

USER GUIDE TO **TITAN**BODY™



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@Titanbody



Titan Body





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WELCOME TO TITANBODY™

WELCOME TO **TITANBODY™**

ABOUT **TITANBODY™**

At TitanBody™, our goal is to bring cutting-edge fitness technology into everyday life. We aim to give people the tools, knowledge, and support they need to improve their performance, speed up recovery, and feel their best.

TitanBody™ was born out of a common issue in fitness. Old EMS suits were hard to use, full of cables, uncomfortable to wear, and often required spraying water before each session. They were more hassle than help.

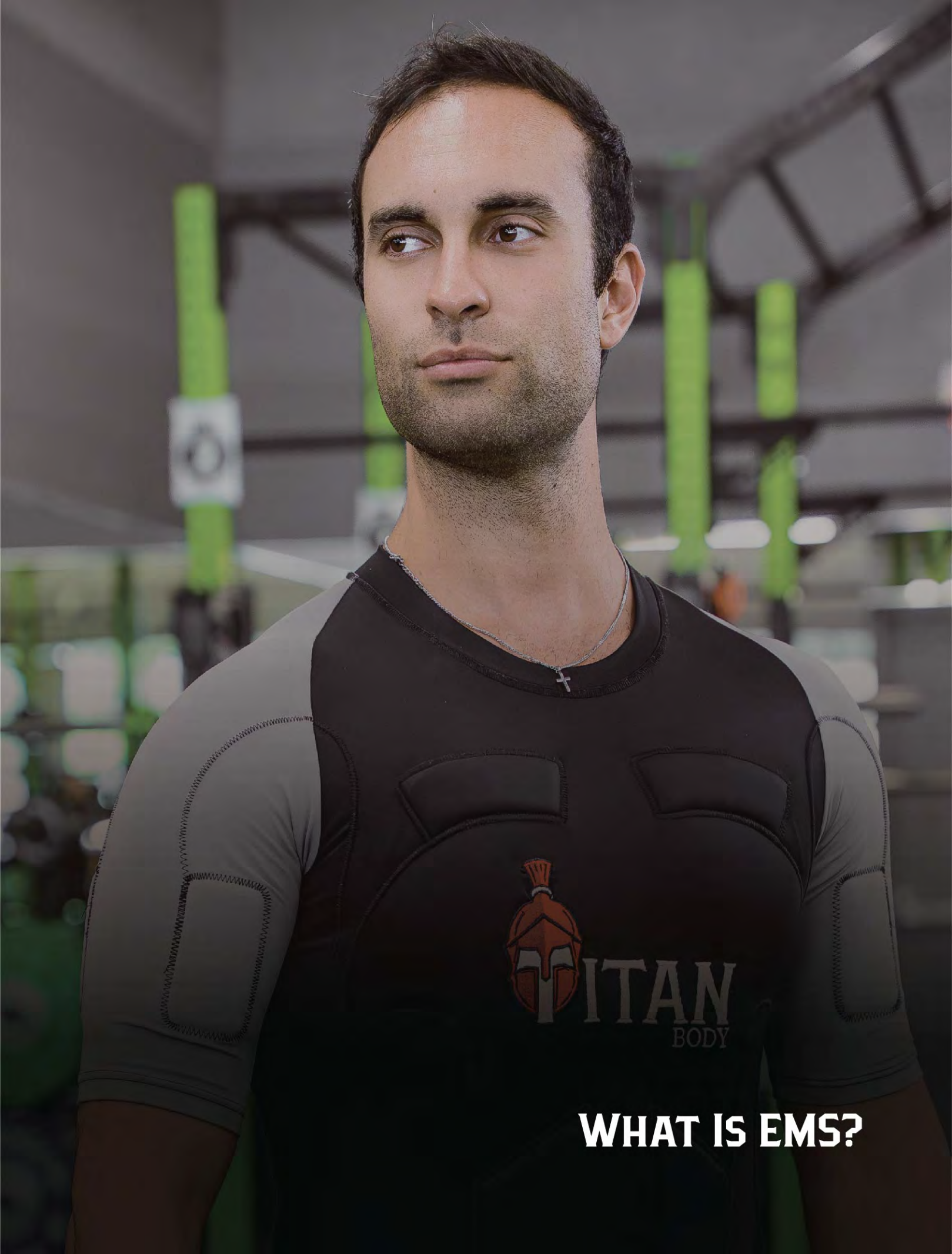
That's why we created the TitanBody™ EMS Suit, a fully wireless, high-tech solution that's built for both results and ease of use. Designed with comfort and performance in mind, it removes the extra steps so you can focus on what matters most: getting real results.



A BETTER WAY TO **WELLNESS**

TitanBody™ is built on care, commitment, and real support. We believe progress comes not just from great technology, but from the people behind it. From your first session to your long-term goals, we offer more than just an EMS suit, we provide personalized guidance to help you stay consistent, confident, and on track.

Today, TitanBody™ is a trusted name in EMS training. Our wireless suits are used by pro athletes, trainers, gyms, and fitness studios looking for a modern way to train smarter. We focus on both performance and overall wellness, making advanced fitness tech easy to use in everyday life. Whether you're chasing peak performance or better well-being, TitanBody™ is helping raise the standard for EMS training everywhere.



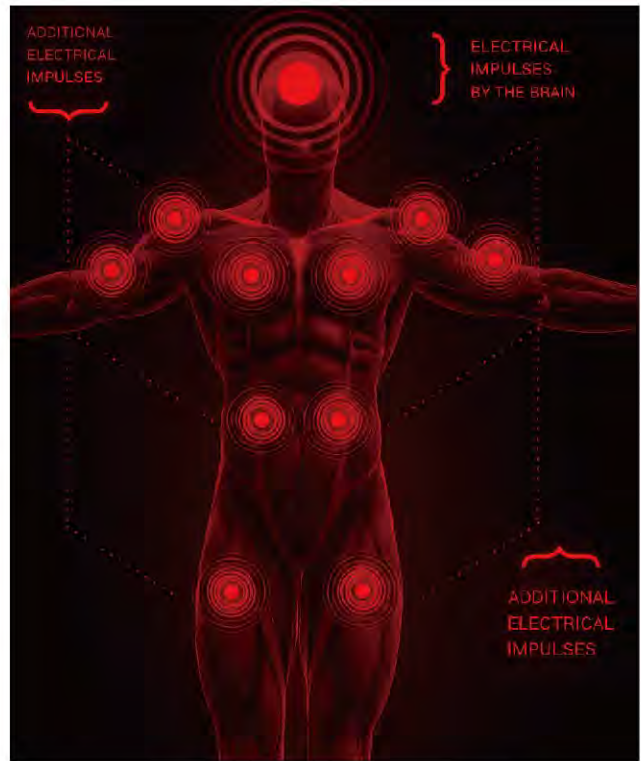
WHAT IS EMS?

