



# Portable Gym Compression Boots



**Product User Manual**

Medium & Large





# 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](mailto: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](mailto:sales@nebula-appliances.com)** immediately for assistance.





### **Danger:**

- Always use the parts provided and do not try to modify or use the appliance for anything other than it is intended.
- Do not cover the air outlet openings while the appliance is operating.
- Never immerse the appliance in water or any other liquid, nor rinse it under the tap.
- Do not let any water or other liquid enter the appliance to prevent electric shock.

### **Warnings:**

- Check if the voltage indicated on the appliance corresponds to the local mains voltage before connecting the appliance.
- Do not use the appliance if the plug, the mains cord, or the appliance itself is damaged.
- If the mains cord is damaged, it must be replaced by Nebula, a service centre authorised by Nebula, or similarly qualified persons in order to avoid a hazard.
- Keep the mains cord away from hot surfaces.
- Only connect the appliance to an earthed wall socket. Always make sure that the plug is inserted into the wall socket properly.
- This appliance is not intended to be operated by means of an external timer or a separate remote control system.
- Do not place the appliance against a wall or against other appliances.
- Do not place anything on top of the appliance.
- Do not use the appliance for any purpose other than those described in the user manual.
- If you experience any sensation of severe discomfort, pain, numbness, tingling, or if your legs feel excessively tight or “suffocated” during use, immediately stop using the compression boots and release the pressure.
- Do not leave the appliance operating unattended.
- Immediately unplug the appliance if you see any smoke coming out of it.
- Do not plug in the appliance or operate the compression boots control panel with wet hands.
- This appliance is designed to be used at ambient temperatures between 5 °C and 40 °C.
- This appliance must not be used or operated by children. Keep



### Caution:

- This appliance is intended for normal household use only. It is not intended for use in commercial environments such as gyms, hotels, motels, or any other non-residential settings.
- Always return the appliance to a service centre authorised by Nebula for examination or repair. Do not attempt to repair the appliance yourself, as this may be dangerous and will invalidate the guarantee.
- If the appliance is used improperly, for professional or semi-professional purposes, or not in accordance with the instructions in the user manual, the guarantee becomes invalid and Nebula accepts no liability for any damage caused.
- Always place and use the appliance on a dry, stable, level, and horizontal surface.
- Always unplug the appliance after use.
- Electromagnetic fields (EMF): This Nebula appliance complies with all applicable standards and regulations regarding electromagnetic fields.



# PRODUCT CONTENTS

1



**Main Compression Unit**

2



**Main Power 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 ensure the pump is connected to a working power outlet using the main power cable. If the pump does not start, check that the power cable is securely plugged in at both ends and that the outlet is functioning properly. There is no need to charge the device, as it operates directly from the wall power supply.

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.

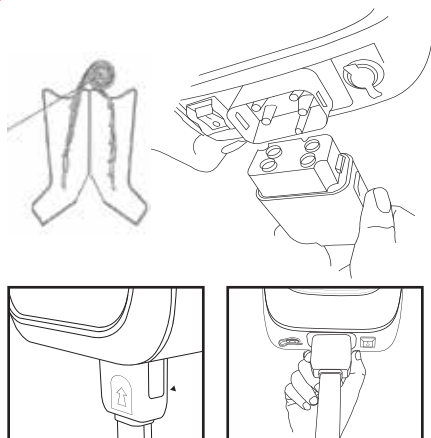
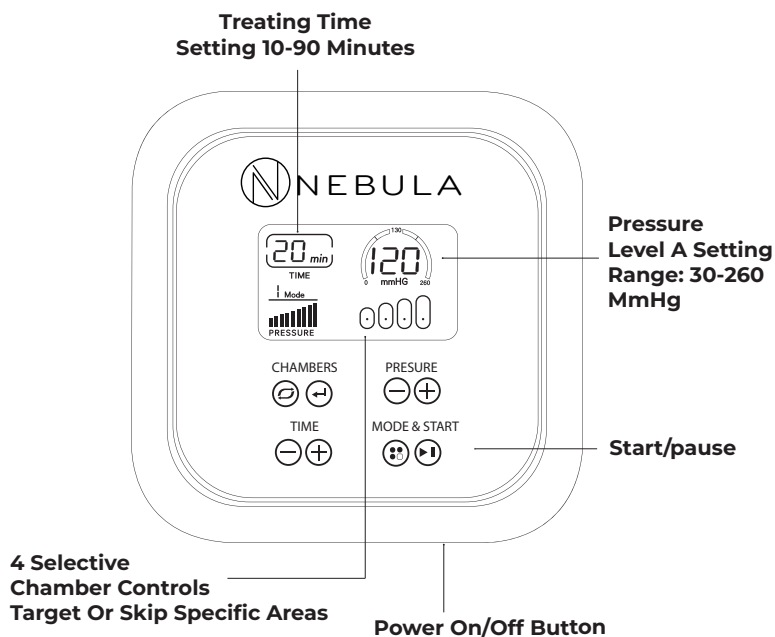
## Please Read:

