



beoka

AIR COMPRESSION MASSAGER

ACM-C1-4

Manufacturer

Sichuan Qianli-Beoka Medical Technology Inc.

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Email: service@beoka.com

www.beokaadm.com

ISO9001, ISO13485 qualified

Distributor

Shenzhen Beoka technology Co., Ltd

User Manual

Thank you for purchasing the **Beoka** Air Compression Massager. This product is designed to apply a periodically changing pressure to the body's peripheral blood vessels and tissue to improve and promote blood circulation and relieve muscle soreness after exercise. Please use the device carefully and safely while enjoying muscle and body relaxation. To ensure safety and avoid any property damage, please read this manual carefully and use the device according to the instructions. Otherwise, it may result in severe personal injury or serious property damage.

As a Chinese Share listed manufacturer of intelligent medical rehabilitation equipment, **Beoka** has always focused on the field of sports rehabilitation industry for more than two decades, striving to create a global sports rehabilitation professional brand.

Warnings and Safety Reminders

- If you are under doctor treatment or have any contraindications that require the use of any medical control unit, please consult your doctor before using this product.
- If you experience inflammation, infection, unexplained pain, or bleeding (internal or external) at or near the application site, or have wounds, ulcers, or pressure sores at or near the application site, do not use this product.
- Do not use this product under the following circumstances:
 - Users with pulmonary insufficiency or pulmonary edema;
 - Users with serious heart conditions, cardiac insufficiency, labile hypertension, or have electronic devices (e.g., pacemaker) implanted;
 - Users with or suspected of having deep vein thrombosis (DVT), venous cancer, thrombophlebitis (which can cause vessel occlusion), acute vein thrombosis, or thrombosis of any type are prohibited from using this product;
 - Users with severe inflammation or severe infection of limbs that are not effectively controlled;
 - Users with severe coagulation disorder;
 - Acute inflammatory dermatosis or extensive ulcerative rashes;
 - Severe arteriosclerosis, arterial insufficiency, or other vascular diseases;
 - Children and pregnant women;
 - Edema in patients with renal insufficiency;
 - Recently received skin grafting;
 - Special deformity of limbs;
 - Acute pulmonary edema;
 - Acute thrombophlebitis;
 - Acute infection;

- Acute congestive heart failure;
- Deep vein thrombosis (DVT);
- Onset of pulmonary embolism;
- Neoplastic diseases;
- Wounds, lesions, or tumors at or near the application site;
- Fracture or dislocation at or near the application site;
- Severe pain or numbness in the limbs;
- Users with built-in artificial materials in the massage area (e.g., artificial joints, metal, or silicone).
- Do not use this product on insensitive or numb body parts. Do not use this product in cases of poor blood circulation. Do not use this product if you have thrombosis, deep vein thrombosis, or phlebitis. This product should not be used on swollen or inflamed areas and skin with rashes. Do not use this product if you experience unexplained pain in your calf.
- Do not use this product on people who are unconscious, incapacitated, or unable to provide feedback on pressure.
- Users with poor blood vessel elasticity can start from a low massage pressure level and gradually increase to the desired level after several massages. Do not choose a high pressure level from the beginning; start from a low pressure level instead and gradually increase the level. Lie down in the most relaxed and stretched position possible with the sleeves on.
- You should be sober when using the control unit for massage. If symptoms and signs such as local subcutaneous bleeding spots, purpura, ecchymosis, or hematoma occur, or discomforts such as pain, paralysis, chest tightness, difficulty breathing, or dizziness occur during the massage, stop using the massager immediately and contact your doctor or agency. The doctor will determine if you can continue using this device by diagnosing the cause of such symptoms and signs or discomfort based on the specific clinical situation.

- This product is intended for healthy adults only. It uses gradient pressure to massage your limbs for recovery after exercise.
- If you are pregnant, please consult your doctor before use.
- Use this product on legs only.

Battery Safety Precautions

- Use only the battery provided with this product. Using a different battery may cause malfunction.
- Do not use the battery if you notice any abnormality, such as odor, heat, deformity, discoloration, or any other unusual situation. If the battery is being used or charged, stop using it or disconnect the charger immediately.
- This product contains a lithium-ion battery. Dispose of this product following local regulations.

WEEE Directive

Proper handling of this product	
	This symbol indicates that the product should not be disposed of with normal household waste. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return a used device, please use the return and collection system or contact the retailer where the product was purchased. They can take this product to environmentally safe recycling.