WHAT IS EMS?

ELECTRICAL MUSCLE STIMULATION

Electrical Muscle Stimulation (EMS) uses controlled electrical pulses to make muscles contract in a way that's similar to how your brain tells them to move. These pulses are sent through electrodes placed on the skin, directly over the muscles being targeted. When the current is applied, the muscles contract just like they would during exercise, but without you needing to move or even think about it.

Normally, your brain sends signals through nerves to make muscles work. EMS skips that step and sends its own signals straight to the nerves that control movement. When these nerves receive the impulse, the muscles contract just like they would during regular activity. Since the signal comes from outside the body, the muscle contractions can be strong, focused, and consistent.



A DEEPER LEVEL OF ACTIVATION

One of the key differences with EMS is how it activates muscles. Normally, your body starts with slow-twitch fibers (used for endurance and stability) and only recruits fast-twitch fibers (used for strength and power) when needed. EMS bypasses this order and stimulates both types at the same time, leading to deeper and more complete muscle activation, something most people can't achieve on their own.

This all-at-once activation is what makes EMS such a powerful tool for training and rehab. It engages more muscle fibers in less time, helping build strength faster and more efficiently. It can also target fibers that regular workouts often miss. That's why EMS is popular among athletes aiming to boost performance and anyone looking to get more out of shorter workouts. It delivers muscle contractions that are highly effective and hard to match with voluntary effort alone.

WHO IS EMS FOR?

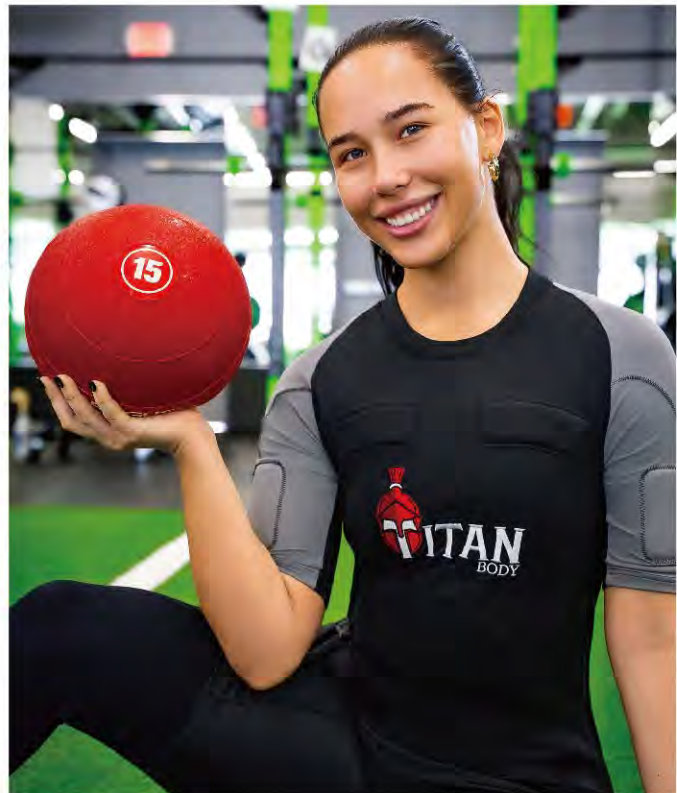


ATHLETES OF ALL SKILL LEVELS

- **Beginners:** EMS fully activates muscles, even when natural contractions are weak. It builds strength, coordination, and proper muscle use without stressing the joints.
- **Intermediate Athletes:** Pairing EMS with regular training pushes muscles harder, recruits more fibers, and speeds recovery. This helps reduce soreness and cut down on downtime.
- **Advanced Athletes:** EMS delivers deep, targeted contractions that maximize output in less time. It helps preserve strength during injury or rest and accelerates recovery for smarter, harder training.
- **All Levels:** No matter your experience, EMS provides consistent benefits: stronger muscles, faster recovery, and more efficient training. Its flexibility makes it a valuable tool for anyone seeking better performance.

THE BUSY PROFESSIONAL

- **Busy professionals:** EMS fits into tight schedules by delivering a full-body workout in minimal time. It helps relieve tension from long hours at a desk while building strength.
- **Busy Parents:** Short, efficient EMS sessions make it easy to stay active without sacrificing family time. It supports strength, stamina, and recovery so you can keep up with daily demands.
- **Older Adults:** EMS provides safe muscle activation without stressing the joints. It helps preserve mobility, improve circulation, and maintain strength for an active lifestyle.
- **Wellness Seekers:** For those prioritizing balance and health, EMS enhances workouts, boosts recovery, and supports overall vitality. It's an accessible tool for long-term wellness and energy.





THE BENEFITS OF EMS

Electrical Muscle Stimulation (EMS) delivers a wide range of benefits for both fitness and overall wellness. It works by activating more muscle fibers in less time, making each session efficient and effective. Unlike traditional exercise, which activates muscle fibers in sequence, EMS stimulates both slow-twitch and fast-twitch fibers at the same time. This leads to:

- Stronger, more complete muscle engagement
- Improved endurance and strength
- Better muscle tone and balance

Beyond performance, EMS is a powerful tool for recovery. The stimulation boosts blood flow, bringing oxygen and nutrients to muscles while flushing out waste. This helps to:

- Reduce soreness and stiffness
- Accelerate recovery after workouts or inactivity
- Support joint health with zero impact, making it safe for arthritis or mobility concerns

EMS is also flexible and accessible for all fitness levels. Sessions are short, usually 15 to 30 minutes, and can be done at home, in a studio, or even while traveling. The intensity and duration can be adjusted to fit your goals, whether you're focused on strength, toning, endurance, or recovery. EMS also supports overall wellness by improving circulation, posture, and functional movement. With its efficiency, convenience, and customizable approach, EMS is a practical solution for anyone who wants stronger muscles, faster recovery, and a sustainable way to stay active—even on a busy schedule.

THE SCIENCE OF EMS

To understand EMS, it helps to first see how muscles normally contract. In voluntary movement, the brain sends an electrical signal through motor neurons to the muscle. At the neuromuscular junction, the neurotransmitter acetylcholine is released, triggering an electrical change in the muscle fiber. This causes calcium to be released, allowing actin and myosin proteins to slide past each other and produce contraction.

EMS recreates the same process, but the signal comes from the suit rather than the brain. Electrodes on the skin send controlled impulses that depolarize motor neurons and cause muscle fibers to contract. The contraction is identical to a natural one. The same action potential, calcium release, and actin and myosin sliding occur. The only difference is where the signal begins.

