



# **REBOOTS** **PROGRAM** **SEQUENCES**



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**REBOOTS** **GO** LITE

# PROGRAM OVERVIEW

## A Intense Flow



## B Intense



## C Impulse



## D Flow



\*Nutzung über die Reboots App

"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.

"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!

"Impulse" is for short and intense sessions. Since all chambers are pulsed at the same time, "Impulse" maximizes the number of possible compression passes in a given time.

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



# PROGRAM OVERVIEW

## E Switch



\*Usable via the Reboots App

"Switch" applies a punctual pressure on every second chamber at the same time. The muscles are thus massaged alternately from the feet towards the hips. The program is therefore well suited for loosening the muscles.

## F Double



\*Usable via the Reboots App

Similar to program D, but two chambers are filled directly per step. Thus, "Double" achieves twice the number of passes in the same time and is suitable for shorter warm-up massages.

## G Intense Pulse ★



\*Usable via the Reboots App

"Intense Pulse" supplements program A 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 D // FLOW	light pressure
20 MIN.	Programm B // INTENSE	light - medium pressure
10 MIN.	Programm G // 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 B // INTENSE	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 A // INTENSE FLOW	light pressure
20 MIN.	Programm D // FLOW	light - medium pressure
10 MIN.	Programm G // INTENSE PULSE	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 A // INTENSE FLOW</b>	light pressure
<b>20 MIN.</b>	<b>Programm B // INTENSE</b>	light - medium pressure
<b>10 MIN.</b>	<b>Programm D // FLOW</b>	medium - high pressure
<b>5 MIN.</b>	<b>Programm G // 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 D // FLOW</b>	light pressure
<b>20 MIN.</b>	<b>Programm G // INTENSE PULSE</b>	light - medium pressure
<b>10 MIN.</b>	<b>Programm B // INTENSE</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 E // SWITCH</b>	medium - high pressure
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RECOVERY IS EVERYTHING.