



Portable Gym Compression Boots



Product User Manual





PLEASE READ BEFORE USE

Thank you for purchasing the Nebula Compression Boots. We appreciate your trust in our product and are confident it will enhance your recovery and relaxation experience. To ensure optimal performance and safety, please take a moment to read through our user manual before your first use. This will provide you with a clear understanding of the features, functions, and proper usage of your compression boots, helping you get the most out of your device.

If you have any questions or require assistance, our customer support team is always happy to help direct on sales@nebula-appliances.com.

- For adult use only. Keep out of reach of children.
- Use only the provided power cable for the compression boots.
- Keep away from water, heat sources, and open flames.
- For domestic use only. Not intended for commercial use.
- If the power plug has been tampered with, please contact sales@nebula-appliances.com immediately for assistance.

NEW



PRODUCT CONTENTS

1



Main Compression Unit

2



Power Charging Cable

3



x2 Hoses & 1 to 2 Connection

4



x2 Leg Boot Cuffs

5



Nebula Travel Bag Case

6



x2 Hose Protection Covers

QUICK START GUIDE

Please check the battery level by pressing the power button. If the pump does not start, the battery is depleted and needs to be recharged using the provided charger. The indicator light on the adapter will turn red. While charging, the light will change to green, and the battery indicator will show full once fully charged.

1. Securely connect the air hose to the cuffs.
2. Firmly connect the main plug of the air hose to the pump (bottom diagram p5)
3. Put both foot cuffs on legs so they fit snugly but comfortably.
4. Press the **power button** located on front to set the pump to standby mode
5. **⊕ ⊖** Set the desired time by pressing the button - **or** + (10 to 90 minutes)
6. **⊕ ⊖** Set the pressure level by pressing the - **or** + button (30 to 260mmHg)
7. **⊙** Set the desired massage mode (1 to 6) by pressing the mode button
8. **⊙** Press the "Position" button once to move the chamber forward by one grid - its light will flash. Press the **⊕** to turn the light off, confirming the chamber will stay closed and not inflate when the machine starts. Repeat to close other chambers if needed.
9. **▶** Press the "Start" button to begin the set process; press the "Pause" button to pause it at any time.

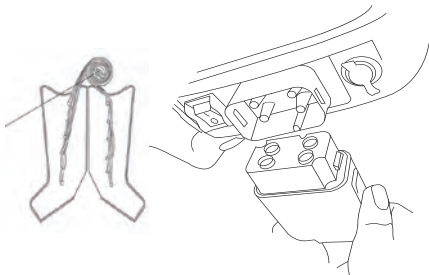
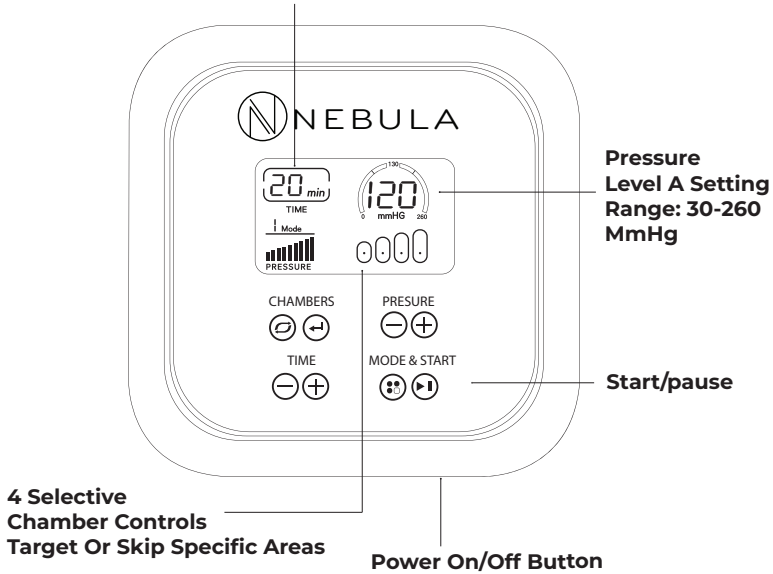
Please Read:

- **The default setting is 30 minutes.** To adjust the time in 5-minute intervals, hold the button for a short period. When the set time runs out, the pump will turn off automatically.
- **The power button is on the front side of the pump.** Press this to turn it off.
- **Default is 80 mmHg.** To reduce/increase the pressure hold your finger on the button for a short period. The pump will stop working below 80mmHg.
- **The default massage mode is 1.** It is only possible to switch to the desired mode when the machine is in pause mode.
- Once all settings are complete, **press the start button to begin the session.**



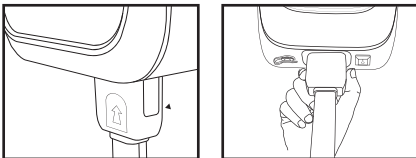
LED COMPRESSION UNIT

Treating Time
Setting 10-90 Minutes



Adapter

Align the adapter with the port on the main unit. Gently push it in until it clicks securely into place. You should feel a slight resistance, then a firm "click" when it's locked in.



Attaching Hose Pipes

Match each hose pipe to its corresponding port on the leg cuffs. Push the connectors firmly into place - they should fit snugly and not come loose. Make sure both cuffs are securely connected before starting the compression session.

