143 mm

210 mm

Instruction Manual

Intelligent Wireless Fitness Apparatus

Thank you for purchasing Intelligent wireless fitness apparatus.

This product is designed for training your muscles via electrical stimulation(it is not a medical equipment).

To avoid causing harm and loss due to user's improper use,please refer to the "safety precaution "and then use the unit after fully understand.

Please keep this "instruction manual".

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Safety Precautions

To ensure that the product is used correctly and safely,please read the instruction manual carefully before use.

The precautions described in this manual are intended to ensure safe and proper use of the product and to prevent injury to yourself and other,or damage to property.

The following symbols classify and explain the extent of danger or damage that can result from incorrect use.

⚠ Danger	⚠ Warning	⚠ Caution
This symbol indicates cases in which incorrect use of the product could lead to serious injury or death.	Usage errors, "said has the potential to cause deaths or injuries".	This symbol indicates cases in which incorrect use of the product could lead to physical injury or property damage. *Property damage means any damage related to houses, household appliances or pets.

The following symbols are used in this manual to expain procedures, restrictions,handling precautions,and instructions that should be followed for safety.

🛇	⚠	❗
This symbol indicates prohibited actions.	This symbol indicates precautionary measures.	This symbol indicates compulsory actions that must be performed.

⚠ Danger

Never use at the same time as the following kinds of medical electrical devices.

- Implanted medical devices,such as a pacemaker.
- Medical electrical equipment used to sustain life,such as heart-lung machines.
- Wearable medical devices,such as EKGs.

⚠ Warning

The following people do not use this product.Doing so may cause an accident or problems to the body or skin.

- Persons with heart disease
- Women who are pregnant or have just given birth

Anyone with the following conditions should consult a physician prior to using this product.Doing so may cause an accident or problems to the body or skin.

- Persons prone to allergies
- Persons with a fever (38 ℃ or above)
- Persons with an impairment in perception or problems with their skin(inflection,inflamed skin or scratches)
- Persons who need rest
- Persons with an acute(painful) condition,such as spine fracture,sprain,pulled muscle,etc
- Persons with blockage of blood flow
- Persons taking medications
- Persons with a bone disorder,such as osteoporosis
- Persons who feel anything unusual with their cranial nerves(epilepsy etc)
- Persons with abnormal blood pressure
- Persons who sense abnormalities to their heart or cranial nerves
- Persons whose skin is irritated by the gel sheets
- Persons experiencing any specific physical abnormalities
- Persons with an impairment in perception due to a significant peripheral circulatory disorder,such as from diabetes
- Persons receiving treatment from a medical institution

Even if none of the conditions above apply to you,please consult with your physician if you have any concerns about using the product.

⚠ Warning

Please do not use this product on the following parts,
Doing so may cause an accident or problems to the body or skin.

- Areas around the heart,such as the chest or shoulder blade,or parts from the neck up(head,face etc).
- On wounds,or mucous membranes,such as the eyes,mouth or genitals.
- On body parts where depilation was performed the same day.
- On body parts where plastic surgery has been performed.
- On body parts with metal,plastic,or silicone implants.
- Spinal column
- Tattooed areas
- Abdomen during menstruation

Please do not anywhere other than specified in this manual

- Infants and young children who were unable to understand the instructions should not use this product.Doing so may cause an accident or problems to the skin and body.
- Keep the button battery and the battery cover out of the reach of children.To prevent them from being swallowed.If either is swallowed,contact your doctor immediately.
- Do not disassemble,modify or attempt repairs.Doing so may result in an accident or injury.
- Do not subject to shocks,such as by dropping or hitting the product.Doing so may damage it. In such case,continuing to use it may result in an accident or injury.
- Do not touch the metal electrodes.Doing so may result in shock.
- Do not use in combination with any other electrical device or beauty equipment.Doing so may make you feel ill or nauseous.

⚠ Caution

Follow the precautions below when using the product.Doing so may result in an accident,electric shock,injury,damage or getting it dirty.

- Do not heat the product itself or the gel sheet in a microwave.
- Do not use for any purpose other than as intended and according to the instructions in the instruction manual.
- Do not use the product on young children or pets.
- Do not let children or pets play with the product.
- Do not spill any liquids on the product.
- Do not use it while exercising or driving an automobile.
- Do not use in a humid location,such as in the bathroom.

⚠ Caution

- If you feel pain,discomfort,rough skin dry,rash,redness,itching,burns,inflammation and abnormal situation after using it, please stop using immediately and consult a doctor.It may lead to a worsening of symptoms if keep using.
- Please do not share it with other people. If you notice a strange smell or noise,or if any foreign matter,such as water gets inside,turn it off immediately.Doing so may cause a short circuit,fire or damage to product.

