CTN.FI

RECOVERY TECHNOLOGIES

X-TONE™

Electromagnetic Muscle Stimulation Device

USER MANUAL



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TECHNICAL SPECIFICATIONS

Product Name:	X-TONE™
Display:	15” touchscreen
Magnetic Pulse Power:	7 tesla, max 3,5 teslas per applicator
Maximum Power:	3000W
Treatment Duration	30 min/ session, max 3x/ week
Power Supply (AC):	220 V / 50 Hz, 110 V / 60 Hz
Applicators:	Flat handle H1, H2; Curved handle H1, H2
Impulse Frequency:	Main stage 1 – 10 Hz / Sub-stage 1 – 100 Hz
Pulse Width:	300 us
Power Consumption:	3000 W
Weight:	59 kg/ 130lbs
Device Dimensions:	38 x 42 x 120 (cm)/ 15 x 16.5 x 83 (in)
Working modes	TRAINING, RECOVERY, PRO



INTRODUCTION

CTN X-TONE™ is intended for a variety of treatments including but not limited to muscle toning, fat reduction (body sculpting) and physiotherapy and recovery. The function is based on powerful neuromuscular stimulation and increased blood flow.

X-TONE™ uses non-invasive focused electromagnetic energy to stimulate the motor neurones of the muscles by intense electromagnetic energy bursts, which trigger the muscles to undergo high frequency contractions. During the process of extreme contractions, some of the muscle fibres will break down, resulting in toning and strengthening of muscle fibres. This is the basis of the muscle fibre growth (muscle hyperplasia), and the production of new collagen chains which improves the overall appearance of the treated areas. While intense muscle contraction consumes a lot of energy, it also triggers breakdown of fat cell membranes accelerating reduction of unwanted fat deposits. Thanks to this dual impact, the MMS (magnetic muscle stimulation) treatments are building muscle and burning fat simultaneously, making it an excellent option for efficient, non-invasive body-sculpting.

APPLICATION

CTN X-TONE™ can be effectively used to tone and exercise most areas of the body. Most typical treatment areas are the abs, buttocks and thighs. The whole waist line can be toned and trimmed by strengthening the abdominal muscles whilst reducing the fat tissue. MMS is especially suitable for treating the abdomen area of postpartum mothers, who have increased abdominal circumference due to separation of rectus abdominis. MMS treatment can strengthen the core muscles, including the abdominal
muscles and the large core muscles like rectal abdominal muscle, external oblique muscle, internal oblique muscle, transverse abdominal muscle and the gluteus maximus. The core muscles can protect the spine, maintain the stability of the core, improve posture, improve the ability of movement and reduce the risk of injury and provide structural support for the whole body.

ADVANTAGES

MMS is a multifunctional body shaping and muscle building method. It is suitable for slimming, shaping, gaining muscle, dissolving fat cells, but it can also be used in physiotherapy and recovery from injuries and surgical procedures. It is particularly effective for the buttocks and abdomen. It uses high-intensity focused electromagnetic energy to induce strong bursts resulting in intense muscle contractions, which increases muscle density and improves the tone. It is the only way to build muscle and destroy fat cells simultaneously. By reducing abdominal fat and at the same time establishing a stronger muscle foundation under the fat tissue helps clients to achieve a slimmer and more athletic body contour. When applied to the buttocks, it reaches also the deeper muscle tissue and is therefore an excellent method to reshape and lift this area. The recommended treatment plan is to administer five 30-minute treatments within a two to three week period. The best results can become visible after two to three months.

CONTRAINDICATIONS

Whenever unsure about any listed or other potential contraindications, please make sure that the client consults their doctor or seeks medical advice from the treating medical professional before administering any treatments.

