

EMS Fitness suit



User Manual

Thank you for purchasing this product!

To ensure correct usage, please read this manual thoroughly before operation.

For future reference, please keep this manual in a safe place.

Product Specifications

Product Name	EMS Fitness suit	Material	Nylon Fibre
Charging Voltage	5V2A	Battery Capacity	3000mAh
Main Unit Weight	Approx. 140g	Charging Interface	Type-C
Output Current	$\leq 10\text{mA}$	Controller Battery Type	Lithium Battery
Operating Voltage	DC3.5–DC4.2V	Ambient Temperature	0–40℃
Charging Time	Approx. 2.5 hours	Usage Time	Approx. 3 hours
Output Voltage	VPP (0–100V)	Main Unit Dimensions	106*75*20mm
Pulse Frequency	5–120HZ Adjustable	Pulse Width	5–500US Adjustable

Frequently Asked Questions

Status	Possible causes	Treatment Procedure
Unable to connect to the power supply	Battery depleted	Initiate charging
No electrical stimulation detected	Intensity not adjusted	Press the intensity increase button until the electrical current is felt
	Setting the intensity too low	Press the intensity increase button to elevate intensity
Electrical stimulation is too weak	Residual charge too low	Initiate charging
Electrical stimulation is too strong	Setting the intensity too high	Press the intensity decrease button to lower intensity
Electrical stimulation was abruptly interrupted	Residual charge too low	Initiate charging

Safety and Precautions

The following persons should not use this product.



- Heart disease patients
- Pregnant women, women who have recently given birth

The following individuals should consult a doctor before using this product.



- Individuals with an allergic constitution
- Patients with a fever of 38° C or above
- Individuals requiring rest due to sensory disturbances or abnormal infections of the skin
- Dermatitis or wounds, etc.
- Spinal fractures, sprains, muscle strains, etc.
Patients with circulatory disorders
- patients with acute (painful) conditions
- Individuals currently taking medication
- Individuals with bone abnormalities such as osteoporosis

- malignant tumour patients
Individuals with abnormal blood pressure
- Individuals experiencing abnormal brain nerve function (e.g., epilepsy)
- Individuals experiencing a distinct sense of physical abnormality
- Patients undergoing treatment at medical institutions for conditions such as diabetes causing severe peripheral circulatory impairment
- Persons with sensory impairments caused by disabilities

Please observe the following precautions during use. Failure to do so may result in accidents, personal injury, malfunctions, product damage, or contamination.



- Do not place the fitness equipment in a microwave oven to heat it, near a source of fire, or splash liquids onto the main body of the product.
- Do not use on infants or pets, nor use as a toy for infants or pets.
- Should you experience pain or discomfort during or after use, or notice any abnormal conditions such as rough skin, dryness, cracking, rashes, redness, itching, burning sensations, inflammation, or allergic reactions, discontinue use immediately and consult a doctor. Continued use may exacerbate symptoms.

Operating Instructions

Fitness Suit: Cleanse your skin before donning the suit. Pull the front and back zips upwards to the neckline, ensuring all electrodes lie flush against the skin. To remove the suit, pull the front zip downwards. Position the back zip pull tab upwards, then grasp the fabric at each shoulder and pull to guide the back zip downwards to the bottom for easy removal.

1 Powering On: Press and hold the host unit's 'Power Switch' composite button for 3 seconds until the orange light illuminates, indicating the unit is powered on.

2 Account Registration: Open the tablet, connect to the network, tap the APP icon to enter the APP interface, and follow the on-screen instructions to complete account registration first. After successful registration, tap your account to log in and proceed to the next APP interface.

3. APP Bluetooth Connection Interface: With the host unit's LED illuminated in orange, select 'Connect Device' on the APP interface. A notice will appear; read it carefully, tick the agreement box, then click 'Confirm' to proceed to the connection screen. Once "Connected" is displayed and the host unit's LED changes from orange to blue, Bluetooth connection is successful. Click 'Connected' to enter the mode selection screen. Tap the profile icon in the top-left corner to edit personal details. Complete the information accurately to facilitate subsequent calorie calculations during workouts. Upon completing your profile, tap 'Continue' to return to the mode selection screen.

4. APP Mode Selection Screen:

Five fixed modes and one VIP mode are available. Fixed modes allow adjustment only of parameters highlighted in green within their specific interface (e.g., exercise duration, repetition time). VIP mode permits customisation of all APP parameters (e.g., frequency, pulse width, rise time, fall time, repetition time)

according to individual requirements.

5. APP Intensity Control Interface: After selecting a mode, press the 'Start' button to enter the intensity operation interface. When a channel detects load, its '+' and '-' buttons illuminate green; when no load is detected, they glow white. If white illumination occurs, check the connection between the main unit and the top pin of the bodysuit. When a channel indicator is green, press its '+' button once. The corresponding body part will illuminate green, indicating one voltage level output for that channel.

Press the Intensity '+' button to increase intensity by one level per press, adjustable from 0% to 100%.

Press the Intensity '-' button to decrease intensity by one level per press, adjustable from 100% to 0%.

