

REBOOTS

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CRYO ONE

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CONTENT

Hey Champion,

Thanks for choosing the Cryo One! Just fill it up with water, slip on the cuff, and you're all set for your recovery session.

You can easily fine-tune the temperature depending on how hot or cold your water is, and adjust the pressure and session time right on the display — super simple.

In this quick guide, we'll walk you through everything step by step so you can get the most out of your Cryo One.

**HAPPY NEW
RECOVERY DAY**

BEFORE YOU START

- Before you jump in, please take a few minutes to read this manual carefully.
- Keep it somewhere handy — you might want to refer back later.
- **Important:** The Cryo One isn't suitable for everyone. Check the list of contraindications on the next pages before using it.




+49 (0) 123 456 78 9



hallo@reboots.de



www.reboots.de



PRODUCT DESCRIPTION

The Cryo One combines cold, heat, and compression therapy in one smart, easy-to-use device.

For cooling sessions, just add ice cubes or cold water. Want heat instead? Simply fill it with warm water — and you've got instant soothing warmth. Different compression sleeves are available for various body areas, giving you flexibility for your specific needs.

Whether you're dealing with soreness, swelling, or recovering from an injury, the Cryo One helps boost circulation and relaxation — all while staying safe, simple, and highly effective.

PURPOSE

INDICATIONS	CONTRAINDICATIONS	SIDE EFFECTS
Feelings of tension	Open wounds	Redness/skin irritation due to prolonged use
local heat/cold application	Temperature sensitivity	
Chronic inflammation	Use while sleeping/unsupervised	Risk of burns if temperatures are too high
exhaustion	acute inflammation of the skin	
Cooling in warm weather, for example	arrhythmia	cold-related discomfort/shivers
	Red erythema	
	Pulmonary edema	Pressure points from tight application/extended use
	acute venous thrombosis	
	Unstable hypertension	Numbness due to incorrect positioning
	Users with pacemakers	
	Thrombophlebitis	Circulatory reactions
		Temporary increase in blood pressure

The Cryo One is used for post-operative and post-injury rehabilitation treatment to reduce inflammation, control swelling, and relieve pain through pressure and cold and heat compression treatment.

ACTIVE PRINCIPLE

Heat therapy

Heat helps your body relax naturally. The pleasant warmth increases local blood flow and can feel great — especially on tight or tired muscles.

It can also boost a sense of calm and overall well-being. When combined with gentle compression or massage, warmth can have an even more targeted effect.

Typical effects:

- Promotes relaxation
- Eases stiffness and tension
- Supports recovery after activity
- Feels cozy and soothing when you're cold

Cold therapy

Cold therapy works by gently cooling the surface of the body. The cooling effect helps refresh and calm — ideal for tired or overworked areas.

Cold can also slightly reduce sensitivity in the treated area, which some users find soothing.

Typische Effekte:

- Calms and soothes overstimulated areas
- Provides short-term cooling when needed
- Refreshing after exercise or on hot days
- Reduces that heavy, overworked feeling



**The Cryo One is not a medical device
and does not replace professional medical advice or treatment.**

SAFETY

INSTRUCTIONS

It is important that you read all warnings and precautions in this manual. They are provided for your safety and to prevent injury and damage to the device.

- Do not open the cuffs while they are in active use and inflated.
- Always turn off the device before unfolding the cuffs.
- The device must not get wet.
- Make sure the device is on a flat surface.
- Do not move the cuffs while the device is in use.
- The device cannot be repaired or maintained while in use.
- Do not use the device for longer than 30 minutes at a time.
- Before using Cryo One for the first time, we recommend discussing its use with your doctor. This product is not intended to diagnose, treat, or cure any disease.

SCOPE OF DELIVERY



Cryo One




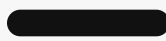
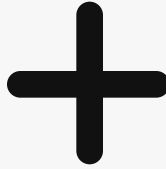
Connection hose

Power supply

Compression cuffs

Trolley case

BUTTON

Button	Meaning	Button Action
	On/Off	This button turns the device on and off
	Start/Stop	A short press starts or stops the device
	Mode Button	A long press for 3 seconds accesses the air compression settings, a short press accesses the pressure settings
	Minus Button (decrease value)	A long press decreases the value by 5, a short press by 1.5
	Plus Button (increase value)	A short press increases the value by 5; a short press by 1.6



DISPLAY SYMBOLS






- 1 Temperature Scale
- 2 Pressure level Scale
- 3 Inflation/Deflation Mode
- 4 Timer Duration
- 5 Stop Icon
- 6 Start Icon

