

Instruction Manual

SE-EMS04 EMS Muscle Stimulation Machine



Thank you for choosing our machine. Please read the manual carefully before the usage

Does EMS treatment really work? How do you get effects?

Can EMS muscle stimulation machine reduce fat and lose weight? The answer is YES!!! It uses microcurrent electricity to stimulate the muscle contractions passively. This effect will make the muscles exercising inconsciously even you are just sitting there.

So how does EMS slimming treatment work? That's because the EMS microcurrent helps to burn calories and then burn fat.

It is known that muscle burns more calories than other tissue. Studies has shown just 1 pound of muscle can burn 30 calories per day just being there, whereas 1 pound of fat burns just 2 calories. The amount of muscle you have determines how many calories your body uses when you are inactive. So the more muscle you have, the more calories you burn and the easier you reduce fat. The muscle in exercising can even increase the basal metabolic rate(BMR) by as much as 15%.

And lean muscle also fills out your skin so that the saggy cellulite tissue could be transformed into neat, toned, smoother, taut in a matter of weeks. This process can help tighten skin too.

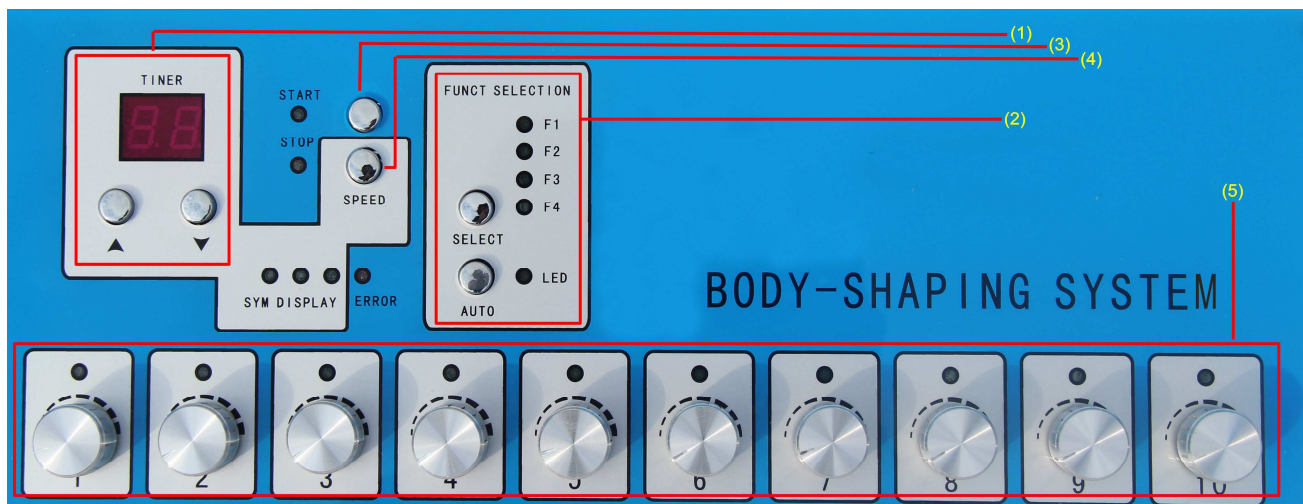
But the trouble is that when we become older, we start losing muscle(about 0.5 pound of muscle per year). It means that you risk losing 5.5 pounds of muscle while gaining 16.5 pounds of fat every 10 years if we don't do anything to promote it. So whatever your current shape is, muscle is always important to reduce fat and keep slim.

The EMS muscle stimulation machine can positively help to build up your muscle for fat reduction and tone your body.

Contraindications—Who are not allowed to use EMS Muscle Stimulation Treatment?