- **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



## 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

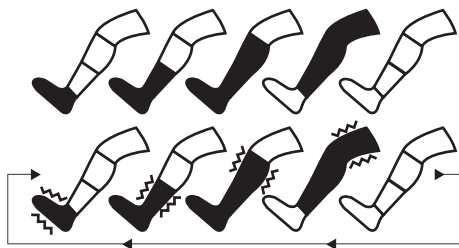
1



2



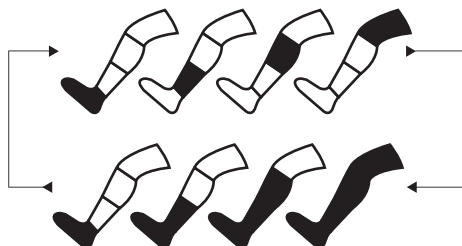
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4



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](mailto: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](http://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](mailto: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.

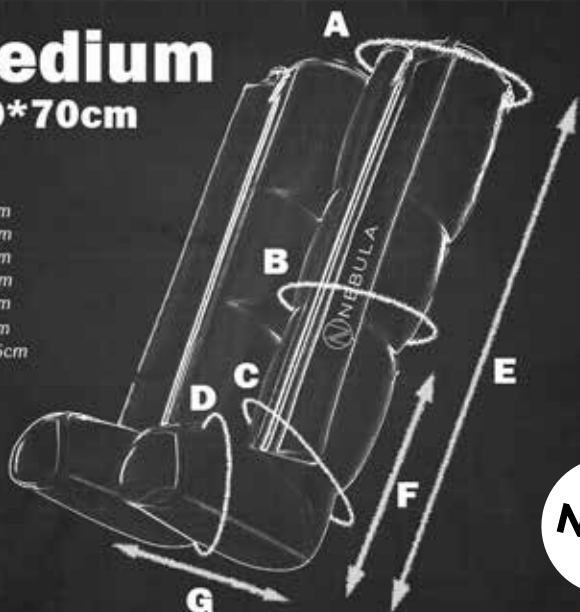


 NEBULA

# Medium

110\*70cm

A: 69cm  
B: 58cm  
C: 48cm  
D: 39cm  
E: 80cm  
F: 40cm  
G: 24.5cm

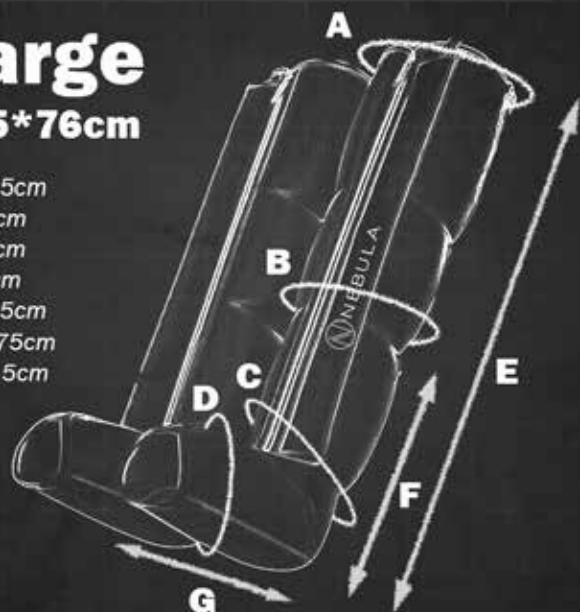


**NEW**

# Large

125\*76cm

A: 73.5cm  
B: 62cm  
C: 48cm  
D: 42cm  
E: 95.5cm  
F: 47.75cm  
G: 25.5cm



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## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

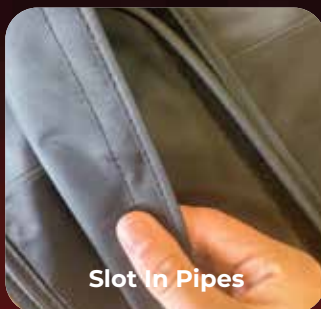
## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# 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

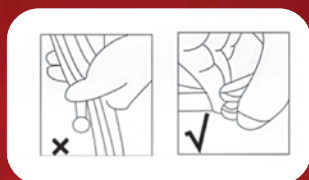


Fold Velcro Over

## 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.





[www.nebula-appliances.com](http://www.nebula-appliances.com)

