



XPOLAR X Sports Recovery Device

User Manual

Product Info

Name: XPOLAR X Sports Recovery Device

Model: XPOLAR X2

Company: Shenzhen Jidong Intelligent Innovation Co., Ltd

Origin: Shenzhen, China

Application Scope: Human muscle and soft tissue recovery

Product Contents: Xpolar Recovery Device, User Manual, Storage Case, Charging Cable.

Specifications

Dimension: 335*315*50mm

Color: Black

Weight: 1.2kg

Battery Capacity: 5000mAh

Power Consumption: 42W

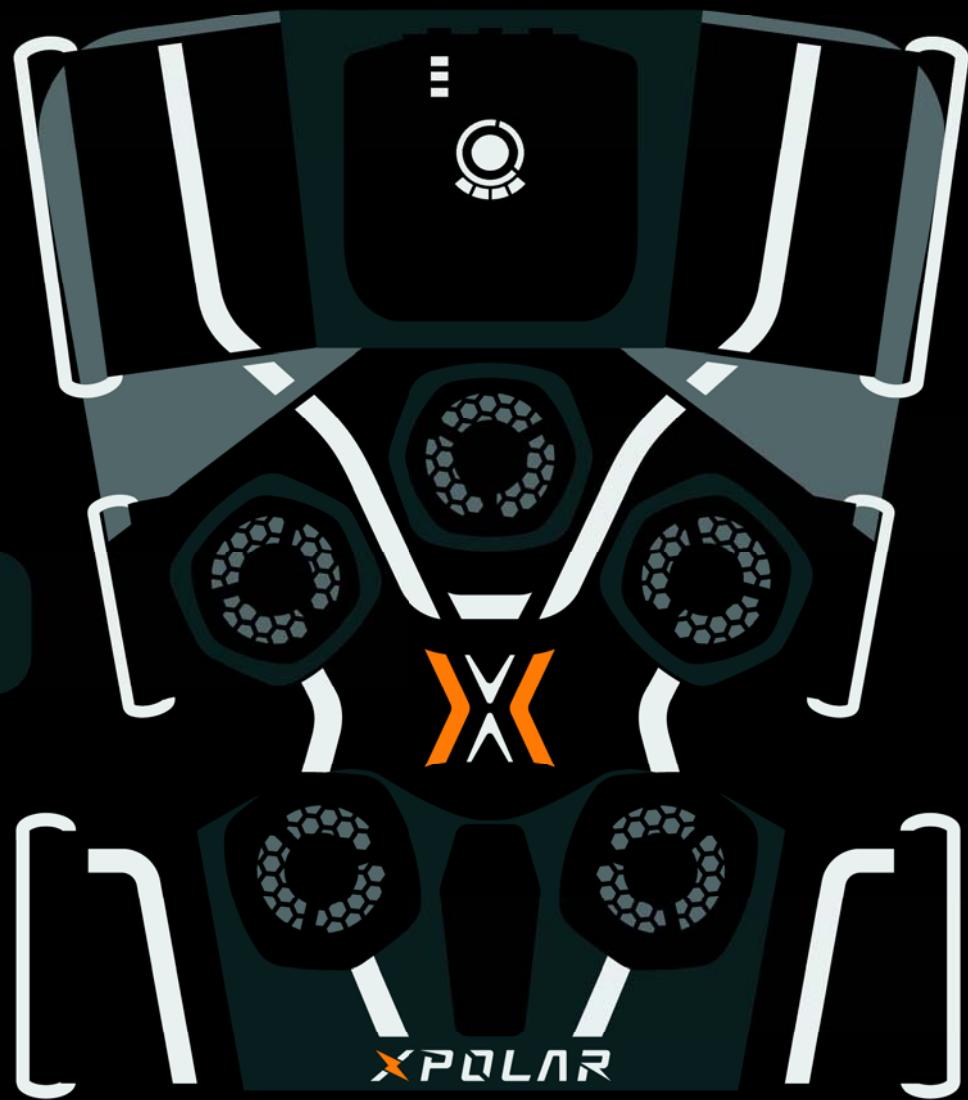
Input: 5V = 2A / 5V = 3A

/ 9V = 3A / 12V = 3A / 15V = 3A

*To use while charging, a PD charger adapter of over 45W is required.

