

# User Manual

## MS-121X1



# Preface

Dear users:

We're pleased to present to you the *EMS Microcurrent Suit Body Relax Health Care Device*. It helps with aerobic exercise and muscle training. It is a way to increase the "weight" (increase the frequency of microcurrent) of the muscle group through EMS, and exercise the shallow and deep muscles at the same time therefore providing users with a weightless, convenient and efficient way to exercise.

*EMS Microcurrent Suit Body Relax Health Care Device* is specialized fitness muscle training machine for professional use, which needs to be handled by professionals with proper training. Any improper use will result in adverse consequences. Therefore we advise any personnel read this guide thoroughly and follow the instructions strictly before operation.

We believe our quality product will bring in good returns on your end. Also, you can count on our worry-free after-sales service.

Thank you!

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# Part I

## Introduction

EMS Microcurrent Suit Body Relax Health Care Device is a convenient, effective and fast fitness device. It's the most popular choice for those with limited time but wish for a slimmer body. It solves both skin and body management issues for beauty-lovers. This equipment requires no injection, no medication, no operation, thus having no side-effects. It is used externally during the whole process and has an immediate effect. It transmits micro-current signals to the human body through EMS. The frequency of the micro-current signals is within the range of 40hz-2500hz (low and medium frequency, which can only affect the muscle layer). The human body recognizes these current signals as bio-electrical signals of the human body to stimulate muscle contraction, thus achieving the purpose of fat reduction and fitness.

## Advantages

1. Short time, low frequency and high efficiency.
2. EMS micro current stimulates muscle contraction, makes the muscle plump and developed, and relieves the drooping caused by muscle relaxation.
3. Prevent muscle atrophy.
4. 20 minutes of EMS training is equivalent to 120 minutes of workout at the gym.
5. The weightless fitness way avoids the damage to joints caused by the traditional fitness way or the muscle damage caused by the unbalanced force habit or the lack of professional guidance.
6. Compared with the patches, the frequency is stronger and the effect is better, which can truly achieve the effect of fitness and weight loss.
7. No need to run the gym every day. Its continuous metabolic time lasts as long as 48-72 hours, so every week only 2-3 times is needed. Your body usually feels full of energy afterwards.
8. After the abdominal muscle exercise, you won't experience diet rebound because the abdominal muscle limits the expansion of the stomach so that you won't eat as much.
9. Get a full-body workout that includes arms, abs, breasts, and fat loss.

## Working Principles

### EMS

It works by transmitting micro-current signals to the human body through EMS. It simulates brain signals to stimulate muscle for its "passive contraction". The

frequency of the micro-current signals is within the range of 40hz-2500hz (low and medium frequency, which can only affect the muscle layer). The human body recognizes these current signals as bio-electrical signals of the human body to stimulate muscle contraction, thus achieving the purpose of fat reduction and fitness. EMS fitness suit can be understood as carrying weight for 24 major muscle groups throughout the body by means of electric current, which is equivalent to hanging different weight sandbags on each muscle group. It is reported that 20 minutes of EMS training is equivalent to 120 minutes of workout in the gym.

## How To Use

1. Spread out the opened electrode vest and the individual electrodes on a level surface for the moistening.
2. Moisten the electrode surfaces evenly using the pump spray bottle until a film of water forms on the surface. (If the electrodes are not moistened correctly, the pulses can not be transmitted correctly. If the electrodes are moved, always apply water again.)
3. Tighten the electrodes in accordance with the numbering on the electrode fasteners.
4. Put on electrode vest. (Always ensure that the electrode vest fasteners are opened correctly.)
5. Close the electrode vest using the zip fastener.
6. Tighten the electrode vest in accordance with the numbering on the electrode Vest fasteners.
7. Adjust fasteners in the shoulder-neck area and make sure the arm electrodes are evenly placed.
8. Tighten the arm electrodes with the Velcro fastener.
9. Connect the arm electrodes to the cabling.
10. Spray the leg electrodes.
11. Tighten the leg electrodes with the Velcro fastener.
12. Connect the leg electrodes to the Cabling.
13. Spray the electrodes for the buttocks.
14. Connect the buttock electrodes to the cabling.
15. Fix the hip strap with the Velcro fastener.
16. Close the hip strap with the Velcro fastener.
17. Check if the leg electrodes and vest electrodes are properly connected.
18. Adjust parameters and start.