1. Sensitive skin
2. Skin rash
3. Skin with injury, inflammation or infection
4. Surgical scar in 12 months
5. Skin Swollen
6. Heart diseases
7. Heart murmur or irregular heart rate
8. Pacemaker or heart rate balancer users
9. Pregnancy
10. Epilepsy
11. Alcoholism
12. Skin Ulcers
13. Diseases of stomach, intestine, liver, pancreas
14. Breast Cancer
15. Undergoing cancer treatments
16. Major surgery within 12 months
17. Asthma
18. Fever, Flu, Cold, upset stomach
19. Any serious illness not yet listed above

Control Panel



- (1)-Timer: where you can increase/decrease the treatment time
- (2)-Modes Selection. There are 4 modes + 1 auto mode. Press "SELECT" button to choose Mode F1 to F4. To select auto mode, press "AUTO" button
- (3)-Start/Pause Button
- (4)-Pulse Frequency Adjustment. There are 3 levels
- (5)-Intensity Control Knobs

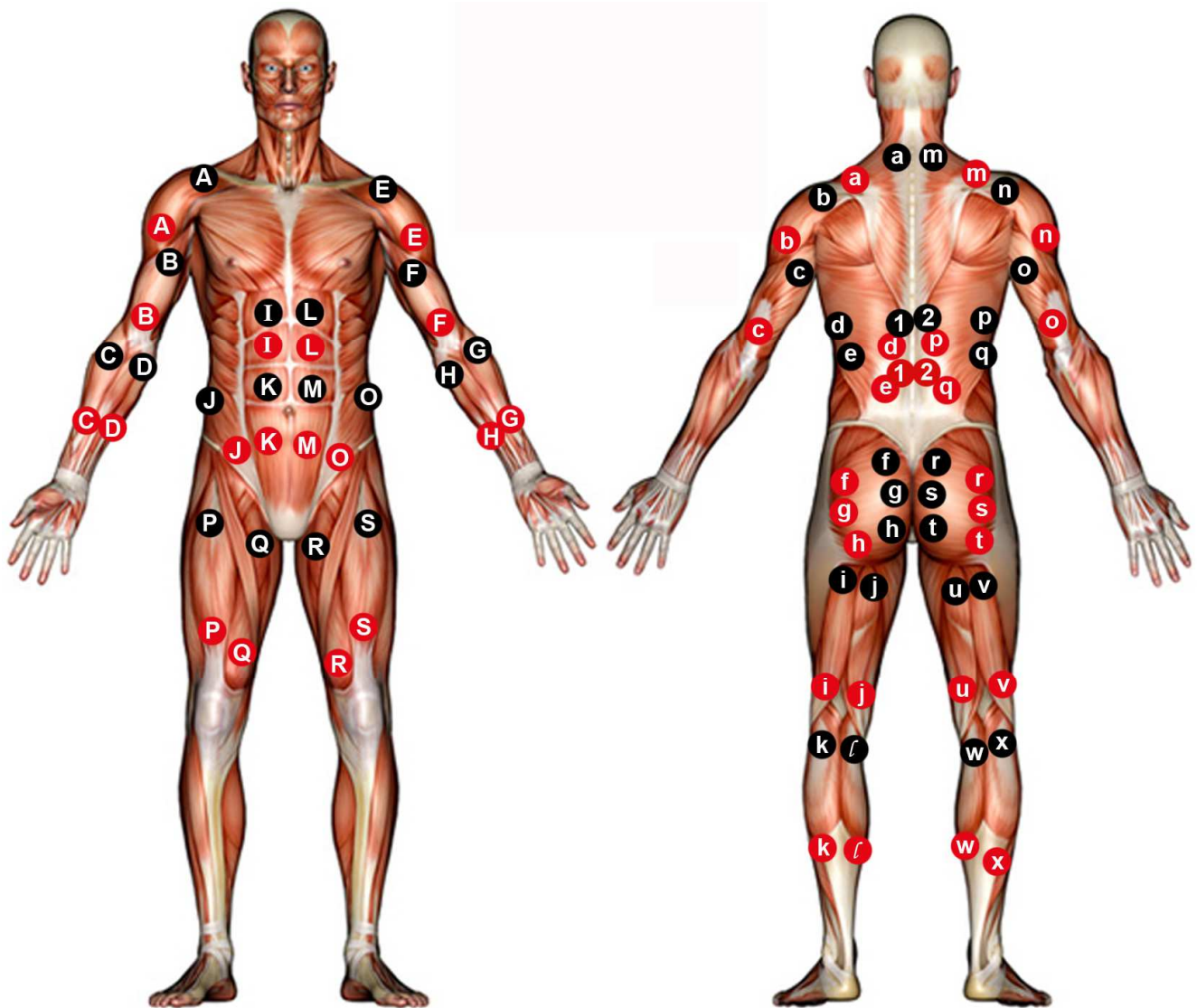
Operation Steps

1. The first step is not to connect the machine to the power supply.
2. Connect the electrode pads (totally 20 pcs) to each cord (totally 10 cords) and then plug the cords to the machine (The not-in-use cords are not required to connect the machine). It is forbidden to connect the cords to the machine without connecting the electrode pads to the other end of the cords
3. Check all the intensity control knobs to make sure all of them are turned off
4. Connect the machine to the power supply
5. Apply the conductive gel on the treatment area and evenly massage it.
6. Place the electrode pads on the target body area (pre-gelled). Please follow the below chart of the pads placement. Please pay attention to the colors (red/black). Use the bands to fasten the electrode pads if necessary
7. Turn on the power switch at the back of the machine and select the treatment time. And next press "Start" button to start the machine
8. Turn on the intensity control knobs and adjust them gradually to fit user's tolerance. Please don't turn up the intensity sharply
9. Press "Select" or "Auto" button to choose the mode and Press "Speed" button to adjust the pulse frequency according to user's wish.