Wearing Instructions

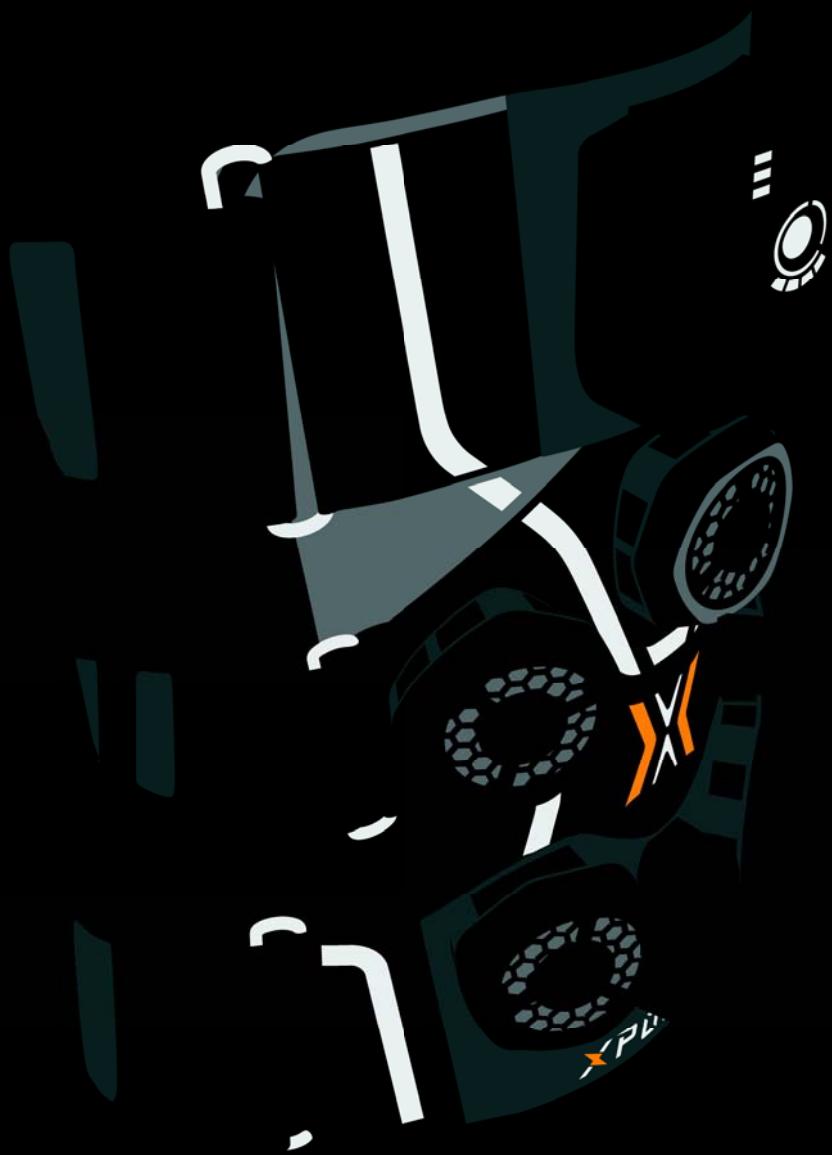
Attach the three straps to the corresponding metal rings. (Face the straps' Velcro up.)



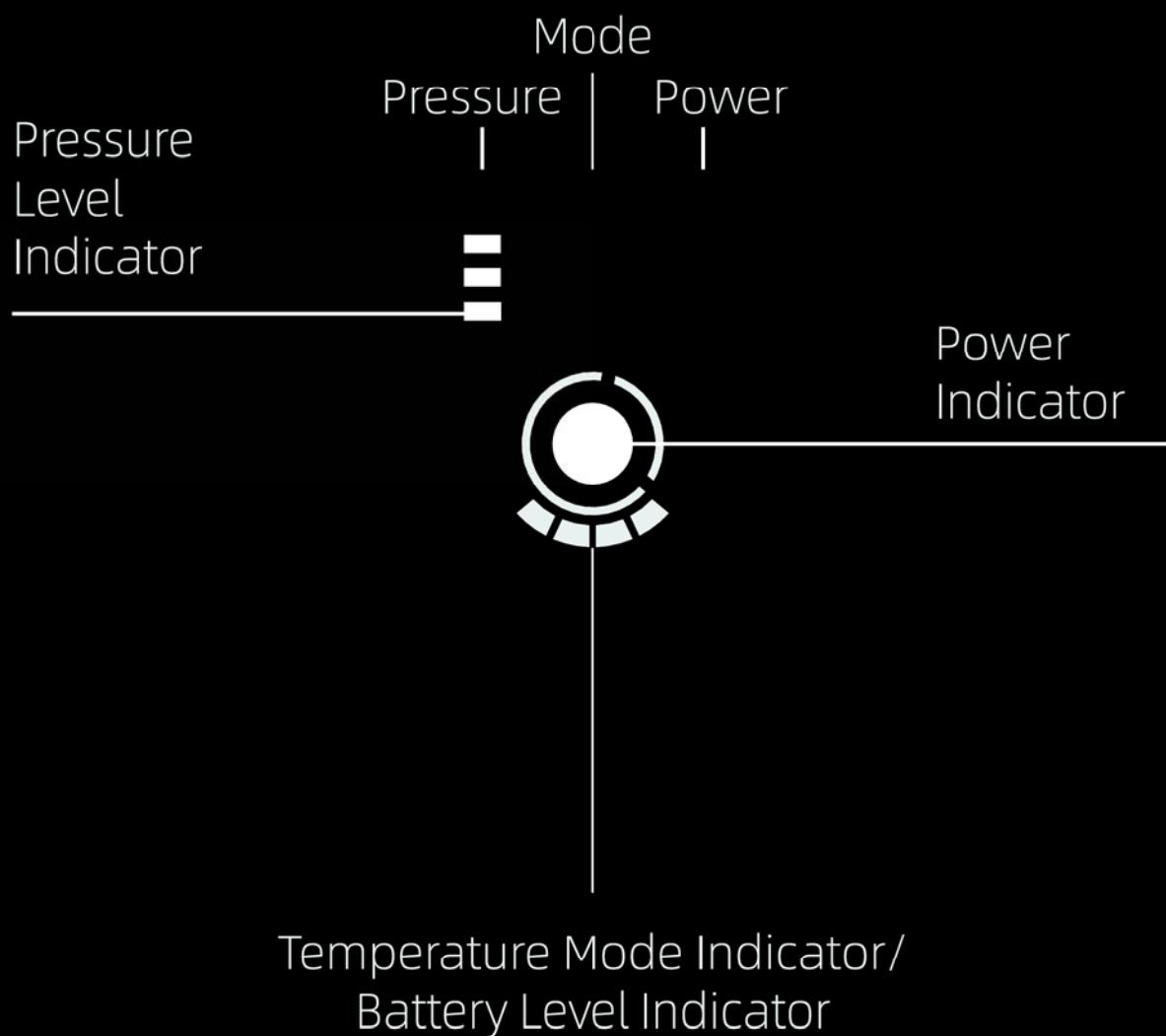
Straighten the leg properly and align
the knee with the
XX mark