Below are some of the possible contraindications:

- Pregnancy, lactation, menstruation
- Serious heart disease, hyperlipemia, other cardiovascular and cerebrovascular risk groups
- Head, upper chest and back area should not be treated
- Full stomach should not be treated, minimum waiting time is 1-2 hours after a full meal
- Implants or fillings in the treatment area, metal joints, plates, scews etc
- Jewellery, piercings and similar should be removed for the duration of the treatment
- Infectious diseases
- Recent surgery (1 year), open wounds, rashes and skin inflammations
- Use of heavy medications
- Hernia

PRECAUTIONS AND WARNINGS ⚠

- Please read the instructions carefully before using the device.
- Use a dedicated power outlet for the cord.
- Do not use the device in wet or humid conditions. The indoor temperature should be maintained below 24°C and humidity below 50%.
- The device must be installed at least one meter away from metal materials and objects with electronic components (cellphones, computers, etc.)
- Turn off the device before connecting or disconnecting the treatment head from the port.
- When cleaning or servicing the device, turn it off and unplug the power wire.
- Do not wear jewelry, piercings, watches or other accessories during teatments.
- Stop using the device in case of any uncomfort.
- Informed medical consent form to determine any possible contraindications needs to be done before treatments.
- The device is intended to be used only by professionals and trained operators.
- The handles can not be placed on the device while they are in session.
- Do not turn off the device when the treatment heads are in session.
- Too intense sessions as well as calcium deficiency may cause muscle spasms.
- Skin scald may occur when the air outlet part on treatment heads accidentally gets blocked.
- Do not attempt to adjust the temperature and VREF settings of the device without consulting CTN.

- The handles can not be placed on the device when it is in a working mode.



- It is forbidden to put the handles together while the device is in a working mode.



- Treating the head is not allowed.



- Treating the chest area is not allowed.



- Non-compliance with the safety information, installation and operating instructions or specifications and ambient conditions of the space where the device is used, can lead to danger for people, the environment, endanger the device and its functions, and lead to the loss of claims for damages of any kind. Please see the Warranty Information paragraph for more information.

ASSEMBLY INSTRUCTIONS

The assembly of the X-TONE™ device is straightforward:

1. Install the screen. There are 4 Hex screws included for the attachment.
2. Install all four treatment heads on the device as shown on the device photo. Generally, one flat and one curved handle is placed on each side of the device. Two treatment heads can be connected to the ports at front of the unit. Turn the knob on the connector clockwise while inserting it into the port. At the end, the connector should be tight. The other two treatment handles can be left on the device unconnected until they are needed.
3. Install the power cord to the back of the unit. Insert the plug and tighten the ring around it.
4. After completing the assembly, ensure that the requirements for the space where the device will be installed are fulfilled and power on the device to start using it.



BODY FAT CALCULATION IN THIS MANUAL

In order to suggest suitable treatment parameters to use this device efficiently, the following formulas have been used to define the body type classes. In further portions of this manual where we explain the different modes and functions of the device, please refer back to the Body Fat % Standard table below.

Body Fat Percentage Calculation Formula

Female	A=waist circumference×0.74 B=weight×0.082+34.89 Total body fat weight C=A-B Body fat percentage D= (C÷weight)×100%
Male	A=waist circumference×0.74 B=weight×0.082+44.74 Total body fat weight C=A-B Body fat percentage D= (C÷weight)×100%

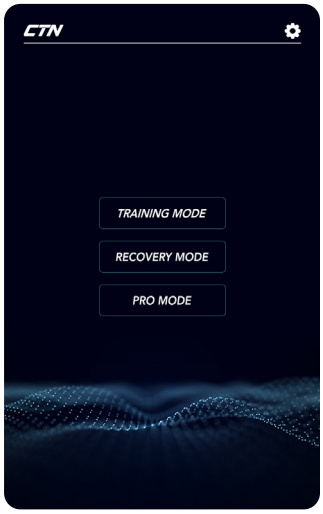
Body Fat % Standard

Body type	Female	Male
Lean	5-20%	5-10%
Standard	21-34%	11-21%
Overweight	35-39%	22-26%
Obese	40-45%	27-45

