

XPOLAR X1 User Manual

A small, light gray watermark of the XPOLAR logo is located at the bottom center of the page. It consists of the stylized 'X' followed by the word 'POLAR' in a smaller font, with a thin horizontal line underneath.

XPOLAR

Product Info	— — — — — — — —	01
Usage Guide	— — — — — — — —	02
Operating Instructions	— — —	05
Notes of Caution	— — — — —	10
Warranty Policy	— — — — —	12
Technical Info	— — — — — — —	13

For safe and proper use of this product, please carefully read the instructions before use and keep the manual in a convenient place for future reference.

Product Info

Product Name	XPOLAR Recovery Device
Model Number	X1
Product Size	335 x 315 x 50 mm
Place of Origin	Shenzhen, China
Product Applicability	Recovery of Muscles and Soft Tissues
Product Contents	XPOLAR Recovery Device, Instruction Manual, Storage Bag, Charger
Precautions	Refer to the User Manual for details

Usage Guide: Choose the Suitable Strap

The product includes a set of straps designed for users of various sizes and for different body parts.

Small size(mm)

Thigh 410-480

Knee 350-390

Calf 320-370

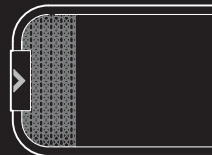


Large size(mm)

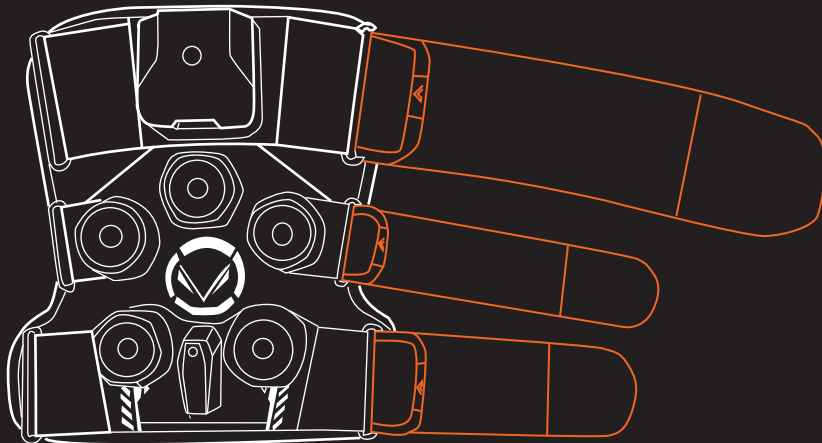
Thigh 460-580

Knee 380-440

Calf 350-400

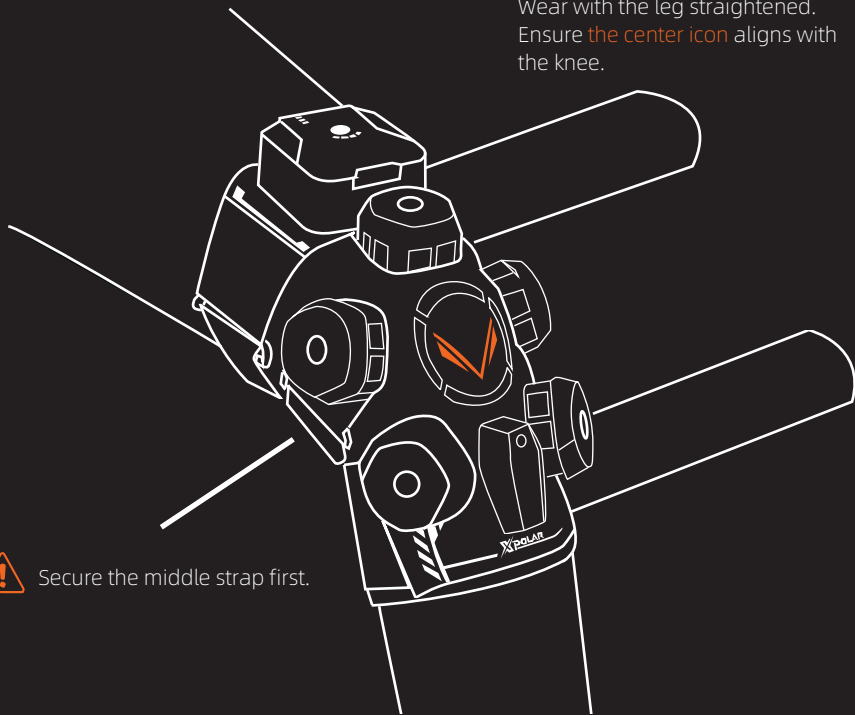


Follow the picture to connect the three straps to the device:



Usage Guide: How to wear it on the knee joint.

