— Muscle building • Fat loss • Body shaping —

EMS T2

User Manual



Catalogue

Product introduction

Working principle 01

Product specifications 01

Structure introduction 02

Instructions for use

Interface instructions 04

Parameter setting 06

Precautions 06

Warning 07

Configuration list 07

Product introduction

Working principle

Advantage:
You can lose weight by lying down. It can also increase muscle, tighten muscle groups, and create a perfect body.。
EMS acts on motor neurons to cause high-frequency contraction and relaxation of muscles. The muscles become tight and elastic, and the body lines are obvious.
EMS helps break down the large amount of fat stored in the body, making the fat tissue thin and loose, and speeding up
metabolism. Losing weight is no longer painful.

Principle:
Utilizes HI-EMT (high-intensity electromagnetic wave) technology to continuously expand and contract muscles, perform extreme training on muscles, deeply reshape the internal structure of muscles, promote myofibril growth (muscle enlargement) and produce new protein chains and muscle fibers (muscle hyperplasia)). Therefore it strengthens and grows muscles.
100% extreme muscle contraction exercise can break down a large amount of fatty acids. Fatty acids are decomposed from triglycerides and accumulated in fat cells in large amounts. Excessive fatty acid content can cause fat cells to undergo apoptosis. Apoptotic cells will be metabolized and excreted by the body within a few weeks.

Product specifications

Input power	220/110V
screen size	15.6inch
Output maximum power	2800W
frequency	5-100Hz
language	Support various language customization
package size	68.5cm*53cm*53cm
weight	44.25KG

Product introduction

Structure introduction



The Front of Machine
(Product In Kind Prevails)

1 Handle A 2 15.6-inch Screen 3 Handle B

Product introduction

Structure introduction

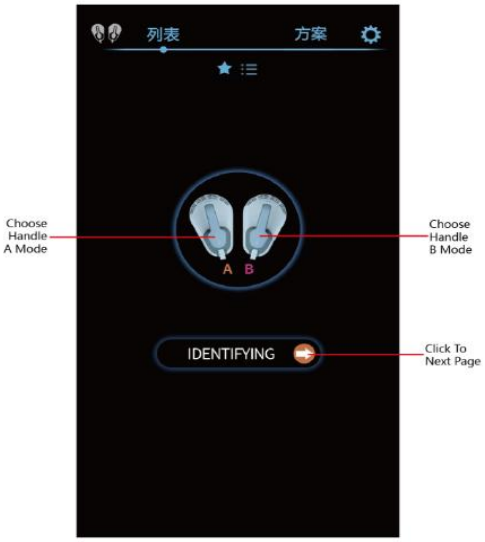


The Back of Machine
(Product In Kind Prevails)

1 Handle A Socket
2 Power switch
3 Handle B Socket
4 Power Cord Socket

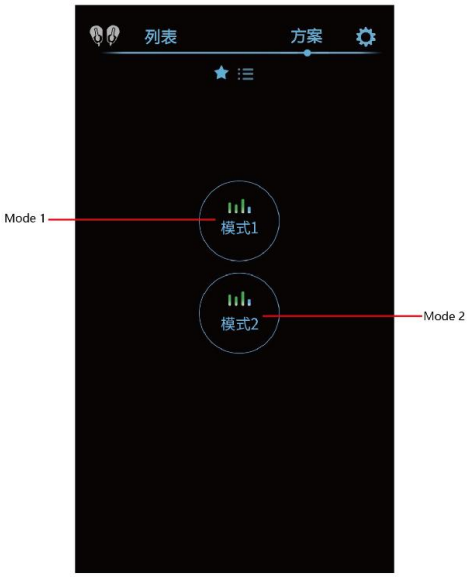
Instructions for use

Interface instructions



(Picture 1)

Turn on the machine, enter the main interface, select the handle (A, B) according to the actual nursing situation, and click to enter the next page.