PROCEDURE GUIDELINES

- It is important to ensure that the person to be treated does not have any contradictions.
- Comfortable clothes should be worn during treatment. There should be no electronic devices, jewellery, metal ornaments or other accessories on the person.
- After a full meal, at least 1-2 hours should have gone by before a session.
- When the device has been booted up, choose between TRAINING, RECOVERY, and PRO mode to proceed. Learn more about the different modes in the next sections of this manual before using any of the modes.
- The fluence and frequency should be set at modest power during the first treatment. Always allow the muscles to warm up for about ten minutes before more intense programs.
- The treatment parameter examples in this manual are for demonstration and indicative purposes only. All parameters should be adjusted according to each individual person. More intense parameters give better results. As a general rule, people who exercise often, have more stretched muscles and can therefore withstand more intense treatment settings. The same applies if the person has a higher body fat percentage.
- Before starting the session, treatment heads should be placed to the treated area and secured with the belt/strap. After adjusting the initial parameters to a low setting, the session can begin. After 10-20 minutes of muscle warm-up, the fluence may be increased according to the tolerance of the patient. Note that if two treatment handles are used, both START buttons need to be pressed in order to start and stop the session. The handles will also turn of automatically when the timer reaches 0.
- In case of any discomfort, turn off the treatment handles immediately and stop the session.
- Do not turn off the device when the treatment heads are working.
- Do not put the handles back on the device while they are still working.
- During the session, ensure that the air outlets on the treatment heads do not get blocked.
- In an instance where the treatment head needs to be connected to, or disconnected from the device, turn off the device prior to proceeding.
- Clean and disinfect the treatment handles after each treatment with a non-corrosive product. The device should be turned off and unplugged during any cleaning and maintenance procedures.

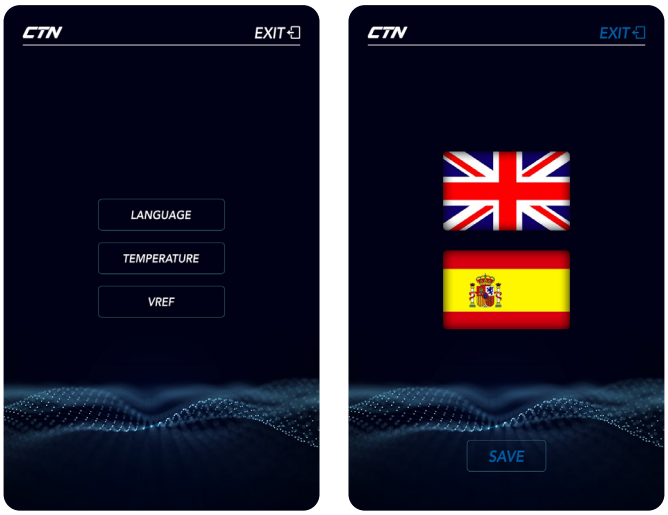




DEVICE SETTINGS

Tap on the gear icon to enter the settings menu. Here, the settings for language, overheating reminder and VREF can be adjusted. The user interface on this device is currently available in English and Spanish.

WARNING: The settings for the overheating limiter and VREF have been set at the factory. Do not attempt adjusting the settings in any case without consulting with CTN.



RECOVERY MODE



The Recovery mode is designed for beginner users and the treatment sessions aim to help recover from injuries, surgeries or heavy physical training.
The program simulates massage style contractions rather than intensive muscle training or fat burning training.

The power of the fluence (%) can be adjusted from 5 to 100%. It is important to note, that all sessions should be started with low power settings. Starting with a maximum of 20% output setting is recommended for ALL TREATMENT OPTIONS.

The pre-programmed session time is 30 minutes, however, it can be adjusted from 0-30 minutes before beginning the session.

There are four strength levels which have all been pre-programmed for the standard 30 minute session. The levels range from the mildest (I) to the most intense (IV). The power of fluence setting should be adjusted according to the response from the person who is being treated.