RoHS Declaration of Conformity

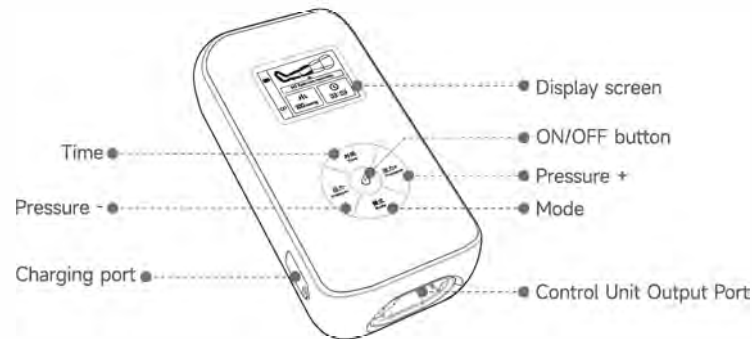
Our products comply with the Restriction of Hazardous Substances Directive (2011/65/EU) (RoHS 2.0). The raw materials and components of our products comply with the restrictions on the following toxic and hazardous substances.

Cadmium (Cd): <100 ppm	Lead (Pb): <1000 ppm
Mercury (Hg): <1000 ppm	Hexavalent chromium (Cr VI): <1000 ppm
Polybrominated biphenyls (PBB): <1000 ppm	Polybrominated diphenyl ethers (PBDE): <1000 ppm
Bis (2-ethylhexyl) phthalate (DEHP): <1000 ppm	Benzyl butyl phthalate (BBP): <1000 ppm
Dibutyl phthalate (DBP): <1000 ppm	Diisobutyl phthalate (DIBP): <1000 ppm

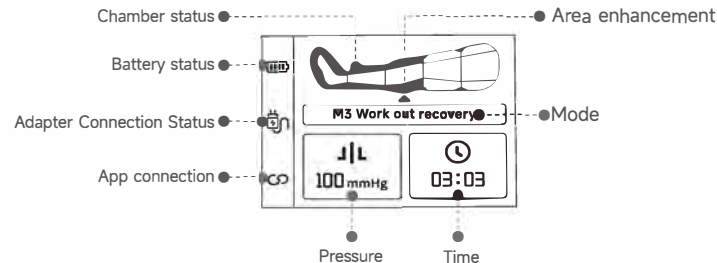
Specifications

- Product name: Air Compression Massager
- Product model: ACM-C1-4
- Structure: The device mainly consists of a control unit, an integrated sleeve, a battery module, and a power cable.
- The integrated sleeves are available in various sizes: L (large), M (medium), S (small)
- Pressure range of the device: Adjustable between 40-110 mmHg
- Rated power: 25 W
- Device: Rated voltage of 10.95 V
- Input voltage: 5V = 3A/9V = 2.22A/12V = 1.67A
- Battery capacity: 2600 mAh
- Power Supply Modes:
 - Internal Battery Power Mode
 - Adapter Power Supply Mode (Adapter output must be $\geq 12V = 1.67A$, otherwise it can only charge the internal battery)
- Operation modes: Workout Recovery, Training Activation, Fatigue Relief, Overall Relaxation, Deep Care
- Product size: LxWxH/840x330x60 mm (S)/925x365x60 mm (M)/1020x365x60 mm (L)
- Timing: The device timer can be set between 15-60 minutes with a 5-minute interval.
- Pressure level: 15 adjustable pressure levels, 5 mmHg/level.
- Product net weight/set: S: 2.7 kg (battery included)
 M: 2.8 kg (battery included)
 L: 3 kg (battery included)
- Not permanently installed

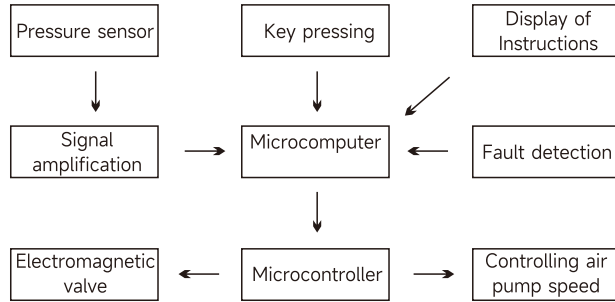
Main Structure of the Device



Screen Layout & Functions



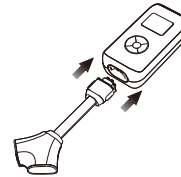
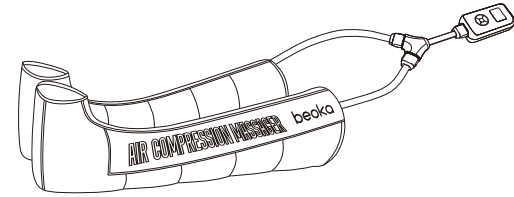
How the Device Works