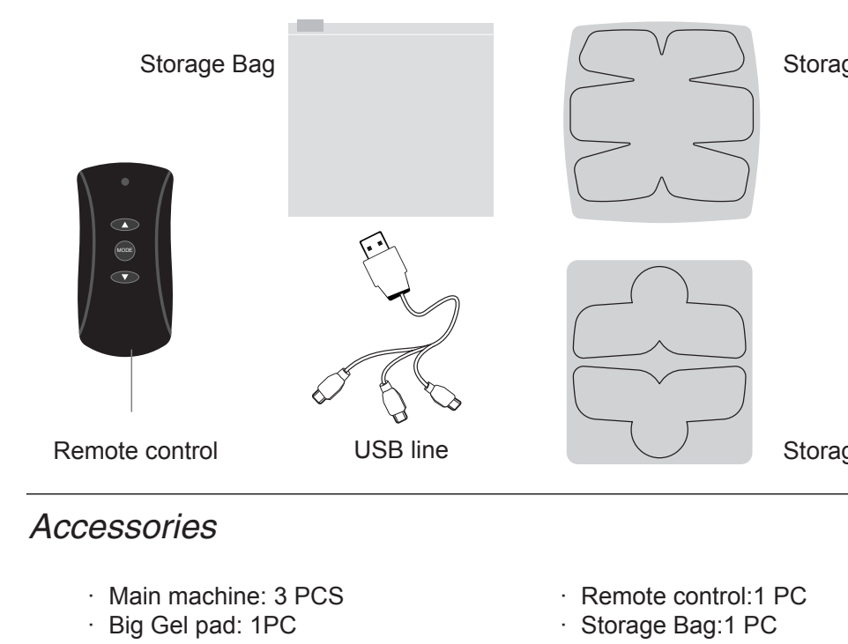
Follow the instructions below when handling the battery.Doing so may result in an accident,injury,or breakdown of the product.

- When the button battery leaks,please stop using it immediately and contact the distributor of the products you bought.
- If liquid from the button battery gets in your eyes,it may cause damage or blindness .Do not rub them immediately,rinse them with plenty of clean water for at least 1 minute and then contact your doctor.
- If you get liquid from the battery on your skin or clothes,it may harm your skin.Rinse your skin immediately with plenty of clean water.
- When installing the button battery,be sure to put it in facing the right way.
- When the button battery runs out, please take it out immediately.

Follow the instructions below when handling gel sheets.
Doing so may result in burns.

- Please do not use damaged, deteriorated, dirty gel sheet.
- Do not bend or fold the gel sheet,otherwise the gel sheet may be damaged.
- Stick the gel sheet to your skin,if there is a gap where it is stuck on,electricity will not flow uniformly across the entire surface of the gel sheet and you may feel a strong stimulus.
- Turn off the product before removing the gel sheet.
- Always adhere the gel sheet to the electrodes when using the product .Do not touch the electrodes directly when the power is on.

Parts Identifications

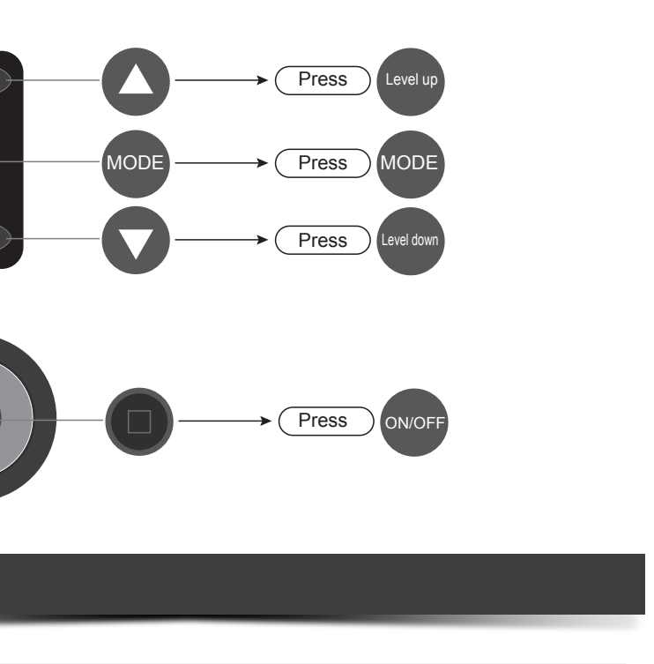


Accessories

· Main machine: 3 PCS	· Remote control:1 PC
· Big Gel pad: 1PC	· Storage Bag:1 PC
· Small Gel pads: 2 PCS	· Instruction manual:1 PC
· Storage Sheet: 2 PCS	· USB line:1 PC

· These are consumables,when the adhesive(gel surface) wears out or is damaged, purchase new ones.For details, see p.22 "Consumables(Sold Separately)"

Precaution for Use



Caution

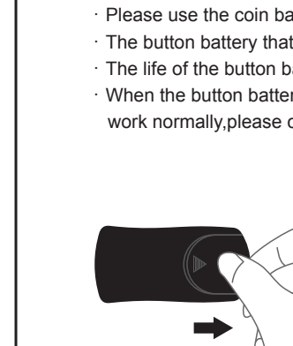
- Attach the product to the area,it will be used and then turn the power on.When you are done using it,turn the power off before removing it from your body.Doing so may result in a strong shock.
- If you sense something abnormal with your skin or body,stop using immediately and consult your doctor.Doing so may result in an accident or poor health.
- Using the product at a very high level or for a long time may cause muscle fatigue,tingling or redness on your skin.
- Remove any jewelry or accessories such as necklaces,earrings,belts when using this product.Doing so may result in an accident,injury or damage.
- Keep electronic devices,such as wristwatches,pedometers,cell phones,etc,away from your body during use.Doing so may result in malfunction of the electrical device.

