

How to Use KFH SPORT a Step by Step Guide for First Time Users

Thank you for choosing **KFH Sport**.

It is important to use it correctly, and this step by step guide will show you just how easy it is.

STEP 1

Open the KFH SPORT box. Inside you will find:

- 1 KFH SPORT device (white front panel)
- 1 black carrying (and storage) bag
- 1 User Manual
- 2 cables
- 4 AA batteries
- 2 sets of SPORTpad electrodes (x4)

STEP 2 Read the User Manual

STEP 3



Insert 4 AA batteries after removing the battery cover from the back of your device. To open, remove screw from the top of the battery lid with a star screwdriver (not included), then slide lid backwards.



Alkaline or rechargeable batteries are recommended. Close the lid.

STEP 4

Take the cables and identify the white, square end which will connect to the KFH Sport device.

The other end splits into two – 1 white and 1 black connector. These will connect to the two SPORTpad electrodes.



STEP 5



Insert cables into the cable sockets for channels 1 and 2 on the top of your KFH Sport device.

Each cable has two wires ending in one white and one black connector. Separate these by gently pulling them apart. (You may need to move the slider along the cable first.)

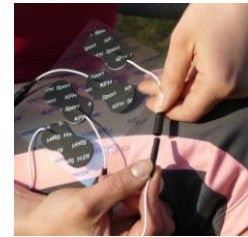


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STEP 6

Remove the SPORTpad electrodes from the silver pouch and attach these to the cable(s). You may have to push quite hard for the 1st time.

It does not matter which color connector you connect with which electrode – the result will not be affected.



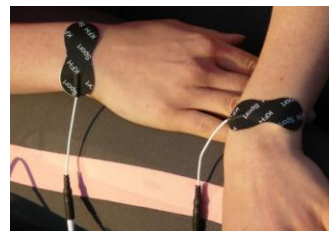
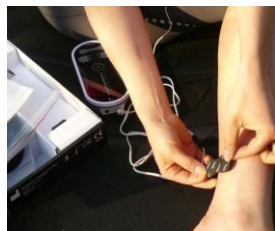
STEP 7



Remove the SPORTpad electrodes from the plastic foil. **Do not pull on the cable,** instead start from the opposite side.

Place the SPORTpad electrodes on your skin.

Note : for general recovery and endurance, we recommend you use both cables and place one electrode on each limb. Those attached to the two black connectors near the wrists and the two white ones near the ankles.



See User Manual for more detail, and where to place the SPORTpad electrodes for sports injuries.

For optimal results:

- Treat yourself for 30 or 60 minutes per day, 3 to 5 times per week
- Use a new set of SPORTpad electrodes every 3 to 4 weeks (discard the used patches)
- Make sure your skin is clean and free from creams
- Avoid very hairy skin
- Replace the batteries if the battery indicator (orange LED next to the battery symbol) is on

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STEP 8 Switching on, setting timer



Put your finger on the ON/OFF area for two seconds. You will hear a bleep and all 6 green timer LEDs will light up (the timer has now been set for 60 minutes).

If you want a treatment time of 30 minutes, press the ON/OFF area for a second time.

Pressing it a third time will switch the whole device off.

Each LED represents 10 minutes of treatment and will switch off one by one until the treatment is finished.

NOTE : only the SPORT timer has been switched on, you still need to activate the KFH SPORT – see next STEP

STEP 9 Activating the Channels



Channel 1 Place finger over the 6 o'clock position on the wheel, then slide it slowly and firmly upwards and to the left. You will first hear a bleep (indicating the channel is now on) and then a green LED will come on (indicating the optimal treatment setting).

Channel 2 Exactly as for channel 1, except slide your finger upwards and to the right.

At the end of the session you hear a bleep and the device will automatically turn itself off.

After your treatment session

The device can be placed in the bag during and after use.

Remove the SPORTpad electrodes from your skin and stick them back onto the plastic foil.

Put the SPORTpad electrodes back into the silver pouch and seal it.

