



PULSE

DEVICES PRODUCT MANUAL

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Welcome to PULSE

Now that you've received your PULSE DEVICE, it's time to elevate your workouts.

The Pulse Device allows you to activate and grow stubborn muscles. The Pulse Device uses targeted muscle vibrations (TMV) that mimic a pulsing feeling. These vibrations repeatedly draw your attention & focus back to a specific muscle, enhancing your mind-muscle connection.

Before using your Pulse Device we strongly encourage you to read through the product manual.

You can operate the Pulse Device wirelessly using the IOS or Android Mobile Application on your Bluetooth mobile device.

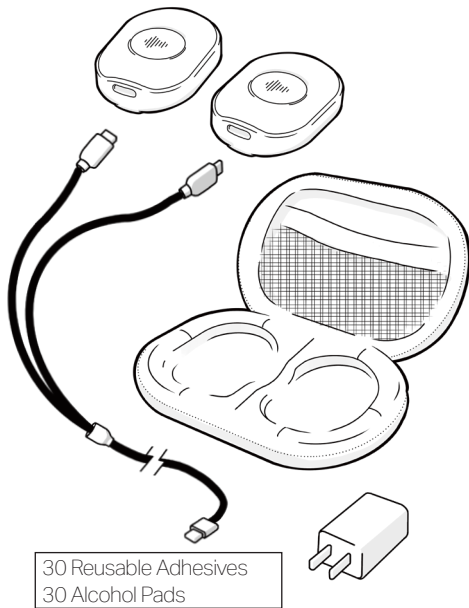
INTENDED USE

PULSE is a battery-powered vibration device intended to improve the connection between the mind and the muscle.

The Pulse Device is intended to be used while working out to increase muscle activation and users focus on the target muscle.

Use the Pulse Device to efficiently target your muscles while reducing strain on tendons and ligaments.

IN THE BOX:



CARRYING CASE

For storing and carrying your Pulse Devices, as well as your adhesive pads and wipes.

PULSE DEVICE

Produces sinusoidal vibrations to the targeted muscle belly in order to facilitate optimal muscle contraction.

ADHESIVES

For sticking the Pulse Device to desired muscle. Go to [Pulsedevic.com/device-placement](https://pulsedevic.com/device-placement) to find optimal placement. Use the orange side of the adhesive to stick to your devices. Use the transparent side to stick to the skin.

ALCOHOL WIPES

For cleaning skin before use in order to achieve maximum longevity of adhesives.

USB CHARGING CABLE AND POWER ADAPTER

For charging and recharging Pulse Device. Only use with charging cable and power adapter supplied by Pulse Device.

Order additional adhesives and wipes at pulsedevic.com

WARNINGS AND SAFETY GUIDELINES

Do not use the Pulse Device if you have any of the following:

- Pregnancy
- Pacemaker or other implanted metallic or electronic device
- Cancer or cancerous lesions
- Abdominal or inguinal hernia
- Serious arterial circulation disorders in lower limbs

Consult your doctor before use if you have any of the following:

- Any heart problem or condition
- Epilepsy
- Had any trauma within the last 6 months
- Muscle atrophy

WARNINGS AND SAFETY GUIDELINES (cont.)

Safety Measures

- Don't charge the device while still attached to your body
- Don't use in water
- Don't use while driving or operating heavy machinery
- Don't use while sleeping
- Keep out of reach of children
- Keep foreign objects off the exterior of the device
- Don't use near a microwave device as it could interfere with the bluetooth functionality of the device
- Don't put device near medical devices such as X-Ray and MRI

Do not use the Pulse Device on:

- Painful muscles
- Muscles with spasms
- Muscles associated with a limb with a painful or afflicted joint

WARNINGS AND SAFETY GUIDELINES (cont.)

 **FIRST TIME USERS SHOULD DROP WEIGHT USED TO ABOUT 75% OF NORMAL WEIGHT USED. THIS WEIGHT SHOULD BE USED UNTIL THE USER FEELS COMFORTABLE RAISING THE WEIGHTS.**

Adhesive Placement Precautions

- Don't put device on head or neck area
- Open wounds, infected or inflamed skin or skin eruptions
- On cancerous lesions

Adhesive Precautions

- Only use adhesives provided by Pulse Devices LLC. Other adhesives can cause potential allergic reactions.
- Replacement adhesives can be obtained at (pulsedevic.com/shop)
- Do not get adhesives wet
- Do not apply any solvents on the adhesives
- Do not share adhesives with more than one individual

WARNINGS AND SAFETY GUIDELINES (cont.)

- Use the orange side of the adhesive to stick to your devices. Use the transparent side to stick to the skin.
- Use caution putting the adhesives on areas of skin that lack stimulation
- Use caution if you tend to bleed internally, i.e. following an injury or fracture

Adverse Reaction

- Some people with sensitive skin might experience skin irritation. If skin irritation persists consult a physician before continuing use
- Do not put devices on the face or head area. This may result in head trauma or pain

BUTTON FUNCTIONALITY

TURN DEVICE ON HOLD FOR 1 SECOND

TURN DEVICE OFF HOLD FOR 3 SECONDS

PAUSE/RESUME VIBRATIONS QUICK CLICK

LED INDICATORS

- Device On and paired with mobile device
- Device is charging
- Device On and not paired

DEVICE SPECIFICATIONS

Dimensions	46*33*10MM
Weight	11.4g (one device)
Battery	Lithium-Ion, 3.7V 150MAH 0.555WH
Battery Life	Lasts an average of 4 workouts