· During use,do not use items like body cream or lotion.Doing so may reduce adhesion.
· Gel sheets adhere to skin better if the hair in the area has been removed.However,do not use on the day the hair was removed.
· Do not heat or cool the product before use,as doing so may deform it.Also do not use in a manner that subjects the product to sudden changes in temperature,such as pouring hot water on it,using it in a sauna,etc.
· Clean the area where it will be used.
· This product is not waterproof,do not use in a location that is humid or where water may get on it.

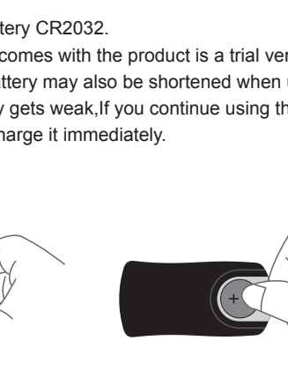
Installing the Battery(Remote control)

- Please follow the precautions on the button battery.
- Remove the button battery when not using the product for a long time..
- Only use a battery before its best-before date..
- Do not get the battery wet, or touch it with wet hands.

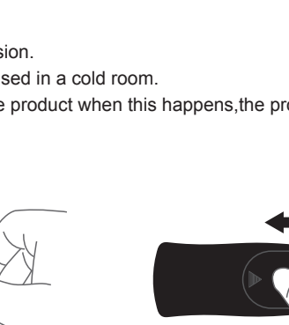
· Please use the coin battery CR2032.
· The button battery that comes with the product is a trial version..
· The life of the button battery may also be shortened when used in a cold room.
· When the button battery gets weak,If you continue using the product when this happens,the product could not work normally,please charge it immediately.



1. Take out the remote control, open the battery cover gently.

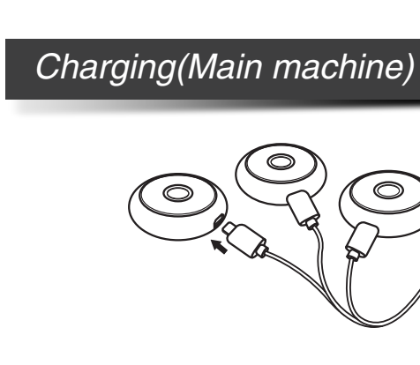


2. Put one side of button battery toward to groove metal shrapnel,push forward,+ side up,press down.



3. Push it,until you hear a "click" sound,the battery cover is installed.

Charging(Main machine)



Making three main machine connect to the USB line to charge them.The red indicator will light when charging,the green indicator will light when fully charged,it would take around 70 minutes to charge full,and the battery can last for 100 minutes.

Usage of Electrode Gel Pads

Gel sheets are consumables,replace with a new sheet at the following times

- Obviously feel the conduction performance decreased,cause decreased strength.
- When it loses its adhesiveness,the adhesive surface(gel)dries out or is gouged or dirt/grime that cannot be removed exists.

Pay attention to the following points when handling gel sheets

· Keep away from direct sunlight,heat and humidity.Store in a cool,dark place.
· Do not leave gel sheets out or store them with anything that is dirty.If the gel sheets get dirty,they may not stick properly anymore,the electrical stimulation may weaken or you may feel pain or get burned.
· Although the gel sheets may peel off more readily after using them 25 to 30 times,due to the frequency of cleaning them,the state of your skin or the storage conditions,cleaning them helps them last longer.For details,refer to P.16 Maintenance.
· If a gel sheet accidentally gets stuck to clothing,do not tear it off by force.moisten the other side of the cloth where the sheet is stuck and it will come off easily.

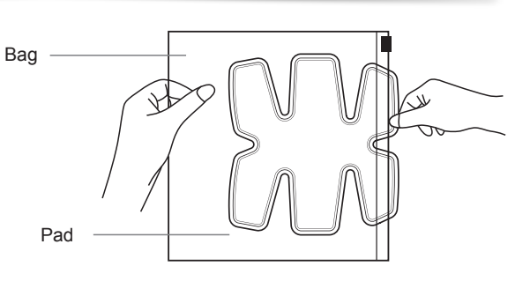
Applying Gel Sheets

· Do not use damaged,deteriorated or dirty gel sheets.Doing so may result in burns.

Important
- Gel sheets are applied in the same way for both Big Gel Pad and Small Gel Pad.
- If affixed incorrectly,gel sheets may lose their adhesion to the skin,fail to function normally,or wear out faster than normal.

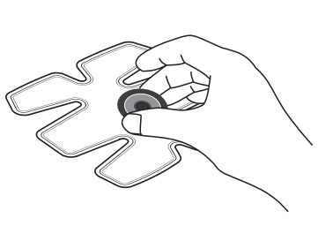
Usage of Electrode Gel Pads

1.Take a pad out of the bag.