## Effects

1. Healthier body and stronger immune system.
2. Exercise muscles so that skin is more elastic and tightened.

3. Aerobic exercise can better human body's circulatory metabolism.
4. Reduce obesity and build a healthy body.
5. Stimulate muscles to prevent muscle atrophy.
6. Train to build muscles.

## Applicable Range

1. Those with unwanted fat on limbs.
2. Those who often carry children and heavy stuff; those with sore arms.
3. Those with sore lumbar regions and fatigue.
4. Those with weak immune system.
5. Those with extra fat accumulation on waist and abdomen.
6. Those with weak immune system and often feel body discomfort and pain.
7. Those with sore legs and often experience numbness.
8. Those with poor body circulation.
9. Those with relaxed muscles and inelastic skin.
10. Those who need to strength their physique.

## Program Recommendations

Program	Pulse Adaptation	Strengthening -Basic	Strengthening -Advanced	Metabolism	Body Relax
Applicable Population:	Suitable for beginners	Suitable for those who want to work on muscles and body shape	Suitable for those with strong adaptability and who want to build muscles and better physique	Suitable for those who want to detoxify, main current body shape, better physique and stronger immune system	Suitable for those with localiz ed sorene ss, pain, muscl e and body fatigue
Duration: 1-100 sec	1-10	5-40	40-100	25-60	20-50

Frequency: 1-100 Hz	1-15HZ	20-60HZ	60-100HZ	20-40HZ	10-20 HZ
Pause Time: 0.1-10 sec	5-10	2-8	0.1-3	1-6	2-8
Pulse Width: 50-400	50-200	100-200	200-400	100-300	100-2 00
Intensity: 1-50	1-10	10-20	30-50	20-30	5-20
Working Time: 1-60 min	10-20	20-40	30-45	20-40	15-30
Time of Use	Twice a week	Twice a week	2-3 times a week	1-2 times a week	1-3 times a week

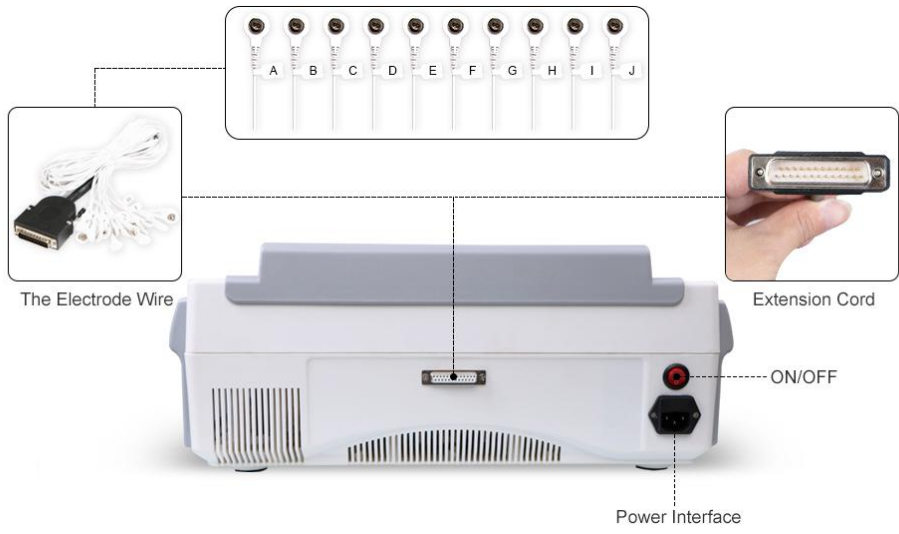
Two or three times a week at most an hour in total per week should suffice. Once you reach your fitness goals, you only need to train one or two times a month.

Note: Each person's physique and metabolism are not the same, therefore variant results are expected after use. Persistent training results rewarding results.

