



LEGEX™

CIRCULATION LEG EXERCISER™

INSTRUCTION MANUAL FOR CIRCULATION LEGEX

Thank you for purchasing LegEx.
We hope that you find it of great benefit.



Legex is a passive muscle exerciser that allows your lower legs to keep moving whilst you are sitting down in your favourite chair. It has been specifically designed to keep your legs and joints active without you having to physically move them yourself.

How does Legex work?

Legex has two motorised footplates that continuously glide back and forth. This gentle motion replicates the walking action whilst sitting down.

This is ideal for those who want to keep their lower legs active without the effort of physical exercise.

The gliding footplates allow the legs and joints to keep active and this motion gently expands and contracts the muscles in the lower legs without putting pressure or strain on the lower limbs.



How do I use Legex ?

The device has been designed to be easy to use. Follow these easy steps below:

- i. Place the device in front of your favourite chair or sofa
- ii. Pull the two rear legs out until fully extended (like a computer keyboard)
- iii. Plug the adaptor into the device and place the plug into the nearest wall socket and turn on

- iv. Place your feet onto the footplates (you can wear shoes or socks whilst using the device)
- v. Select the desired speed (it has three speeds - we suggest you start off on the slowest speed and then progress to the speed level 3 if required)
- vi. Use Legex several times a day for a maximum of 20 minutes per session
- vii. Simply relax and unwind and let Legex do the work for you – it's that simple to use and operate

How do I use Legex Remote ?

The remote control has been designed to be easy to use.

- i. The power button turns the device on or off (simply press and select)
- ii. The speed selector has 3 speeds - please select the speed you require



PLEASE NOTE THAT IT IS SAFE TO USE LEGEX IF YOU HAVE A HEART PACE MAKER. If you are at all unsure if you can use the device, please consult your Doctor first.

Recommendations to get the best results from Legex

- i. Wear loose fitting clothes – this will allow your legs to move freely
- ii. Wear comfortable shoes or socks whilst using the device (do not wear high heels)
- iii. Use the device whilst seated in a comfortable chair or sofa (ensure that you are sitting comfortably and in the right position)
- iv. Use in a well-ventilated area away

from obstructions and objects

If you have any issues whilst using Legex stop immediately. If you experience pain or discomfort whilst using the device, please consult a doctor.

Cleaning and maintenance of Legex

Legex does not need any maintenance; Do not open the device as this is dangerous and will invalidate your warranty.

To clean the device, simply unplug it and ensure it's switched off and wipe clean with a dry cloth.

WARNINGS:

- i. NEVER STAND ON THE DEVICE – THIS COULD CAUSE INJURY
- ii. Never expose the device to water or liquids and only use the device in a dry clean area
- iii. Keep fingers away from moving parts at all times.
- iv. If you have any issues whilst using Legex stop immediately. If you experience pain or discomfort whilst using the device, please consult a doctor.
- v. THIS IS NOT A TOY – KEEP AWAY FROM CHILDREN
- vi. Intended for adults only - 18+ years .

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1.8.16.V1

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How to get rid of electrical and electronic old appliances:

1. If the symbol with a crossed container is displayed, this means it complies with directive 2002/96/CE.
2. All electrical or electronic appliances should be disposed of properly at designated local places only.
3. The correct disposal and treatment of damaged goods contributes to avoiding potential risks to the public and the environment.
4. To obtain more information on how to properly dispose of your electrical and/or electronic devices, contact your local authority or the retail place of purchase.



Warning: over 18 years old. Do not use if you're pregnant or nursing. As with any massager product, please consult your physician if you have medical conditions. Please read the manual first before use. Stop using the product if you experience pain or feel unwell, consult your physician straight away.

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