INTRODUCTION

01 / INTRODUCING R1

Meet the KAYA R1 Compression Boots, a wireless dynamic air compression system designed to support your recovery routine after training, competition, or an active day.

Featuring six air chambers per boot and eight compression modes, the R1 delivers rhythmic compression with adjustable pressure and session durations to suit your preferences.

Its rechargeable wireless design provides flexibility and convenience, whether at home or after training.

Control your sessions directly through the integrated controllers or use the Kangworld app for additional customization, including individual chamber selection.

Built for runners, athletes, fitness enthusiasts, and active individuals, the KAYA R1 makes recovery an essential part of your routine.

BEFORE YOU BEGIN
Read this guide before first use to understand the controls, compression modes, safety precautions, and proper product care. Keep it for future reference.

GETTING STARTED

02 / INSIDE THE BOX

2 x Compression Boots (Left and Right)
2 x USB-C Charging Cables
2 x Integrated Control Units (one permanently attached to each boot
1 x User Guide
1 x Warranty Card
1 x Carrying Bag

Before First Use

1. Inspect both boots, their integrated controllers, charging ports, and cables for visible damage.
2. Ensure the boots are clean, dry and ready for use
3. Do not operate the product if any component appears damaged.

Note: Do not attempt to detach, dismantle, or modify the integrated controllers. Contact KAYA support if servicing is required.

KEY FEATURES & USAGE

03 / KEY FEATURES

6-CHAMBER AIR COMPRESSION
Six air chambers per boot deliver dynamic compression across different areas of the leg.

8 COMPRESSION MODES
Choose from eight distinct inflation and deflation patterns.

ADJUSTABLE PRESSURE
Customize compression intensity from 30–240 mmHg.

WIRELESS & RECHARGEABLE
Up to 180 minutes of use with a rechargeable 3,200 mAh battery and USB Type-C charging.

SMART APP CONTROL
Use the Kangworld app to adjust settings and activate any individual chamber or combination of chambers.

RECOMMENDED SESSION DURATION
For general recovery use, the manufacturer recommends sessions of 20–30 minutes, depending on personal comfort and preference.

FIRST-TIME USERS
Begin with 10–15 minutes at a low, comfortable pressure. Gradually adjust based on comfort.

**Longer sessions do not necessarily provide greater benefits. Stop if discomfort occurs.*

HOW TO USE

04 / START YOUR SESSION

01 PREPARE

Sit or lie in a comfortable position with your legs supported.

02 Wear

Insert each leg into its corresponding boot. Position your feet comfortably and close the zippers securely.

03 Power On

Slide the power switch from left to right to turn on each controller.

04 Customize

Select your preferred compression mode, pressure, and session duration using the integrated controllers or the Kangworld app.

05 Start

Press START/PAUSE to begin your session. The chambers will inflate according to the selected mode.

06 Finish

Allow the chambers to fully deflate before removing the boots. Slide each power switch from right to left to turn off the controllers.

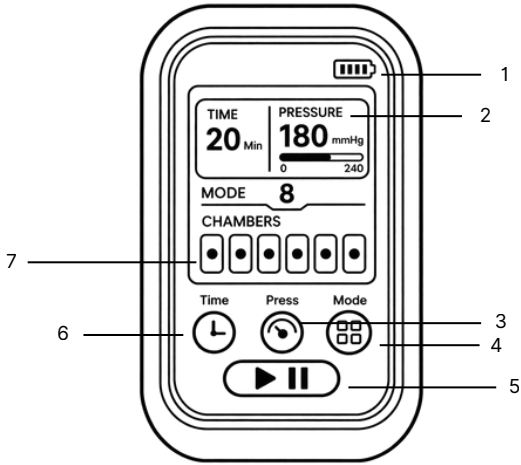
DURING OPERATION

Once a session begins, the TIME, PRESS, and MODE buttons are disabled. Only START/PAUSE remains functional. Compression stops automatically when the timer reaches zero. The controller remains powered on until manually switched off.