TECHNICAL DATA

Model	VU-COT02
Temperature range (water)	5°C - 40°C
Power consumption	10W
Timer options	5-99 Min.
Operating voltage	DC12V

Weight	2.6 kg
Water capacity	4.5 L
Materials (cuffs)	Nylon, Polyester
Size	34x20x26 cm
Pressure range	30-120mmHg

SYMBOLS

	Manufacturer
	Made in China
	Product meets European Union standards
	Importer
	Protect from rain
	Recycle packaging

	Follow the instructions
	France: Recycle packaging accordingly
	Do not dispose of electrical devices in household waste!
	Distributor
	Do not wash
	Do not iron

GUÍA DE INICIO RÁPIDO

1

Before your first session:

- 1. Place the unit on a flat, stable surface.**
- 2. Check that all cuffs and hoses are clean and dry.**
- 3. Use only distilled water to avoid mineral build-up.**

Open the water tank and fill it with distilled cold or warm water (max. 4.4 L) or with ice cubes, depending on your desired application.



Never add water while the device is running.

2

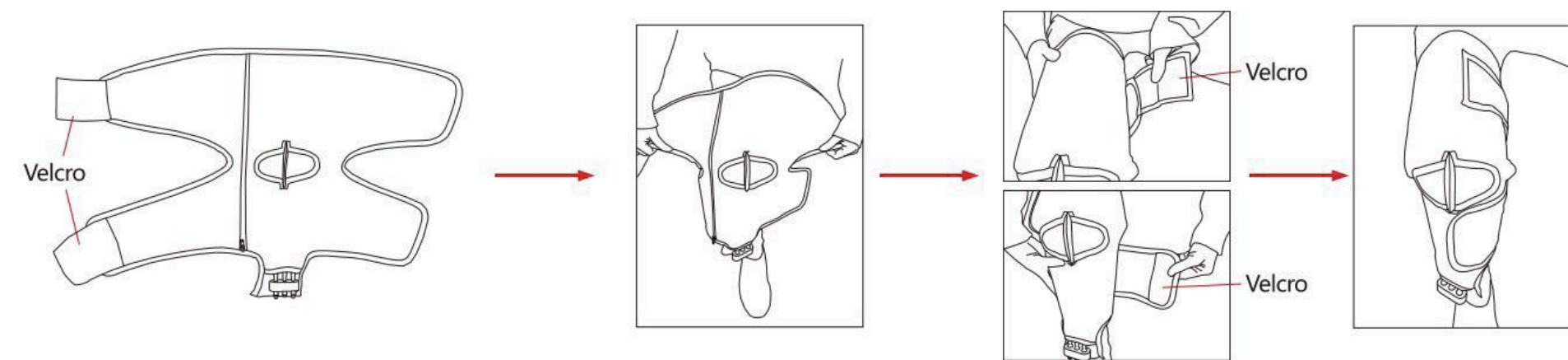
(1) Insert the round plug of the adapter into the device, secure it so it can't come loose, and then plug the adapter into a 100–240 V outlet.



(2) Attach the narrow end of the hose to the cuff and the wider end to the Cryo One.



3 Make sure you put the cuffs on correctly:



(1) Smooth out the cuff and lay it flat.

(2) Attach the cuff to the appropriate body part (arm or leg).

(3) Wrap the cuff around the corresponding limb, pull it tight, and secure it with the two Velcro fasteners.

4 Plug it in – the Cryo One starts in standby mode.

Default settings:

- Pressure: 70 mmHg
- Inflation / deflation mode: H1
- Time: 30 min

The temperature display shows the water temperature.




5

Pressto  enter or exit the pressure settings.


When PRESSURE (mmHg) flashes on the display, you're in pressure adjustment mode.

Use the + and – buttons to set your desired pressure level.

When PRESSURE (mmHg) flashes again, press  the button once more to confirm and exit the settings.

Tip: If you don't press any buttons within 5 seconds, the Cryo One will automatically leave edit mode.

6

Press  and hold to enter air compression mode. The inflation and deflation mode (e.g., H1) will flash on the screen. Press + or – briefly to adjust the settings.

H0: Air compression is off.

H1: After the cuff is fully inflated, the device goes through an inflation and deflation cycle.

H2: After the cuff is fully inflated, the device maintains the pressure.

7

Adjust timer : To set your session time, simply press + or – when you're not in edit mode for pressure or air compression.


You can choose any duration between 5 and 99 minutes, but we recommend keeping each session to no more than 30 minutes at a time for the best results.


Countdown: During your session, the timer counts down minute by minute.

When the last five seconds are reached, you'll hear five short beeps — that's your heads-up that the session is ending.

