

ELFBEAUTY CharmBelt User Manual

EB-E001

CharmBelt Intelligent shaping belt

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About this User guide

WELCOME

Congratulations on purchasing your ELFBEAUTY CharmBelt. To get the most from your belt, please be sure to read all instructions thoroughly and keep them where they will be read by all who use the product.

Symbols and Conventions

To make it easier to find the information you need, the following symbols and conventions are used:



This icon marks cautions; information that should be read before using the belt.

Warning icons tell you what to do to avoid the risk of injury.



Caution icons tell you about procedures you must follow to prevent damaging the product.



Warning



WARNING

- Do not immerse the product in water or seawater. Keep the belt in a cool dry environment.
- Do not place the product in a dishwasher, washing machine, or dryer.
- Do not use or leave the battery near a heat source such as a fire or heater.
- Do not expose the product to extremely high or low temperatures.
- Clean and dry your belt regularly. Always using a clean, damp cloth.
- Do not use abrasive cleaners to clean this product.



CAUTION



Do not use CharmBelt while pregnant or nursing or during menstruation.



Do not use CharmBelt unless at least 3 months after the birth of your baby. You must consult your doctor before use.



Do not use CharmBelt if you have recently undergone a surgical procedure.










Do not use CharmBelt if you have diagnosed epilepsy or heart problems.



Do not use CharmBelt if you have an electronic implant (e.g. defibrillator or cardiac pacemaker)



Do not apply CharmBelt over neck or mouth, across or through the heart as severe muscle spasms of the laryngeal and pharyngeal muscles may occur, obstructing normal breathing mechanism.

-  Avoid any recent scars, broken or inflamed skin, areas of infection or susceptibility to acne, thrombosis or other vascular problems (e.g., varicose veins), or any parts of the body experiencing numbness.
-  Do not use while driving, operating machinery or cycling.
-  Do not use CharmBelt if you are under medical supervision for cognitive dysfunction as you may not be able to comply with safety instructions.
-  Application of electrodes near the thorax may increase the risk of cardiac fibrillation.
-  Keep your unit out of children's reach.
-  Do not use your unit if you have skin irritations to electricity. On very rare occasions, first-time users of EMS have reported feeling light-headed or faint.
-  The elderly should refrain from use without being accompanied.

Note: Discontinue use if you feel discomfort to your body during use. If you see an abnormal skin reaction during or after use, discontinue use and consult a doctor.