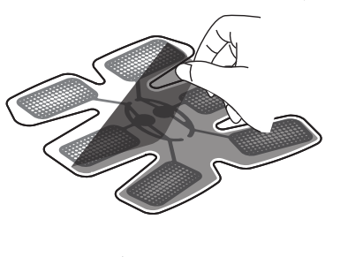


2. Install main machine on the pad.

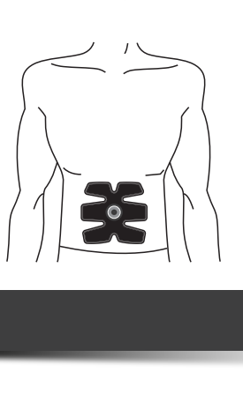
The electrode button is aligned with the electrode hole of main machine.



3. Remove the film on the gel pad.



4. Attach the pad with main machine to your body.



Peeling Method of Electrode Gel Pad

1. Please slowly take the gel pad off after using.

⚠ · When removing the gel pads,please turn off it,it may cause pain or burns.

2. Put it back to the storage sheet,then put it into the storage bag for proper storage for the next use.

Basic Usage

Mode and Intensityt

In total 10 modes, 20 levels of intensity.
1. Mode: in total 10 modes (automatic mode + manual mode).
(1).Automatic mode: Each mode work 1min, and change to the next mode automatically,and later circulating like this.
(2).Manual mode: you can adjust from 1 and 9 mode, manually change from one mode to another mode.
2.Intensity: in total 20 levels, can be adjust between 00~20.

How to program the different modes from the control

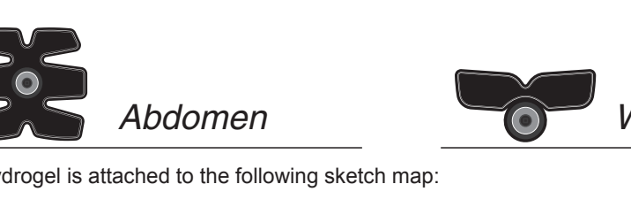
1.When you turn on the control, it is automatic mode at first. Just press the "mode" button to adjust the modes. When you press once, it is mode 1, press double times, it is mode 2, pressing like this to adjust the modes.
2.After you confirm the mode, just pressing "UP" and "DOWN" button to adjust the levels of intensity. You can adjust the intensity in each mode.
Attention: The 3 pads can be used at the same time. But these 3 pads should be in the same level of intensity, the remote control cannot adjust them seperately.

Frequency and intensity of using

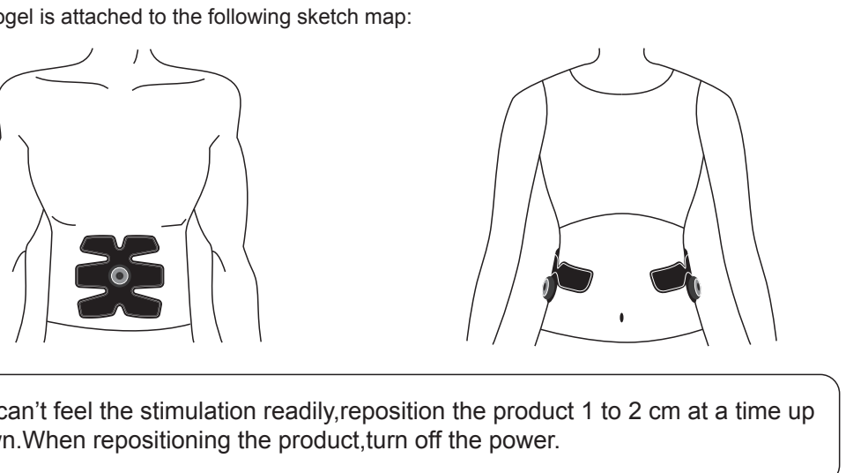
Important · Use once per day per area used,use a weak level when using it for the first time,once you are used to a weak level,adjust the level as desired.

1. Attach the product to the area where you wish to use it.

Important
- Wipe any sweat off the area to be used before attaching.
- Touch the adhesive (gel surface) as little as possible.
- Stick the gel sheet to your skin,if there is a gap where it is stuck on,electricity will not flow uniformly across the entire surface of the gel sheet and you may feel a strong stimulus or pain.



The hydrogel is attached to the following sketch map:

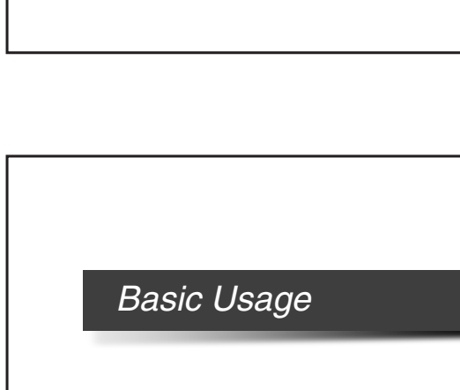


If you can't feel the stimulation readily,reposition the product 1 to 2 cm at a time up or down.When repositioning the product,turn off the power.