## Part II

### 1. Detailed Operation

Detailed installation is as follows:



Detailed installation of vest and arm electrodes:



Detailed installation of shorts electrodes:



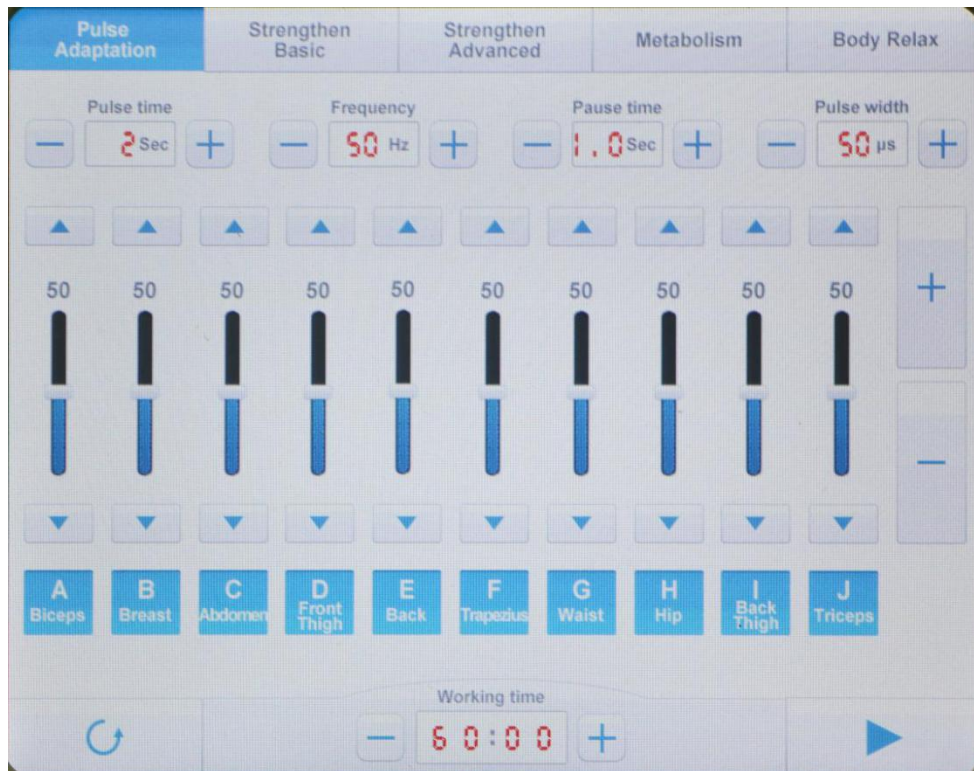




Tighten the electrodes in accordance with the numbering on the electrode fasteners.



The following interface will appear when device is properly connected.

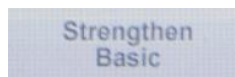


5 different workout

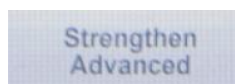
programs for you to choose from



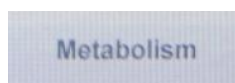
Pulse Adaptation (suitable for beginners)



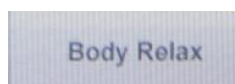
Strengthen Basic (Suitable for those who want to work on muscles and body shape)



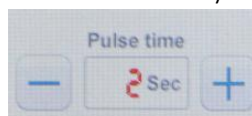
Strengthen Advanced (Suitable for those with strong adaptability and who want to build muscles and better physique)



Metabolism (Suitable for those who want to detoxify, maintain current body shape, better physique and stronger immune system)



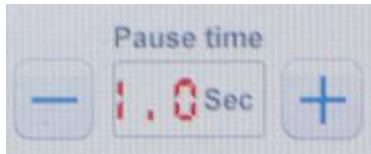
Body Relax (Suitable for those with localized soreness, pain, muscle and body fatigue)



Pulse Time +/- (range: 1-100 sec)



Frequency +/- (range: 1-100 Hz)



Pause Time +/- (range: 0.1-10 sec)



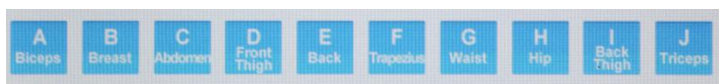
Pulse Width +/- (range: 50-400 μ s)



Intensity +/-

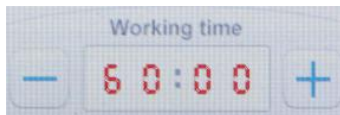


Individual electrode intensity +/- (range: 0-50)