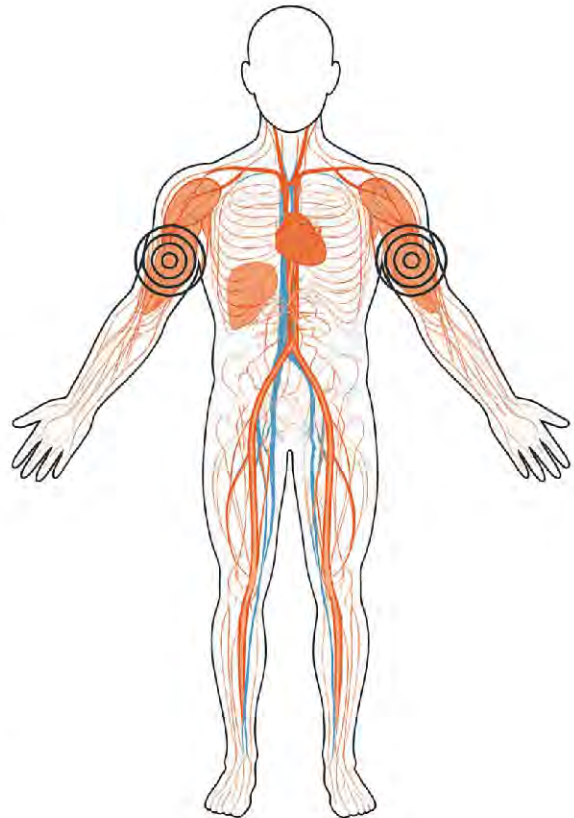
A key advantage of EMS is how it recruits fibers. Normally, the nervous system activates small, endurance Type I fibers first and then larger, powerful Type II fibers as needed. EMS bypasses this order and engages both types at the same time for stronger, more complete activation.

EMS current stimulates all nearby motor neurons at once, activating both slow-twitch and fast-twitch fibers together. Fast-twitch fibers are essential for strength, power, and growth, but they are difficult to fully engage with regular training. EMS provides direct access to them.

Repeated EMS sessions improve the nervous system. This process, called neuromuscular adaptation, strengthens communication between nerves and muscles. Research shows EMS can enhance motor unit synchronization and activity in the brain and spinal cord circuits that control movement.

EMS contractions also boost blood flow by rhythmically squeezing and relaxing muscles. This delivers oxygen and nutrients while clearing waste like lactate. EMS increases energy use, raising calorie burn and improving carbohydrate efficiency compared to rest or light activity.

The concept is centuries old. In 1780, Luigi Galvani showed a frog's leg twitched under electric current, proving the link between electricity and muscle contraction. By the 20th century, EMS was used in medicine to prevent muscle wasting. In the 1960s, Soviet scientists applied it to elite athletes with notable results. Today, advanced EMS suits like TitanBody™ make this proven method safe and accessible for everyday training.



THE EVOLUTION OF THE EMS SUIT

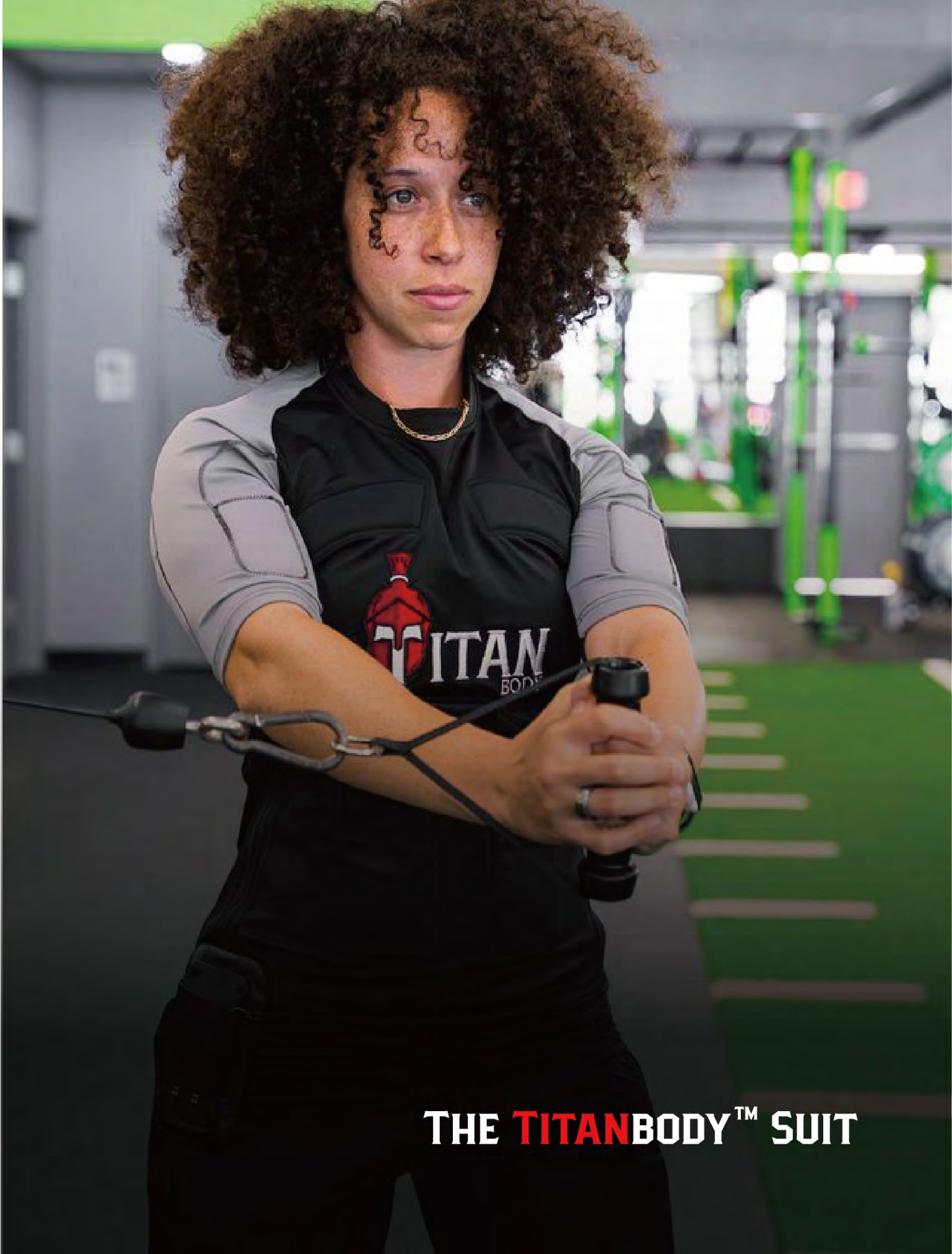
The earliest EMS devices were bulky machines with wired electrodes and external control units. In the mid-20th century, they were primarily used in hospitals and rehabilitation clinics to prevent muscle wasting in immobilized patients and to retrain muscles after injury. By the 1960s, Soviet scientists began applying EMS to athletes, reporting impressive performance gains. However, the technology remained confined to clinical and professional settings.