Wear with the leg straightened.
Ensure the center icon aligns with the knee.

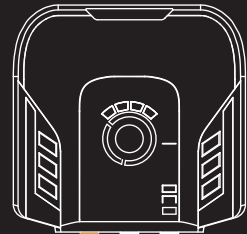
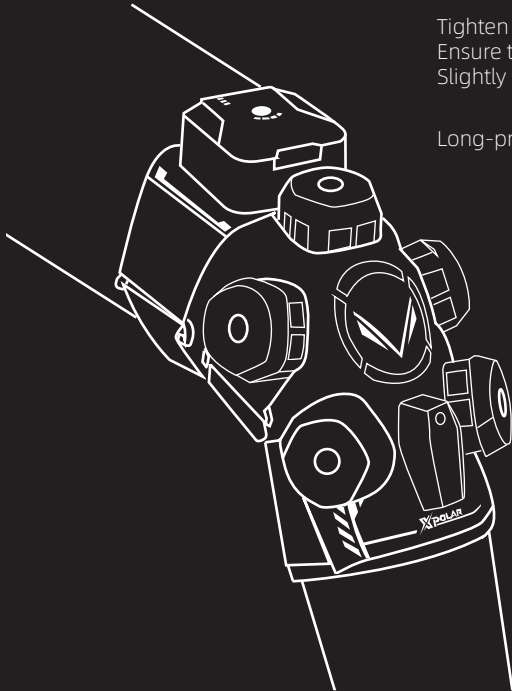


Secure the middle strap first.

Usage Guide: Apply the device on the knee.

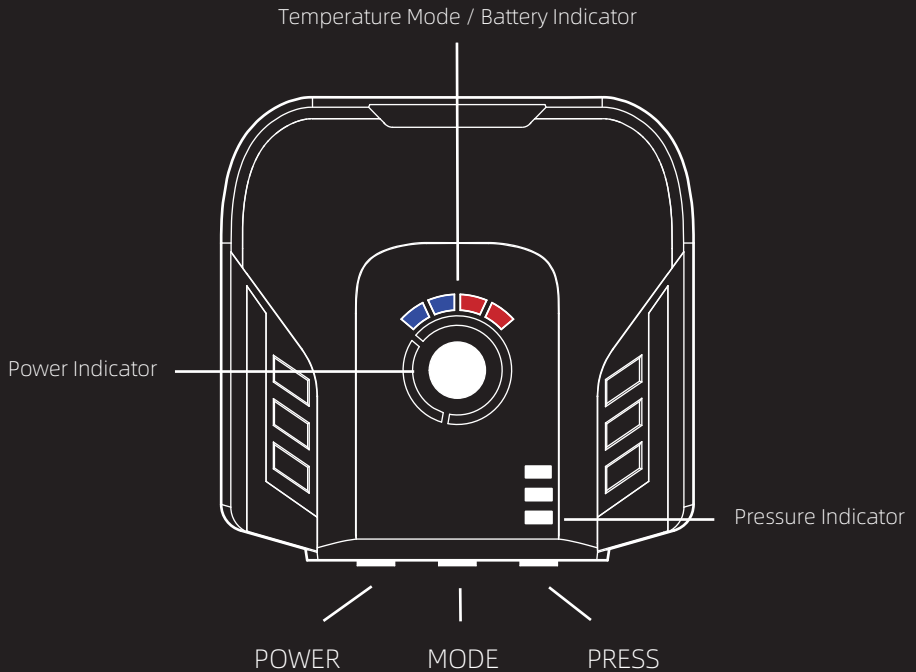
Tighten the thigh, the calf straps
Ensure the device fits the leg.
Slightly bend the knee after securing.

Long-press the **POWER** button to turn on.



POWER

Operating Instructions



Operating Instructions: POWER



POWER ON

Press and hold power button for 2 seconds. White light indicates power, followed by battery level. The pressure light flashes twice simultaneously with a vibration to indicate the device has powered on.

POWER OFF

In the powered-on state, press and hold the power button for two seconds. The power level indicators will turn off, followed by two flashes of the pressure light simultaneously with vibration, then powered off.

