1.Introduction

Overview

Model name: B-EW001
B stands for name and brand concept (Balanx)
E stands for product category (EMS)
W stands for body parts (Whole body)
001 is the version number .

Balanx EMS training suit is a wearable smart device for training. It includes a portable multi- channel electrical pulse generator (we use "hub" to replace it in following article), and a functional suit which can conduct electric signal to human body.

Combined with the professional training guidance on APP and wireless control of electrical pulse amplitude for different muscle groups, Balanx EMS training suit will help user to achieve better training effect , so as to reach the fitness goal quickly.

Working principle

Balanx EMS training suit adopts modulated medium frequency electrotherapy technology. The medium frequency wave will minimize sting and itch brought by pure low frequency pulse, while low frequency harmonic wave will trigger and activate muscle and nerve system more effectively, because the action potential in nerve responds to low frequency.

The product could produce many different harmonic waves for stimulation, including sine wave, triangular wave, square wave, sawtooth wave and exponential wave. These wave forms can provide more variable stimulation, so as to reduce the tolerance of nerve and muscle to electrical stimulation.

We creatively introduced the patented technology IMPULSE to achieve motion guidance by adjusting the harmonic wave intensity over a longer period of time. Thereby, the user can complete the motion by only feeling the intensity change without watching the software interface. This technology can greatly enhance the user experience in certain scenarios.

Safety notes

⃠ Prohibition!

1. Prohibit the use of Balanx during the following situations:
①Heart disease patients;
②Abnormal blood pressure patients;
③Epileptics;
④Pregnant women;
⑤Malignant tumor patients;
⑥High fever patients;
⑦Patients with infectious diseases;
⑧Patients with skin perception disorder or skin abnormalities;
⑨Acute disease patients;
⑩Other patients who are being treated by a doctor and feel abnormal;
※Otherwise, an accident or physical discomfort may occur.

2. Never use it with the following medical electrical devices:
①Implantable medical electrical devices such as cardiac pacemakers;

②Artificial heart and lung and other medical electrical devices for life;
③Medical electrical devices such as electrocardiographs;
※ These medical electrical devices may malfunction.

3. Do not disassemble or modify the whole product.
※It may cause malfunction or electric shock.

⚠ Caution!

1. When your body or skin is not feeling well, consult a doctor and follow the advice.
※Please stop using if you feel dizzy and headache.
2. If you want to clap during the operation, make sure that the hub has been stopped or paused.
※Otherwise, you may experience a strong impact.
3. In the course of use, if you change to use it for others, be sure to set the status to pause or end before moving.
※Otherwise, you may experience a strong impact.
4. Do not use Balanx if there is any implantable electrical device or accessories.
※The electrical device may malfunction (for example, the pacemaker is out of order).
5. Do not use it for children or people who are unconscious.
※An accident or physical discomfort may occur.
6. Do not use it in a place with high humidity, like bathroom.
※There will be a strong impact.
7. Do not use it while sleeping.
※There may be a malfunction of the main body, and the electrode may be moved to other body parts to cause physical discomfort.
8. Do not touch the electrode pads with metal parts during use, for example belts and necklaces.
※There may be a strong impact.
9. Do not use it for a long time (more than 30 minutes per day).
※It is possible to cause physical fatigue.
10. Don't use it while driving.
※Otherwise, it may cause an accident if user is strongly stimulated.
11. Don't operate the hub when your hands are wet.
※There may be a electric shock or accident.

2. Setup

Packing contents

Check the contents of the box to confirm that it includes:

1. Suit

2. USB cable

3. Hub

4. Operation manual

Instructions for use

Wear EMS training suit (please note that the zipper is at back)

· Put on the EMS training suit.
· Connect the hub with suit.

Connect the hub with your phone/tablet via Bluetooth

· Enable the phone/tablet Bluetooth.
· Tab " scan" in APP,it will show the list of available hub nearby.
· Connect to the one you use.
· The hub flashes blue when the connection is successful. (If the indicator is yellow or no indicator, please fully charge the hub before connecting).

Choose the training program you want and get started

·Adjust the parameters (amplitude, frequency, pulse) on the mobile hub according to the APP guidance.

Body parts acted on by ten pairs of electrodes: arm, chest, back, trapezius, external oblique, abdomen, glutes, core muscle group, quadriceps, hamstring

Click "Start", the hub starts outputting pulses.
Click "Pause", the hub stops outputting pulses.
Click "+", the pulse intensity increases.
Click "-", the pulse strength decreases.
·Test the intensity
·Confirm all parameters are ok, then start training.

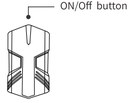
Note: When use it for the first time, please try the intensity from the minimum value to higher gradually, till you find the pulse that appropriate for you and not affect your motion. Please note the intensity could be felt stronger after you sweat. The app will keep the record of your prior use.

EMS training under the guidance of APP

Turn off the hub, exit the APP and take off the training suit,stop the training process.

·After exercise, have some water and take a rest.
·Please wash your suit after use as soon as possible.

Hub



Indicator description
Steady green light: On
Steady blue light: Connecting
Flashing green light: Working
Steady red light: Low battery
Steady yellow light: Charging
Steady green light: Fully charged
No color: Off

USB charging
120 minutes per full charge

※If hub is disconnected with training suit, the system will stop working.