As electronics advanced in the late 20th century, portable EMS devices became available for home use. These systems could stimulate one or two muscle groups at a time but required manual electrode placement, conductive gels, and cumbersome wires. While effective, they were inconvenient and difficult for everyday users to integrate into training.

A major step forward came in the 2000s with whole-body EMS suits. These garments integrated electrodes into fabric, allowing multiple muscle groups to be activated simultaneously during functional exercise. This innovation made EMS training more accessible, but most systems still relied on wired connections and required electrodes to be moistened for proper conduction.

Today, TitanBody has pushed EMS technology to its highest level. Our suit delivers powerful, consistent muscle stimulation without wires or moistening, combining precision, comfort, and efficiency. The result is deeper muscle activation, greater training impact, and faster recovery than traditional systems. TitanBody is the most advanced and effective EMS technology available.





THE **TITAN**BODY™ SUIT

THE TITANBODY™ SUIT

The TitanBody™ suit is engineered to deliver both comfort and power, ensuring an exceptional training experience. Crafted from soft, breathable material, the suit moves with your body while keeping you cool and comfortable. Its form-fitting, slip-on design makes putting it on and taking it off effortless, while the discreet back zipper is so seamlessly integrated that you won't even feel it. Every detail is designed to provide a snug, supportive fit without sacrificing freedom of movement, allowing you to focus entirely on your workout and the powerful EMS stimulation the suit delivers.



SUITING UP

✓ Step 1: Inspect Your Suit

- Ensure the suit is clean, dry, and fully unfolded.
- Lay it flat and inspect for any rips, tears, exposed wires, or damage to the Power Box

✓ Step 2: Put On The Suit

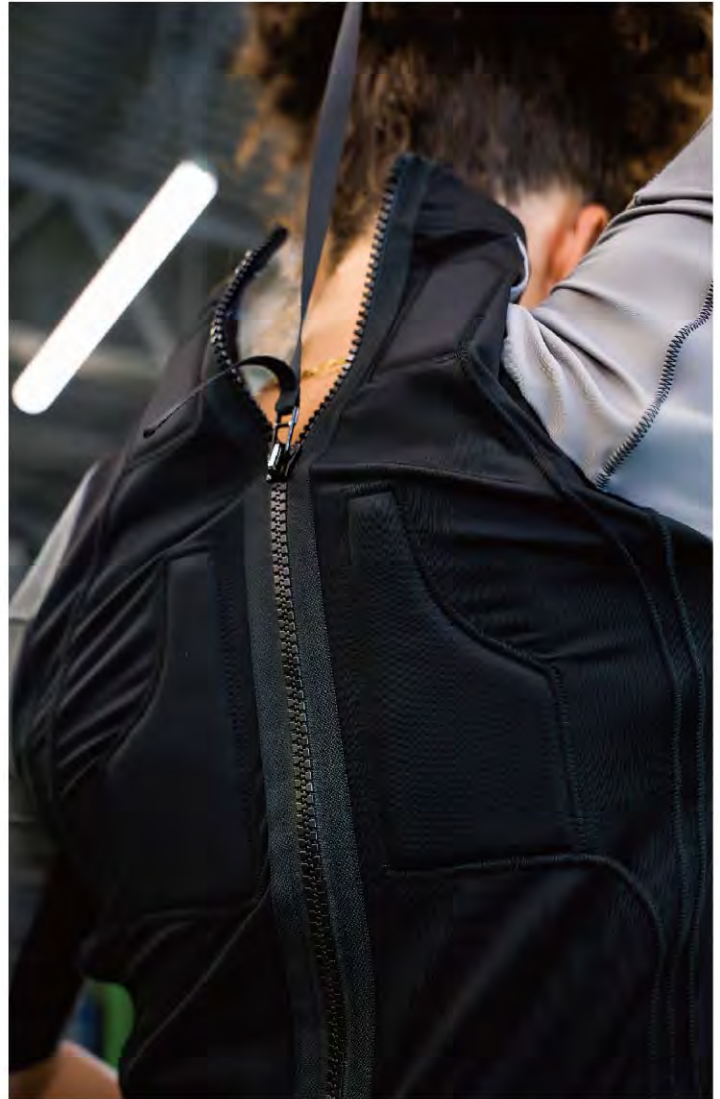
- Step into the suit carefully, one leg at a time
- Pull the suit up gently and insert your arms, ensuring a snug but comfortable fit
- Adjust the suit so that all electrodes align with your muscles and make contact with the skin
- Zip up the suit completely and secure the pull string to the magnet at the bottom of the zipper

✓ Step 3: Connect the Power Box

- Locate the connector on the hip of the suit
- Attach the Power Box securely to the receiver on the hip and fasten all Velcro straps

✓ Step 4: Power On

- Ensure the Power box is charged before use
- Work up a light sweat to ensure conductivity
- Turn on the energy control box by pressing the white button on the front of the Power Box
- Confirm that the suit connected to the App (see pg. 15 for App instructions) and begin training



CHOOSING THE RIGHT SUIT SIZE

✓ Chest Circumference

- Wrap a soft measuring tape around the fullest part of your chest
- Keep the tape level and snug but not tight.
- Stand naturally and breathe normally

✓ Hip Circumference

- Measure around the fullest part of your hips and buttocks
- Make sure the tape is level across your back and front

✓ Outside Sleeve Length

- Start from the top of your shoulder (where the shoulder seam would sit) down to your wrist
- Keep your arm relaxed at your side

✓ Shoulder Width

- Measure from the tip of one shoulder across your back to the tip of the other shoulder
- Keep the tape straight and level

✓ Weight

- Use a scale to measure your weight

✓ Waist Circumference

- Measure around your natural waistline, usually just above your belly button
- Keep the tape comfortably snug, allowing for normal movement

✓ Thigh Circumference

- Measure around the fullest part of each thigh
- Stand with your legs slightly apart to get an accurate reading

✓ Bicep Circumference

- Measure around the widest part of your upper arm
- Keep the arm relaxed, not flexed

✓ Height

- Stand straight against a wall without shoes
- Mark the top of your head and measure from the floor to that point

