RECON™
RECOVERY CONCIERGE

Recover Anywhere. Thrive Everywhere.

RECON builds recovery infrastructure for people who train hard and have no plans to slow down.

Restore Red Light is pillar 03 of the RECON system: **Activate / Circulate**, **RECON Renew** and **Restore Red Light**. Three pillars. One protocol.

THE MACHINE RUNS WHEN ALL SYSTEMS DO.

THE LINEUP

RESTORE ONE
RESTORE EDGE
RESTORE TITAN
RESTORE CORE
RESTORE APEX
BLACKLINE FORGE

8 wavelengths on every Restore panel. 9 on Blackline.

SEE THE FULL LINEUP
reconwellness.com

SUPPORT
info@reconwellness.com

Restore panels: FDA Class II Registered (510(K) Exempt) · Health Canada Class 2 Licence No. 113048 · Tested to IEC 60601-1, IEC 60601-1-11 and IEC 60601-2-57.



RECON™
RECOVERY CONCIERGE

// PILLAR 03

RESTORE RED LIGHT

PANEL GUIDE + USER MANUAL

ONE · CORE · EDGE · APEX · TITAN · BLACKLINE FORGE

// WELCOME

WELCOME TO THE LIGHT PILLAR.

You just added light to your recovery. Every Restore panel runs 8 wavelengths of red and near-infrared light from dual-chip LEDs, all controlled from one touchscreen.

This guide covers the science in plain English, every panel in the lineup, setup, and every screen on the controller. **Read the warnings on page 27 before your first session.**

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Recovery isn't rest. Recovery is preparation.

// 01 · HOW IT WORKS

PHOTOBIOMODULATION, IN PLAIN ENGLISH.

Red light therapy has a technical name: photobiomodulation. Specific wavelengths of red and near-infrared light are absorbed by cytochrome c oxidase, an enzyme inside your mitochondria.

Mitochondria are the parts of the cell that produce energy. That light absorption **supports cellular energy production through mitochondrial activation.**



Red (630 to 670nm) is the light you see. **Near-infrared** (810 to 1060nm) is invisible to the eye and travels deeper into the body. Restore panels run both bands at once, from the same LED.

> Light supports the work. It does not replace sleep, food or training. Fix those first, then add light.

// 02 · THE WAVELENGTHS

8 WAVELENGTHS. TWO CHIPS PER LED.

Restore panels run 8 wavelengths.

Each LED holds two chips, one red and one near-infrared, firing from the same point. Same point, same angle, so both bands land on the same spot. A 30° lens focuses the output toward you instead of the room.

630 nm red	+	**810** nm NIR
650 nm red	+	**830** nm NIR
660 nm red	+	**850** nm NIR
670 nm red	+	**1060** nm NIR

Studies included in a systematic review used wavelengths of 660 to 680nm and 820 to 850nm, the same ranges in Restore panels.

RED / NIR / ALL
Run red only, near-infrared only, or all 8.

1 TO 100%
Dim any single wavelength.

1 TO 10,000 HZ
Pulse any single wavelength.



// RESTORE APEX

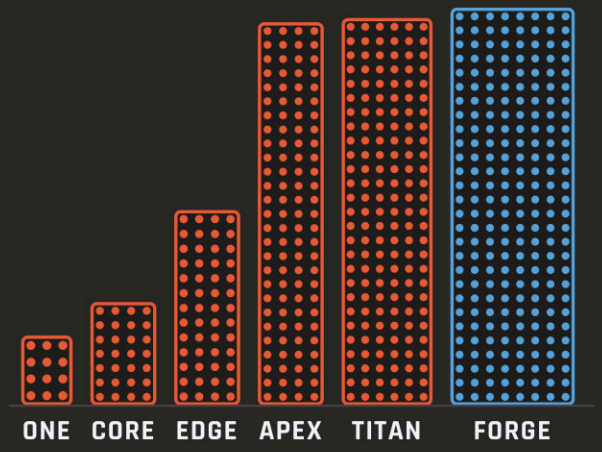
FULL-BODY COVERAGE. NO WALL REQUIRED.

576 dual-chip LEDs across 71.65 inches, run vertical or horizontal on a stand.

// 03 · THE LINEUP

ONE PLATFORM. SIX SIZES.

