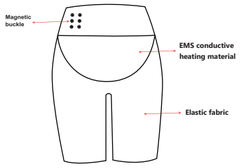
EMS SMART BODY MANAGER INSTRUCTION MANUAL

Please read the operation manual carefully before use

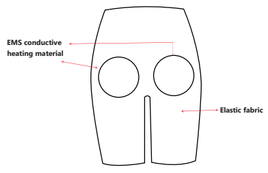


INTRODUCTION TO YOGA PANTS

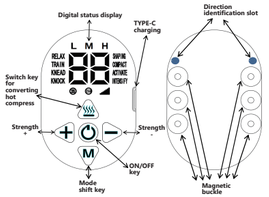
① Front of yoga pants



② Back of yoga pants



HOST INTRODUCTION



WEARING INSTRUCTIONS



USING REAL IMAGES



USE TEXT TO ADD EXPLANATIONS

Host operating instructions

1. After putting on the yoga pants in the correct direction, fix the main body on the yoga pants in the correct direction.

2. After wearing, be sure to apply it to the skin and massage it as much as possible before use.

3. Long Press ⏻ key 3 seconds boot, normal indicator light, then long press ⏻ key 3 seconds shutdown, all indicators off. After booting, Short Press ⏻ to open and close.

4. Press the+/- keys to adjust the EMS intensity, there are 1 to 20 or 30 intensities in total. Press+EMS intensity to increase, press -EMS intensity to decrease. EMS intensity from 0 to 1 will produce a "beep" sound. Prompt EMS to turn on. When the intensity reaches level 20 or 30, touching the+key again will make a "beep" sound, indicating that the intensity is at the highest level. In EMS mode, if the magnetic buckle of the host is not in contact with the yoga pants, a "beep beep" prompt sound will be emitted.

5. Press the M mode switch button to switch between mode 1 and mode 8. The charging display will turn red, and the fully charged LED will turn off or turn green. The mode transition will make a "beep" sound.

6.The short 𝚳 key function switches from low, medium, high, and then to off gear. If the yoga pants are not in contact with the magnetic buckle of the host, the 𝚳 key will emit a "beep beep" prompt sound and the indicator light will be on, indicating that the yoga pants are not in contact with the magnetic buckle of the host.

MATTERS NEEDING ATTENTION

→ The host does not work during use, such as EMS and hot compress. After 1 minute, it will emit a "beep" sound and automatically enter the sleep and shutdown state. You can also long press the ⏻ button on the host for 3 seconds to turn it on. The host will emit a "beep" sound and automatically shut down after 30 minutes of no button action after operation

→ Please use EMS and hot compress mode according to your own tolerance. It is recommended that users slightly lower the gear when experiencing EMS and hot compress for the first time, and gradually increase it when their body fully adapts to the intensity. This way, the experience effect is better

→ when the battery power is very low, the mode indicator color may be biased, and it will automatically shut down after working for a period of time. When the color status display is abnormal, please charge the battery in time to make the experience better.

EMS EXPLANATION

→ EMS is a technique that uses electrical current to stimulate muscles for specific effects. Muscle electrical stimulation involves placing electrodes on the skin to provide small, low-voltage electrical pulses to the muscles, causing them to contract.
It has the effects of strengthening muscles, relaxing tense muscles, relieving muscle fatigue, promoting blood circulation, stimulating fat, and aiding in weight loss. Research indicates that it is an effective non-pharmacological clinical treatment method and has no side effects on the body when used correctly. It is a good way to train oneself and is supported by science and medicine.

SAFETY TIPS

*If you have any pain or illness, please consult a doctor first before deciding whether to use it.