10. Press "Start" button again to stop the treatment if you need to pause or stop
11. Once the treatment is finished, please firstly stop the machine and next remove the electrode pads from the body. Do not reverse this step. And make sure the machine is out of power connection when it is not in use and turn off all the intensity control knobs
12. Use cotton cloth with alcohol (medical 75%) to clean all the used electrode pads and then place them on the shelf attached to the machine. Please do not wash the electrode pads in water

Treatment Time Suggestion

It is recommended to configure the treatment time around 20 minutes. For the first trial treatment, please configure the time to 12-15 minutes only.

Electrode Pads Placement:



- A-A, E-E, b-b, n-n: Deltoid
- B-B, F-F: Biceps
- C-C, G-G: Brachioradialis
- D-D, H-H: Radialis Muscles
- I-I, K-K, L-L, M-M: Rectus Abdominis
- J-J, O-O: External Oblique
- P-P, S-S: Quadriceps Femoris
- Q-Q, R-R: Adductor Muscles
- a-a, m-m: Trapezius
- c-c, o-o: Triceps Brachii
- d-d, e-e, p-p, q-q: Latissimus Dorsi
- f-f, g-g, h-h, r-r, s-s, t-t: Gluteus Maximus
- i-i, v-v: Thigh Biceps
- j-j, u-u: Semitendinosus
- k-k, l-l, w-w, x-x: Gastrocnemius
- 1-1, 2-2: Erector Spinae

Cautions

1. Please turn off all the intensity controllers before the usage
2. Please do not use the treatment without applying conductive gel or products for fat burning or skin tightening. Cream or Oil products are not recommended due to microcurrent insulation
3. Please do not directly stick 2pcs of electrode pads together
4. Please do not turn up the intensity sharply. Or the user will get shock easily
5. Please turn off the machine before remove the electrode pads from the treatment area
6. Only adult group is allowed to use the treatment. Machine should be kept away from children

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Technical Parameters

- Voltage: 110V/60Hz, 220V/50Hz
- Power: 15W
- Package Size: 54 x 38 x 36.5 cm
- G.W.: 6.5 kg

Package List

- Main Body X 1
- Electrode Pads X 20
- Conductive Cords X 10
- Belts X 3
- Power Cord X 1
- Manual X 1
- Fuse X 2