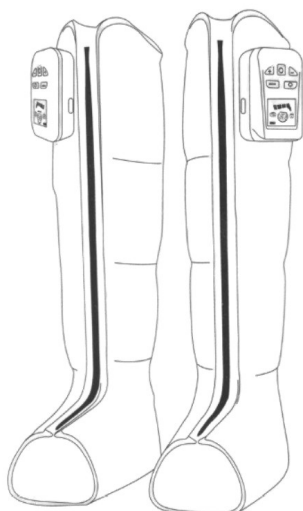




CGC-400

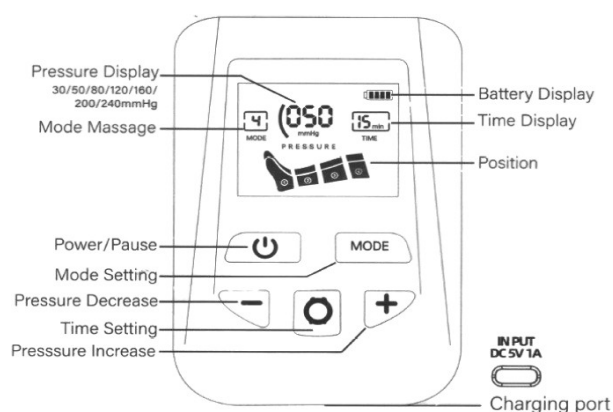
Compression Recovery Boots

USER MANUAL



5 modes • 7 pressure levels
15, 30 or 45-minute sessions

Detachable Controller



Controls & Everyday Use

1. Power / Pause button for starting, pausing and switching the system on or off.
2. Pressure increase and decrease controls for selecting the desired compression level.
3. Mode control cycles through massage modes 1–5.
4. Press the Time Setting button to cycle through 15, 30 and 45 minutes.
5. Battery display indicates approximate charge status.
6. For first use, the supplied instructions recommend starting at a lower pressure and increasing only to a comfortable level.
7. The product cannot be used while charging.
8. When battery charge falls below approximately 5%, the unit switches off automatically.

Product Introduction

The Celligen CGC-400 Compression Recovery Boots use air pressure to provide a leg massage. Multiple air chambers cover the legs, including the ankles, calves and thighs. The chambers inflate and deflate in controlled patterns, creating a squeezing and releasing sensation to help relax tired muscles. Five massage modes provide different compression patterns. You can adjust the pressure and session time using the detachable controllers while they are connected to the boots.

Massage Modes

1. Wave massage



2. Sequential squeezing



3. Double wave



4. All squeezing



5. Sequential squeezing + Double wave



Features

Four-chamber full-leg compression

Programmed compression across the feet, calves and thighs.

Seven pressure levels | 30–240 mmHg

Choose 30, 50, 80, 120, 160, 200 or 240 mmHg, from lighter compression to considerably firmer sessions.

Five massage modes

Wave Massage, Sequential Squeezing, Double Wave, All Squeezing, and Sequential Squeezing + Double Wave.

Detachable controllers

Adjust pressure, mode and session time on the compact controllers. They must remain attached to the boots during use.

15, 30 or 45-minute sessions

Choose a session length to suit your recovery routine.

Rechargeable battery operation

The 3200 mAh lithium battery provides approximately 1.5–2 hours of cordless use per charge, away from a mains socket.

Clear colour display

View pressure, mode, session time and battery information directly on the controller.

Battery-level indication

Green, blue and red indicators show the approximate remaining battery level.

Portable recovery system

The compact, rechargeable design is convenient at home, at the gym or when travelling.

Two size options

Medium: approx. 165–180 cm. Large: approx. 180–195 cm.

Carry bag included

Keep the complete system together for storage and transport.

Low-noise operation

Specified operating noise below 55 dB.

