

Intelligent Fitness

Operating manual



Please read the operating manual carefully before use, and use this product in the correct way.

Product name	Intelligent muscle stimulator
Size	5cm
Material	ABS
Working temperature	10-35℃
Working voltage	3.7V polymer aluminium cell
Model	10Modes (30 level)

When the main engine charges, it displays a red light, which is full in about 2 hours, and the full light goes out.

Do not use it while charging.

Safety instructions

- ☐ It is forbidden to use electronic medical equipment (such as pacemakers, etc.)
- ☐ Cannot be used on the face, heart, sensitive areas.
- ☐ It is forbidden for patients with heart disease, epilepsy, malignant tumor and cancer.
- ☐ Severe mental trauma patients are prohibited from using.
- ☐ Do not use when driving or operating dangerous machines.
- ☐ Pregnant women are prohibited from using.
- ☐ Use abdominal products 3 months after childbirth and 6 months after caesarean section.
- ☐ Suspend the use of women's menstrual period.
- ☐ Please do not use if you have allergies, skin abnormalities or disorders.
- ☐ Suspend use if the skin is abnormal (such as trauma, redness, etc.) during use.

The LCD mode adopts intelligent microelectronics technology for muscle electrical stimulation;

USE Tips

Note

before use, Please spray some water on the electrode pad



Spray some water on the pads or keep your skin moist before use.

1. Spray some water on the pads or keep your skin moist before use. Otherwise, The Belt Will Not vibration and the machine will not work properly.
2. If you feel slight tingling during use, it is normal when your skin is too dry. It is recommended to spray some water on the Electrode Pads before using it.
3. Make sure the electrode pads fully contact with the abdominal skin at the same time.

USAGE METHOD:

1. Press the "+" key to start the machine, then continue to press, increasing the intensity by 1 to 30;
2. Press the "M" key to select 10 modes for conversion;
3. Press "-" to gradually reduce the intensity, and when the intensity drops to 0, press "close";

Mode introduction:



Mode 1
vibration



Mode 2
Massage



Mode 3
shaping



Mode 4
Weight loss



Mode 5
Fat burning



Mode 6
kneading



Mode 7
Massage



Mode 8
Acupuncture
and moxibustion



Mode 9
comprehensive



Mode 10
Knead

FAQ (Frequently Asked Questions)

Q: Why do you feel local tingling?

S: The skin may be dry and sensitive, or there may be abnormalities such as wounds, redness and scratches on the skin surface. If there is no abnormality, it can be used after wetting the skin, or switching modes. If there is abnormality, it can be used after the skin recovers.

Q: How long can it be used every day?

S: It is recommended to use it 1-2 times a day for 15 minutes at a time. Please do not overuse it.

Q: Is the skin red after use normal?

S: It is normal for skin to be red after use, which is due to the increase of subcutaneous blood flow, which will fade after a period of time. If there are more red skin for a long time, the sensitivity may be red, so try to lower the intensity. If the problem still exists, stop using it and contact the customer service.

Q: Does the product cause muscle soreness?

S: Like all sports, overload exercise may cause soreness, which is normal and will disappear after a few days. On the contrary, it will not cause soreness without overload exercise.

Product maintenance

◎ Please store the products in a cool and dry place

◎ If you need to wash with water, take off the main machine and rinse it.

◎ Do not wash it by machine or wring it dry

◎ Wash and reserve must be completely dried before use