Once the time runs out, the display automatically resets to the default 30-minute setting, ready for your next round.

8

While the device is in standby mode, press  to start both water therapy and air compression. Your treatment timer will begin counting down, and the display will show the current water temperature during the session.


Press  again at any time to pause or stop your session — the device will return to standby mode. The countdown pauses, and the display will continue to show the current temperature.

Use the LCD display to choose from five therapy programs:

- Cold
- Heat
- Compression
- Cold + Compression
- Heat + Compression

Each program can be adjusted individually — set your temperature, treatment time, and pressure level just the way you like it.

Powering the Device

Press  to turn the Cryo One on or off. If you don't use the device for 10 minutes, it will automatically switch to standby mode to save energy.

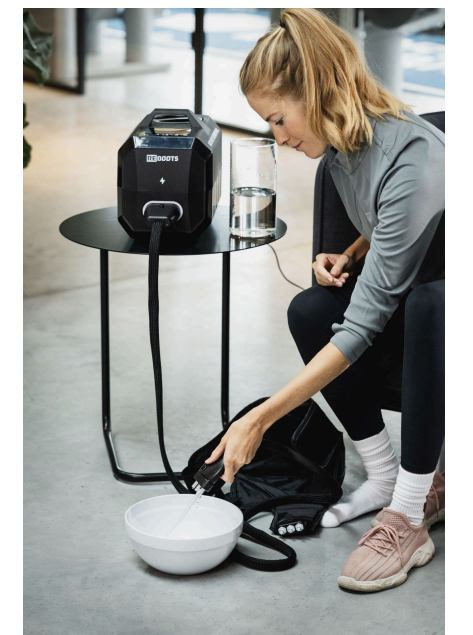
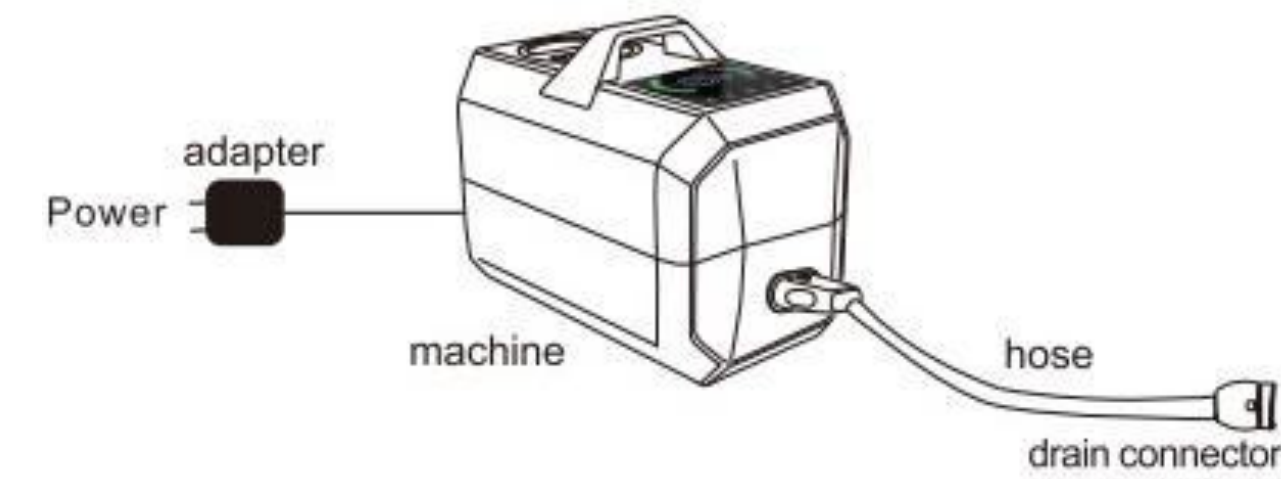
Termination & Dismantling

After your session — or anytime you like — you can easily drain the water using the drain valves.

1. Firmly connect the drain connector to the small fitting on the drain hose.
2. Make sure both parts are tightly attached so no water leaks onto the device or hose.
3. While the Cryo One is in standby mode, press ►|| to start the draining process.

Let the water empty completely before disconnecting any parts — this helps keep your Cryo One clean and in top shape.

You should also drain the water if you plan to transport Cryo One.



Cleaning & Storage

Before cleaning your Cryo One, make sure the device is completely turned off. Don't wash the unit or cuffs — instead, just wipe them down with a dry or slightly damp cloth. When you're done, store everything in a cool, dry place. Keep the device and cuffs away from direct sunlight or heat sources (like radiators or stovetops) to keep them in great condition.

Quick tip: Giving your Cryo One a quick wipe after each use keeps it fresh and ready for the next session!