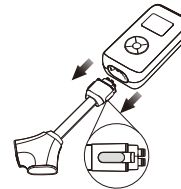
How the device works:

After the microcomputer of the Air Compression Massager receives the information input by the user, the embedded software will perform a corresponding analysis based on the selected parameters. It will then activate various loads by driving the circuit and control the air pump flow according to the parameters set by the user. After that, the pressure signals collected by the pressure sensor will be amplified for the microcomputer to control the airbag pressure after A/D conversion.

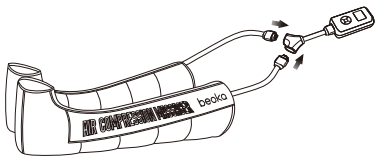
Installation of Device



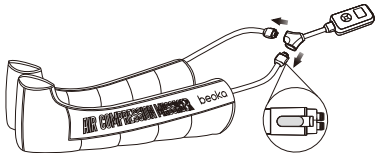
Installation Steps for Control Unit and Adapter: Align the adapter's input port with the control unit output port, gently push inward until the locking tabs snap into place with an audible click, indicating secure installation. Verify correct connection to ensure proper device operation.



Disassembly Steps for Control Unit and Adapter: After the device completes its work, press and hold the buckles on both sides of the adapter, and pull it out, then the adapter can be removed.



Installation Steps for Compression Boot and Adapter: Align the two connectors on the boot with the output ports at both ends of the adapter. Gently push inward until the locking tabs snap into place with an audible click, confirming secure connection. Verify correct installation to ensure proper device operation.

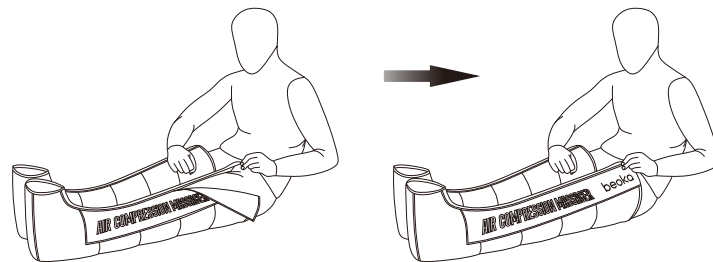


Disassembly Steps for Compression Boot and Adapter: After the device completes its work, press and hold the buckles on both sides of the compression boot connection line connector, and pull it out, then the compression boot can be removed.

Preparation

Before using: Take out the compression boots and wear them symmetrically on the corresponding legs on both sides. Turn on the control unit and choose the right massage strength and mode.

Tip: It's best to sit or lie down comfortably and relax. Slightly lift your legs during the massage. It helps with blood flow and lymph drainage. Both compression boots can be used at the same time, or each one can be used separately.



Steps

1. Press the  button briefly when the device is off to turn on the power. The display screen will light up, indicating that the device has started up.
2. When the device is in standby mode, press the Mode button briefly to select the mode. Each press changes the mode once, cycling between 5 modes, each with its default pressure level and duration.
3. Adjust the pressure level using Pressure + and Pressure -. Increasing the level intensifies the massage. The pressure level can be adjusted when the device is running. The device will pause for 10 seconds before resuming again with the new cycle and pressure.
4. Before starting the device, you can adjust the massage duration by pressing the Time button briefly to adjust the time to any duration between 15-60 minutes with a 5-minute interval.
5. Press the  button briefly after setting the parameters to start the device. If you need to stop the running device earlier than the set time, press the  button again.
6. The device operates according to the set time and automatically stops when the time is up. The standby device will automatically shut down if it is inactive for 60 seconds.

Adjusting the Number of Massage Chambers:

You can enable 1-5 massage chamber areas. Areas can be disabled from the proximal end to the distal end, one area at a time. The area setting remains unchanged after the control unit is shut down. When the device is in standby mode after turning on, press and hold the Pressure + button for 1 second to enter the Chamber selection interface (Figure 1). Use the Pressure + and Pressure - buttons to adjust the number of enabled areas. Press  briefly to save the setting and exit. The device must have at least one area enabled. The enabled areas are in solid gray, while the disabled areas are in dark gray. This function can only be adjusted before the device starts massaging.

