

Arm Stimulator Massager – AK0683



User Manual

Mode specification

After starting up, press each time to enhance one level of strength (a total of 15 levels of strength)

Power on key/Strength Enhancement key (press 2 and the indicator light will flash to start)



1. Start Afterpress

2. Mode selection

3. Shutdown

*Charging full automatic power off protection function.

Indicator light mode shows:

1: Vibration mode

2: massage mode

3: Shaping mode

4: weight loss mode

5: Fat burning mode

6: kneading mode

7: Massage mode

8: Comprehensive mode

+ key: power on "and" enhance "button, press 1 to power on, and then press flashes to start in the continue to press to enhance a total of 15 strength gear Keyboard: Power off and weaken

M: Mode switch, 8 mode can be selected

How to use

1. Please fix the controller on the patch



2. Fasten the controller to the flap without falling off



3. Peel off a transparent sheet and apply to the skin



4. Press + the button against the skin to work twice



5. Press the "+" button to start the work, press the "+" button to adjust the intensity. If you do not press the "+" button to enhance the level, Press the "-" button to reduce the intensity, each time to reduce

6. Press the button to turn off the power halfway, Each time the force is reduced by one level, Until the light is off

Product maintenance

Notes

1. Hydrogel is consumable and needs to be replaced for a long time. Hydrogel cannot be washed with water. Don't expose it to the sun or damp.
2. The hydrogel can be applied 15-30 times normally, so the hydrogel needs to be replaced, depending on each person. Maintain good care, The hydrogel must be replaced with the original factory, otherwise we will not give it to you if there is a problem after sales.
3. Products should not be placed in high temperature, humidity, dry place, inflammable and explosive. You can't pull the belt, you can't wash it in the laundry machine, you can't rinse it with water,

Hydrogel Application Method:

1. Tear off the old hydrogel that needs to be replaced.
2. Open the hydrogel package and pack 2 pieces. The hydrogel has 2 sides of film. Find the position you want to replace, align it, put it on like the phone film, and when you're done, Press or hold a book to make sure the hydrogel is fixed.
3. tear off another layer can be used normally!
4. It is a normal phenomenon that the silver position darkens during use. Note! Replace the hydrogel hands with no dirt or moisture. Keep them clean and then replace them.

Use advice

1. After starting the power-on selection mode, use the first or second power to adapt, and then Slowly press + strengthen
2. Abdominal muscle training: It is recommended to use mode 2 to simulate the effect of fixed frequency sit-ups. According to their own adaptation to strengthen, more than 5 strength is the point of separation, each upgrade 1 level. Will be stronger,
3. weight loss: it is recommended to use the 3 mode, is the belly shake fat effect, the real belly. When moving, it can be strengthened according to its own adaptation. 5 strength is the separation point in the scale. Every level of improvement will be stronger, so you need to adapt
4. Fat burning jitter - weight loss mode (frequency enhancement), plastic fat reduction effect, It can be used standing or lying down,
5. plastic fat reduction mode - vibration mode, vibration weight loss, equivalent to one time of exercise.
6. The effect will be better if the intensity is around 10-15. It is recommended to do it twice a day. Can be used to increase the number of times, the interval of more than 10 minutes in the operation, with frequency. Rate of breathing, better results.
7. it is better to control the diet, so that the more effective change is different for everyone, only It takes persistence to be effective

Tips for eating healthily

1) Eating only high-fiber cereal and low-fat fresh milk for breakfast not only helps to eliminate excess fat ingestion, and can eliminate fat, also won't hinder nutrition healthy ingestion, alsols a natural thin waist food, can be a short period of time, as for meat, seafood Stay for lunch and have a light dinner with most vegetables. never Don't control your appetite because you can't stand the temptation of good food.

2) Stand for half an hour after dinner. In fact, the biggest reason for getting fat around the waist is negligence, Due to the busy work and study, there is no time to reasonably adjust life and arrange themselves Of diet and living. Stand for at least half an hour after a meal to avoid fat deposits Trouble in the stomach, but also save later to make up.

3) Fast 4 hours before bed. One of the worst ways to lose weight is to eat before you go to bed. sleep Your body doesn't need to exercise when you sleep, and everything you eat will be absorbed by your body They hoard it as fat. If you are too hungry to bear, you can only eat a small amount of boiled water Vegetables or fruit.

4) Go to bed early and get up early. Don't stay up too late, because you have less food for dinner. And longer nights, if you go to bed later, can lead to hunger and eating,Such not only won't reduce weight, gain weight instead, because this must go to bed early, rise early, avoidHunger sets in at night.

Safety Precautions

Do not use this product in conjunction with any of the following medical elect ronic devices, which may cause an accident or malfunction. Cause serious damage to the body

- Implantable medical devices such as pacemakers
- Artificial heart and lung and other wearable medical electronic instruments
- Wearable medical electronic instruments such as electrocardiograms

* Please do not use it for the following persons, otherwise accidents or skin and physical problems may occur

- Heart disease, severe hypertension
- Pregnant women, newly born women

* The following persons must consult a doctor before using this product, other wise it may cause accidents or skin and physical problems Allergic to this constitution The skin has perceptual disturbance or abnormality People with blood circulation disorder Taking medication Patients with malignant tumors Sensory neuropathy (epilepsy, etc.) Intuitive disorders caused by high terminal circulatory disorders such as diabetes

- Patients with fever (above 38 degrees)
- Those who need to repose
- Patients with acute (painful) diseases such as cervical spine fractures, sprains and muscle strains Osteoporosis Abnormal blood pressure Apparent physical abnormalities Patients being treated in medical institutions

- * Do not use this product in the bathroom and other places with high humidity, otherwise it may cause electric shock
- * Please read the instruction carefully before use
- * This product cannot be airmailed, and cannot be carried by plane