Basic Usage

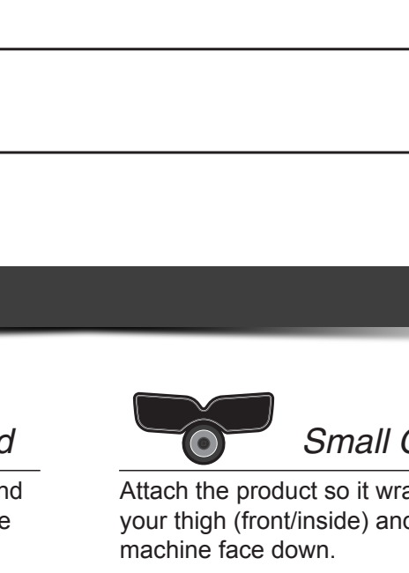
Small Gel Pad

Attach the product so it wraps around the inside of your upper arm and the main machine face down.



Small Gel Pad

Attach the product so it wraps around your thigh (front/inside) and the main machine face down.

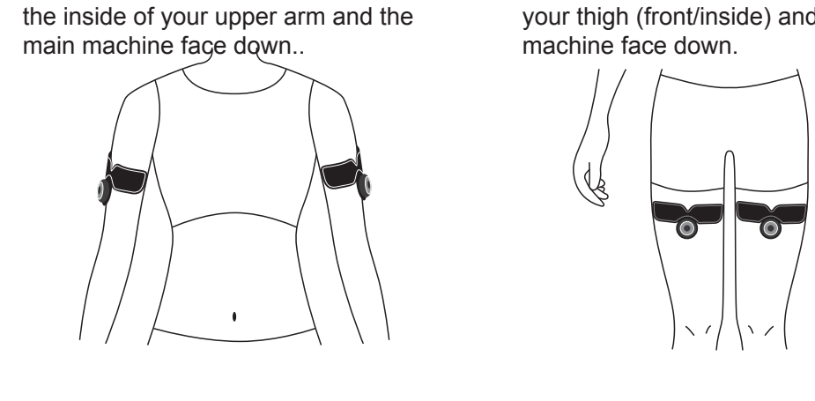


Important Training can be achieved on the upper arms even at a relatively weak level.Use it without raising the level..

2. Turning the power ON

Important · If a gel sheet is not in contact with the skin,doing so may cause injury or burns.

When the power is switched on,the indicator is light and it is regarded as the working state.

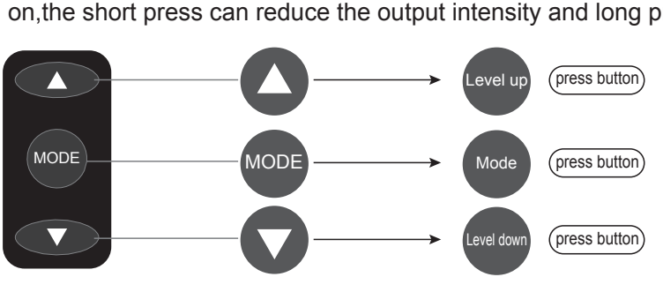


Basic Usage

3. Adjusting the level

Important
- There are a total of 20 stimulation levels(1 to 20).
- Use a weak level when using it for the first time,once you are used to a weak level,adjust the level as desired.
- Total 9 modes.For more details,please refer to the following exercise mode guide.

4. Caution
The power button of the main machine has the function of adjusting the intensity, when the power is turned on,the short press can reduce the output intensity and long press can be turned off.



Training Program

Warm up and relax training mode

Mode	Time(Minutes)	Degree	Session
M1 & M2	15	Low	1

Intensive training combination

Mode	Time(Minutes)	Degree	Session
M3 & M4	15	High	3
M5	15	Middle	2

Deepening training combination

Mode	Time(Minutes)	Degree	Session
M6 & M7	15	High	3
M8	15	Middle	2

Combined training mode

Mode	Time(Minutes)	Degree	Session
M9	15	High	2

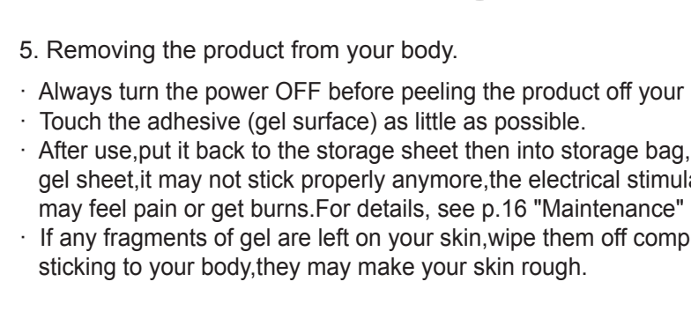
Basic Usage

Important · The unit shall cease voluntarily after the default mode of each training time is over.In the same section of the training process,press MODE to adjust different modes.Users can start from warm up and relaxation training when first use,step by step to deepen training combinations,use it as to the suggested section,a total of 13 sections cycle,it will offer undreamed-of-level after using.

4.Turning off of the power

Turn off the power,please press the power off button on the main machine, the indicator lights out,said the power has been turned off.