Every Restore panel shares the same 8-wavelength dual-chip platform, the same touchscreen and the same app. Size decides coverage. Blackline Forge runs 9 wavelengths.



Drawn to scale. Restore in red, Blackline in blue.

ONE	12.60 × 9.06 in	Targeted areas: face, joints, small zones
CORE	18.90 × 11.81 in	Upper body and torso
EDGE	36.22 × 11.81 in	Half-body coverage
APEX	71.65 × 11.81 in	Full-body coverage
TITAN	72.44 × 16.54 in	Full body, wider. Facilities and max coverage
BLACKLINE FORGE	74.41 × 22.83 in	Commercial flagship. 9 wavelengths

// 04 · SPECIFICATIONS

THE NUMBERS.

	RESTORE ONE	RESTORE CORE	RESTORE EDGE
MODEL	RLPRO100	RLPRO200MAX	RLPRO300MAX
RECON SKU	RLP-100	RLP-200	RLP-300
DIMENSIONS (IN)	12.60 × 9.06 × 2.56	18.90 × 11.81 × 2.56	36.22 × 11.81 × 2.56
LEDS	72 dual-chip (144 chips)	144 dual-chip (288 chips)	288 dual-chip (576 chips)
IRRADIANCE @ 6 IN*	155 mW/cm²	161 mW/cm²	166 mW/cm²
WAVELENGTHS	8	8	8
POWER	100 to 240V AC, 50/60Hz	100 to 240V AC, 50/60Hz	100 to 240V AC, 50/60Hz

EVERY RESTORE PANEL

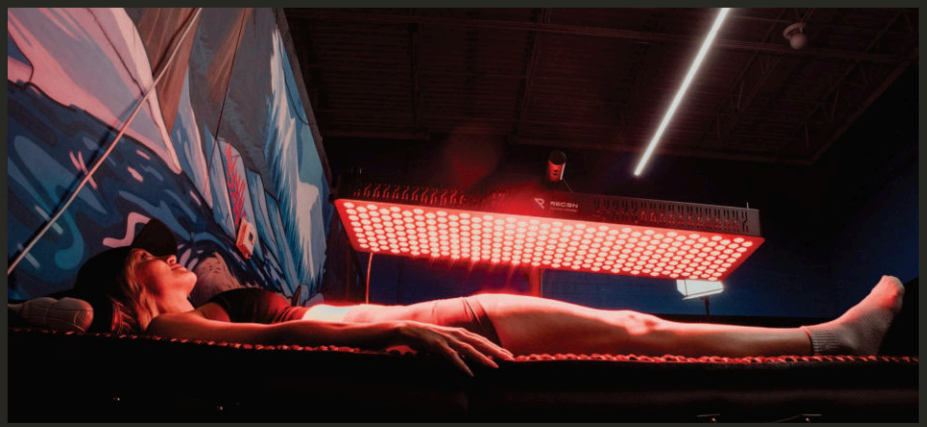
WAVELENGTHS	630, 650, 660, 670, 810, 830, 850, 1060nm
DUAL-CHIP PAIRS	630+810, 650+830, 660+850, 670+1060
LENS	30°
MODES	RED / NIR / ALL
DIMMING	1 to 100%, each wavelength
PULSE	1 to 10,000 Hz, each wavelength
CONTROL	Touchscreen, Bluetooth app, 2.4G remote
SHELL	Iron, black
WARRANTY	3 years
CERTIFICATIONS	FDA Class II Registered (510(K) Exempt) · Health Canada Class 2 Licence No. 113048 · Tested to IEC 60601-1, IEC 60601-1-11, IEC 60601-2-57

*Irradiance is manufacturer-reported, measured at 6 inches.

// 04 · SPECIFICATIONS

THE BIG PANELS.

	RESTORE APEX	RESTORE TITAN
MODEL	RLPRO600MAX	RLPRO1200
RECON SKU	RLP-600	RLP-1200
DIMENSIONS (IN)	71.65 × 11.81 × 2.56	72.44 × 16.54 × 2.56
LEDS	576 dual-chip (1,152 chips)	864 dual-chip
IRRADIANCE @ 6 IN*	171 mW/cm²	180 mW/cm²
WAVELENGTHS	8	8
POWER	100 to 240V AC, 50/60Hz	1,440W ±10%



Run it horizontal over a table and the panel covers you head to toe.

*Irradiance is manufacturer-reported, measured at 6 inches.