CONTROLLER OVERVIEW

05 / UNDERSTANDING THE CONTROLS

1. **Battery Indicator** - 4 bars indicate full battery.
2. **Pressure** - Indicates the pressure mmHg.
3. **Press** - Adjusts compression pressure from 30 - 240mmHg.
4. **Mode** - Cycles through eight compression modes.
5. **Start/Pause button** - Start or pauses the session.
6. **Time button** - Sets the session duration (10-90 minutes).
7. **Chambers** - Airbag switch on/off



COMPRESSION MODES

06 / MODES 01-04

The KAYA R1 features eight compression modes, each with a distinct inflation and deflation pattern.

Chambers are numbered 1–6, starting from the foot toward the upper leg.

MODE 01 — SINGLE SEQUENTIAL
Each chamber inflates and deflates individually, progressing from 1 to 6.
1 → 2 → 3 → 4 → 5 → 6

MODE 02 — PAIRED SEQUENTIAL
Two chambers inflate and deflate together before moving to the next pair.
1+2 → 3+4 → 5+6

MODE 03 — GROUPED SEQUENTIAL
Three chambers inflate and deflate together before moving to the next group.
1+2+3 → 4+5+6

MODE 04 — SIMULTANEOUS
All six chambers inflate and deflate together.
1+2+3+4+5+6

COMPRESSION MODES

07 / MODES 05-08

MODE 05 — PROGRESSIVE HOLD
Chambers inflate sequentially from the foot toward the upper leg, maintaining inflation as each additional chamber activates. Once all six chambers are inflated, they deflate together.
1 → 1+2 → 1+2+3 → 1+2+3+4 → 1+2+3+4+5 → 1+2+3+4+5+6 → ALL DEFLATE

MODE 06 — OVERLAPPING SEQUENTIAL
Overlapping chamber groups inflate and deflate in an upward sequence.
1 → 1+2 → 1+2+3 → 2+3+4 → 3+4+5 → 4+5+6

MODE 07 — LOWER SEQUENTIAL
Chamber 1 inflates and deflates, followed by Chambers 2 and 3 together.
1 → 2+3

MODE 08 — UPPER SEQUENTIAL
Chambers 2 and 3 inflate and deflate together, followed by Chambers 4, 5, and 6.
2+3 → 4+5+6

SEQUENCE GUIDE
+ Chambers inflated together.
→ Progression to the next stage.

All modes repeat their programmed cycles during the selected session.

APP CONTROL

08 / MORE CONTROL. YOUR RECOVERY.

Take control of your compression experience with the optional Kangworld app, available on the App Store and Google Play. Adjust your session time, pressure, and compression mode through the app.

CUSTOM CHAMBER SELECTION
Choose exactly which of the six air chambers you want to activate. Select an individual chamber or combine multiple chambers to focus compression on your preferred areas.

Whether you want to focus on your calves, thighs, or another specific area, you can customize which chambers operate during your session.

CONNECT YOUR DEVICE

1. Download the Kangworld App.
2. Enable Bluetooth on your smartphone.
3. Turn on your KAYA R1 controllers.
4. Open the app and connect your boots.
5. Select your preferred settings and active chambers.

CONNECTION TROUBLESHOOTING
If the app cannot connect to your R1, refresh the Kangworld app and try connecting again.

Note: The KAYA R1 operates independently through its integrated controllers. App control provides an additional level of customization and convenience.

CHARGING & BATTERY

09 / POWER & CHARGING

Each KAYA R1 boot features a built-in rechargeable battery and USB Type-C charging port.

TO CHARGE

1. Connect the supplied USB Type-C charging cables to the controllers.
2. Connect the cables to compatible USB power sources.
3. The battery indicator blinks while charging.
4. Charging is complete when the indicator stops blinking and all four battery bars are displayed.
5. Disconnect the charging cables once charging is complete.

CHARGING PRECAUTIONS

- The device may remain powered ON or OFF while charging.
- Do not run a compression session while charging.
- Keep charging ports dry.
- Do not use damaged charging cables.
- Avoid excessive heat and moisture.
- Do not attempt to open or replace the internal batteries.