Size	XS	S	M	L	XL
Chest Circumference (A)	30.75"	32.25"	34"	35.5"	37"
Waist Circumference (B)	27.5"	29.25"	30.75"	32.25"	34"
Hip Circumference (C)	31.5"	33"	34.75"	36.25"	37.75"
Thigh Circumference (D)	15.25"	15.5"	16"	16.5"	17"
Outside Sleeve Length (E)	14.5"	15"	15.5"	16"	16.5"
Bicep Circumference (F)	9"	9.5"	9.75"	10.25"	10.5"
Sleeve Circumference (G)	11.5"	11.75"	12.25"	12.5"	13.25"
Height (in)	59"-61"	61.5"-63"	63.5"-66.5"	67"-69"	69.25"-71"
Weight (lbs)	110-132	132-154	154-176	176-198	198-220



TITANBODY™ SUIT CARE

✓ Washing Frequency

- Wash the suit after each use to prevent buildup of bacteria and odors
- Spot clean any spills or stains immediately with cold water and damp cloth

✓ Pre-Wash Preparation

- Power off and disconnect the TitanBody™ Power Box from the suit
- Fasten all Velcro closures
- Place the suit inside the provided wash bag and secure the tie string on the bag

✓ Washing The Suit

- Wash ONLY with cold water on a delicate cycle
- Wash the suit separately from other garments
- Hang dry indoors in a climate-controlled environment

PROHIBITED ACTIONS

✓ Do NOT:

- Dry clean or use chemical cleaners
- Scrub, brush, hand wash, or wring the suit
- Tumble dry, iron, or expose to direct sunlight
- Bleach, add fragrance, or use fabric softeners
- Use abrasive materials on the suit



STORING YOUR TITANBODY™ SUIT

- Store the suit in a cool, dry, and well-ventilated location
- When not in use, keep the energy control box in its designated carrying case
- If the energy control box will not be used for an extended period, fully charge it every three months to preserve battery health
- Never pack the suit or base layer while wet from training or washing, as this can promote mold and bacterial growth
- Allow the suit to air dry naturally; do not use a dryer, as high heat may damage the material
- Gently wipe the suit connector and the energy control box with a dry cloth after use
- Do not attempt to open, modify, or tamper with any part of your TitanBody™ training system, as this voids the warranty and may create safety hazards



THE **TITAN**BODY™ APP

CREATING YOUR **ACCOUNT**

SETTING UP YOUR **TITANBODY™** ACCOUNT

Creating your account on our app is easy! You will be prompted to create your account after opening the TitanBody™ App for the first time. To create your account, simply:

- Select Create Account from the Home screen
- Fill out required information, including your personal details and height and weight. Choose a secure password that others won't easily guess
- Select Register, and your account will be created

Create Account
Let's get you moving with Titan Body.

Full Name

Phone

Email

DOB

Your Weight

Your Height

Create Password

Retype Password

Register

Already Have and Account? **Login**

CONNECTING YOUR SUIT

CONNECTING YOUR TITANBODY™ SUIT

To connect your TitanBody™ EMS System with the App, following our quick setup guidelines:

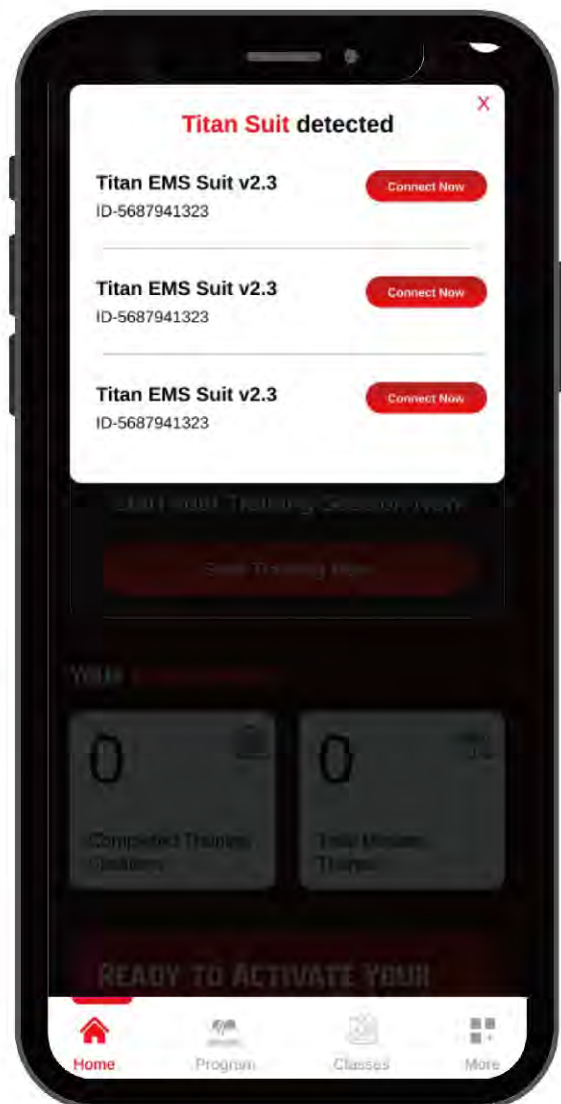
- Put on and power up your TitanBody™ EMS suit
- Ensure Bluetooth is enabled on your phone
- From the Home Screen, select the link icon in the top right corner of the screen

When the App detects your suit, it will display your suit's model and serial number. This is how you can identify your suit and differentiate it from other suits in a group training session.

- Locate the serial number of your suit on the back of your TitanBody™ EMS System box
- Match the serial number to the serial number displayed in the App and press Connect Now

Once your suit is paired successfully, you will receive a popup on your screen indicating that your suit is now connected.

- To unpair a suit, select the Disconnect button from the Settings menu



TRAINING PROGRAMS

TRAIN YOUR WAY WITH TITANBODY™

TitanBody™ lets you target your workout exactly how you want. Choose from 12 carefully designed preset modes, each tailored to help you achieve specific wellness goals, including strength, endurance, recovery, body shaping, etc. For complete control over your training experience, TitanBody™ also allows you to create your own custom preset mode, letting you adjust every parameter to perfectly suit your individual needs and preferences.



SELECTING A PRESET

- Make sure your suit is connected to the App and powered on with the Power Box
- From the Home screen, navigate to the Programs tab on the bottom menu bar
- Choose a preset training mode based on your individual wellness goals
- Work up a light sweat to ensure electrical conductivity
- Tap the training program that best suits your needs when you're ready to begin

Not sure which program is right for you? See the next page for a detailed description of each of our expertly tailored training presets.