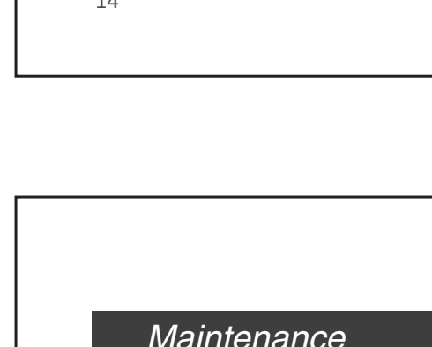
· No operation will be shut off by itself within 120 seconds after switching.

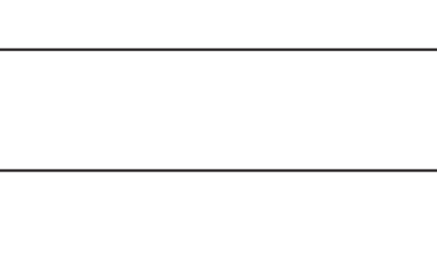


5. Removing the product from your body.

· Always turn the power OFF before peeling the product off your body.
· Touch the adhesive (gel surface) as little as possible.
· After use,put it back to the storage sheet then into storage bag.If dust or dirt sticks to the gel sheet,it may not stick properly anymore,the electrical stimulation may weaken or you may feel pain or get burns.For details, see p.16 "Maintenance"
· If any fragments of gel are left on your skin,wipe them off completely.If you leave fragments sticking to your body,they may make your skin rough.

Correct Way	Incorrect Way
As shown in the diagram,hold the product by both sides and slowly peel it off.	Do not pull with excessive force or hold only one part when peeling off.Doing so may damage the product..

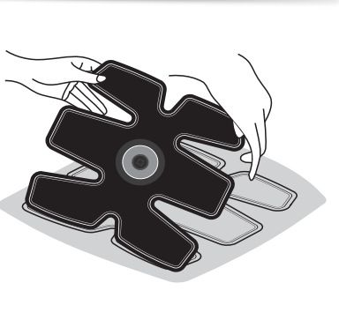




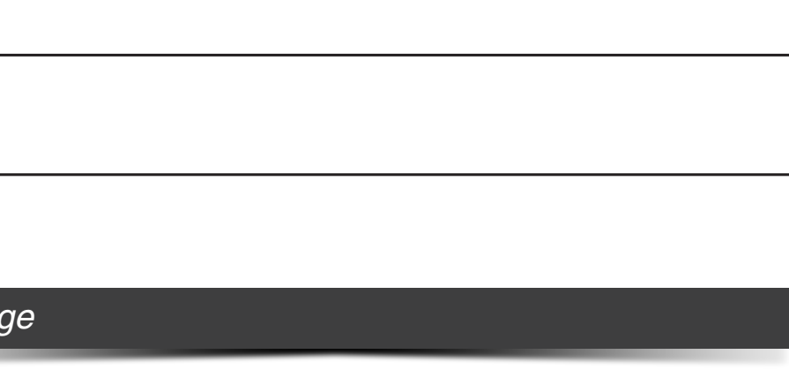
Storage

1. Attach to the storage sheet

· Do not allow the gel sheets to touch each other, such as by folding over this product.
· Do not press the gel pads too hard on the the protective sheet,it may damage the gel surface.
· Please do not bend the storage sheet,cause the deformation can not be used normally.



2: Put inside the storage bag.



Important
- Keep the storage sheet and storage bag clean.
- When storing the product,avoid a hot or humid location (such as inside a car),and away from direct sunlight.
- When not in use,keep in a safe place to avoid tripping on it and getting injured.
- Keep out of the reach of children and store away from pets.
- Please do not place it near a fire.
- When the unit is not used for a long time (1 month or more),please ensure to at least charge them once,so as not to shorten the battery life.

Disposal Method

· Dispose of according to the regulations of your local government.
· Dispose of product if cuts or cracks develop after using the product for a long time.

Maintenance

⚠ · Make sure the power is off before cleaning the product,clearing the product with the power ON may give you electrical stimulus.

Important
- Do not rinse off the product with water.
- Do not wipe the product with paint thinner,benzene or alcohol.
- Make sure your hands are clean when handling the gel sheets.

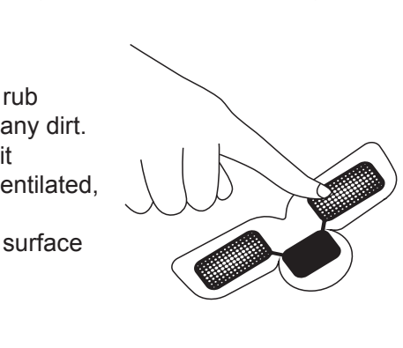
How to care for this product

· Wipe off any sweat or moisture from the product gently with a soft cloth and avoid scratching it.
· If it is dirty,wet a cloth with lukewarm water diluted with (3-5%) detergent,wring it out well and wipe off any dirt on the surface.
· Rinse the cloth with water,wring it out well and wipe off any detergent.
· Let it air-dry in a well-ventilated,shaded place.