// 05 · COMMERCIAL

BLACKLINE FORGE.

Blackline runs 9 wavelengths.

The commercial flagship: the full red and near-infrared stack plus 480nm blue and 590nm amber, at full-body scale. Built for gyms, studios and clinics. Special order.

WAVELENGTHS	480, 590, 630, 660, 670, 810, 830, 850, 1060nm
LEDS	1,152 dual-chip
IRRADIANCE @ 6 IN*	≥160 mW/cm²
POWER	1,650W
DIMENSIONS	74.41 × 22.83 × 2.56 in
OPTICS	30° focused lens
CONTROL	Touchscreen, app, 2.4G remote
MOUNT	Ships with a motorized 360° rotating stand
WARRANTY	2 years full plus year 3 parts-only
MODEL	RLPRO2000 · SKU BLK-2000

*Irradiance is manufacturer-reported, measured at 6 inches. Blackline operators: info@reconwellness.com

// 06 · DESIGN

DESIGN + FUNCTION. FRONT.



Shown: Restore ONE. Other models differ in size and LED count.

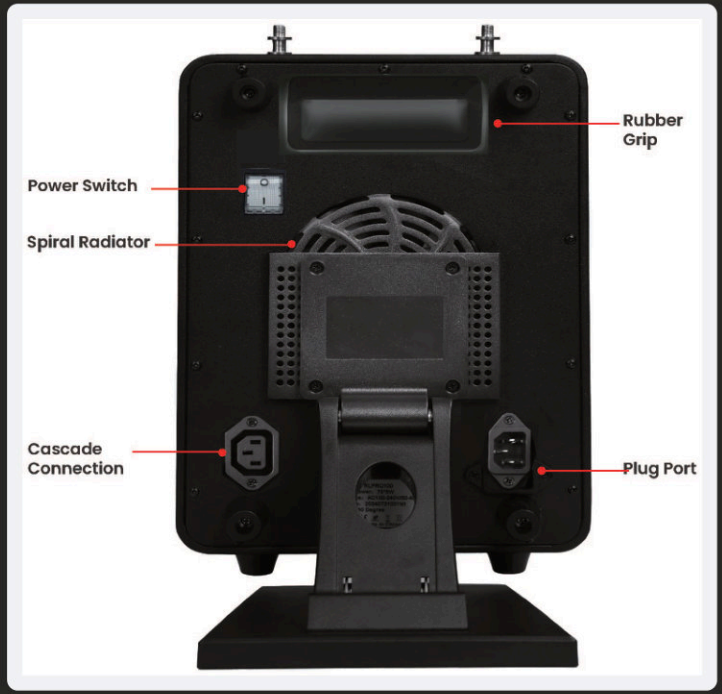
DUAL-CHIP LEDS
Red and NIR from every LED.

TOUCHSCREEN
Every setting, on the panel.

NON-SLIP PADS
Stands steady on a flat surface.

// 06 · DESIGN

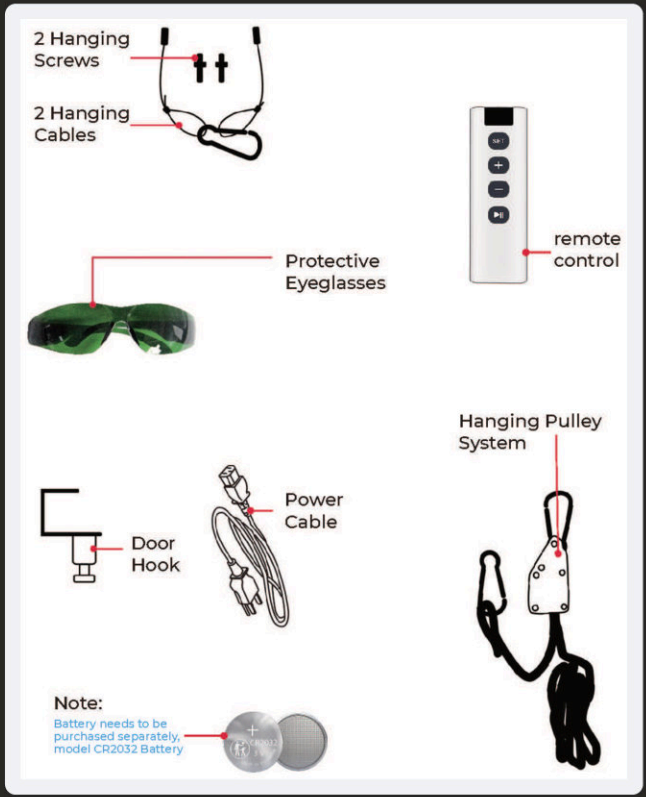
DESIGN + FUNCTION. BACK.