Area Enhancement (for Workout recovery mode only):

Before the device starts massaging (standby mode), you can use the Area Enhancement feature to increase the massage frequency of a single area in one cycle. Area Enhancement is designed for you to get more massages in a specific area. It will add two extra sets of massage in the area. To activate this feature, press and hold the Pressure - button for 1 second in standby mode and the device will automatically enter the Area Enhancement selection interface. Use the Pressure + and Pressure - buttons to select the area you want to enhance. Area enhancement is shown in Figure 2 below. Press  briefly to save the setting and exit. The Area Enhancement feature can only enhance one area and is only available in the M3 Exercise Recovery mode.

 You should remain relaxed during use. If any discomfort occurs during the treatment, stop using the device immediately.

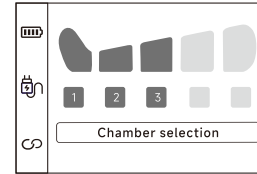


Figure 1

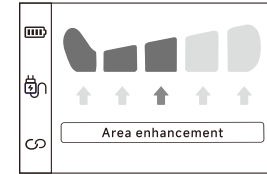


Figure 2

Storage

After using this product, fold and store it as follows. Put the device into the included storage bag to pack in a travel bag or suitcase.

Step 1: Depressurize
→ Lay flat



Step 2: Align adjacent
chambers end-to-end
→ Fold symmetrically



Step 3: Realign
→ Symmetrical fold
adjacent foot chambers



Step 4: Execute
complete fold of
adjacent chambers



Step 5: Open storage
bag → Insert
compression boots



Step 6: Fasten the
storage bag → place
it properly.



APP Instruction

1. Download the **Beoka** app

Method 1: Scan the QR code on the right to download and install the app.

Method 2: Search for "**Beoka**" in app stores



App Download

2. Add the device

Open the **BEOKA** app. For first-time users, please follow the app instructions to log in or register your account. When connecting the device, make sure:

1. The device is turned on and is as close as possible to the phone;
2. The Bluetooth and location permissions are enabled. If the Bluetooth and location permissions are not enabled, please authorize such permissions to allow the **BEOKA** app to obtain your Bluetooth and location permissions in the phone Settings.
3. From the app homepage, click "Start pairing" and the App will enter the auto-search interface. If the device you want is not found, you can click "My device is not shown here" to enter the page to add the device manually. Select the device you want to link, or click to search for the device again.
4. After locating the device, click to add the device. Follow the interface prompts to connect the device. Once the device is successfully connected, you can enter the corresponding device operation interface.

3. Operate the device

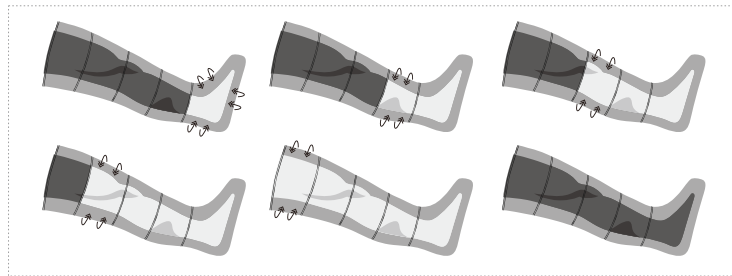
- (1) After the device is connected, you can enter the device operation interface to set the level, mode, time, and other configurations through the app.
- (2) You can access easily options such as single chamber pressure customization and chamber selection, and set your duration of use and preferences.
- (3) From the app operation interface, click the "... " More button in the upper right corner to open the pop-up window for selection. Click "Operation guide" to enter the operation guide page for information about the app instructions.



If you experience any discomfort during use, tap the Stop button immediately to stop using the massager.

