10-channel EMS suit manual

One set with bodysuit+power box +tablet

Product parameters

Product name	10-channel EMS suit	Power box Size	118mm*75 mm
Pulse width	5-500μs adjustable	Battery capacity	2000mAh
Pulse frequency	5-120HZ adjustable	Charging interface	Type-C
Charging current	800mAh	Output wave shape, double wave	square wave
Output voltage	VPP （0-55V）	Operating temperature and humidity	0℃--60℃ 10%-90RH
Charging time	2.5H	Usage time after full charge	The max output power (180min）

FAQ

| Questions	Possible Causes	Treatment measures
Unable to connect to power	Battery exhausted	Battery Charge
Can't feel the electrical stimulation	Unadjusted usage intensity	Press the intensity-increase button until you feel an electric current
	Set strength to low	Press the intensity increase button to increase intensity
Electronic stimulation is too weak	The remaining battery is too low	Charge

Bluetooth connect on tablet

Language choose key

Mode choose screen

Back key

Intensity enter key

GO ➡

锻炼时间
25

放松模式　增肌模式

持续时间
5

间隔时间
1

减脂模式　专业模式

上升时间(0.1s)
30

下降时间(0.1s)
30

有氧模式　VIP

频率(Hz)
100

脉冲宽度(us)
300
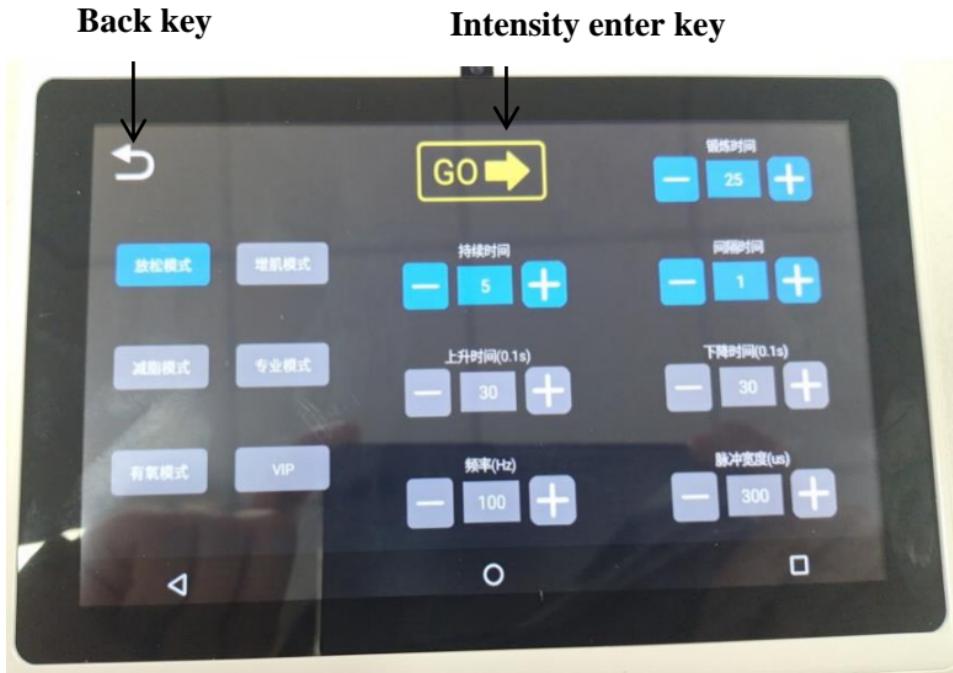
Intensity operation screen

Training set time

Back Key

Remaining training time

Screen lock key

Multi-channel intensity
increase key

Pause key

Multi-channel intensity decrease
key

Single channel intensity increase key

Intensity number display

Single channel intensity decrease key
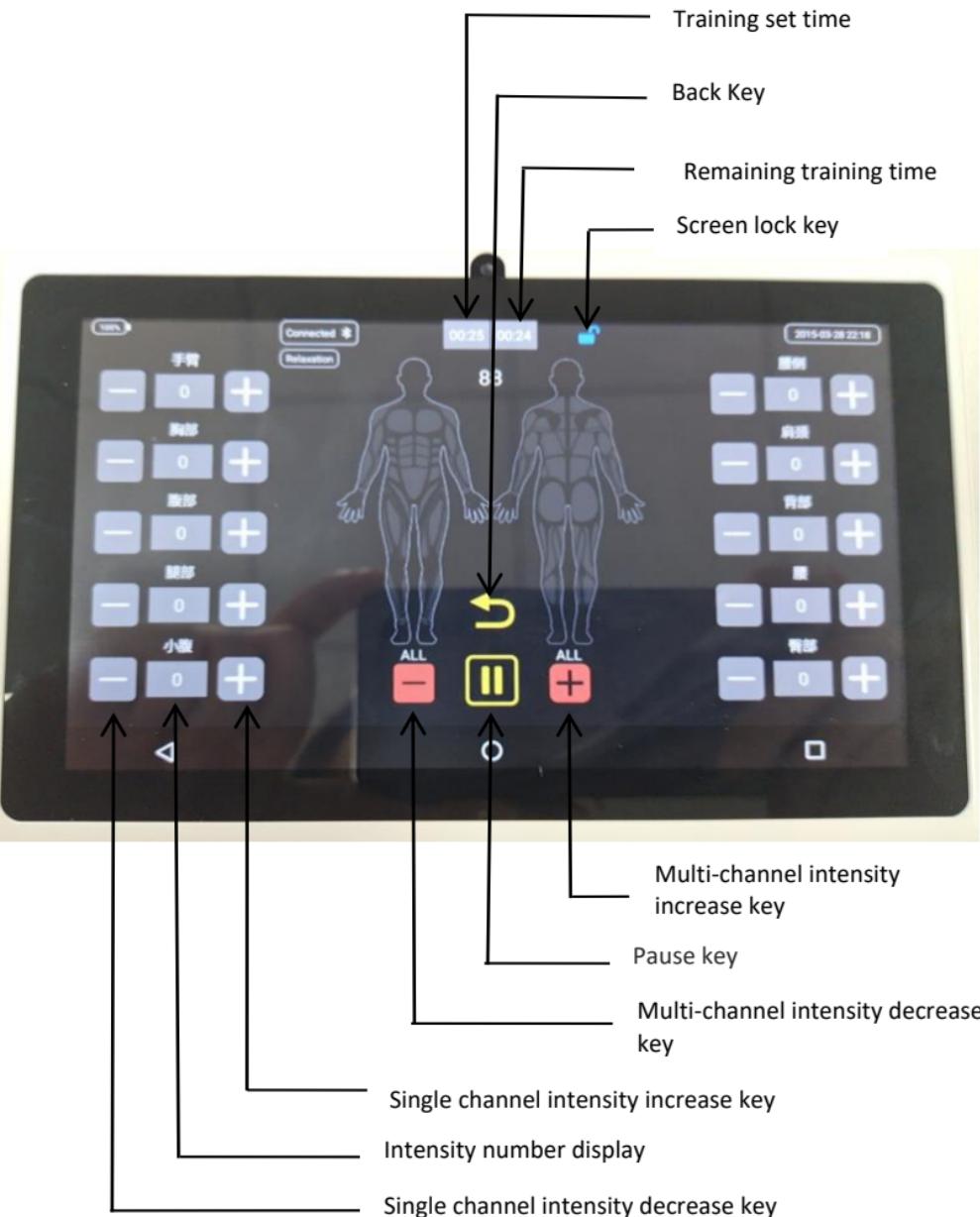
Bodysuit: Clean your skin before wearing the bodysuit. Pull the front and back zippers up to the neck to ensure the electrodes are in close contact with the skin. When removing the bodysuit, unzip the front zipper downwards and the back zipper upwards. Pull the fabric over both shoulders, allowing the back zipper to slide down to the bottom, making it easier to take off the bodysuit.

Power box power On: Press and hold the power button on the main unit for 3 seconds. The orange light will turn on, indicating the device is powered on.

APP Bluetooth Connection Interface: Open the tablet and enable Bluetooth. Click on the app to enter the Bluetooth connection interface. Tap "Scan" to connect to the main unit. Once connected, the app will show a "Connected" status, and the main unit's LED light will change from orange to blue, indicating a successful connection.