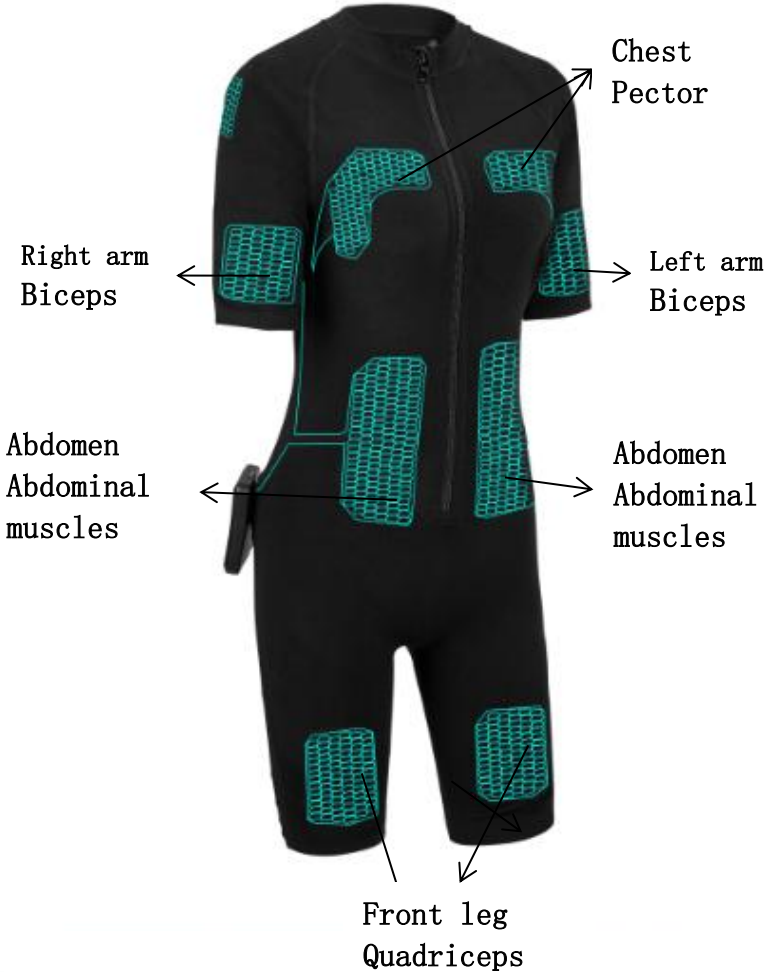
Upon completion of the preset exercise duration, press 'Restart' to cycle through the set time and continue usage.

To pause mid-exercise, press the 'Pause' button.

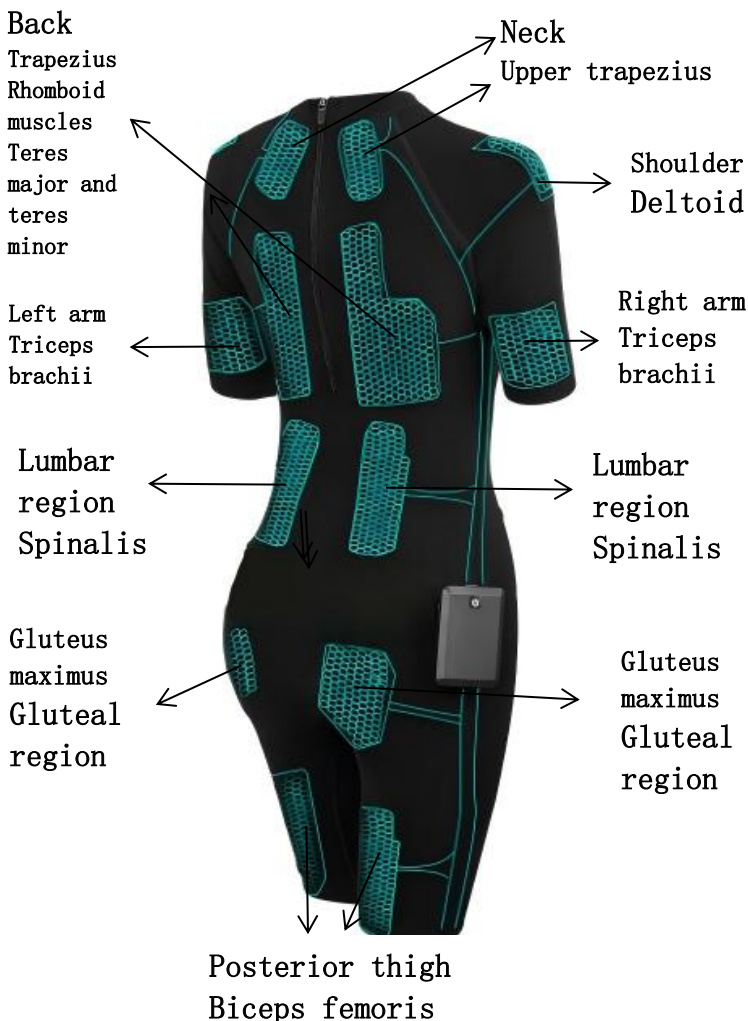
Upon completion of the set exercise duration, press the Return button to revert to the mode selection interface. Here, you may view calories expended during the workout or select alternative modes to continue exercising.

Kindly note: An internet connection is required during account registration. Initial login to a newly registered account necessitates an internet connection for account verification. Subsequent logins to this account may proceed without an internet connection.

Front



Reverse Side



Routine Maintenance/Parameters

This product's controller requires a 5V 2A charging input, compatible with all 5V 2A USB chargers. Please connect the charger to the product's charging port via a cable for charging. This product does not support fast charging.

The main unit displays a red light during charging and a green light when fully charged.

Regarding Transport and Carriage: As this product contains batteries, it is prohibited from being checked in as air cargo. Individual items may be carried onto the aircraft.

Manufacturer: **Shenzhen Xinkang Health Technology Co., Ltd.**

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FCC Warning Statement: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. 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.

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.

FCC Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.