Mode Description

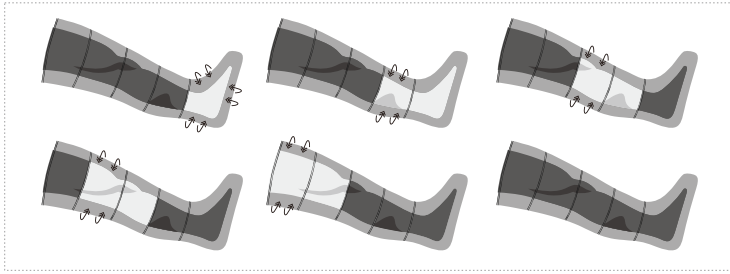
Fatigue Relief and Training Activation modes:



Fatigue Relief: Going from the distal end to the proximal end, the massager gradually increases the number of activated chambers from chamber 1 to chamber 5 in one cycle. By promoting blood circulation in the lower limbs and relieving muscle fatigue, these modes are ideal for eliminating the fatigue, tension, or soreness caused by daily activities or exercise.

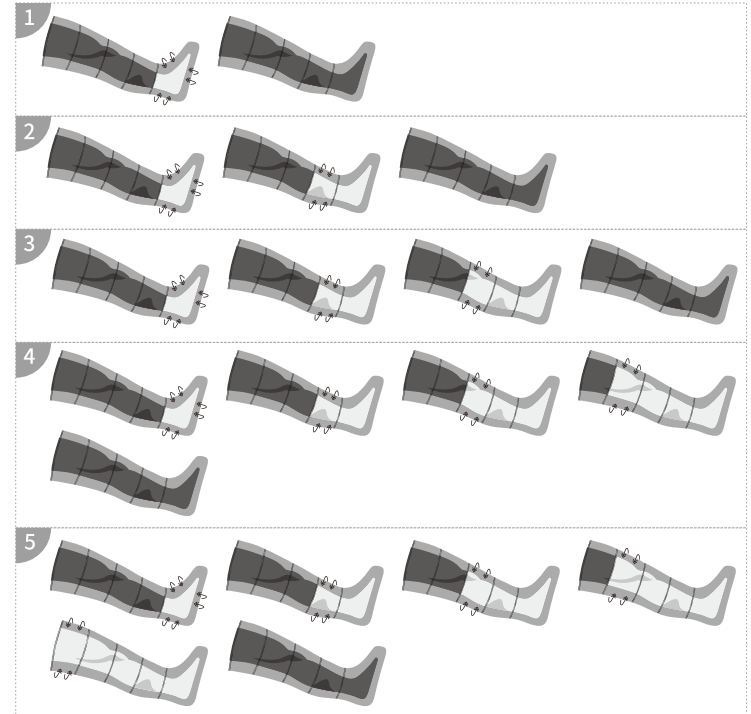
Training Activation: It is recommended to warm up and use the Training Activation mode before exercise. The only difference between these two modes is the default pressure and duration. The default pressure duration is 3 seconds for Fatigue Relief mode, and 8 seconds for Training Activation mode. The duration can be adjusted through the mobile app.

Workout recovery mode:



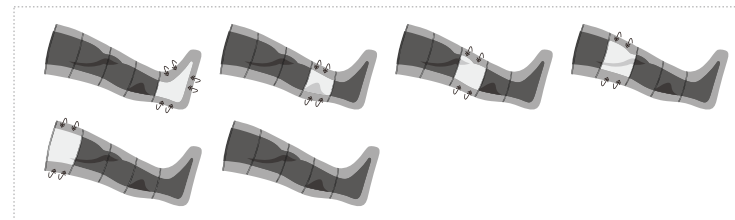
Workout recovery: Going from the distal end to the proximal end in a cycle, the massager inflates/deflates (contracts/relaxes like muscles) sequentially from chamber 1 and moves backward every two chambers, cyclically squeezing to promote blood circulation and optimize metabolism. It is ideal for deep relief of muscle soreness after exercise.

Overall Relaxation mode:



Overall Relaxation: This mode goes through five steps in one cycle. Step 1: Inflate chamber 1 to the rated pressure and deflate, then inflate to the rated pressure again and deflate. Step 2: Inflate chamber 1 to the rated pressure and maintain the pressure, then inflate chamber 2 to the rated pressure and deflate chambers 1 and 2 at the same time to repeat this step. Step 3: Inflate from chamber 1 to chamber 3 to the rated pressure, then deflate chambers 1-3 at the same time. This step will be performed twice. Step 4: Inflate from chamber 1 to chamber 4 and maintain the pressure, then deflate chambers 1-4 at the same time and repeat this step again. Step 5: Follow the first four steps to inflate to chamber 5, then deflate all 5 chambers at the same time and repeat this step once again. One cycle is then completed and move on to the next cycle. This mode is ideal for people with muscle soreness from prolonged standing or walking.