Specifications & size guide

Brand / model	Celligen / CGC-400
Product type	Air-compression leg recovery / massage system
Compression chambers	4 per boot
Massage modes	5
Pressure settings	7
Pressure levels	30 / 50 / 80 / 120 / 160 / 200 / 240 mmHg
Session timer	15 / 30 / 45 minutes
Battery	3200 mAh / 7.4 V lithium battery
Charging current	5 V / 2 A
Charging time	Approximately 2 hours
Working time	Approximately 1.5–2 hours
Power	24 W
Input voltage	100–240 V AC
Charging port	DC
Noise	<55 dB

Warranty

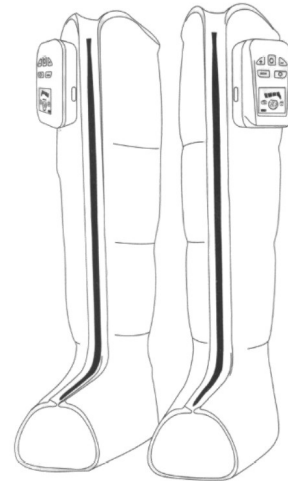
1 year

Size guide

Medium (M): approx. 165–180 cm tall
Large (L): approx. 180–195 cm tall

Height ranges are a guide; fit varies with leg proportions. Between sizes? Contact Celligen for help choosing.

What's Included



- 2 × Celligen CGC-400 full-leg compression boots
- 2 × Detachable control units
- 2 × Charging cable
- 1 × Carry bag
- 1 × User manual

The detachable controllers must be physically connected to the boots during use.

Product Safety Precautions

Read these precautions and the operating instructions before use. Keep this manual for future reference.

- Seek medical advice before use if you are pregnant, have a pacemaker or implanted medical device, cardiovascular problems, abnormal blood pressure, significant skin problems, swelling, burns, fractures or any condition that may make compression unsuitable.
- Start at the lowest pressure and increase gradually to a comfortable level.
- **Stop use immediately if you experience pain, numbness, dizziness or unusual discomfort.** Switch off and allow the boots to deflate before removing them. Seek medical advice if symptoms persist.
- Fit the boots correctly and keep the detachable controllers securely connected throughout use.
- Do not use while charging. Use only charging equipment that meets the product's requirements.
- Keep electrical components dry. Do not use in wet areas or immerse any part in water.
- Do not use damaged or malfunctioning equipment. Do not dismantle, modify or attempt repairs yourself; contact Biohacs for assistance.
- Keep away from sharp objects that could puncture the boots.
- Switch off and disconnect charging equipment before cleaning. Wipe the boots with a damp cloth and controllers with a soft cloth. Do not machine wash.
- Store in a dry place, away from excessive heat, direct sunlight and moisture.

Incorrect use may cause injury or product damage. Handle with care and keep dry. Dispose of electrical equipment in accordance with local regulations.

Frequently asked questions

What do compression boots do?

Air chambers apply rhythmic pressure across the legs, creating a squeezing and releasing massage that can help tired legs feel relaxed and refreshed. Compression may help reduce the feeling of soreness after exercise, although results vary.

What does the pressure range mean?

Pressure, measured in mmHg, determines how firmly the chambers compress your legs. Choose from seven settings between 30 and 240 mmHg. Start at the lowest setting and increase only while comfortable. Higher pressure is not necessarily better.

How long should I use the boots for?

Choose 15, 30 or 45 minutes. For first use, start with 15 minutes at the lowest pressure. Adjust pressure and duration gradually as you become familiar with the sensation, keeping the compression comfortable throughout.

When should I use compression boots?

Use them after training, following an active day or during a dedicated recovery session. Battery operation allows use away from a mains socket, at home or when travelling. Keep the detachable controllers attached to the boots during use.

How do I clean and care for the boots?

Switch off and disconnect charging equipment. Wipe the boots with a lightly damp cloth and allow them to dry fully. Do not machine wash. Keep controllers and charging equipment dry. Protect from sharp objects, heat and direct sunlight; store in the carry bag.