How to care for Gel Sheets

If the adhesive surface of the gel sheet becomes dirty and fails to stick properly,care for it according to the instructions below:

· Get some drops of water on your fingertips and rub the adhesive surface (gel surface) and remove any dirt.
· Shake off as much water as you can and leave it adhesive (gel side) face up to air-dry in a well-ventilated, shaded location.
· Allow to air-dry until there is no moisture on the surface and then affix the product to the storage sheet.



Important · Do not clean it for a long time or too frequently.Doing so may damage the adhesive surface.(gel side) and shorten its life.

Q & A

Q1 Can it be used every day?
A1 Yes,it can be used daily.However,only use once per day per area.Refrain from using more than once in the same area as doing so may result in muscle fatigue.Also if you sense something abnormal with your skin or body,stop using immediately and consult your doctor.

Q2 Can i use it in the bathroom?
A2 The product is not waterproof,refrain from using it in the bathroom as doing so may result in an accident,injury,damage or product getting dirty.

Q3 What level should i use it at?
A3 Use a weak level when using it for the first time,once you are used to a weak level,adjust the level as desire.

Q4 Is it OK to put some lotion or body cream on before use?
A4 Doing so will reduce the adhesion of the gel sheets and may weaken the send of stimulation, so do not put anything on your skin before use.

Q5 Is it OK to use the product during pregnancy or immediately after childbirth?
A5 No,do not use this product at such times.Women postpartum or who are nursing should consult with their doctor..

Q6 What part of the body and circumstances can not be used?
A6 Do not use this product for parts of the neck (head, face, etc.),spine,chest and shoulder blades and other parts around the heart.In addition,Please do not use this product who those with heart disease.For more details,please refer to P.2 Safety precautions.

Q & A

Q7 Is it OK to use the product while sleeping?
A7 Do not use this product while sleeping.

Q8 Will my muscles get sore from using this product?
A8 Just as with any kind of training,your muscles may get sore.If your muscles are sore,refrain from using the product or lower the level..

Q9 When should i replace the gel sheet?
A9 This varies with the usage environment,but in general replace with new sheets after using them about 30 times (stick/off from your skin)..Also replace with a new gel sheet,if the sheet's adhesion deteriorates or if part becomes detached,rolled in a ball etc.

Q10 Why do I feel that the intensity of training is weaker than before?
A10 After using a period of time,found that the intensity is too weak or feel nothing when switching the power,please charge them immediately.

Q11 Why exercise will be suddenly interrupted?
A11 If the power is automatically off during the exercise (exercise time is not over),please recharge it immediately.

Q12 Why does it feel weaker of intensity after a period of time?
A12 The body gradually adapt to this stimulation after using a period of time,so you feel obviously not strong as they used to be,although the intensity is the same as before,it is normal, not broken,please increase levels.

Q13 Why does it feel the intensity of the Small Gel Pad is stronger when use the Big Gel Pad and Small Gel Pad at the same time?
A13 which is due to the larger current conduction area of the Big Gel Pad,and dispersed current output area,the stimulation sense will be slightly weaker,it is normal,not broken, please adjust levels as you desired.

Trouble Shooting

Issue	Cause	Solution
The power fails to come on	The battery runs out	Please charge it
Can't feel any stimulus	Gel pad is not closely attached to the skin	Stick gel sheets to your skin in such a way that there is no gap between the sheet and your skin.
	Gel surface is damaged	Please refer to p9 "Usage of Electrode Gel Pads",replace a new gel.
	Gel surface has dirt	Please refer to p16"Maintenance", please clean gel.
Electric stimulus is weak	The level setting is too low	Press the level up to increase the level.
	Low power	Please charge it.
	Gel surface is damaged	Please refer to p9 "Usage of Electrode Gel Pads",replace a new gel.
	Gel surface has dirt	Please refer to p16"Maintenance", please clean gel.
Electric stimulus is too strong	The level setting is too high	Press the level down to decrease the level.
	Gel pad is not closely attached to the skin	Stick gel sheets to your skin in such a way that there is no gap between the sheet and your skin.
Electrical stimulation stopped mid-program	The battery runs out	Please charge it.

Trouble Shooting

Issue	Cause	Solution
Gel sheet fails to stick	Gel surface has dirt	Please refer to p16 "Maintenance", please clean gel.
	Gel surface is damaged	Please refer to p9 "Usage of Electrode Gel Pads",replace a new gel.
Skin becomes red and prickly	Gel pad is not closely attached to the skin	Please make sure that the gel pad is attached to the skin without a gap.
	Gel surface is dirty and dry	Please refer to p16 "Maintenance", please clean gel.
	Gel surface is damaged	Please refer to p9 "Usage of Electrode Gel Pads",replace a new gel.

· If this fails to solve the problem,the product itself and accessories may be defective,then use the product after solving the problem.When peeling off from your body or the storage sheet,use both hands to slowly peel it off vertically.

· Gel sheets are consumables,Purchase them separately.For details,refer to P.22 Consumables.

If anything else is abnormal,immediately discontinue use of the product and contact the customer service center of the local agent.

