

# KAATSU C3 QUICK START GUIDE



The KAATSU C3 is the third-generation KAATSU Cycle product that is ideal for individuals, coaches, trainers, chiropractors, physical therapists, and caretakers with its patented Cycle and Constant Modes and proprietary KAATSU Air Bands. The ruggedized and water-resistant\* equipment is extremely versatile and can be safely utilized anywhere, anytime—including in the rain, snow, mud, dust, and sand—for recovery, rehabilitation, and performance purposes for people of all ages, conditions, and walks of life.

\*Do not submerge underwater

[WWW.KAATSU.COM](http://WWW.KAATSU.COM)

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## SET UP

1. Insert the clear tubes into the top of the C3 device and attach the other end to the white connector on the Air Bands. You should hear a small click.
2. Place the Air Bands on **either** your arms **or** legs. The Arm Bands should be placed on your upper arm, below your armpit. The Leg Bands should be placed above your thigh, near your groin. You should only be able to fit one finger between the band and your arm/leg once tightened.
3. Press and hold the Power Button to turn on the device and begin your session.

## BUTTONS



**POWER:** Press and hold for at least 3 seconds to turn the device on or off. Quickly press once to move back a screen while navigating.



**LEFT SELECT:** Touch to scroll screen to the left while navigating or to decrease custom SKU settings.



**RIGHT SELECT:** Touch to scroll screen to the right while navigating or to increase custom SKU settings.



**CONFIRMATION:** Touch to confirm screen selection, begin a KAATSU session, or pause/resume a session.

## SETTINGS



**CYCLE MODE:** Automated, progressive sequence of 8 Steps per Set. Each Step includes 30 seconds of compression followed by 5 seconds of decompression.



**CONSTANT MODE:** Custom level of sustained pressure for a maximum of 10 minutes.



**ARMS POSITION:** Correlates to the use of the KAATSU Arm Bands.



**LEGS POSITION:** Correlates to the use of the KAATSU Leg Bands.



**CUSTOM SKU:** Customizable range of pressure up to 400 SKU (Standard KAATSU Unit).



**LOW SKU:** Preset pressure level of 80-150 SKU for Arms and 150-220 SKU for Legs.



**MEDIUM SKU:** Preset pressure level of 130-200 SKU for Arms and 230-300 SKU for Legs.



**HIGH SKU:** Preset pressure level of 180-250 SKU for Arms and 330-400 SKU for Legs.



**STEPS:** Indicates which Step you are currently on in a Set (there are 8 Steps in a Set).



**SETS:** Indicates which Set you are currently on. You can select up to 6 Sets per session.

## WHAT'S INCLUDED

- KAATSU C3 Device
- 2 Connector Tubes
- USB Type-C Charger
- Black Carrying Case

## SAFETY PRECAUTION

Please contact your physician before use if you take medication, are pregnant, or have any other health conditions that may cause complications with the use of KAATSU.

## BATTERY

The green battery icon in the upper right-hand corner of the screen indicates the current battery level of the device. To charge, plug the included USB-C charger into the bottom of the C3 device.

## WARRANTY

The C3 device is covered by a 1 or 2-year warranty, depending on which option was purchased at checkout. The Air Bands are covered by a 6-month warranty. Please visit our website for more information.