Deep Care mode:



Deep Care: From the distal end to the proximal end, the massager applies pressure from chamber 1 to chamber 5, one at a time. After all the chambers deflate, the massager will enter the next cycle. This mode is ideal for sedentary office workers who have rigid soft tissues.

Device Precautions

- Do not modify any part of the product on your own.
- In case of emergency or physical discomfort, press the Stop button or push the Emergency Pressure Relief slider and remove the sleeves from your limbs after a quick deflate.
- Do not use the product in environments with flammable gases, high temperatures, or strong electromagnetic radiation. Protect the product from moisture, dust, corrosive liquid, and steam.
- Do not allow any liquid to get into any part of the product. Do not immerse this product in water or liquid.
- Do not allow liquid to get into the air inlet.
- Do not place the system, power supply, or any components in a location where they may be damaged, fall, or disturb others.
- Do not place sharp objects (e.g., needles or other sharp metal objects) near the product.
- Do not puncture or damage the components in any way, as this may cause malfunction.
- To avoid the risk of strangulation or suffocation, do not allow infants or children to use components such as power cables or hoses without supervision. This product should be kept out of the reach of children and pets.
- When in use, do not leave the devices, power supply, or any components that can be damaged by children, pets, pests, or liquids unattended.
- Do not allow lint or dust to accumulate on the control unit or hose interconnections. If lint or dust accumulates, wipe the system unit with a dry cloth before use.

- The life expectancy of this product and the integrated battery is 5 years. The battery capacity will be $\geq 80\%$ after 500 cycles of charging and discharging.
- Do not use the product while sleeping. Do not stand or walk while wearing this product.
- Check if the device is working properly before massaging. Make sure to check if the device is in good condition (no leakage, damages, or other issues).
- Do not use the sleeve with jewelry or other hard objects. It may cause physical injury or damage to the sleeve.
- Do not use other tools to inflate the sleeve. It may damage the sleeve or cause injury.
- Do not inflate this product without wearing it properly or with the zipper unzipped, or it may damage the product.
- This product cannot be installed or used in combination with other electronic products or medical devices.
- If the product malfunctions, stop using it immediately and contact customer service for after-sales service.
- Avoid dropping or bumping into the product to prevent damage.
- Do not use the product in locations where wireless devices are prohibited to avoid danger or misoperation.
- People with skin conditions or infectious diseases should not share the same set of devices and related components with others.
- If you need to deflate the sleeve immediately, push the Emergency Pressure Relief slider on the control unit to instantly release the pressure in the sleeve.

- Do not use the product near a microwave oven or other high-frequency equipment.
- Do not use this product while driving.
- Do not use this product in environments that exceed the specified range of temperature, humidity, and air pressure.
 - Do not use the product in environments that exceed the specified temperature range (5-40°C).
 - Do not use the product in environments that exceed the specified humidity range ($\leq 90\%$ relative humidity).
 - The product can only be used in environments with an average altitude of or below 3,000 meters.
- To prevent damage to this equipment, please use only the components, detachable parts, and materials mentioned in this user manual.
- Do not hand wash or machine wash the product.
- Only wipe the surface.
- Do not dry clean the product.
- Do not wring out, iron, tumble dry, or heat dry the product.
- Do not bleach the product.

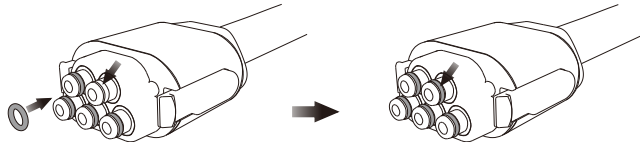
Charging

- Before first use, remove the battery box and charge it fully for about 3 hours.
- Connect the output end of the Type-C cable to the DC charging port of the massager's battery box, and then connect the input end of the Type-C cable to a power bank or phone charger (5V = 3A/9V = 2.22A/12V = 1.67A; charging time will be longer if the charger is below 2 A).
- When the power indicator icon "  " flashes in a regular pattern, it indicates that the device is charging.
- When the power indicator icon "  " stops flashing and remains steadily lit, it indicates that the battery is fully charged.
- The battery can be charged at any time, regardless of the current power level.
- When the power indicator icon "  " shows only one bar, it means the remaining battery level is 25%.
- When the battery level drops below 10%, the battery outline icon "  " flashes on the power indicator, indicating that charging is needed.
- It is recommended to charge every 3 months when the product is not in use for a long time.
- The average running time of the device after loading is about 2.5 hours, depending on the level and mode during use.