Product Specifications and Usage Conditions

	Intelligent Wireless Fitness Apparatus
Weight	About 58g(Main machine and Remote control included)
Size	Φ45mm(Main machine),37x75mm(Remote control)
Type of battery	Lithium-ion rechargeable battery
Power source	In:100-240VAC,50/60Hz,Out:DC5V 1000mA
Output voltage	54V(Max)
Output current	0-45MA
Recommended usage temperature	Approx, 15-35 ℃
Accessories	Main machine,Remote control, Big Gel Pad,Small Gel Pad, Storage sheet,Storage bag,Manual, USB line Trial battery(CR2032)

	Big Gel Pad	Small Gel Pad
Weight	1 PC:40g	2 PCS:25g(12.5/PC)
Size	180X168MM	180X93MM
Material	Polyurethane,acrylic polymer	

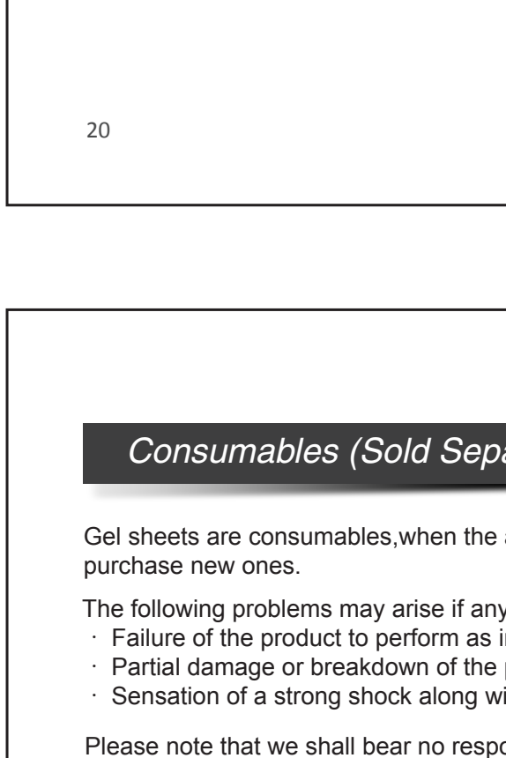
In the interest of product improvement,these specifications are subject to change without notice.

Consumables (Sold Separately)

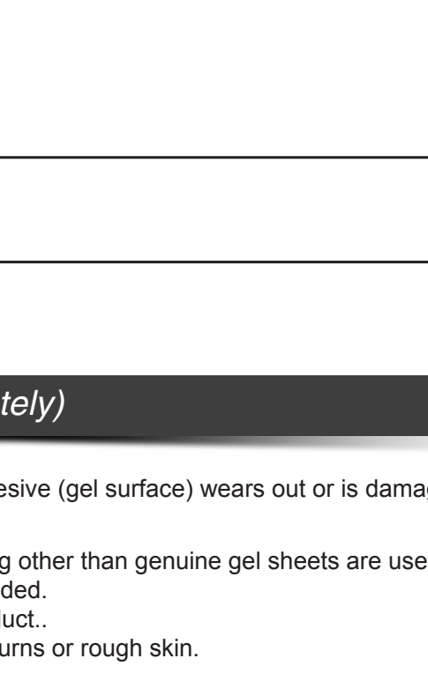
Gel sheets are consumables,when the adhesive (gel surface) wears out or is damaged, purchase new ones.

The following problems may arise if anything other than genuine gel sheets are used:
· Failure of the product to perform as intended.
· Partial damage or breakdown of the product..
· Sensation of a strong shock along with burns or rough skin.

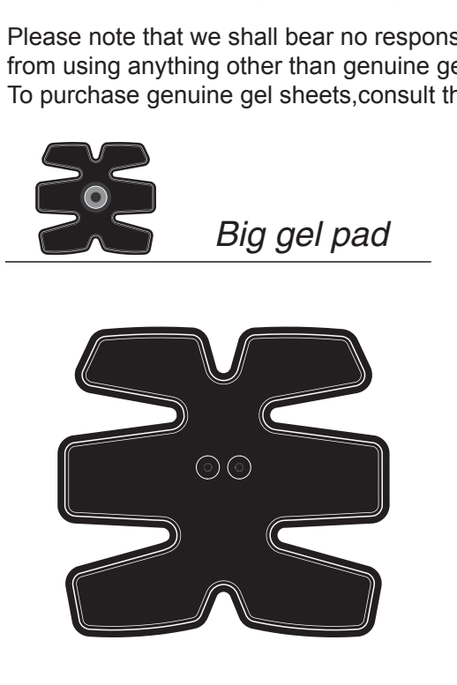
Please note that we shall bear no responsibility whatsoever for any problems that result from using anything other than genuine gel sheets.
To purchase genuine gel sheets,consult the customer service station of the local agent.



Big gel pad



Small gel pad



Gel sheets

Warranty Card

Valid for warranty 1 year after the date of purchase			
Name		Model No.	
Purchase Date:			
Consumer's Add:			
Consumer's Name:			
Consumer's Tel:			
Dealer Name:			
Dealer Add:			
Dealer Tel:			
Description:			

FCC Statement

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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:
1) Reorient or relocate the receiving antenna.
2) Reorient or relocate the receiving antenna.
3) Reorient or relocate the receiving antenna.
4) Consult the dealer or an experienced radio/TV technician for help important announcement.

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