RECOVERY Mode: Examples 1-2

1. Recovery Mode Fluence Examples By Body Type: 30 Minute Session.

Program	Body type	Fluence - Female	Fluence - Male
I	Lean	30-50%	40-60%
II	Standard	40-60%	40-70%
III	Overweight	40-70%	50-80%
IV	Obese	50-80%	60-90%

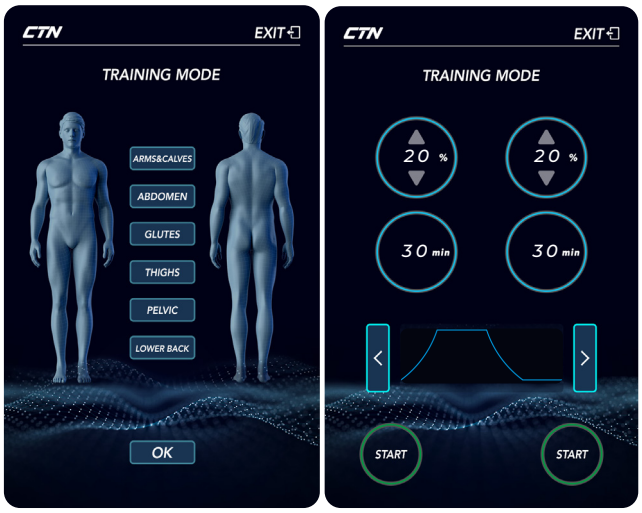
2. Recovery Mode Fluence Examples By Treatment Area: 30 Minute Session.

Program	Treatment area	Fluence - Female	Fluence - Male
II	Arms & Calves	40-60%	40-70%
III	Abdomen	30-50%	40-60%
III	Glutes	40-70%	50-80%
IV	Thighs	50-80%	60-90%
II	Pelvic	40-60%	40-70%
I	Lower Back	30-50%	40-60%

RECOVERY Mode: Pulse Patterns

Program	Loop for 3 minutes			Loop for 3 minutes			Loop for 3 minutes		
I	8-12 hz	interval	8-12 hz	13-17 hz	interval	13-17 hz	3-7 hz	interval	3-7 hz
	5 s	5 s	5 s	5 s	5 s	5 s	6 s	6 s	6 s
II	18-22 hz	interval	18-22 hz	23-27 hz	interval	23-27 hz	4-8 hz	interval	4-8 hz
	5 s	5 s	5 s	5 s	5 s	5 s	6 s	6 s	6 s
III	28-32 hz	interval	28-32 hz	33-37 hz	interval	33-37 hz	5-9 hz	interval	5-9 hz
	5 s	5 s	5 s	5 s	5 s	5 s	6 s	6 s	6 s
IV	38-42 hz	interval	38-42 hz	43-47 hz	interval	43-47 hz	6-10 hz	interval	6-10 hz
	5 s	5 s	5 s	5 s	5 s	5 s	6 s	6 s	6 s

TRAINING MODE



The Training mode is designed for safe and effective muscle training sessions. It has 5 pre-programmed session pulse patterns.

The power of the fluence (%) can be adjusted from 5 to 100%. It is important to note, that all sessions should be started with low power settings. Starting with a maximum of 20% output setting is recommended for ALL TREATMENT OPTIONS.

The pre-programmed session time is 30 minutes and is unadjustable in training mode.

At the bottom of the screen, one of the five pulse patterns can be selected for the session.



The frequency of the pulse pattern depends on which muscle group is chosen from the first training mode screen. For a full review of each pulse setting please see TRAINING mode: Pulse Pattern Frequencies 1-5. The patterns are read from left to right.

TRAINING Mode: Example 1

1. Training Mode Fluence Examples By Treatment Area: 30 minute session.

Program	Treatment area	Fluence - Female	Fluence - Male
	Arms & Calves	50-70%	60-80%
	Abdomen	60-80%	70-90%
	Glutes	50-80%	60-90%
	Thighs	60-90%	60-100%
	Pelvic	50-70%	60-80%
	Lower Back	40-60%	40-70%

TRAINING Mode: Pulse Pattern Frequencies 1-5

1. 