BATTERY PERFORMANCE

Up to 180 minutes of use per full charge.

*Actual battery runtime may vary depending on compression pressure, operating mode, and usage conditions.

*Stop charging if the unit becomes unusually hot, damaged, or emits an unusual odor.

CARE & SAFETY

10 / PRODUCT CARE

CLEANING
Turn off the controllers before cleaning. Wipe with a soft, slightly damp cloth. Do not immerse in water.

STORAGE
Store in a cool, dry place. Avoid excessive folding, sharp objects, and heavy pressure on the controllers.

SAFETY PRECAUTIONS
- Start at low pressure and adjust to comfort.
- Remain seated or lying down during use.
- Do not walk or sleep while wearing the boots.
- Stop immediately if pain, numbness, tingling, dizziness, or unusual discomfort occurs.
- Do not use damaged equipment or attempt unauthorized repairs.
- Keep away from water and excessive heat.

MEDICAL PRECAUTIONS
Do not use if you have a known or suspected blood clot (DVT). Consult a healthcare professional before use if you have heart or circulatory conditions, unexplained swelling, open wounds, impaired sensation, or recent surgery.

IMPORTANT
KAYA R1 is intended for general recovery use, not for medical treatment. Stop use if pain, numbness, or unusual discomfort occurs.

TROUBLESHOOTING & SPECIFICATIONS

11 / TROUBLESHOOTING

ISSUE	SOLUTION
Won't turn on	Charge battery and check power switch.
Won't inflate	Check power, START/PAUSE, and active chambers.
Pressure too strong	Pause and reduce pressure.
Incorrect inflation	Check mode and chamber settings.
Charging problem	Check cable and compatible power source.

PRODUCT SPECIFICATIONS

Model: KAYA R1 Compression Boots
Technology: Intermittent Pneumatic Compression (IPC)
Air Chambers: 6 per boot | Modes: 8
Pressure: 30–240 mmHg | Timer: 10–90 min
Battery: 3,200 mAh* | Runtime: Up to 180 min*
Charging: USB Type-C | Power: 12V / 10W*
Controls: Integrated Controller / Kangworld App
Connectivity: Bluetooth | Sizes: L / XL
Boot Length: Approx. 98 cm for L / 111.5cm for XL
Materials: ABS + TPU*

WARRANTY & SUPPORT

12 / WARRANTY INFORMATION

Your KAYA R1 includes a one-year limited warranty covering qualifying manufacturing defects and product malfunctions under normal intended use, subject to KAYA's warranty terms and applicable Philippine consumer protection laws.

WARRANTY ASSISTANCE

For product concerns, contact KAYA through its official support channels. Please prepare:

- Proof of purchase or order details.
- Product serial number.
- Description of the reported issue.
- Photos or video showing the concern, when applicable.

WARRANTY PROCESS

1. **Report** - Contact KAYA with your proof of purchase, serial number, and photos or video of the issue, if requested.
2. **Evaluation** - KAYA will conduct troubleshooting and assess the reported defect.
3. **Resolution** - Confirmed covered defects will be addressed through repair, replacement parts, or unit replacement, as appropriate, subject to applicable consumer protection laws.

CUSTOMER SUPPORT

Email: kayaperformance.ph@gmail.com
Instagram: @kayaperformance.ph

MAKE RECOVERY COUNT

13 / BUILT INTO YOUR PERFORMANCE

AFTER TRAINING
Incorporate your R1 into your post-workout recovery routine, whether after running, strength training, cycling, or other physical activities.

FIND YOUR COMFORT
Explore different compression modes and pressure settings to find what feels comfortable for you. Higher pressure does not necessarily mean better recovery.

STAY CONSISTENT
Make recovery a regular part of your training routine, based on your needs and preferences.

RECOVER YOUR WAY
Use the integrated controllers for convenient operation or explore additional customization through the optional Kangworld app.

REMEMBER
Recovery is personal. Choose settings that suit your comfort, and stop use if you experience discomfort.