DIFFERENT MODES

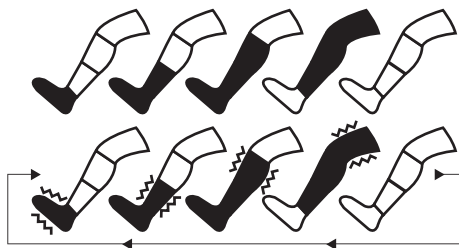
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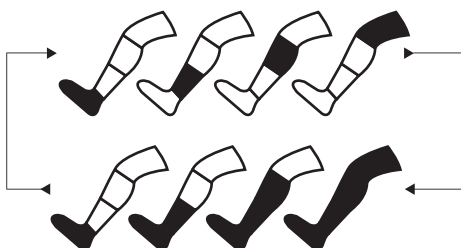
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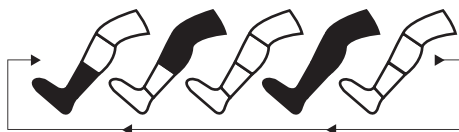
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5



6



5

When using compression boots as part of your gym recovery routine, selecting the right mode, duration, and pressure is essential to maximise results. Each mode is designed to target different physiological needs - from flushing lactic acid after intense strength training to gently stimulating circulation on rest days. Below is a breakdown of the six compression modes, complete with suggested session times and pressure ranges (30–260 mmHg, with a default of 50 mmHg), tailored to specific recovery goals. Whether you're prepping for your next workout or winding down from a brutal leg day, this guide will help you get the most out of your recovery boots.

1 Flush Flow

- **Suggested Time:** 30–60 minutes
- **Pressure:** 90–140 mmHg
- **Purpose:** Full-leg flush after heavy workouts (e.g., squats, deadlifts, long-distance running).
- **Why:** Sustained multi-zone compression requires moderate-high pressure and enough time to effectively move lymph and fluids.

2 Pulse Sweep

- **Suggested Time:** 20–40 Minutes
- **Pressure:** 50–100 mmHg
- **Purpose:** Light recovery between workouts or for daily circulation.
- **Why:** One-zone-at-a-time compression should be gentle and shorter to stimulate blood flow without fatigue.

3 Peristaltic Compression

- **Suggested Time:** 45–75 minutes
- **Pressure:** 120–180 mmHg
- **Purpose:** Deep recovery after endurance training or for edema reduction.
- **Why:** Wave-like compression benefits from sustained higher pressure to move fluids efficiently over time.

4 Isolated Hold

- **Suggested Time:** 20–30 Minutes
- **Pressure:** 60–120 mmHg
- **Purpose:** Targeted relief (e.g., calf pain, knee inflammation).
- **Why:** Since only one zone compresses at a time, moderate pressure and shorter time are ideal to avoid over-compression.

5 Dual Zone Recovery

- **Suggested Time:** 25-45 minutes
- **Pressure:** 100-160 mmHg
- **Purpose:** Active recovery after high-intensity interval training (HIIT), CrossFit, or lifting.
- **Why:** Simultaneous zones benefit from moderate-to-high pressure to stimulate rapid flushing.

D Default/Balanced

- **Time:** 30 minutes
- **Pressure:** 50 mmHg
- **Purpose:** Great for new users or light general maintenance recovery between different workouts.

Still need assistance from our customer support team? We're here to help. You can get in touch with us directly by emailing sales@nebula-appliances.com, where a member of our team will be happy to assist you with any queries or concerns. Alternatively, you can visit www.nebula-appliances.com for more information about our products, services, and support options.

PRODUCT WARRANTY

The Nebula Compression Boots come with a standard one-year warranty for your peace of mind. Should you require any assistance, please don't hesitate to contact our support team. When reaching out, kindly include your order number along with any relevant details that may help us assist you more efficiently.

If you believe there may be a defect with your product, please inform us by emailing sales@nebula-appliances.com. To help us investigate the issue thoroughly, we kindly ask that you provide supporting evidence such as photos or videos where possible.



 NEBULA

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HOSE PROTECTION COVER

The Nebula compression boots hose cover sleeve protects hoses and pipes from wear, kinks, and damage. Designed for durability and flexibility, it keeps compression boot equipment organised and secure, extending its lifespan in gym and recovery settings.



Insert Hole Insert



Slot In Pipes



Fold Velcro Over

AFTER USING PRODUCT

After using your Nebula Compression Boots please follow the instructions below to ensure good housekeeping and avoid potential damage of any components.

- Disconnect the hose from the machine by carefully removing the cables.
- The cuffs and compression hose should always be used together and connected. Avoid frequently disconnecting them, as this may cause damage to the pins or the hose.
- Use the Nebula carrier travel case if you plan to travel with the product. This will help protect the components from damage and prevent loose components.



Cleaning and Maintenance

Turn off pump before cleaning

Wipe with a damp cloth

Store in a cool, dry place

Keep out of direct sunlight

Store in Nebula travel carry case

Please note: Do not pull the hose abruptly. To disconnect the hose from the cuff, hold the pins and gently pull upwards as shown in the diagram above.



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