Thread the strap through the opposite metal ring, flip it over, and fasten snugly.



Operating Instructions

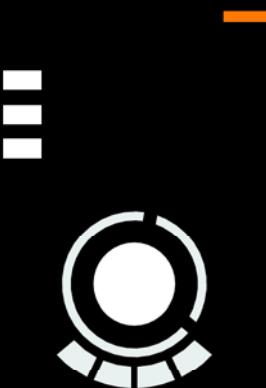


Power On

Long press the power button for 2 seconds: the power light turns white, battery level lights sequentially indicate remaining power, and the device vibrates with two flashes of the pressure light, signaling it's on.

Power Off

While on, press and hold the power button for 2 seconds: battery lights turn off, the device vibrates and the pressure light blinks twice before turning off.



Switching Modes

Press the middle MODE button to switch modes.



Standby



Cold Compress



Heat Compress



Low Heat



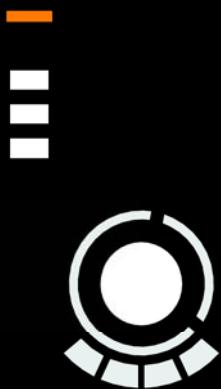
Cold-Heat



Heat-Cold

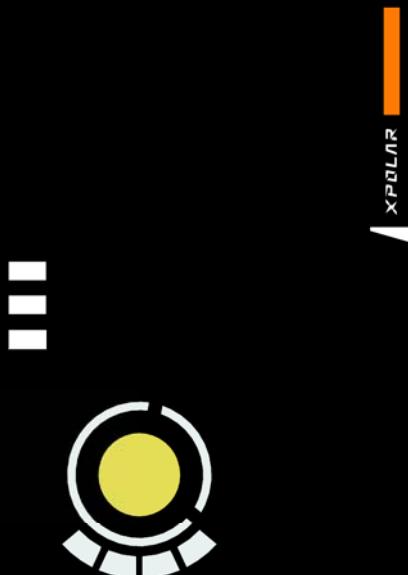
Adjusting Pressure

Press the pressure button; the number of lit segments indicates pressure level.



Charging

Insert the charging cable into the charging port, the power indicator light will show yellow to indicate charging has started, and will turn green and automatically stop when fully charged.





XPOLAR X Sports Recovery Device

Precautions / Product Warranty

Precautions

- This product is designed to aid in recovery after exercise and physical condition adjustment, primarily intended for healthy adults and adolescents. Before using this device, please assess personal suitability.
- Skin issues: Those with skin allergies, severe inflammation, or open wounds may experience exacerbation due to temperature changes or pressure. In such cases, consulting a medical professional is advised.
- Circulatory problems: Individuals with conditions like hypertension or circulatory disorders should consult a doctor before using this device, as hot and cold compresses may affect circulation.
- Medication effects: Users on medication that could affect blood clotting or sensation should seek medical advice before using this device.

- Allergic reactions and body compatibility: Ensure no allergies to the device materials and that the body shape or size is suitable for its use. Special body types may not be compatible.
- Discomfort during use: If you experience skin irritation, pain, or any discomfort, stop using the device immediately and seek professional advice.
- Use on sensitive areas: Avoid using the device directly on sensitive body areas or parts with unexplained pain to prevent discomfort or injury.

Washing and Storage of Product

Do not boil the product to avoid deformation.

- Not machine washable; for cleaning, please wipe the surface with a damp cloth.
- Avoid using drying devices; if wet, allow to air dry naturally.

Warranty Policy

XPOLAR guarantees warranty service for the X2 product starting from the date of purchase. The product's warranty period depends on the specific component type and may vary, with a maximum duration of 12 months for different components. For more information about the warranty period and after-sales service policy, please visit xpolar-tech.com.

*Warranty policies may vary according to local laws and regulations.

FCC Warning

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.