

# REBOOTS PROGRAM SEQUENCES

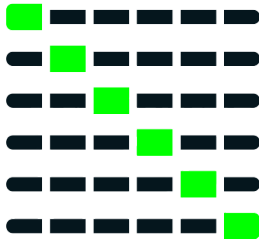


REBOOTS



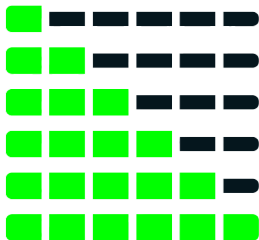
# PROGRAM OVERVIEW

## A Flow



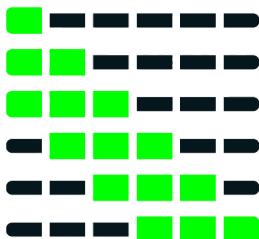
"Flow" exerts a punctual pressure and is therefore good for loosening the muscles. The muscles are gradually compressed from the feet towards the body.

## B Intense



"Intense" most intensively promotes lactate removal. The sustained pressure in the lower chambers eliminates reflux. As a beginner, you should approach this program slowly. At high pressure, program B is very intense and effective!

## C Intense Flow



"Intense Flow" combines the flow of programs A and B. Several chambers always remain inflated at the same time, which prevents reflux. "Intense Flow" thus also promotes lactate removal quite intensively. This program is suitable for a fast but intense recovery session.

## D Intense Pulse ★



"Intense Pulse" supplements program C with a very effective pulse effect. For this purpose, the pressure is increased and decreased three times during the last active chamber: first 70%, then 90%, and only then 100% of the set pressure. This gives the waste products of metabolism time to move through the tissue. A particularly thorough recovery application is the result. Therefore, when combining several massage programs, it is always advisable to end the application with "Intense Pulse".



# PROGRAM SEQUENCES

## #1 RECOVERY IS EVERYTHING

Did you train really hard today? Did you have a big match or race? Then get into your Reboots to boost your recovery!

**DURATION: 40 MIN    PURPOSE: RECOVERY**

10 MIN.	Programm A // FLOW	light pressure
20 MIN.	Programm B // INTENSE	light - medium pressure
10 MIN.	Programm D // INTENSE PULSE	light pressure

## #2 RECOVERY QUICKIE

Do you have a big competition tomorrow?  
Then quickly get your legs massaged to reach your goals for tomorrow!

**DURATION: 20 MIN    PURPOSE: QUICK RECOVERY**

20 MIN.	Programm C // INTENSE FLOW	light - medium pressure
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## #3 RELEASE YOUR MUSCLES

Treat your legs with some wellness and loosen up your muscles!

**DURATION: 40 MIN    PURPOSE: MUSCLE RELAXATION**

10 MIN.	Programm C // INTENSE FLOW	light pressure
20 MIN.	Programm A // FLOW	medium - high pressure
10 MIN.	Programm B // INTENSE	light pressure

## #4 ALL-IN-ONE

Not sure what your legs need the most today? Then we have the right thing for you: A little bit of everything!

**DURATION: 40 MIN    PURPOSE: REGENERATION & LOOSENING**

<b>5 MIN.</b>	<b>Programm C // INTENSE FLOW</b>	light pressure
<b>20 MIN.</b>	<b>Programm B // INTENSE</b>	light - medium pressure
<b>10 MIN.</b>	<b>Programm A // FLOW</b>	medium - high pressure
<b>5 MIN.</b>	<b>Programm D // INTENSE PULSE</b>	light pressure

## #5 DEEP RELAX

Over and out.

Close your eyes, sit back and relax.

**DURATION: 40 MIN    PURPOSE: RELAXATION**

<b>10 MIN.</b>	<b>Programm A // FLOW</b>	light pressure
<b>20 MIN.</b>	<b>Programm D // INTENSE PULSE</b>	light - medium pressure
<b>10 MIN.</b>	<b>Programm C // INTENSE FLOW</b>	light pressure

## #6 RELAXATION QUICKIE

You need a break from the stressful everyday life? Then just put your feet up for a while and take some time to switch off.

**DURATION: 10 MIN    PURPOSE: RELAXATION**

<b>10 MIN.</b>	<b>Programm C // INTENSE FLOW</b>	light - medium pressure
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RECOVERY IS EVERYTHING.