

LET'S BEGIN



# GENESIS

START GUIDE

# QUICK SETUP



## STEP 1

Plug in your **GENESIS** with the provided power adapter.

To use the unit without the adapter, please allow it time to charge.



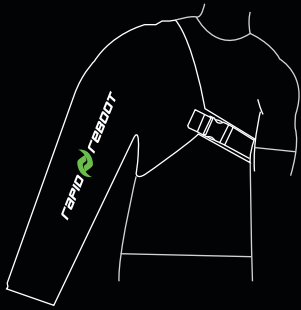
## STEP 2

Press the power button once to turn the control unit on.



## STEP 3

Put on your attachment and plug it in.



#### STEP 4

Ensure the attachment is properly fastened (see *OWNER'S MANUAL* for more information on how to wear your respective attachment properly).

#### STEP 5

Select the attachment you are using. Adjust settings as desired.

#### STEP 6

Press **START**.



### LIGHT INDICATOR

BLACK: Off  
PULSING WHITE: Charging  
CIRCLING GREEN: Booting  
STATIC GREEN: On

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# SETTINGS GUIDE

How to adjust settings on the GENESIS *(pg. 6-9)*

# SELECT TIME



Choose your desired session duration using the timer located at the top of the screen.

*Note: Time can be adjusted during a session. When a time is applied, the session duration will begin at that new time and count down by minutes until reaching 0. Once the session is complete, the **SESSION ENDED** screen will appear.*



# SELECT MODE

Select the mode you wish to apply by selecting either A Mode or B Mode at the bottom of the screen.

*Note: Changing the mode during a session will reset the cycle, meaning the system will briefly vent the attachment before applying starting a new cycle with the new mode applied.*

## MODE

Mode refers to the sequence, or order, in which chambers are pressurized.

**A MODE** is a sectional mode, meaning only one chamber at a time is pressurized, beginning with the first active chamber and proceeding in order. This is commonly known as a peristaltic mode and acts as an intermittent massage.

**B MODE** is a full mode, or flush mode, meaning that each active chamber is pressurized in sequential order and remains pressurized until all active chambers are pressurized. These chambers are then depressurized together before the cycle restarts.



# ADJUST PRESSURE

Adjust the pressure by either sliding your finger along the dial or by using the - and + in the center of the screen.





# CHAMBER TUNING

Adjust the pressure of individual chambers by tapping one of the numbered chambers towards the top of the screen.

The + icon increases pressure by 1 level.

The - icon decreases pressure by 1 level.

Hold the desired chamber to deactivate it. Press deactivated chamber again to turn back on.

# APP GUIDE

How to pair your device and more on the **GENESIS** (pg. 11-13)

# APP CONTROL

The GENESIS allows for Bluetooth® connectivity with a smart device. Once paired, you will be able to remotely control settings using your device instead of using the control unit's interface.



# CONNECTING YOUR DEVICE



## STEP 1

Download and open the Rapid Reboot App  
(available for *IOS* and *Android*).



## STEP 2

Pair your unit to your device by using the toggle feature next to the unit (*green means it is selected*) and selecting **APPLY**.

If no unit is shown on the **PAIR UNIT** screen, ensure the control unit is powered on.

When on and in range, your **GENESIS** will appear on the **PAIR UNIT** screen with a default name: e.g., **GENESIS XXXX**.



### STEP 3

Adjust the settings as desired.

*Note: You can pair your device with your GENESIS before or during a session; the unit only has to be on. If a session is in progress when you pair, your device's screen will automatically reflect the settings on the control unit.*

Changes to settings made in the app will instantly be reflected on the control unit. Similarly, changes to settings made using the control unit interface will be reflected on your device.

Select the **START** button to begin the session.

# GENESIS GLOSSARY

## ON/OFF

The power button is located on the top of the **GENESIS** above the port for attachments. Press it once to turn the unit on. The ring around the power button immediately glows green and the session screen appears several seconds later. Use the power button to turn the unit off.