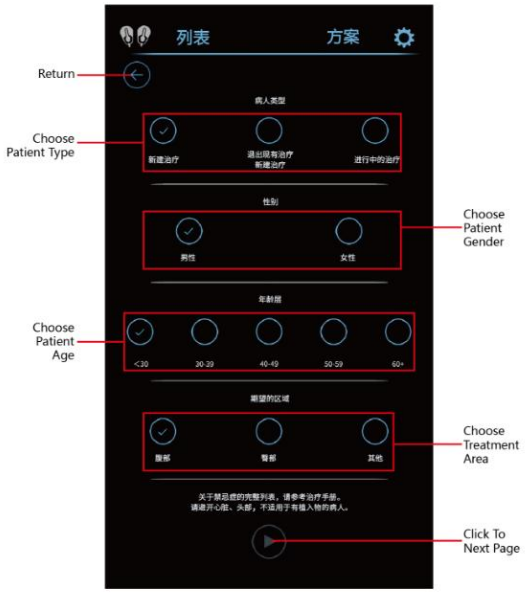


(Picture 2)

Enter the plan interface (Picture 2) and select two modes:
Mode 1: It is a muscle-building and fat-reducing mode, generally used in areas with thick fat such as the belly, and for people who need to tighten muscles and create perfect lines;
Mode 2: A perfect curve mode for muscle gain, generally used when muscles are loose and need to be tightened, such as building adonis belt, lifting hips, etc.

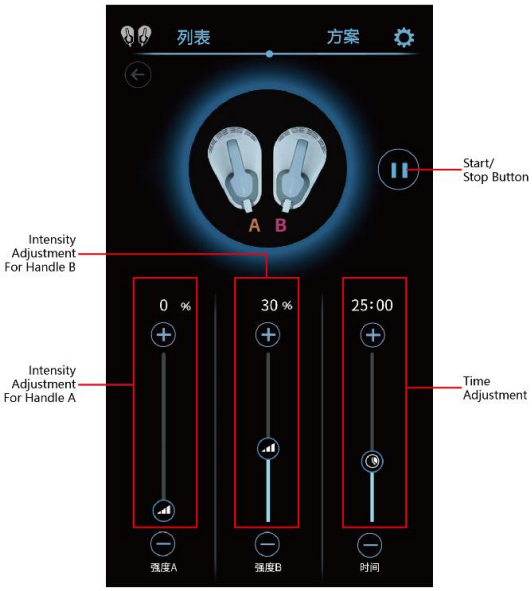
Instructions for use

Interface instructions



(Picture 3)

Enter (Picture 3) and select the information based on the customer's situation and click to enter the next page.



(Picture 4)

Enter (Picture 4) to adjust the energy. Adjust the energy from the lowest. Let the customer adapt for about two minutes. Then increase or decrease the energy according to the customer's tolerance. The time is adjusted to 30 minutes.

Instructions for use

Product specifications

Gender	Energy	Time
male	20	10-15 minutes
female	10	10-15 minutes

1、Generally, a course of treatment is 4 to 6 times, and the interval between treatments is about 3 days. It is recommended to do 4 to 5 courses of treatment a year.;

2、After 3-4 courses of continuous treatment, you can feel the gradual formation of muscles. With low body fat, you can easily have healthy waistline, such as adonis belt.;

3、It is recommended to do it one month after spontaneous delivery，and three months after caesarean section. if the rectus abdominis is separated, this treatment can help rapidly rebuild and repair the rectus abdominis muscles.。

Precautions

Precautions before operating the instrument:
1. Do not use with a full stomach, at least one hour after a meal ;
2. Please remove any metal jewelry you are wearing;
3. First touch the probe vertically to the skin, then turn on the power switch, adjust the energy to the lowest level, and then increase the energy step by step according to the user's skin tolerance.;
4. Do not eat or drink during the operation. Try to wait one hour after the operation before eating.

Precautions after operating the instrument:
1. After use, users should replenish water in time;
2. Don’ t overeat, arrange your diet and sleep appropriately;
3. Be sure to moisturize and protect yourself from the sun;
4. Avoid spicy and irritating food;
5. After this project, please do not soak in hot springs or saunas within three days.

Instructions for use

Warning

1. People with open wounds on the skin, needs to avoid the wounds.;
2. People with heart disease (such as irregular heartbeat), especially those with pacemakers;
3. cancer patient;
4. Infectious disease patients;
5. Pregnant women, lactating women, and menstruating women;
6. Major surgery patients, diabetic patients;
7. Anyone with any metal in their body;
8. People with cerebrovascular disease (stroke patients).

Configuration list

Item	Quantity
handle	2
power cable	1
Velcro tie	3