Product Expected Lifetime: 5 years

Supported Vibration Frequency Range:1-100Hz

Adhesives:

Made from medical grade silicone. For usage advice and precautions check page 15

Charge Time: Devices takes 90 minutes to charge to full

DIRECTIONS FOR USE

(1.) DOWNLOAD APP (iOS)



- a. Make sure your mobile phone runs on iOS 8.0 or later
- b. Launch the App Store application, search for "Pulse" application and install it
- c. Launch the Pulse application, walk through the on-screen safety briefing. Then follow the applications instructions to connect to your Pulse Device

(1.) DOWNLOAD APP (Android)



- a. Make sure your mobile phone runs on Android OS 4.4 or later
- b. Launch the Google Play application, search for "Pulse" application and install it
- c. Launch the Pulse application, walk through the on-screen safety briefing. Then follow the applications instructions to connect to your Pulse Device

DIRECTIONS FOR USE (CONT.)

(2.) TURN YOUR PULSE DEVICES ON

Hold button for 1 second (until red light turns on).

(3.) CONNECT YOUR PULSE DEVICES

- a. Go to the device tab of the app
- b. Press connect devices and then follow prompt (LED light will turn green when devices are connected)

(4.) ATTACH THE ADHESIVES TO PULSE DEVICES

- a. Remove orange side of the adhesive
- b. Attach that side of the adhesive to the device
- c. Make sure to fit the adhesive inside the raised edge of the bottom of the device

DIRECTIONS FOR USE (CONT.)

(5.) STICK PULSE DEVICES TO YOUR MUSCLES

- a. Remove the plastic from the transparent side of the adhesive
- b. Attach that side to the muscle you wish to target
- c. Go to:
[Pulsedevic.com/device-placement](https://pulsedevic.com/device-placement)
for correct muscle placement or scan the QR code below

(6.) BEGIN TRAINING



ADHESIVE GUIDELINES

Proper adhesive placement is crucial for achieving maximal results with the Pulse Device. Clean the skin with an alcohol pad before applying the Pulse Devices to prolong the life of the reusable adhesives. Optimal placements can be found on our website at pulsedevic.com/device-placement and on the Pulse Mobile Application.



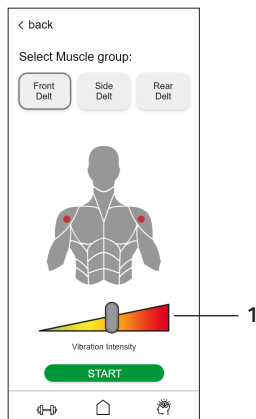
ONLY PLACE ADHESIVES WHERE DIRECTED BY EITHER THE PULSE DEVICES APP OR THE PULSE DEVICES WEBSITE. PULSE DEVICES IS NOT RESPONSIBLE FOR INJURIES CAUSED FROM WRONGFUL DEVICE PLACEMENT.

Each of the adhesives supplied can last for up to 3 workouts. Proper use and storage aids in ensuring the longevity of the adhesives. For best performance use adhesives on skin that is dry and clean. Use wipes on skin before applying adhesives to clean skin and increase longevity. Limit number of applications of adhesives to increase longevity.

CHOOSING AN INTENSITY

⚠ USE CAUTION WHEN INCREASING VIBRATION INTENSITY ABOVE PRE-SET LEVELS

Optimal vibration intensity is different for each muscle. Because of this, different desired intensity varies among individuals. Intensity is easily *adjustable*¹ on the Mobile Application.



TROUBLESHOOTING

Problem	Cause
Device keeps turning off	Pulse device is likely low on battery.
Device not connecting	Check to make sure bluetooth is enabled on your phone. Turn devices off and restart application.
Devices are vibrating but not synchronized	Make sure both devices are paired to your phone
Device doesn't feel effective in certain muscle groups	Adjust the placement and device (devices are less effective in high body fat areas)

PULSE DEVICE MAINTENANCE

- Do not expose your Pulse device to temperatures above 50°C or below -10°C
- Do not attempt to disassemble or service your Pulse device
- Do not expose your Pulse device to direct sunlight for extended periods of time.
- Protect your Pulse device from impact shocks
- Do not leave your Pulse device near open flames.

BUILT-IN BATTERY PRECAUTIONS

This product contains a lithium-ion rechargeable battery. There is a risk of explosion if the batteries are not properly handled

Do not expose the battery to heat or fire. Do not place batteries in direct sunlight
Store batteries away from flammable materials
Do not dismantle, open, or shred battery

PULSE requires a USB connector for charging

Do not charge the PULSE using an outdoor outlet.

Only charge the PULSE using the charging cable and brick that came with your Pulse Device.

Never charge or recharge your Pulse Device from unreliable sources.



CAUTION

CONTAINS SMALL PARTS. KEEP OUT OF REACH OF CHILDREN.

ONLY USE DEVICE FOR ITS INTENDED USE DESCRIBED IN THIS MANUAL

Disposal and recycling information



This symbol signifies that this product must be disposed of separately from normal household waste. For proper disposal of the product contact your local electrical and electronic equipment waste management authority. By disposing of electronic devices properly you are protecting natural resources and human health.

This device complies with Part 15 of FCC Operation is subject to the following conditions:

- This device may not causes harmful interference
- This device must accept any interference received, including interference that may cause undesired operation

FCC Caution:

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.

Any 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:

- 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.

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