TRAINING PROGRAMS

PRESET PROGRAMS



WARM UP:

Hz: 7
μs: 250
On: 4sec
Off: 4sec

This program prepares the body for training by gradually activating the cardiovascular and respiratory systems while stimulating broad muscle engagement through EMS. The 7Hz frequency is specifically chosen to create gentle rhythmic contractions that loosen stiff joints, improve blood circulation, and elevate heart rate in a controlled, progressive way. By enhancing oxygen delivery and priming the neuromuscular pathways, this warm-up reduces injury risk, increases mobility, and sets the stage for more intense exercise. It not only raises body temperature but also ensures muscles and connective tissues are supple, alert, and ready for performance.



FITNESS:

Hz: 90
μs: 350
On: 4sec
Off: 4sec

Designed to build strength, endurance, and overall conditioning, this program engages all major muscle groups with EMS-driven contractions. Using mid-range frequencies, the stimulation recruits both slow-twitch and fast-twitch fibers, creating a balanced blend of power and stamina. The sessions mimic the intensity of traditional strength and cardio training while minimizing strain on the joints. This promotes muscle toning, improved posture, and better metabolic efficiency. Over time, users can expect enhanced muscular endurance, increased calorie burn, and a stronger, leaner physique. By combining cardiovascular activation with targeted muscular work, the Fitness Program delivers a full-body workout that is efficient, effective, and adaptable to any fitness level.



CARDIO:

Hz: 10
μs: 350
On: 4sec
Off: 2sec

This program focuses on improving cardiovascular endurance by enhancing blood circulation and muscle oxygenation. Through carefully timed EMS pulses, it stimulates rhythmic contractions that mimic the natural pumping action of the muscles, increasing peripheral vascularization and supporting the growth of new capillaries. This improves the delivery of oxygen and nutrients to working muscles while accelerating the removal of waste products like carbon dioxide and lactate. During active rest periods, the low-frequency stimulation keeps the heart rate elevated without excessive strain, training the body to sustain effort for longer durations. Over time, this leads to greater stamina, faster recovery, and improved aerobic capacity, making it ideal for anyone seeking to boost endurance and overall cardiovascular health.

TRAINING PROGRAMS

PRESET PROGRAMS



LOAD:

Hz: 43

μs: 350

On: 4sec

Off: 4sec

Built to develop raw strength and power, this program uses higher-frequency EMS to produce strong, sustained contractions that mimic resistance training. By recruiting a greater number of muscle fibers, including fast-twitch fibers that are often harder to engage, it maximizes force output and builds muscular capacity. The intensity of the stimulation challenges muscles beyond what bodyweight alone can provide, making it especially effective for strength development, hypertrophy, and improved neuromuscular coordination. Over time, the Load Program enhances muscle density, increases resilience under heavy effort, and supports greater performance in both athletic and daily movements. It's an efficient way to train the body for strength gains while minimizing joint strain.



RELAX:

Hz: 100

μs: 350

On: 4sec

Off: 4sec

This program is designed to ease the body and mind after intense strength or endurance sessions. Using gentle low-frequency EMS, it delivers soothing contractions that calm the nervous system while encouraging muscle recovery. The stimulation provides natural analgesic effects by blocking pain signals and releasing endorphins, helping to relieve soreness and tension. At the same time, it enhances circulation, which accelerates the removal of metabolic waste and replenishes oxygen and nutrients in the muscles. The result is a deep sense of relaxation, reduced muscle stiffness, and faster recovery between workouts. Perfect as a cool-down phase, the Relax Program restores balance to the body and leaves you refreshed, recharged, and ready for your next session.



DRAINAGE:

Hz: 21

μs: 350

On: 4sec

Off: 4sec

This program focuses on stimulating the lymphatic system, the body's natural cleansing network, to accelerate recovery after training. Gentle EMS pulses create rhythmic contractions that promote lymphatic flow, helping to flush out metabolic byproducts and reduce fluid buildup in the tissues. This process eases muscle soreness, decreases swelling, and supports faster healing. By improving circulation and encouraging the removal of toxins, the Drainage Program not only enhances post-workout recovery but also leaves the body feeling lighter and more energized. It's an effective tool for athletes and everyday users alike who want to minimize fatigue, maintain performance, and keep muscles fresh between sessions.

TRAINING PROGRAMS

PRESET PROGRAMS



SLIM:

Hz: 66

μs: 350

On: 4sec

Off: 4sec

This program is designed to support body shaping goals by combining muscle activation with enhanced metabolic activity. Through targeted EMS stimulation, it engages deep muscle fibers while simultaneously increasing circulation in areas prone to storing fat. The rhythmic contractions raise energy expenditure, encouraging the body to utilize stored reserves and promoting a leaner physique over time. Improved blood flow and tissue oxygenation also contribute to better nutrient delivery and the breakdown of fatty deposits. By tightening muscles and refining body contours, the Slim Program helps create a toned, sculpted appearance while supporting overall metabolic health.



CELLULITE:

Hz: 7

μs: 250

On: 4sec

Off: 4sec

Specifically designed to target areas prone to dimpling and uneven skin texture, this program uses EMS to stimulate deep muscle fibers while also enhancing circulation in the skin and underlying tissues. The rhythmic contractions increase local blood flow and lymphatic drainage, helping to reduce fluid retention and support the breakdown of fatty deposits that contribute to the appearance of cellulite. By improving tissue oxygenation and promoting collagen production, the stimulation firms and tightens the skin over time. The program not only refines body contours but also improves overall skin tone and elasticity, making it a powerful tool for both aesthetic enhancement and muscular activation in problem areas.



METABOLIC:

Hz: 7

μs: 350

On: 4sec

Off: 4sec

This program is designed to boost the body's energy systems and accelerate calorie expenditure. By combining mid-to-high frequency EMS contractions with dynamic muscle activation, it elevates metabolic rate both during and after the session. The stimulation engages large muscle groups simultaneously, creating a high energy demand that promotes fat utilization and improves overall metabolic efficiency. Increased circulation enhances nutrient delivery and oxygen flow, while rhythmic contractions stimulate hormonal responses linked to energy balance and recovery. Over time, the Metabolic Program supports body composition goals, improves endurance, and helps maintain a faster resting metabolism. It's ideal for those looking to burn calories efficiently, optimize performance, and enhance long-term energy regulation.

TRAINING PROGRAMS

PRESET PROGRAMS



DERMAL:

Hz: 5

μs: 200

On: 4sec

Off: 4sec

This program is tailored to improve skin health and appearance by stimulating circulation and enhancing cellular activity in the dermis. Gentle EMS pulses increase blood flow to the surface layers, delivering oxygen and nutrients that support collagen and elastin production. This process helps to firm and smooth the skin, improving tone and elasticity while reducing signs of fatigue or dullness. By also promoting lymphatic flow, the Dermal Program assists in clearing toxins and reducing puffiness, leaving the skin with a fresher, more radiant look. Over time, consistent use supports healthier tissue regeneration and a youthful, revitalized appearance.