POWER SWITCH	Main on/off. Flip it on before using the touchscreen.
PLUG PORT	Power cord input.
CASCADE CONNECTION	Link panels to run them as one group (Group setting, page 19).
SPIRAL RADIATOR	Cooling. Keep it clear.

// 06 · IN THE BOX

WHAT'S IN THE BOX.



Hanging hardware varies by model. See the list on the next page.

> The remote runs on one CR2032 coin battery, purchased separately.

// 06 · IN THE BOX

BY MODEL.

RESTORE ONE — RLPRO100
Panel · power cord · manual · protective eyewear · remote control

RESTORE CORE — RLPRO200MAX
Panel · power cord · manual · protective eyewear · remote control
+ 2 hanging screws · 2 hanging cables · door hook · hanging pulley

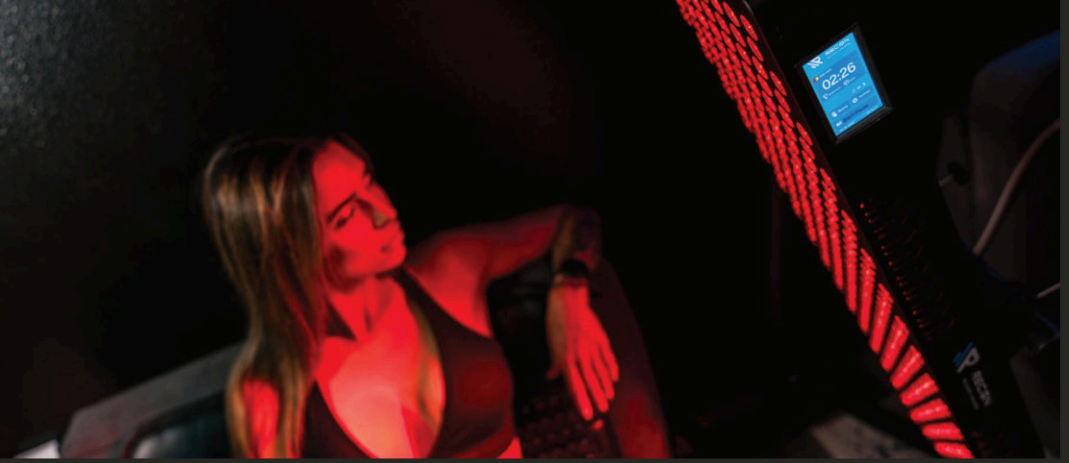
RESTORE EDGE — RLPRO300MAX
Panel · power cord · manual · protective eyewear · remote control
+ 2 hanging screws · 2 hanging cables · door hook · hanging pulley

RESTORE APEX — RLPRO600MAX
Panel · power cord · manual · protective eyewear · remote control
+ 2 hanging screws · 2 hanging cables · door hook · hanging pulley

RESTORE TITAN — RLPRO1200
Panel · power cord · manual · protective eyewear · remote control
Mount on a wall or pair with a stand.

BLACKLINE FORGE — RLPRO2000
Ships with a motorized 360° rotating stand.

Something missing? Email **info@reconwellness.com** before your first session.



// 07 · TOUCHSCREEN

1 MAIN SCREEN



1. Shows the timer and mode you have set.
2. **Scene:** choose one of the built-in preset programs.
3. **Start / Pause:** turns the light on or off.
4. **Setting:** timer, mode, brightness, frequency, group, alarm clock, date and time, and other settings.

// 07 · TOUCHSCREEN

2 TIMER

Set a session from 1 to 30 minutes. The panel shuts off when the timer ends.



A Drag the bar around the circle to set the time.

B Or tap the center of the circle, type the minutes and tap ✓ to save.

// 07 · TOUCHSCREEN

3 MODE



RED	630, 650, 660, 670nm
NIR	810, 830, 850, 1060nm
RED / NIR	All 8 wavelengths

> Evening session? Run **RED** only, and finish any near-infrared at least 90 minutes before bed.