Electrode numbering and

respective body part



Working Time +/-



Restore



Start/Pause

## 2. Technical Parameters

Product weight : 5.65kg

Product size : 96\*65\*29mm

Output Current : 2mA

Output frequency : 1-100HZ

Output pulse width : 50-400us

Operating temperature and humidity : 10°C-40°C , 30%-85%RH

Transport and storage temperature and humidity : - 40°C~55°C , 10%RH~93%RH

Operating pressure : 860-1060hpa

Transportation and storage pressure : 500hpa~1060hpa

## 3. Safety Precautions

Patients with the following symptoms should be cautious about using this instrument. Please consult a doctor or a professional before using the instrument. The details are as follows:

1. Those who are pregnant or lactating.
2. Those with heart disease or who are implanted with pace maker.
3. Those whose wounds have not healed and who are recovering from the operation.
4. Those with epilepsy, serious diabetes and hyperthyroidism.
5. Those with malignant tumor, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Use with caution for those who are allergic to electric current.
8. Avoid using for those who are suffering from severe stomach, intestinal and liver diseases as well as bladder and kidney stones.
9. Do not use for those with breasts implants.
10. Do not use for those with metal stents (excluding vaginal ring).
11. Do not use during heavy menstruation.
12. Do not use for those with muscle damage, strain, or other discomfort.

## 4. Dos and Dont's

### Before Training:

1. Select parameters in strict accordance with the workout plan specified in the manual.
2. Wear moistened EMS training suit.
3. Avoid hot pot, spicy, fried food; consume less carbonated drinks, more high-quality protein and more vegetables and fruits; stop eating when you're 70-80 %full.
4. The intensity of the pulse determines the degree of muscle exercise. The stronger the pulse, the stronger the contraction. Everyone reacts to EMS differently, therefore it is suggested to adjust slowly from low to high intensity.

5. The pulse frequency is expressed in Hz. It specifies how many pulses per second are applied to the muscle tissue during the stimulation phase. Therefore, by increasing the frequency of the pulse, the number of muscle contractions can be increased or decreased.
6. Do not wear metal jewelry during training.
7. Avoid binge eating or drinking.
8. Avoid high intensity and frequency for first time use.
9. It is recommended to start with Pulse Adaptation for first time use.

**After Training:**

1. Detach and carefully remove the cabling of the electrode vest.
2. Wash the electrodes by hand (at a maximum water temperature of 30°C).
3. Hang and dry the electrode vest.
4. Clean each electrodes with water, sort them by size and lay out for drying with exposure to good ventilation.
5. Clean electrodes regularly.
6. Incorrect cleaning may cause material damage.
7. Electrodes are not resistant to chemical cleaning.
8. Do not use any fabric softeners and bleaches.
9. Do not use dryer to dry it.
10. Do not iron or treat with steam.
11. Do not spin-dry.
12. Do not wring out.
13. Check washing symbols before cleaning.
14. Do not shower in cold water or consume cold drinks after training.

## 5. Troubleshooting & Solutions

**1. I felt nothing during training wearing the EMS fitness suit?**

- A. Check whether the electrodes are correctly connected.
- B. Check whether the cable of the electrode is damaged.
- C. Check whether power is safely and properly connected.

**2. The current is too strong/low during training?**

- A. Check whether the current intensity can be adjusted reasonably according at your own pace.
- B. Check whether the corresponding letter is inserted into each electrode.
- C. Check whether the electrodes are connected in place.

**3. I can start the instrument, but the screen show's error message?**

- A. Please unplug the power plug behind the instrument and wait for about 1 minute before restarting the instrument.
- B. If the above methods cannot be handled, please contact the instrument dealer for assistance.

## 6.FAQs

### 1. Q: Can EMS treatment help lose weight?

A: No. This instrument achieves effects like better fit, more contoured body. EMS is short for electronic muscle stimulation, referred to as muscle electrical stimulation technology, also known as motor technology, the simple explanation is that the normal muscle after receive the brain sends a signal to start activities actively, and EMS technology through current stimulation, directly convey signals to the muscles, pushing muscles for passive movement, so as to achieve the effect of firming muscle and body contouring.

### 2. Q: Does it hurt during EMS treatment?

A: No. EMS uses microcurrent to stimulate human body cell, and imitate folk massage skills such as hit, press, and push, etc. The process should be relaxing and enjoyable for you.

## 7.Packing List

1 x DFC EMS Fitness Training Host

1 x DFC EMS Fitness Training Vest

1 x DFC EMS Fitness Training Pant

1 x Electrodes Set

1 x Power Cord