CAPILLARY:

Hz: 9

μs: 150

On: 4sec

Off: 4sec

This program is designed to enhance microcirculation by stimulating the capillary networks throughout the body. Using gentle, rhythmic EMS pulses, it encourages increased blood flow to tissues, improving oxygen and nutrient delivery while promoting the removal of metabolic waste. By strengthening peripheral circulation, the program supports faster muscle recovery, reduces swelling, and helps maintain healthy tissue function. Over time, enhanced capillary activity can improve endurance, optimize performance, and contribute to overall vascular health. Ideal for users seeking improved circulation, quicker recovery, and better nutrient transport to support both fitness and wellness goals.



TIGHTNESS:

Hz: 1

μs: 200

On: 4sec

Off: 4sec

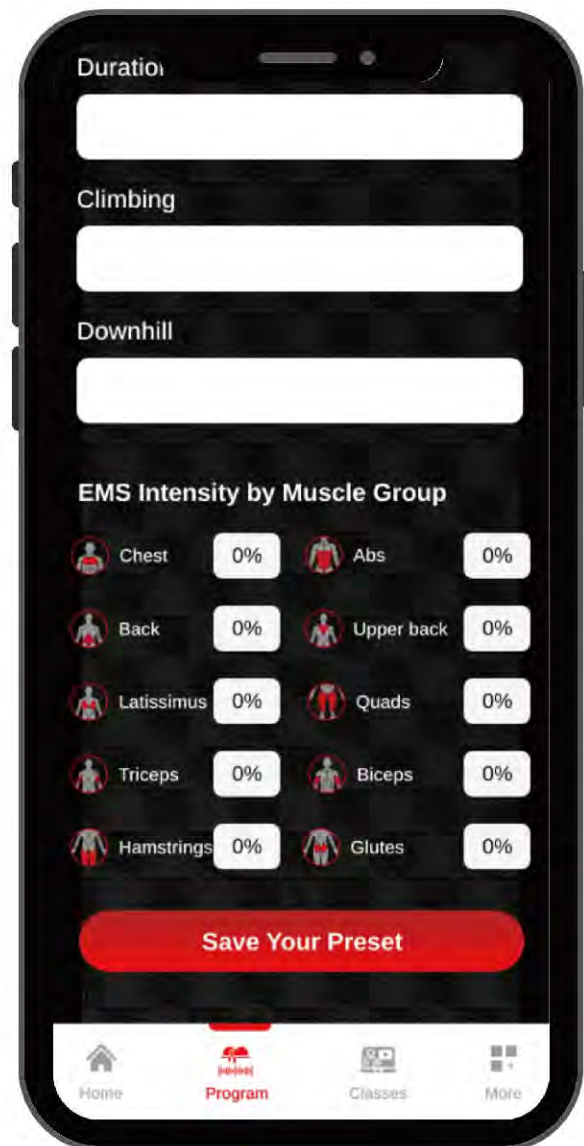
This program targets areas of muscle stiffness and tension, providing focused EMS stimulation to release knots and improve flexibility. By delivering controlled, rhythmic contractions, it helps elongate muscle fibers, increase blood flow, and enhance tissue elasticity. The program supports joint mobility, reduces discomfort from overworked muscles, and promotes a feeling of lightness and ease throughout the body. Over time, consistent use can improve posture, relieve chronic tightness, and prepare muscles for optimal performance in subsequent workouts. Perfect for cool-downs, active recovery, or anyone seeking relief from everyday muscular tension.

TRAINING PROGRAMS

CREATING A CUSTOM TRAINING PROGRAM

The TitanBody™ App allows you to design a fully customized workout tailored to your goals. To create your own program:

- Head to the Programs tab and tap Create Your Own Preset
- Give your program a name and a short description of your goals
- Set your training details:
 - **Frequency:** The pulse frequency (how fast the impulses repeat)
 - **Pulse Width (µs):** The duration of each individual electrical pulse
 - **Stimulation Period:** How long the stimulation is active in each cycle
 - **Recovery Period:** The rest time between stimulation cycles
 - **Session Duration:** Total length of the program (e.g., 20 minutes)
 - **Climbing / Downhill Intervals:** Intensity ramp-up (“climbing”) and ramp-down (“downhill”) phases, if applicable
- Select Save Your Preset, and you’re ready to start training





FREQUENTLY ASKED QUESTIONS

FREQUENTLY ASKED QUESTIONS

WHAT IS **EMS** TRAINING?

EMS (Electrical Muscle Stimulation) uses low-frequency impulses to activate your muscles, mimicking the natural signals your brain sends. With an EMS suit, you can train your entire body and achieve the results of an intense 3–4 hour workout in just 20 minutes.

DO I STILL NEED TO EXERCISE WHILE USING **TITANBODY™**?

We recommend performing light, low-impact movements (like bodyweight exercises or calisthenics) while using the suit. While EMS can engage your muscles without movement, doing gentle exercise (enough to work up a light sweat) improves conductivity and enhances results.

WILL **TITANBODY™** HELP ME LOSE FAT?

Yes, it can support fat loss by boosting metabolism, increasing muscle activity, and improving circulation. Combined with a healthy diet and lifestyle, EMS can accelerate fat-burning results.

WHAT DOES IT **FEEL** LIKE?

You'll feel a gentle pulsing or tingling sensation that turns into controlled muscle contractions. It's intense but not painful, and most users get used to the feeling after a short adjustment period.

WHAT SHOULD I WEAR **UNDER** THE SUIT?

In order to deliver the electrical impulses, the electrodes must make contact with the skin, so the less you wear under the suit, the better. We recommend wearing nothing underneath your TitanBody™ suit and washing in between each use to maintain hygienic standards.

IS **TITANBODY™** SAFE?

Yes, It is completely safe when used correctly. In fact, EMS has been used in physical therapy and rehabilitation for decades. TitanBody™ suits are designed with safety features and controlled intensity to ensure a comfortable experience.

HOW OFTEN SHOULD I USE **TITANBODY™**?

Most people use EMS 1 to 3 times per week. Like any workout, your body needs time to recover. Your goals, fitness level, and recovery ability will determine the best schedule, but we recommend rest days between EMS sessions for muscle recovery.

CAN ANYONE USE A **TITANBODY™** SUIT?

TitanBody™ suits are safe for most healthy adults. However, people with pacemakers, epilepsy, or certain medical conditions should consult a healthcare provider before starting.

HOW DO **TITANBODY™** RESULTS COMPARE TO TRADITIONAL WORKOUTS?

