44 (0)1242 702360** or email us at **online@bodi-tek.co.uk**

Your Bodi-Tek Circulation Plus Active is guaranteed for two years from the date of purchase and is limited to the first purchaser. This covers defects and failure caused through normal use, but excludes damage resulting from misuse. This guarantee is void if the product has been tampered with or unsealed. This guarantee does not limit the purchaser's rights under the Sale of Goods Act, Guarantees Act or any other legislation.

To register your two year guarantee online visit: **www.bodi-tek.co.uk/warranty**

# Disposal



The Waste of Electrical and Electronic Equipment (WEEE) Directive (2012/19/EU) has been put in place to recycle products using best available recovery and recycling techniques to minimise the impact on the environment, saving energy and resources and avoiding hazardous materials from going to landfill.

The product is classed as Electrical or Electronic equipment so please ensure that at the end of the life of this product it is disposed of in the correct manner in accordance with local authority requirements. It must NOT be disposed of with household waste.