## PRESSURE

The **GENESIS** offers 10 pressure levels that reach pressure ranges of 0 to 200 mmHg, giving you unprecedented control over each chamber's pressure. To adjust the pressure for any or all chambers, touch the screen, either on the **GENESIS** control unit or on your smart device, in the area of the pressure dial.

## TIME

The **GENESIS** offers interval time settings from 5 minutes to 90 minutes. To adjust the time, select the arrows at the top of the session screen.

## START/PAUSE

Once you have turned the **GENESIS** on, properly fastened and plugged in your attachment, and adjusted the settings, select the **PLAY** icon (*triangle*) to start your session. To pause the session, select the **PAUSE** icon. To resume, select the **PLAY** icon that replaced the **PAUSE** icon.

*Note: When a session is paused, any pressure in the chambers will be released. When a session is resumed, the cycle will begin again at the first active chamber.*

## CHAMBER TUNING

Chamber Tuning refers to the ability to increase or decrease each chamber's pressure by 1 level from the main pressure level.

## CHAMBER

A chamber refers to a section of the attachment that inflates or deflates. Chamber 1 always corresponds to distal (*farthest from your core*) chamber.

For example, on the Boots attachment, Chamber 1 corresponds to the foot section, Chamber 2 to the calf section, Chamber 3 to the knee section, and Chamber 4 to the thigh section.

# MENU

## SESSION

Navigate to the main session screen.

## PAIRING

Easily manage connections with your unit(s) within the app without having to use your device's Bluetooth settings.

## MY SYSTEM

Quickly rename your control unit so that you always know which one is yours when you go to pair. This is especially important for teams and trainers who manage multiple control units at one time.

## WARRANTY & HELP

Review warranty terms & conditions, contact customer service, consult FAQs, find helpful articles in FOR THE RECORD library, and, for Amazon and other 3rd party purchases, quickly register your warranty.

## FEEDBACK

Help us continually improve our products and services by directly sharing your feedback, including any technical issues you encounter, with the Rapid Reboot team.

## RESOURCES

Quickly reference Start Guides, Owner's Manual, and Privacy Policy, Technical, and Regulatory information

## SHOP

Expand your recovery toolkit and enhance your performance by conveniently shopping new products and accessories from Rapid Reboot.



# USAGE INFORMATION

The following provide general information about the GENESIS and Rapid Reboot. For more detailed information, see the Rapid Reboot **OWNER'S MANUAL**.

## INDICATIONS FOR USE

The Rapid Reboot GENESIS Compression Therapy System is indicated for the temporary relief of muscle aches and pains and for temporary increase in circulation to the treated areas. The system simulates kneading and stroking of muscle tissues by using an inflatable garment.

## CONTRAINDICATIONS

Do not use without first consulting your physician if you have or suspect you have:

- Deep vein thrombosis (*DVT*)
- Pulmonary embolism (*blood clot*) or edema
- Inflammation of the skin (*e.g., cellulitis, erysipelas*)
- Thrombophlebitis
- Ischemic vascular disease
- Severe peripheral neuropathy

## RECOMMENDED USE

The GENESIS Compression Therapy System is ideal for muscle activation before and muscle recovery after physical activity: i.e., training sessions, athletic competitions, etc. The system can be used at home or in clinics, hospitals, or training environments.

## CLASSIFICATIONS

The GENESIS is classed as:

- Class II Medical Device (*OTC*)
- Type BF Applied Part
- IP21 (*ingress protection*)

## TECHNICAL INFORMATION

Use only with Model SP-PC-1 power supply

Unit: 19V  $\overline{\text{---}}$  3.42A

Power: 65W

Power Supply: 100V-240V  $\text{⦿}$  50-60Hz

Rapid Reboot Recovery Products, LLC, dba "Rapid Reboot," is a Utah-based company. All customer service interactions, product servicing, and quality management systems are managed in the US.

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# TRAIN REBOOT REPEAT

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