AFTER USE

TROUBLE SHOOTING

Condition	Cause	Solution
The beep sounds three times, and the message " Please connect cuff " flashes on the sc	The water pressure is too high; the cuff is not properly connected to the device; the water supply is blocked.	Make sure there are no kinks in the tubing or reconnect the cuff to the device.
The beep will sound four times, and the temperature indicator on the screen will flash faster as the temperature rises. The device will stop operating.	The water temperature exceeds 40°C.	Ensure the water temperature remains below 40°C. If the temperature is too high, add cold water to lower the temperature. Ensure the tank capacity is not exceeded and the unit is not in use.
The beep sounds twice and no reading is shown on the temperature scale.	Poor contact or short circuit in the temperature sensor.	Please contact our support if you experience this issue.

DISPOSAL

PLEASE NOTE THAT THIS PRODUCT CONTAINS SMALL AMOUNTS OF LEAD. THEREFORE, PLEASE HAVE IT DISPOSED OF BY AN ELECTRONIC WASTE DISPOSAL COMPANY. IMPORTANT: PLEASE DO NOT DISPOSE OF THIS PRODUCT WITH HOUSEHOLD WASTE!

GERMANY:

Electronic products must not be disposed of with unsorted municipal waste. Instead, please use available return and collection systems. In this way, we all contribute to the reuse, recycling, and recovery of electronic products.

Improper disposal of electronic products not only wastes resources (most electrical devices contain valuable raw materials such as gold, copper, silver, etc.), but also endangers the environment through the sometimes hazardous substances.

ALTERNATIVELY: We'll be happy to dispose of your old reboots free of charge. Simply send them to:

Wellcosan GmbH
Bellinger Tor 16a
36396, Steinau a.d.Str.
+49 (0) 157 359 900 81,
hallo@reboots.de, www.reboots.com

FRANCE/SLOVAKIA:

Electronic products must not be disposed of with unsorted municipal waste. Instead, please use available return and collection systems. In this way, we all contribute to the reuse, recycling, and recovery of electronic products.

Improper disposal of electronic products not only wastes resources (most electrical devices contain valuable raw materials such as gold, copper, silver, etc.), but also endangers the environment through the sometimes hazardous substances.

IMPORTANT EMC INFO

1

This product requires special precautions regarding EMC and must be installed and put into operation in accordance with the EMC information provided. This device can be affected by portable and mobile RF communications equipment

2

Do not use a mobile phone or other devices that emit electromagnetic fields near the device. This may cause the device to malfunction.

3

Attention! This device has been thoroughly tested and inspected to ensure proper performance and function!

4

Caution: This device should not be used adjacent to or stacked with other equipment. If adjacent to or stacked with other equipment is necessary, this device should be observed to verify normal operation in the configuration in which it is used.

GUARANTEE DECLARATION

We provide a 24-month warranty on the device. In the event of a malfunction, it may be necessary to send the device in for inspection. Please ensure that the shipping carton is adequately padded to prevent possible transport damage. No warranty claims can be made for defects resulting from improper shipping. Warranty conditions: To the extent that a statutory warranty obligation exists, the right to a replacement will be provided free of charge or the manufacturer will be given the opportunity to repair the product, excluding the right to a replacement or a reduction in price. Should the repair prove unsatisfactory despite several attempts, or should a replacement device also contain a defect for which the manufacturer is responsible, the customer has the right to a replacement or a reduction in price. .

Warranty exclusion: The warranty does not cover defects caused by violent damage, improper operation, external force or modifications and repairs by third parties, such as defects caused by incorrectly dimensioned or short-circuited fuses or defects due to normal wear and tear.

Warranty requirements : The warranty claim is only valid in conjunction with the original purchase receipt (invoice). Therefore, please keep your receipt carefully. If you have any problems or questions while using the system, please contact us at **+49 (0) 157 359 900 81** or **hallo@reboots.de**.

MANU- FACTURER INFORMATION

**MANUFACTURER**

Wellcosan GmbH, c/o Caya Postbox 794627,
Am Börstig 5, 96052 Bamberg, Germany,
+49 (0) 157 359 900 81,
hallo@reboots.de, www.reboots.com

**IMPORTER**

Wellcosan GmbH, c/o Caya Postbox 794627,
Am Börstig 5, 96052 Bamberg, Germany,
+49 (0) 157 359 900 81,
hallo@reboots.de, www.reboots.com

The manufacturer declares that the device complies with the following
normative documents:
IEC606011, IEC60601-1-2, IEC60601-1-11, IEC62304, ISO10993-5,
ISO10993-10, ISO10993-1, ISO 14971.