Product Description

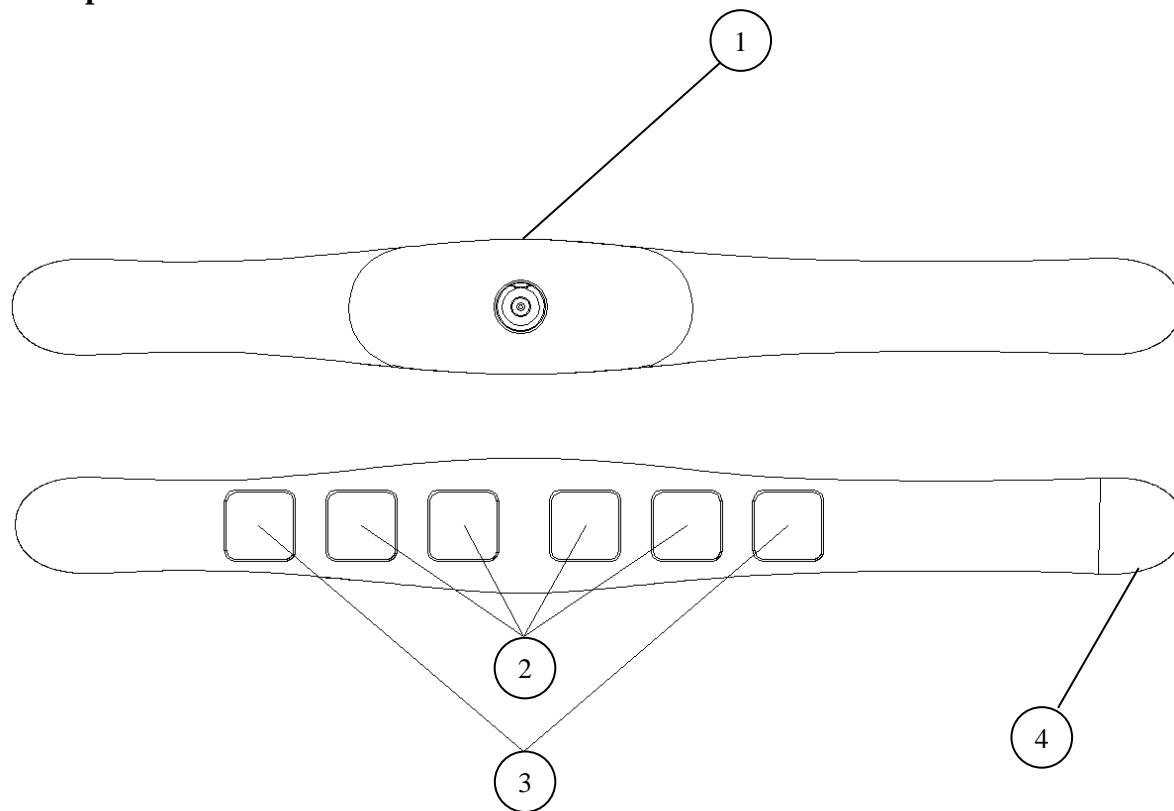
CharmBelt and Health

1. Bioelectricity is the combination of traditional Chinese medicine, physiology and the meridian as a mechanism. The electrical circulatory system is used to stimulate the meridians with electrical energy, *helping blood circulation, improving microcirculation and increasing blood oxygen level. Finally, it can bring improvement to the body's immune system.*
2. *The bioelectricity produces a smooth electrochemical and biochemical reaction, conducting the balance of electrons and protons, neutralising and eliminating radical damage. Ensuing is an enhancing impact on immunity, health and rehabilitation.*
3. *The intelligent control chip produces a safe bio-electrical pulse by conduction, through skin contact and direct action on the dermal layer of the motor nerve, stimulating muscle contraction and relaxation. By virtue of continuous repetition, a cyclical exercise routine is automatically created, producing the ideal physiological effect.*

Packaging

- CharmBelt*1
- Charging Cable*1
- Moisturising Gel*1
- User Manual*1
- Certificate of Quality*1








Description of the Charm Belt



1.On/Off/Output/Stop Button 2. CHANNEL A Pass (Abdomen) 3. CHANNEL B (Abdomen) 4. HOOK & LOOP

Product Features:

1. Intelligent chip controls bioelectricity's signal, in-depth within the body, helping to burn fat effectively and reduce excess calories.
2. Adjustable time setting from 1 to 45 minutes for automatic customise your most effective muscle workout.
3. Adjustable intensity level from 0 to 99 to ensure suitability for users at all stages of training
4. Intelligent dual-channel design with CHANNEL A & CHANNEL B which can be independently controlled use.
5. Intelligent human detection function to ensure safety by outputting only upon contact with skin
6. Alerts triggered upon high intensity settings to prevent accidental discomfort
7. Weekly planning, training and a reminder notice and performance.
8. Data regarding calories burned consistently updated, contextualised with food comparisons, to facilitate a step-wise and achievable training approach.
9. Data for 30 days stored to allow easy revision of training progress
10. Regular training recommendations to help you reach your ideal body shape
11. 7 kinds of modes (1 combinations of mode 6 kinds of professional models), 99 strength training, fitness people to adapt to the different stages and different needs;