// 07 · TOUCHSCREEN

4 BRIGHTNESS

Dim each wavelength on its own, from 0 to 100%.



A Tap − or +.

B Slide the bar.

C Tap the %, type a value and tap ✓.

// 07 · TOUCHSCREEN

5 PULSE FREQUENCY

Set each wavelength from 0 to 10,000 Hz.



A Tap − or +.

B Slide the bar.

C Tap NULL, type a frequency and tap ✓.

// 07 · TOUCHSCREEN

6 GROUP

Running more than one panel?

Link them with the cascade connection. Set one panel to **Primary** and the others to **Secondary**. Every Secondary panel follows the Primary until you press **Close**.



7 ALARM CLOCK



A Choose once, or repeat every day.

B Set the alarm time, timer, mode, brightness and pulse.

C Swipe left to turn an alarm off, right to turn it on.

D Two alarms by default. Tap + or – to add or delete, up to 10.

> The alarm time is when the session **ends**. Set a 10-minute session and the light turns on 10 minutes before the alarm rings.

8 DATE, TIME + SETTINGS





A **Bluetooth:** turn on to connect the app.

B **Work alarm:** beeps at the halfway point, your cue to switch body areas.

C **Volume:** 0, 25, 50, 75 or 100%.

D **Screen brightness:** 0, 25, 50, 75 or 100%.

E **Factory reset.**

I **About:** device details, including the Bluetooth name.

// 08 · THE APP

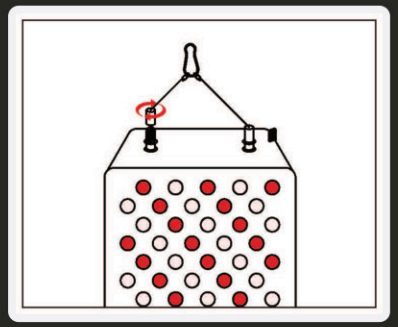
RUN IT FROM YOUR PHONE.



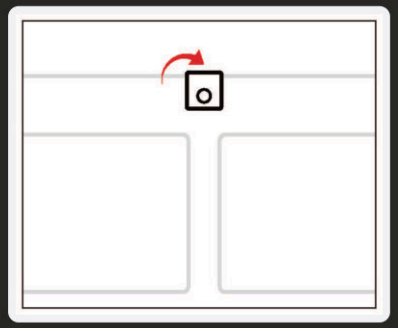
1. Turn on Bluetooth on your phone and on the panel (Setting, Other settings).
2. Download the **IDEA** app, listed as Infralight, free on the App Store and Google Play.
3. Connect to your panel. Its Bluetooth name is under Setting, About.

// 09 · INSTALLATION

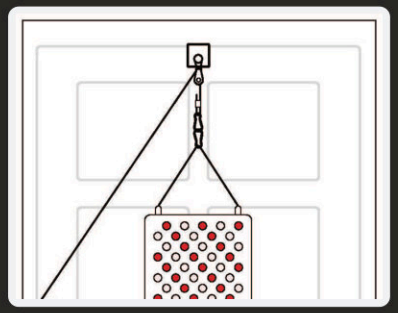
HANG IT ON A DOOR.



1. Lay the panel face down on a scratch-free surface. Screw the threaded posts into the top of the panel, then screw the braided cables onto the posts.



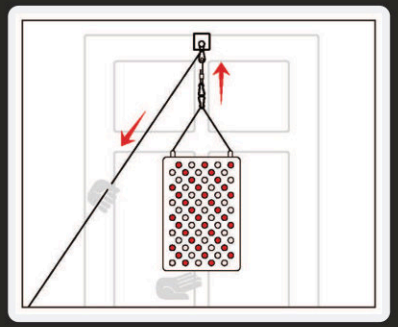
2. Fit the door hook over the top of any standard door.



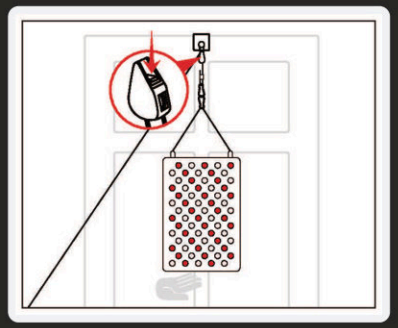
3. Hang the panel by clipping the braided cables to the snap link.