Maintenance

- Never get water into the control unit to avoid reducing insulation performance.
- When not in use, store this product in a cool and dry place away from dust, moisture, and direct sunlight.
- When the device is not in use for a long time, it should be powered on for at least 5 minutes to warm up and remove moisture.
- The control unit should be cleaned with cleaning cream every 3 months. Gently wipe the surface of the equipment with a smooth and soft damp cloth. Avoid spilling any liquid on the surface of the equipment.
- You should check the components regularly, especially the sleeve for damage.
- Cleaning of the sleeve: The sleeve is made of TPU material. Scrub it gently with a cloth damped with warm water and a mild detergent (the temperature should not exceed 40°C). Do not allow any liquid to get into the air hole.
- The sleeve cannot be machine washed or washed with oil, benzene, alcohol, gasoline, chemicals, etc. Do not use chemical solvents that are not for fabric. The airbag cannot be spin-dried in a machine, dried with a hair dryer, or ironed.

⚠ Randomly equipped with 'O'-ring sealing components. If the sealing ring on the compression boot fitting is lost or damaged, please replace it according to the diagram below:



Troubleshooting

Issue	Cause	Solution
Unable to turn on	The battery is drained	Charge until the battery is full
Unable to charge	The charging cable is poorly connected	Check if the control unit and the charging cable are properly connected
	The charging cable is damaged	Check if the charging cable is damaged
Automatically shut down during use	The battery is drained	Charge until the battery is full
For other issues, please contact: service@beoka.com		

Product Disposal Precautions

Please support the recycling of rechargeable batteries (lithium-ion batteries).

 Danger	The rechargeable battery should be used exclusively for this product and not others. Do not charge the battery that has been taken out. • Keep the battery away from fire to avoid overheating; • Do not pierce the battery with nails, strike it with force, or disassemble and modify it; • Do not connect the positive and negative poles of the battery directly with metal; • Do not store it with necklaces, hairpins, etc.; • Do not charge, use, or place the battery in high-temperature environments such as near the stove or under the blazing sun. These can cause the heating, burning, or breaking of the battery.
 Danger	This product contains a lithium battery, do not remove it. • Please keep this product out of the reach of infants. • In case of battery fluid leakage, avoid touching the fluid with bare hands and handle it as follows: a) Direct contact of the battery liquid with the eyes may cause blindness. Do not rub your eyes with your hands; flush with water and seek medical aid immediately. b) Contact of the battery liquid with body parts or clothes could cause skin irritation or injury. Flush with water and seek medical aid immediately if the discomfort persists. • The battery may be disassembled only when discarding the product. Failure to follow this instruction can lead to fire, electric shock, injury, or other accidents. Please consult the original retailer for any repair request (excluding battery replacement).

The lithium-ion battery of this product is a valuable resource that can be recycled and remanufactured. Take out the battery before discarding the product and transfer it to professional organizations that are competent at recycling and remanufacturing rechargeable batteries.

Warranty

1. **Beoka** product comes with a 1-year free warranty with the purchase receipt.
2. **Beoka** does not provide free warranty services for the following user-induced failures, such as:
 - a) Failures caused by unauthorized disassembly and modification of the product.
 - b) Failures or damages caused by accidental drop during use and handling.
 - c) Failures due to lack of reasonable maintenance.
 - d) Failures caused by not following the manual instructions correctly.
 - e) Failures caused by improper repairing by entities not authorized by **Beoka**.
3. Repairing services outside the scope of the warranty will be charged according to the relevant policy.
4. Please contact the customer service team promptly via email for warranty requests.
5. When necessary, product circuit diagrams and information on repairable components can be obtained by **Beoka**-qualified technicians.
6. The safe service life of the product is 5 years.
7. Please see the control unit or packaging box for the production date.

Customer Service

If you have any questions or concerns, feel free to contact us. Our customer service team guarantees a quick response and resolution to any issues you may have.

Email: service@beoka.com

*If the product is defective or needs to be returned, please contact us with your order number within the stated warranty period. Do not discard any product parts used for inspection or repair.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure statement

The device has been evaluatec to meel general RF exposure requirement. The device can be used in portable exposure condition without restriction.