Program diagram	Program Description	Session Duration(minutes)	Program Introduction
	Auto	25	Six types of alternative professional output mode. Relaxing with the massage while training
	Massage	15	Bioelectricity will signal to simulate the pushing, pressing and pinching movements of a real human massage, enhancing blood circulation, dredging meridians, regulating nerve function and fighting fatigue
	Tapping	25	Bioelectricity sends the signal that simulates the real massage beats to the waist and abdomen, inducing feelings of relaxation and relieving soreness of muscles.
	Twisting, lifting motion	25	Bioelectricity sends the signal that simulates the real massage twisting and lifting motion to the acupoints and the muscles, inducing feelings of relaxation and relieving soreness of muscles.
	Burning Fat	35	Bioelectricity simulates high-intensity exercise, such as sit-ups, running, crunches and other sports for calorie consumption. It also helps boost digestion and digestive motility
	Shaping	35	Bioelectricity's signal simulates crunches, sit-up and other sports to firm up the muscle
	Gain muscle	35	Bioelectricity's signal simulates three types of sports (sit-ups, pull-ups and running) and uses 900-2700 beats / min variable frequency output. This will effectively increase the movement speed of the muscle.

How to Use?

1. Start using

- Position the belt on your body.
- Press the on/off button then green LED light started flashing.
- Press the on/off button again when green LED flashes two consecutives. Then the belt starts the default Auto program, the intensity level is “15”. After five minutes of work, the intensity level will increase to “20” automatically. Up to 25 minutes the program will automatically stop.
- Pausing a session by pressing again the on/off button, when the red LED flashes twice the session will be paused.
- Work Offline mode, press 3 seconds the red LED lights flash five times to enter the off state.

2. Charging Tips

- When the host is working properly, flashing red LED indicates low battery in need of recharging
- I will host the charging cable is properly connected, the red LED flashes is charging.
- When the lights turned green indicates that the battery is fully charged, unplug the charger.
- Full recharge lasts 2-3 hours. Abstain from use while product is in charge.,

3. Using the Belt

- take appropriate gel massage cream applied on the sheet, and then apply evenly to ensure worn on the body.
- I will host the belt attached to the abdomen or other site of action, to ensure close contact with the skin cannot fall.
- After I finished using, wipe clean the conductive sheet, for the next use.



Figure 1

Extend the belt and wipe the pads clean. Apply moisturising gel onto the pads.

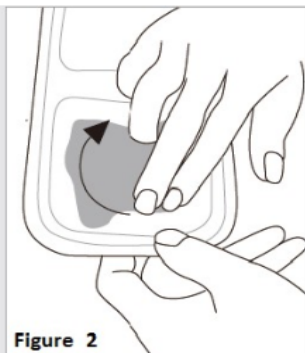


Figure 2

Use your finger to spread the moisturising gel evenly in a circular clockwise direction.



Figure 3

Position the button outwards and so that it is in the middle of the abdomen.