3.Maintenance

Hub maintenance

·If the hub is dirty, use a piece of damp cloth containing water or a neutral detergent. Wipe the machine thoroughly after wringing it out. if necessary, clean or disinfect with an alcohor soaked cloth.
·Do not allow liquid such as water to flow into the hub.

Notes

·Hub needs to be fully charged before use if it hasn't been used for half a year.
·Keep out of reach of children.
·Do not put the hub in a place exposed to direct sunlight, high temperature, humid, dust, or corrosive gas.
※Balanx does not assume quality respomsibility,if you do not comply with the above or use unconventional methods to cause damage to equipment.

FCC STATEMENT :

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
This device may not cause harmful interference, and
This device must accept any interference received, including interference that may cause undesired operation.
Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
Reorient or relocate the receiving antenna.
Increase the separation between the equipment and receiver.
Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
Consult the dealer or an experienced radio/TV technician for help.

RF warning statement:
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

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Suit maintenance

① Choose suitable size.
② This suit is a delicate device. Please use it carefully.
③ Please avoid dust,oil and dirt,grease stickiness and other dirt on the surface of the training suit.
④ Slight blistering,yellowing and small hole do not affect the function.
⑤ Do not break the connecting pad.
⑥ Keep away from fire.
⑦ Keep away from sharp objects.
The durability of training suits varies from person to person.

Suit cleaning

Hand wash/machine wash,mild cycle/no detergent/spin under 800 rpm/take off the hub before washing/do not wash the suit by turning the inside out/use washing bag/do not use softner/do not to wring/do not tumble dry/avoid direct sunlight/do not iron/do not bleach/do not dry clean.

Notes

· Balanx EMS training suit should not be used on open skin wounds or scars.

4. Trouble shooting

Abnormal		Solution
Phone or tablet can not connect to the hub	Hub is out of power	· Charge the hub and connect again
	Hub is far away from phone/tablet	· Bring the phone/tablet closer to the hub
Pulse output interrupted during use	Hub is out of power	· Charge the hub
	Bad connection	· Reconnect the hub with suit
Suit Damage	· Please change a new suit.	
Left and right electrodes have different intensity	Human body impedance difference	· Adjust the suit, wet or tighten the electrodes, or do some warm up and sweat
User feels muscle pain	The electrode pads are not in close contact with the skin	· Use a belt or a armband to make sure the electrodes fit the skin well
	Electrodes damage	· Please change to a the new suit
	Excessive intensity	· Turn down the intensity
User does not feel the stimulation of pulse	· Please confirm hub is connected with phone/tablet Bluetooth, and completely plugged into the suit bottom plate; if user still cannot feel the stimulation, try to do some warm up and you will feel it after slightly sweating.	

5. Technical parameters

Hub version	B-EW001	Color	Black/gray
Hub weight	Appr.400g (including battery)		
Hub size	L121mm * W76mm * H23mm		
Service life	2 years		
Battery capacity	3600 mAh		
Charging voltage	DC5V		
Battery voltage	DC3.7V (Rechargeable lithium ion polymer battery)		
Bettery life	500 times charge and discharge		
Output Voltage	＜= 100V		
Output Frequency	0.5Hz — 200Hz		
Output harmonic frequency	0.5Hz — 200Hz		
Output carrier frequency	1k -10k		
Output pulse width	30us - 500us		
Operating temperature and humidity	10 ℃ - 40 ℃ , 30% RH - 75% RH		
Temperature and humidity of transport and storage	-40℃ - 55℃ , 10%RH - 93%RH		
Operating pressure	860hPa - 1060hPa		
Transport/storage pressure	500hPa - 1060hPa		

※ If there are any other questions, please email to gobalanx@gmail.com.

6. Warranty

Thank you for purchasing the Balanx EMS training suit, which also gives us the opportunity to provide you with quality service.

Warranties

· The warranty for hub is one year (from the original purchase date);
· Suit can be exchanged within 15 days(to exchange the suit, please keep suit tag integral, which shall not affect further sales);
· The warranty covers problems of the product occurred under normal use;
· Any service within the warranty period and the warranty scope will be provided free of charge.

Exceptions

Any following conditions will not be covered in the warranties above:
· The free warranty period has expired;
· Failure caused by accidental fall during use;
· Failure due to lack of proper maintenance;
· Failure to operate in accordance with the correct instructions in the operation manual;
· Appearance loss such as scratches and stains caused during use;
· Failure or damage caused by accidental factors or human factors(including operational errors, liquid ingress, scratching, handling, bumping , improper insertion, foreign matter falling in, rats, pests);
· Failure due to force majeure (e.g.: Fire, earthquake, typhoon, flood or war);
· Failures caused by improper repairs by unauthorized agencies;
· In case Balanx EMS training suit not be used for any above conditions, Balanx will charge at cost for service.
The product will be repaired for life. If the warranty has expired, Balanx will provide paid service.
※Please send an email to gobalanx@gmail.com or contact our local agent for service.

7. Contacts

Manufacturer
Shenzhen Beilan Technology Co., Ltd.
Tel: 0086-755-23500184
Email: gobalanx@gmail.com
Add: Room 310, Building 9, Xinwei Industrial Zone, Xili Street, Nanshan District, Shenzhen 518000, China

Brand owner
Balanx Technology INC.
Add: 8 The Green STE A Kent, Dover. DE 19901 United States
Email: gobalanx@gmail.com

BalanX

OPERATION MANUAL

Please read the instructions carefully before use