Operating Instructions: **MODE**



Cold Therapy Mode



Hot Therapy Mode



Mild Cold Mode

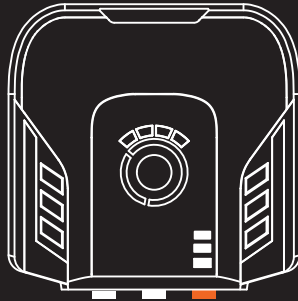


Hot & Cold Mode



Cold & Hot Mode

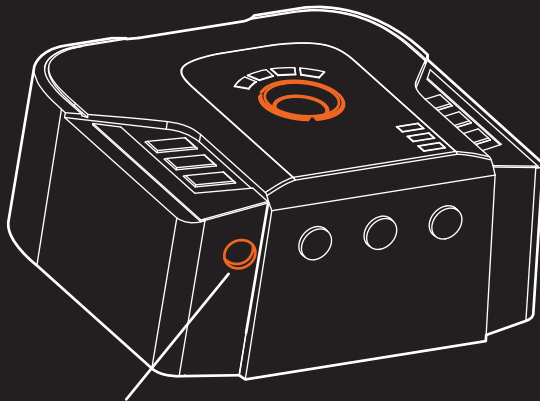
Operating Instructions: PRESS



PRESS

Press the pressure button, the pressure light illuminates. The number of lit indicators represents the pressure level.

Operating Instructions: CHARGING



CHARGING PORT

Connect XPOLAR charger to the port. Yellow light indicates charging. Green light indicates fully charged. The charging stops automatically once the battery is full.

Washing and Product Storage

Do not steam the product, as it may cause deformation.

This product is not washable. For cleaning, use a slightly wet cloth to wipe the surface.

Avoid using drying equipment. If wet, allow natural air drying.

Notes of Caution

This device aids post-exercise recovery and body adjustment, primarily for healthy adults and teens. Please assess personal suitability before use.

Special Notices:

- **Skin Issues:** Conditions such as allergies, severe inflammation, or open wounds may worsen due to temperature changes or pressure. In such cases, it is advised to consult a healthcare professional.
- **Blood Circulation Issues:** If you have conditions like hypertension or blood circulation disorders, consult a doctor before using this device, as hot and cold therapy may affect blood circulation.

- Medication Interference: Users taking medications that may affect blood clotting or sensation should consult a doctor before using this device.
- Allergy Response and Body Suitability: Ensure no material allergies to the device and suitability based on body shape or size.
- Discomfort During Use: If experiencing skin irritation, pain, or any other discomfort, cease use immediately and seek professional advice.
- Sensitive Area Use: Avoid applying the device directly to sensitive areas or areas experiencing unexplained pain to prevent discomfort or injury.

Warranty Policy

Warranty Terms:

1. This warranty card is only valid in the United States
2. Consumers purchase the Xpolar Recovery Device for daily use. The entire device is covered by a one-year warranty from the date of purchase under normal usage conditions.
3. During the warranty period, if there is a fault under normal use requiring free repair, please return the device with this card and the purchase invoice for repairs.
4. Situations not covered by free warranty repair include:
 - a. Damage due to improper use, maintenance, or storage by the consumer.
 - b. Damage caused by unauthorized disassembly.
 - c. Lack of a valid three-guarantee certificate or invoice.
 - d. Discrepancy or alteration of the model on the three-guarantee certificate.
 - e. Damage caused by force majeure.
5. Lost warranty cards will not be replaced; please keep them safe.
6. Besides the repair rights specified in this warranty card, users holding a valid warranty card also enjoy other rights within the scope of relevant national laws and regulations during the repair period.

Product Name		Model Number	
Warranty Period		Date of Purchase	
Invoice Number		Contact	

Technical Info

Name: XPOLAR X1

Main Unit Size: 335x315x50mm

Strap Sizes: Thigh 460-580mm, Knee 380-440mm, Calf 350-400mm

Net Weight: 1.1kg (including straps)

Rated Voltage: 12V

Power Consumption: 42W

Battery Capacity: 5000mAh

Battery Life: Cold Therapy - 45min, Hot & Cold Therapy Alternating - 90min, Hot Therapy - 120min

Charging Power: 30W (12V, 2.5A)

Charging Time: 120min

The logo features a stylized 'X' in a light blue color with a sharp diagonal slash through it. To the right of the 'X' is the word 'POLAR' in a white, bold, sans-serif font. A horizontal light blue line underlines the 'POLAR' text.

XPOLAR