RELATED PARAMETERS

Productname	**EMS Smart Body Manager**
Product size	**2000MA elliptical host: diameter 70X47mm (host)** **Yoga pants:** M/L/XL
EMS pattern	**output voltage: 0-90V current:0.05-30MA**
output frequency	**1-200Hz**
Input current	**0-2000MA**
input voltage	**5V**
Battery capacity	**2000mAh**
Three levels of temperature for hot compress	**38℃~43℃**
Duration of hot compress	**>1 hour**
EMS working hours	**>48hour**
Standby time	**>6 months**
Product material	**ABS material + rubber oil + EMS conductive heating material + graphene + Stretch cloth +etc.charging cable X1**
Accessories	**Yoga pants X1; Host X1; Instruction manual X1; Charger X1**
Mode	**8 modes 20/30strength levels**
Recommended use environment	**20-40 ℃**

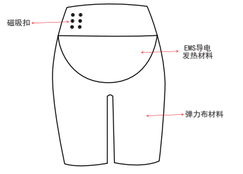
EMS智能身材管理器 使用说明书

使用前请认真阅读使用说明书

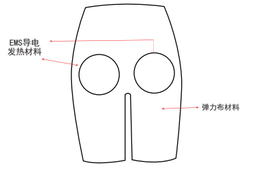


瑜伽裤介绍

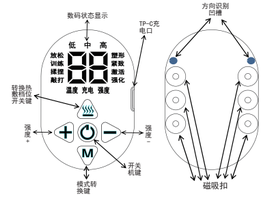
①瑜伽裤正面



②瑜伽裤背面



主机介绍



佩戴方法



使用实图



使用文字附加说明

主机操作说明

1，将瑜伽裤以正确的方向进行穿戴后在将主机以正确方向固定在瑜伽裤上面。

2，穿戴完毕，注意使用前尽量要贴附于皮肤触进行按摩。

3，长按⏻键3秒开机，正常指示灯亮，再长按⏻键3秒关机，所有指示灯灭。开机后短按⏻键开启和关闭。

4，按+/-键调整EMS强度，共有1到20或30个强度，按+EMS强度加强，按-EMS强度减弱。EMS强度0到1会发出“滴滴”响声。提示EMS开启，当强度到达20或30档时，再触摸+键会发出“滴滴”响声，提示强度为最高档。EMS状态下主机磁吸扣与瑜伽裤没接触会发出“滴滴滴”提示响声。

5，按M模式转换键，1模式到8模式间模式转换，充电显示为红色，充满LED熄灭或亮绿灯。模式转换都会发出“滴”声响。

6，短𝚳键功能从低，中，高，再到关闭档位切换，若瑜伽裤与主机磁吸扣没接触到，开启𝚳键会发出“滴滴滴”提示音，且指示灯长亮，提示瑜伽裤与主机磁吸扣没接触到。

注意事项

→ 主机在使用过程中如EMS与热敷都不工作。1分钟后便会发出“滴滴”声响自动进入休眠关机状态，也可长按主机⏻键3秒开机。
主机在工作后无按键动作30分钟后会发出“滴滴”声响自动关机

→ 请根据自身承受力度使用EMS与热敷档位体验。建议用户初次体验EMS与热敷时，档位稍微调低，等身体彻底适应了该强度再逐步增加。这样体验效果更佳

→ 在电池电量很低时，模式指示颜色有可能出现偏色情况，工作一段时间会自动关机。在出现颜色状态显示不正常时请用户及时充电使能更好的体验

EMS详解

→ EMS是一种旨在使用电流刺激肌肉以达到特定效果的技术。肌肉电刺激是通过放置在皮肤上的电极向肌肉提供小的、低电压的电脉冲，以使肌肉收缩。具有强健肌肉，放松紧张的肌肉；缓解肌肉疲劳，活络筋络，刺激脂肪，减脂功效。经研究表示，它被认为是有效的临床非药物治疗方法；正确使用情况下，它对身体没有任何副作用。是自我训练的一种好方式，此方法是科学且有医学支持的。

安全提示

*如有病痛问题请先咨询医生，在是否进行使用。

相关参数

产品名称	EMS智能身材管理器
产品尺寸	2000MA椭圆主机：直径70X47mm(主机) 瑜伽裤：M/L/XL
EMS输出电压	输出电压0-90V 电流0.05-30MA
输出频率	1-200Hz
输入电流	0-2000MA
输入电压	5V
电池容量	2000mAh
热敷三档温度	38℃~43℃
热敷工作时长	>1小时
EMS工作时长	>48小时
待机时长	>6个月
产品材质	ABS原料+橡胶油+EMS导电发热材料+石墨烯+弹力布+硅胶膜等
配件	瑜伽裤X1；主机X1；说明书X1；充电器X1；
模式	8个模式20/30档位
建议使用环境	20-40度