Muscle Group/ time (s)	3	5	3	1
Arms & Calves (Hz)	0-5	5	5-0	0
Thighs (Hz)	0-8	8	8-0	0
Abdomen (Hz)	0-10	10	10-0	0
Glutes (Hz)	0-15	15	15-0	0
Pelvic (Hz)	0-15	15	15-0	0
Lower Back (Hz)	0-10	10	10-0	0

As an example, when arms & calves is chosen from the menu as the treatment area, in this first pattern, the frequency rises from 0 to 5 Hz in the first three seconds, then the frequency is 5 Hz for five seconds. The frequency then lowers from 5 to 0 Hz in 3 seconds and will be off for a second. This pattern repeats itself during the whole treatment session.

2.



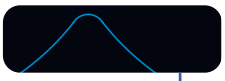
Muscle Group time (s)	2	1	1	1	1	1	1	1	1	1	2	2
Arms & Calves (Hz)	0-5	5	0	3	0	5	0	3	0	5	5-0	0
Thighs (Hz)	0-8	8	0	6	0	8	0	6	0	8	8-0	0
Abdomen (Hz)	0-10	10	0	7	0	10	0	7	0	10	10-0	0
Glutes (Hz)	0-15	15	0	10	0	15	0	10	0	15	15-0	0
Pelvic (Hz)	0-15	15	0	10	0	15	0	10	0	15	15-0	0
Lower Back (Hz)	0-10	10	0	7	0	10	0	7	0	10	10-0	0

3.



Muscle Group/ time (s)	2	1	5	1	2	2
Arms & Calves (Hz)	0-5	5	10	5	5-0	0
Thighs (Hz)	0-8	8	16	8	8-0	0
Abdomen (Hz)	0-10	10	20	10	10-0	0
Glutes (Hz)	0-12	12	24	12	12-0	0
Pelvic (Hz)	0-12	12	24	12	12-0	0
Lower Back (Hz)	0-10	10	20	10	10-0	0

4.



Muscle Group/ time (s)	5	1	5	2
Arms & Calves (Hz)	0-8	8	8-0	0
Thighs (Hz)	0-10	10	10-0	0
Abdomen (Hz)	0-20	20	20-0	0
Glutes (Hz)	0-30	30	30-0	0
Pelvic (Hz)	0-30	30	30-0	0
Lower Back (Hz)	0-20	20	20-0	0

5.

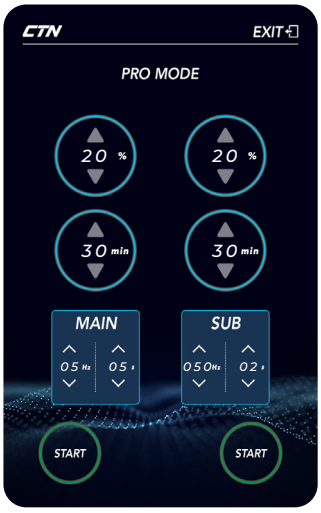


Muscle Group/ time (s)	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	2
Arms & Calves (Hz)	3	0	5	0	7	0	7	0	7	0	7	0	5	0	3	0
Thighs (Hz)	4	0	6	0	9	0	9	0	9	0	9	0	6	0	4	0
Abdomen (Hz)	5	0	8	0	12	0	12	0	12	0	12	0	8	0	5	0
Glutes (Hz)	6	0	10	0	20	0	20	0	20	0	20	0	10	0	6	0
Pelvic	6	0	10	0	20	0	20	0	20	0	20	0	10	0	6	0
Lower Back	5	0	8	0	12	0	12	0	12	0	12	0	8	0	5	0

PRO MODE

The Pro mode is designed for professional users that want to adjust the treatment parameters in a chosen manner.

The principle is simple: By reducing the frequency of the recovery phase (MAIN), and by increasing its duration, the whole exercise routine becomes lighter due to longer rest period before each SUB phase contracting the muscles. The effectiveness of the crushing phase (SUB) is increased by increasing the pulse frequency in Hz and the duration of the phase in seconds.



As in other modes, the power of the fluence (%) can be adjusted from 5 to 100% in Pro mode. Beginning with a maximum of 20% output is recommended.