APP Mode Selection Interface: After the Bluetooth connection is established, tap the "Start Workout" button to enter the mode selection interface There are 5 fixed modes and 1 VIP mode, for a total of 6 modes to choose from. In fixed modes, you can only adjust specific conditions related to the mode (e.g., workout duration, session length). In VIP mode, you can customize all settings such as frequency, pulse width, ramp-up time, ramp-down time, and session duration based on your personal needs.

APP Intensity Control Interface: After selecting a mode, click the "GO" button to enter the intensity control interface. When a channel detects a load, the channel indicator will light up blue; otherwise, it will light up white. When the channel indicator is blue, clicking the channel will activate it, and the corresponding icon of the human figure in the function interface will light up. If the channel is activated, clicking the channel again will deactivate it, and the corresponding human figure icon in the function interface will disappear.

When the channel is activated, click the "+" button to increase the intensity by one level per click, with 99 levels in total, adjustable from 0 to 99. Click the "-"

button to decrease the intensity by one level per click, with 99 levels in total, adjustable from 99 to 0.

Click the "Back" button to return to the previous interface for further operations.

Daily maintain /Parameter

The charging input of the controller of this product is 5V1A, which is suitable for various types of 5V1A usb interface chargers. Please connect the charger to the charging interface of this product through a wire for charging. This product does not support fast charging.
The green-white-white light on the display flashes during charging , and the green -white-white light stays on after charging is completed .。

Regarding transportation and carrying: Because this product contains batteries, it is not allowed to be checked by air. A single product can be carried on the plane.

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

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.