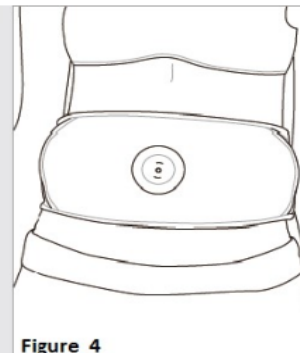


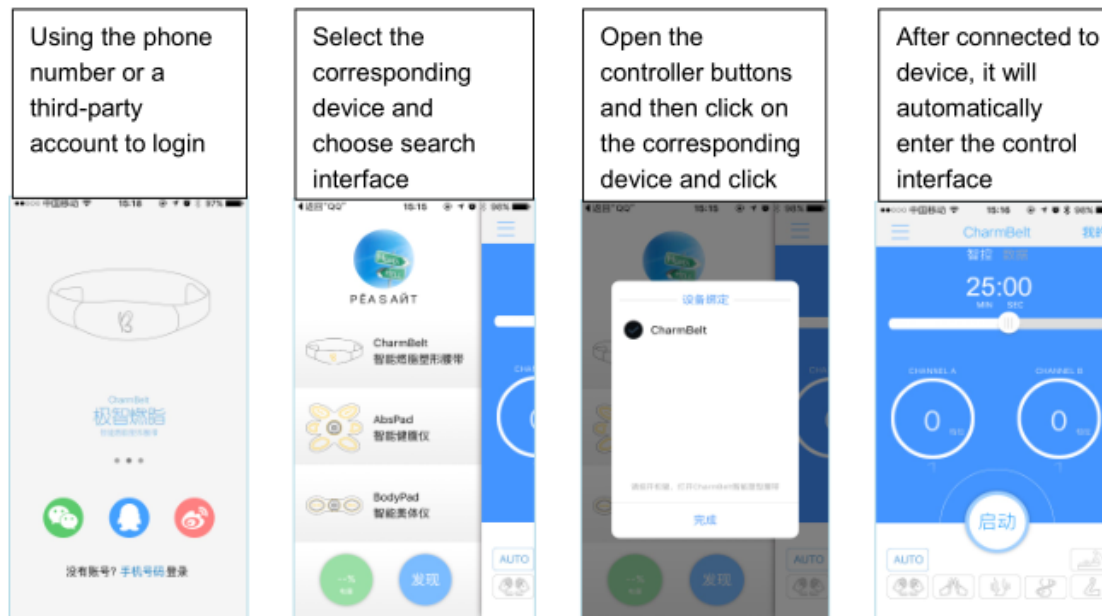
Figure 4

Stick the belt properly and ensure the pads are pressed firmly to the skin.

Connecting to App

User Guide for APP

1. Go to official website or scan the QR code to download ElfBeauty's application.
2. Activate the Bluetooth on your cell phone.
3. To use "ELFBEAUTY" APP by the following steps are listed:



4. After all the steps from above, correctly put on the CharmBelt. Then click on to “start”, you can adjust intensity, duration and program through the APP.

Tips:

1. CharmBelt use EMS bioelectric technology. As to avoid discomfort, it is advised to commence use on a low level (levels 0-1), and then incrementally increasing intensity.
2. The CharmBelt has to be firmly pressed to the skin for the phone APP to start to perform the operation.
3. During use, apply warm, moist towel to skin to mitigate the irritation from feelings of dryness.
4. Spread gel cream evenly over gel piece and then apply to body.

Quick Guide to Solving Problems

Problem	Possible Cause	Solution
The display doesn't come on and there is no signal from the unit	The battery is low	Recharge the battery or contact ELFBEAUTY's Customer Service for repair/replacement of belt
The display is on but there is no signal	The battery is low	Recharge the battery or contact ELFBEAUTY's Customer Service for repair/replacement of belt.
Cannot connect to APP	The host is not powered on. The Bluetooth is not turned on	Tap on/off button. When the green light starts to flash, it will ready to connect. Ensure that Bluetooth is enabled.
Device not found	The belt is not turned on The Bluetooth is not turned on	Turn on the belt Turn on the Bluetooth Restart the APP
Charging indicator does not flash/ cannot be charged	The charging cable is not properly connected to the main unit.	Ensure the unit and cable are properly connected

	Charging cable has been damaged	Replace the charging cable
The contractions are very weak even when the training intensity is high	Poor belt positioning The area of skin is not moist enough. The processor has broken down.	Adjust the belt's position. Use a damp towel to wipe the contacted surface. Turn off the belt and restart it after one minute
Training Intensity has decreased	The training intensity is in a "low" density Poor position to the skin Battery low	Adjust the intensity via the APP You need to position the belt correctly and pressed firmly against your skin Charge the Battery
Unpleasant feeling such as tingling sensation beneath the belt	The contact surface is too dry Poor contact with the skin	Using damp towel to wipe the contacted surface. Adjust the belt's position.

Note: If the problems above cannot be solved, please contact ELFBEAUTY's after-sales staff, who will carry out necessary repairs to solve your issues as soon as possible. Do not attempt to disassemble the product and carry out repairs on your own.

FCC Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation

Frequently asked questions:

The stimulation is uncomfortable. How can I improve this?

Make sure the pads are positioned correctly and that they are pressed firmly against your skin. Switch off your unit and reposition the belt if necessary.

My skin is red after the exercise. Is this a problem?

Some redness of the skin after a training session is normal. It is partly due to an increase in the blood flow under the skin and should fade after a while. You may also experience some reddening of the skin due to the pressure of the belt. This is the same as the pressure marks you can get from tight clothing. You should not be concerned about this.

