

RECOMMENDED USE

Use the **REVAMP™ HOT/COLD** sleeve by itself or with **RAPID REBOOT**'s compression attachments, specifically the Boots and Arms attachments.

Microwave for heat or freeze for cold. See opposite side for instructions.

Use the sleeve on joints and muscles, including calves, knees, thighs, forearms, elbows, and biceps.

Use **HEAT** to relieve tension and relax stiff and sore muscles, or for a preexercise warm up.

Use **COLD** to reduce swelling and rehab injuries or general aches, or for post-exercise recovery.

CARE INSTRUCTIONS

Store your sleeve in its resealable packaging for increased longevity of reuse.

Clean with a disinfectant wipe or a rag lightly damp with a mild household disinfectant and allow to air dry.

WARNING

Do not soak or wet your **REVAMP** sleeve with water or other liquids. If the sleeve becomes wet, air dry it in an open, dry place.

Do not microwave packaging.

Do not heat for more than 45 second intervals on high (multiple 45 second heating intervals may be necessary to achieve desired heat).

If your pain or discomfort becomes worse during use, please remove the sleeve immediately.

Consult your doctor about treating chronic or significant injuries or irritation, or if your pain and discomfort persist even after using the **REVAMP** sleeve multiple times.

GET STARTED

HEAT THERAPY



1. Remove from packaging and place in microwave.



2. Heat in 45 seconds intervals until desired heat is achieved.



3. Slide on where needed.

COLD THERAPY



1. Keep in packaging and place in freezer.



2. Store for at least 2 hours, or as long as needed.



3. Slide on where needed.

JOIN THE REVOLUTION Z

RAPID REBOOT began in 2016 with its revolutionary compression therapy. Now it's continuing the fight against everything that holds you back with the **REVOLUTION**TM series.

REVAMP HOT/COLD therapy sleeves are a key part of that revolution. Comfortable, reusable, and 100% leak-proof, the REVAMP is the ultimate no-mess compress.

CUSTOMER SERVICE

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