

INTELLIGENT FITNESS EQUIPMENT – FS68Q



Operating manual

Attention

In the process of using, if you want to move the electrode pads to other parts or other people's body, please turn off the power before moving. If you feel unwell due to abnormal use of the product, stop using it immediately. If your body or skin feels uncomfortable, please consult your doctor and follow your doctor's advice. This product is not a medical device.

Introduction of EMS micro current stimulation

The principle of EMS fitness is to transmit micro-current signals to the human body through EMS equipment. The frequency of micro-current signals is in the range of 40HZ to 2500HZ (It belongs to the middle and low frequency current and can only impact the muscle layer). The human body recognizes these current signals as human bio-electricity signal. The signal can stimulate muscle contraction and achieve the purpose of reducing fat and slimming.

EMS provides users with a weight-free fitness method, which avoids the body damage caused by traditional fitness method or lack of professional guidance.

The biggest advantage of EMS is high efficiency and low frequency. It is reported that use high-quality EMS training massage patch for 20 minutes is equivalent to 120 minutes of exercise in the gym. Inferior massage patches can't do it well so as to can't achieve goals of fitness and weight loss.

Parameter



1. Indicator light; 2. Mode display; 3. Decrease; 4. Mode change; 5. Increase; 6. LED Display; 7. Intensity display

Product name: Electric patch Muscle Stimulator

Material ABS+PU

Working temperature 10-35°C

Working voltage: 3.7V/ 30mA

Working time: 15 minutes

Operating frequency 1-100Hz

Instructions



1. Disassemble the packing bag and mount host on the massage patch.
2. Remove the transparent protective film from the massage patch.
3. Attach the massage patch to the body part that need massage.
4. Start up : Long press the "+" button for 2 minutes to start, and the green light is on. The default intensity is 0 level. Then press the "+" button to increase the strength, and green lights flicker when working.
5. Press the "-" button to decrease the strength.
6. Mode change: press the "M" button to select mode, then press "+" to increase intensity. Mode can also be changed during working, and the default mode is 1 level after changing mode.
7. Shutdown: Keep pressing the "-" button to decrease the strength until the green light is off.
8. After shutting down, remove the massage patch and cover the protective film, then put it in a cool place. Reminder: The host will shut down automatically when massage patch has been removed for 10 seconds.

Charging instructions

Charging access: plug one end of the charging cable into the "5V/1A" adapter or plug into the computer USB port to charge. In the charging: the light in the middle of the host top is red when charging, and the red light is off when fully charged. Power display: the number displayed on the screen at the moment of starting up represents power (2=100%, 1=50%, 0=0%).

Product maintenance (cleaning)

Host maintenance: Please wipe it with a soft cloth. Do not use excessive wet cloth to wipe it in case of water seeping into host. Do not use diluter, benzene or other volatile liquids to wipe it.

Massage patch maintenance: Patch with dirt can be wiped with wet cloth, or washed carefully with water. Finally, it can be reused immediately after drying.

Customized gel for massage pads: To enhance the sense of experience and achieve the effect of exercise and fitness, please use a customized gel with thickness of 1mm. Generally speaking, the thickness of ordinary gel is 0.8mm, it will bring poor experience and strong tingling sensation.

The gel is consumable. Do not bend or fold it, otherwise it may be damaged. Please purchase new gel in the following conditions:

1. More than 5 days after opening.
2. Use it for about 25-30 times (tear it off after gluing with the skin).
3. The viscosity of gel decrease, or the surface is dry, sunken, damaged and dirty.

Warm prompt

1. To protect the service life of gel, please keep your skin clean and dry before using it. Please attach the gel sheet tightly to the sign or it may cause strong local irritation because current cannot pass through whole gel sheet .
2. It is recommended to use 12-15 minutes per exercise, 2-3 times per day. You may feel tired or uncomfortable if you use it for long time.
3. Do not exercise within half an hour after eating, which may cause abdominal discomfort.

Warning

Please consult your doctor before using in following situations: Patient who is being treated by doctor and has a physical abnormality. Malignant tumor patient. Pregnant women and maternity. Patient with heart, blood pressure disease and cranial nerve abnormality. Patient who is taking medication and has a temperature above 38°C. Patient with Infectious disease. Patient with skin dysfunction or abnormal skin disease. Patient with acute disease. Patient who need to be rested. Patient with abnormal bleeding. Patient who are not free to express their wishes. Patient with sensory impairment due to high peripheral circulatory disorders of diabetes. Skin is allergic to electrode pads. Children under 14 years can't use it.

Notice

Do not use this product in the following parts, or it may cause physical problems: Brain and heart part. Surgical site where plastic surgery was performed. Above the neck and head. Implanting position with metal and plastic. Mucosal parts such as wounds, eyes, mouth, and genitals. The part of the hair removal treatment on that day. Abdomen during physiological period. Patient with implanted medical electronic device, such as heart rate regulator. Patient with medical electronic device, such as artificial heart and lung. Patient with wearable medical electronic instruments such as an electrocardiograph scanner.

Common Fault

1. Unable to power On

Battery runs out

Check indicator light

Connect USB cable

2. Can't feel current stimulation

C: Don't adjust intensity, Don't attach gel closely to skin, Gel is damaged, Gel is dirty, Excessive low intensity

S: Increase intensity level, Attach gel to skin, Replace new gel, Adjust intensity level

3. Low current stimulation

C: Low battery, Gel is damaged, Gel is dirty

S: Adjust intensity level, Connect USB cable, Replace new gel

4. High current stimulation

C: High current mode, Don't attach gel closely to skin,

S: Decrease intensity, Please attach gel to skin closely, check the power source, please charge in time.

5. Different intensity in different Part

C: Different Used part and vibration waveform

S: Different level of sensitivity of body, Waveform alternate change because of vibrating

6. The skin is red and tingling

C: Gel don't attach to skin closely, Gel is damaged, Gel is dirty and dry

S: Please attach gel to skin closely, Replace new gel