If the redness is excessive, you may have the training intensity too high. This may increase the reddening in sensitive skin, try using a lower training intensity for a few days. If the problem persists, you should stop using the unit.

How does EMS work?

The EMS technique involves simulating the transmission of nerve impulses to the effector muscles, producing with precision the tightening and relaxation of muscle tissue, burning fat in the process. A variety of modes can be selected to achieve fat burning, shaping and muscle toning, all within one App.

Muscle feel soreness after use, is that a problem?

After using this product for training, there is a small number of users who have muscle soreness, but this is acceptable. After sufficient rest, the pain will disappear. You also can choose to use the 'Tapping' mode under low-intensity to relieve the pain.

I can feel a tingling sensation in my legs during an exercise. What should I do?

This indicates that the pads are over your hip-bones. Moving the two smaller pads upwards and inwards on your waist to prevent this. Remember to pause or switch off your unit before adjusting the belt.

I can feel my stomach muscles exercising but not my waist muscles.

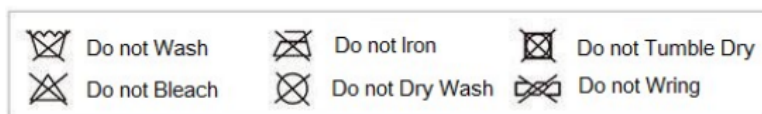
Lower the CHANNEL B's training intensity and increase the training intensity for CHANNEL A.

Product Specifications

Product Name	CharmBelt		
Product Model	EB-E001	Frequency of Bioelectricity	1-100Hz
Operating electric	35mA	Voltage of Bioelectricity	$U < 35V$ (on-load 500Ω)
Operating Voltage	DC 3.7V (Li-ion battery)	Electrical current of Bioelectricity	$I < 300\mu A$ (on-load 500Ω)
Power Input	DC 5V,500mA (Micro USB)	Operating Temperature and Humidity	$-5^{\circ}C—45^{\circ}C, 30\%—80\% RH$

Charging Hour	≈ 2-3 hours	Store Temperature and Humidity	-10℃—50℃, 10%—90% RH
Weight	≈ 450g	Size(mm)	1160(L)×135(W)×4-12(H)

Caution:



1. Do not immerse the product in water or seawater.
2. Do not place the product in a dishwasher, washing machine, or dryer.
3. Do not use abrasive cleaners to clean this product.

Product maintenance and storage

- Do not use benzene, thinner or another strong cleaning agent wipe this product.
- Product may be cleaned with a damp cloth, but only use a dry cloth for around the switch.
- Machine should be cleaned after every session.
- If the machine is to be in disuse for a period of time, fully recharge the battery prior to storage. Additionally, battery should be recharged on a monthly basis.
- Keep this product out of reach of children.
- Do not store this product in areas exposed to high voltage and temperatures, or with naked flames.
- Do not expose this product to direct sunlight.

Warranty Card**Dear Customer:**

Thanks for purchasing from ELFBEAUTY CharmBelt. Our goal is to provide you with fast, friendly and professional service and support whenever you need it.

Owner's Name		Name of Dealer	
Date of Purchase		Contact Number	
Product Name		Product Model	
Code No.		Serial No.:	
Address			
Repair History	Date of Repair	Detail	

Description:

If your product is eligible for replacement or repair, please send this completed warranty card with proof of purchase and the defective product to our company.

Caution:

- 1、Product warranties are provided if the product has been operated and maintained in accordance with the instruction manual. Any manufacturing or design defects arising from within a year after date of purchase will be addressed and fixed without cost. For periods of longer than one year, labor costs for repairs will be charged.
- 2、Product warranty is not provided if issues in product quality are not due to manufacturing or design defects, if the product not been operated or maintained appropriately or after an attempt to disassemble the product. For repairs under such cases, component costs will be charged in addition to labor costs.
- 3、We provide one (1) full year replacement warranty for the belt and the battery.