The pre-programmed session time is 30 minutes, however, it can be adjusted from 0-30 minutes before beginning the session.

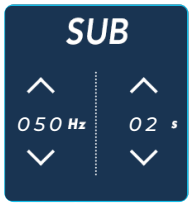
The Pro mode has two phase settings: MAIN and SUB.
The MAIN phase recovers and the SUB phase crunches the muscle. The frequency of the MAIN and SUB cycle is adjusted from the left portion of each setting. The duration of the phase is adjusted from the right side of each setting in seconds.

PRO Mode: Example 1



Recovery phase frequency in Hz (1-10 Hz range)

Duration of the phase in seconds (1-60 sec. range)



Crunch phase frequency in Hz (1-100 Hz range)

Duration of the crunch phase in seconds (1-10 sec. range)

NOTE: This is an example of a hard workout program that is not suitable for beginners. Please see examples 2 and 3 for lighter programs. The settings in this example mean a 5Hz frequency of MAIN "recovery phase", which lasts for 5 seconds. The SUB frequency, i.e. "crunch phase," works at a fast frequency of 50 Hz for a 2 second duration.

PRO Mode: Example 2

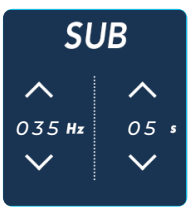




NOTE: In this lighter program, the recovery (MAIN) cycle is 4 seconds long and the crunch (SUB) cycle is also 4 seconds long at a frequency of 40 Hz.

PRO Mode: Example 3





NOTE: In this even lighter program, the recovery (MAIN) cycle is 8 seconds long and the crunch (SUB) cycle is 5 seconds long at a frequency of 35 Hz.

PRO Mode: Examples 4-5

4. PRO Mode: FEMALE Treatment Setting Examples By Body Type (30 Minutes)

Body type	Lean	Standard	Overweight	Obese
MAIN frequency (Hz)	1-10	5-10	5-10	1-5
MAIN time (s)	1-3	1-2	1-2	1-2
SUB frequency (Hz)	20-30	30-35	35-40	45-50
SUB time (s)	3-8	1-4	1-3	1-2
Fluence (%)	30-60	40-70	40-80	50-90

5. PRO mode: MALE Treatment Setting Examples By Body Type (30 Minutes)

Body type	Lean	Standard	Overweight	Obese
MAIN frequency (Hz)	1-10	5-10	5-10	1-5
MAIN time (s)	1-3	1-2	1-2	1-2
SUB frequency (Hz)	20-30	30-35	35-40	45-50
SUB time (s)	3-8	1-4	1-3	1-2
Fluence (%)	40-60	40-70	50-80	60-90

NOTE: The device has limited maximum settings for the duration of the SUB phase. For example, with an intensive density setting of 50Hz, the maximum duration is automatically limited to 1 second, as indicated in the below table.

Limits Between SUB-Frequency And SUB-time

SUB Frequency (Hz)	1-30	31-35	36-40	41-45	46-50	→
SUB Time (s)	1-10	1-5	1-4	1-3	1-2	
Fluence (%)	5-100	5-100	5-100	5-100	5-100	

→	**SUB Frequency (Hz)**	55-60	65-70	75-80	85-90	95-100
	SUB Time (s)	1	1	1	1	1
	Fluence (%)	5-30	5-20	5-15	5-10	5



PRO Mode: Examples 6-7

6. PRO Mode: FEMALE Treatment Setting Examples By Treatment Area (30 Minutes)

Body type	Arms & Calves	Abdomen	Glutes	Thighs	Pelvic	Lower Back
MAIN frequency (Hz)	1-10	5-10	5-10	1-5	5-10	1-10
MAIN time (s)	1-3	1-2	1-2	1-2	1-2	1-3
SUB frequency (Hz)	20-30	30-35	35-40	45-50	35-40	20-30
SUB time (s)	1-10	1-10	1-4	1-3	1-3	1-10
Fluence (%)	30-60	40-70	40-80	50-90	35-55	30-60