// 09 · INSTALLATION

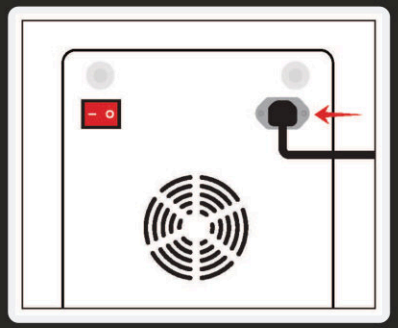
SET THE HEIGHT. POWER UP.



4 To raise the panel, support it with one hand and pull down on the loose cable.



5 To lower it, push up on the lever of the height-adjusting pulley and support the panel with your other hand.



6 Plug the power cord into the port on the back of the panel, then into a wall outlet.



// 10 · YOUR SESSION

THE FIRST SESSION.

1 **Bare skin.** Clothing blocks light.

2 **Eyewear on.** Wear the included protective glasses. Never look into the LEDs.

3 **Timer first.** Pick 1 to 30 minutes and start short. Leave at least 6 hours between 30-minute sessions.

4 **Evenings:** RED mode only. Finish near-infrared at least 90 minutes before bed.

5 **Anything feel off?** Stop and turn it off.

WHERE IT FITS IN THE RECON SYSTEM

AFTER TRAINING	Compression, then PEMF, then Red Light.
BEFORE TRAINING	Red Light, then PEMF, then Compression.

// 11 · TROUBLESHOOTING

QUICK FIXES.

Most issues take ten seconds to solve. Never try to repair the panel yourself.

ISSUE	WHY	FIX
WON'T TURN ON	Not plugged in.	Plug the cord into the back of the panel and into a wall outlet.
	Not switched on.	Flip the red power switch on the back of the panel.
STOPPED SUDDENLY	The session timer ended. With no timer set, the panel stops after its 5-minute default.	Press Start to begin a new session. Leave 6 hours between 30-minute sessions.
PULSE ISN'T RUNNING	No pulse frequency is set.	Set a frequency from 0 to 10,000 Hz with + or − (page 18).
LEDS LOOK OFF WHILE RUNNING	Near-infrared is invisible to the eye.	Check the mode. Light is visible in RED and RED / NIR modes.

Still stuck? Email **info@reconwellness.com**. Real people answer.

WARRANTY + SUPPORT

RESTORE PANELS 3-year warranty.

BLACKLINE FORGE 2 years full plus year 3 parts-only.

Use, transport and store the panel as this manual describes. Misuse or poor maintenance voids the warranty.

// 12 · WARNINGS

READ BEFORE USE.

1. Do not look directly into the LEDs. Wear the included protective eyewear.
2. If the panel overheats, turn it off immediately.
3. Do not take the panel apart. This can damage it.
4. Use only accessories specified or supplied by the manufacturer. Others can increase electromagnetic emissions or reduce electromagnetic immunity.
5. Do not use within 2 weeks of a sunburn.
6. Electrical safety: do not drop the panel in water or other liquids, or wash electrical parts. Do not touch the panel, plug or switches with wet hands. Do not pull, carry or lift it by the cord, and do not use a damaged cord. Do not use the panel if it has been dropped, left outside, or exposed to water or liquids.
7. Do not use on or near heated surfaces.
8. Do not use where flammable or combustible products or vapors are present. Fire or explosion can occur.
9. Do not use over open wounds.
10. Do not use if you have Fitzpatrick skin type V or VI.
11. Do not use if you are photosensitive or taking photosensitizing medication.
12. Do not use if you are pregnant, breastfeeding or trying to become pregnant.
13. Do not use if you have a history of seizures triggered by light.
14. Not for use by sleeping or unconscious persons, or anyone who cannot operate it safely.
15. Stop immediately if you feel any discomfort.
16. If you think you have had a negative reaction, consult your doctor.
17. Do not scratch or damage the panel.
18. Indoor use only.
19. Unplug when not in use to avoid tripping hazards.
20. Unplug by gripping the plug, never the cord.
21. Do not store in direct sun or on a hot surface. Operate, transport and store the panel as described in this manual. Misuse or poor maintenance voids the warranty.
22. Keep cords away from children. Strangulation hazard.

For general recovery and wellness use. Not intended to diagnose, treat, cure or prevent any disease.