Yes. EMS can activate up to ~90% of your muscle fibers in one session, compared to ~40–60% in conventional training. That means you can achieve comparable (or faster) results in less time. (Of course, individual results vary, but TitanBody's efficiency is backed by science.)

CAN I USE **TITANBODY™** AT HOME?

Absolutely. TitanBody™ suits are designed for personal use, so you can train anytime, anywhere. The wireless control system makes it easy to use on your own without restricting movement.

TROUBLESHOOTING

ENERGY CONTROL BOX WON'T **TURN ON**

Connect the charger and allow the box to charge for at least 30 minutes. Then try turning it on again. If it still does not power up, check that the charger and cable are working properly.

APP CANNOT PAIR WITH ENERGY **CONTROL BOX**

Ensure the energy control box is powered on. Follow the pairing steps in the app carefully. If pairing fails, restart both the box and your phone, then try again.

TRAINING SUIT **CONTACT ISSUES**

Ensure you are not wearing anything under the suit and you have worked up a light sweat, as the pads must make contact with the skin and light moisture is required in order to deliver electrical impulses. Check that the electrode pads are slightly moist and fully seated in their connectors. Make sure all connections between the suit and control box are secure.

WEAK OR UNCOMFORTABLE **STIMULATION**

Verify that the electrode pads are sufficiently moistened and positioned correctly. Adjust the suit for a snug, comfortable fit. If the suit is too loose or too tight, it can affect the stimulation intensity.

UNEXPECTED SUIT **BEHAVIOR**

If certain muscle areas are not activating, check the suit for wrinkled or misaligned electrodes. Make sure the control box is securely connected and the app settings match your intended program.

RAPID BATTERY **DRAIN**

Fully charge the control box before use. Avoid leaving it on standby for long periods. If battery life seems unusually short, contact support as the battery may need servicing.

APP SHOWS “**NO SIGNAL**” OR “**DISCONNECTED**” DURING USE

Check to ensure that your phone has not lost Bluetooth connectivity. If your phone connection is intact, close out of the app completely and restart. Power off and restart the Power Box as well to ensure a full reset of both the suit and the App. If connection cannot be restored, contact support for further assistance.



SAFETY & WARNINGS



WARNINGS AND CAUTIONS FOR **TITANBODY™**

SAFETY GUIDELINES

- Consult your doctor before starting EMS training if you have any chronic illness, cardiovascular condition, or musculoskeletal injury
- Use only the approved TitanBody™ power box, battery and accessories to avoid malfunction or injury
- Do not exceed recommended session times or frequency, as overuse can cause muscle fatigue or strain
- Ensure proper fit of the suit and pads before each session to avoid uneven stimulation
- Always begin with low intensity and gradually increase to your tolerance level
- After each session, properly clean and dry the suit to maintain hygiene and extend product life
- Do not use the TitanBody™ EMS Suit if you have a pacemaker, implanted defibrillator, or any other electronic implant
- Avoid use if you are pregnant or suspect you may be pregnant
- Do not operate the suit if you have open wounds, skin infections, or severe dermatological conditions
- Keep the device away from water or excessive moisture to prevent electrical shock
- Children should not use the EMS suit; it is designed strictly for adults under professional or guided supervision
- If you feel dizziness, chest pain, or shortness of breath during use, stop immediately and consult a physician

HEALTH & SAFETY **WARNINGS**

For your safety, you should not use the TitanBody™ EMS suit if one or more of the following conditions applies to you:

1. You have a pacemaker, implantable defibrillator, or another implanted metal or electronic device
2. You are pregnant
3. You are experiencing extreme muscle strain, trauma, or conditions such as rhabdomyolysis
4. You have been diagnosed with heart problems or cardiovascular disease
5. You have insufficient blood flow (ischemia) or severe circulatory disorders in the lower extremities
6. You have been diagnosed with an abdominal or inguinal hernia
7. You have undergone surgery recently
8. You have experienced acute trauma or fractures recently
9. You have been diagnosed with epilepsy or other neurological disorders
10. You have experienced nerve damage that resulted in loss of sensation in part of your body
11. You experience persistent pain
12. You require muscle rehabilitation
13. You are suspected of having a heat-related illness
14. You have cancer
15. You experience joint pain or immobility
16. You have a history of muscle cramps
17. You have experienced muscle tissue loss or muscle atrophy
18. You are prone to internal bleeding after trauma or fractures
19. You have been in proximity to electronic monitoring devices (e.g., heart monitors, EKG devices)
20. You are under 18 years of age



GUARANTEE AND DISCLAIMER

GUARANTEE

- TitanBody™ stands behind the quality of its EMS Suits. Each unit is inspected and tested before shipment
- We guarantee your TitanBody™ EMS System to be free from defects in materials and workmanship under normal use for 6 months (suit) or 12 months (power box) from the date of purchase
- If a defect occurs within the guarantee period, TitanBody™ will repair or replace the unit at no charge
- This guarantee applies only to the original purchaser and is not transferable
- Proof of purchase is required for all claims

DISCLAIMER

- The TitanBody™ EMS Suit is intended for fitness and wellness training only. It is not a medical device and should not be used to diagnose, treat, cure, or prevent any disease
- Results may vary depending on individual physiology, fitness level, and proper use of the product
- TitanBody™ is not liable for injuries, damages, or losses resulting from misuse, neglect, improper maintenance, or failure to follow safety guidelines
- Users are responsible for consulting with a qualified healthcare provider before beginning any EMS training program
- By using this product, the purchaser acknowledges and accepts all risks associated with electrical muscle stimulation



Always follow the safety instructions provided in this manual. Misuse may result in injury or void the warranty.



GUARANTEES & DISCLAIMERS



RETURNS & REFUNDS **POLICY**

30-DAY RETURN **PERIOD**

RETURN PROCESS

1. Contact support@titanbody.com within thirty (30) days of delivery to request a Return Authorization (RA)
2. Our support team will provide return instructions and an RA number
3. Ship the product back with the RA number clearly marked. Packages must be postmarked within thirty (30) days of delivery to be eligible for a refund. Returns without an RA will not be accepted

REFUNDS

- Once the product is received and inspected, approved refunds will be issued to the original payment method within 7–10 business days
- Products not returned in resellable condition may be subject to a restocking fee or may be refused entirely
- Return shipping costs are the responsibility of the customer, unless the return is due to a verified defect covered by warranty

EXCLUSIONS

The following items are not eligible for return:

- Products purchased from unauthorized dealers or third-party resellers
- Products damaged due to misuse, neglect, accidents, alterations, or improper maintenance
- Commercial-use purchases

EXCHANGES

Exchanges are only available for defective items covered under warranty. Please refer to our Warranty Policy on the following page for details.