7. PRO Mode: MALE Treatment Setting Examples By Treatment Area (30 Minutes)

Body type	Arms & Calves	Abdomen	Glutes	Thighs	Pelvic	Lower Back
MAIN frequency (Hz)	1-10	5-10	5-10	1-5	5-10	1-10
MAIN time (s)	1-3	1-2	1-2	1-2	1-2	1-3
SUB frequency (Hz)	20-30	30-35	35-40	45-50	35-40	20-30
SUB time (s)	3-10	5-10	1-5	1-3	1-3	3-10
Fluence (%)	40-60	40-70	50-80	60-90	40-60	40-60



PELVIC TRAINER

The Pelvic trainer is a plug and play additional applicator designed to train the hard to reach pelvic muscle. It is connected to either one of the connector ports and one more applicator can be used simultaneously with it.

The pelvic trainer is placed on top of a chair or bench with an opening at the back for the connector cable. The exit grill for the cooling air is placed in the front between the legs so that the air can freely flow out during the treatment.

The standard duration of a session is 30 minutes and all settings and treatment principles are same with the other applicators and the settings should be adjusted according to the overall physical condition and tolerance of each customer.

The procedure for using the pelvic trainer:

1. Connect the pelvic trainer to the device.
2. Choose a comfortable seat to put the pelvic trainer on.
3. Comfortable clothes should be worn, with no objects in any pockets.
4. The person should sit on the pelvic trainer with a straight back. The correct posture for using the accessory is shown below. Note that the ventilation holes must stay uncovered for sufficient cooling.
5. Choose the desired treatment mode.
6. Turn on the applicator and begin with modest power settings.
The recommended initial power setting is 20%.
The intensity can be increased according to the tolerance of the client.

Below are the reference tables for using the pelvic trainer in PRO mode.



PRO Mode: Examples 8-9 (Pelvic Trainer)

PELVIC TRAINER
PRO Mode: FEMALE Treatment Setting Examples By Body Type (30 Minutes)

Body type	Lean	Standard	Overweight	Obese
MAIN frequency (Hz)	3-10	5-10	5-10	1-5
MAIN time (s)	1-3	1-2	1-2	1-2
SUB frequency (Hz)	20-30	30-35	35-40	45-65
SUB time (s)	3-8	1-4	1-3	1-2
Fluence (%)	20-30	30-35	35-40	40-50



PELVIC TRAINER
PRO Mode: MALE Treatment Setting Examples By Body Type (30 Minutes)

Body type	Lean	Standard	Overweight	Obese
MAIN frequency (Hz)	3-10	5-10	5-10	1-5
MAIN time (s)	1-3	1-2	1-2	1-2
SUB frequency (Hz)	25-40	35-50	40-60	50-70
SUB time (s)	3-8	1-4	1-3	1-2
Fluence (%)	20-30	30-35	35-40	40-50



MAINTENANCE

The X-TONE™ device does not require any particular maintenance besides a basic cleaning routine. Turn of the device before any cleaning procedures and unplug it. Disinfect the treatment handles after each client. Wipe off the device itself with a soft microfibre cloth if needed. The products for cleaning the device should be non-corrosive. If the device appears to function abnormally, do not attempt to open the device and repair it. Please contact CTN support at service@ctn.fi.

WARRANTY INFORMATION

Void of factory warranty. A 36 months limited manufacturers factory warranty is applied to each sold CTN device, and is valid from the date of delivery. The term is 36 months for materials and manufacturing defects, and 12 months for computers and electronic components. Each device has its own specific requirements for the ambient conditions of the space it will be installed in or used. These include but are not limited to square meters, cubic meters, maximum ambient temperature and humidity, power feed etc. Non-compliance with the safety information, installation and operating instructions or specifications and ambient conditions of the space the device is used, can lead to danger for people, the environment, endanger the device and its functions, and lead to the loss of claims for damages of any kind.

CTN RECOVERY TECHNOLOGIES

WORLD'S #1 IN SPORTS RECOVERY

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