

YDSTRONG

EMS MAX Manual Book

Dear customers:

We are glad you chose to use this product. YDSTRONG EMS fitness kit has passed strict selection of products and obtained safety and reliability verification. Please feel free to use it.

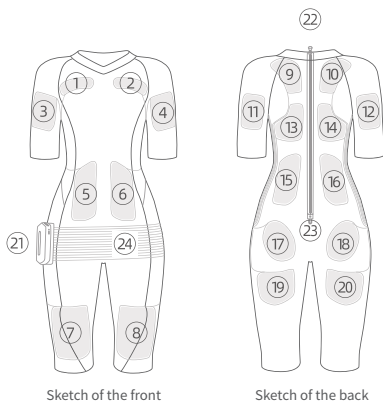
Please read this operating manual carefully and use it in accordance with the operating requirements.

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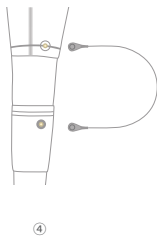
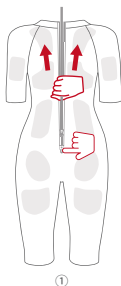
Training clothes dressing guide

1. Sketch of training suit



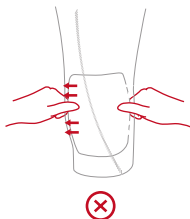
- ① ~ ②① Electrode pads
- ②② Control box location
- ②③ Back zipper
- ②④ Magnetic button
- ②⑤ Silver fiber conductive wires

2.Dressing process



- ① Put on the training suit, put one hand on the tail of the long zipper, and lift the long zipper with the other hand.
- ② Pull the zipper to the top.
- ③ Fix the magnetic button on the bottom of the zipper.
- ④ Put on a wristband, and buckle one end of the cable to The other end of the clothes (arm/thigh) is buttoned on the button of the wristband

3.Precautions



Do not pull the electrodes

- ① It is recommended to wear disposable underwear, women with thin chest pads or chest stickers.
- ② After wearing clothes, adjust the electrode pads so that the clothes fit the corresponding muscles

better. When pulling upwards, be careful not to pull the electrode pad position forcefully.

③ It is not suitable to train before or within one hour after meals.

④ It is not advisable to turn on the air conditioner during use to avoid cold and dampness entering the body.

⑤ Do not touch raw or cold food within one hour after use.

⑥ Do not let your body and clothes touch any water source during use.

⑦ Part of the body is itchy, don't pull your hands into the clothes.

⑧ Cesarean section, normal delivery, and postoperative recovery should only wear it according to the doctor's advice.

4.Requirements for cleaning of training clothes, storage, washing and quality assurance of electric fabric electrodes.

There are special standards for storage, maintenance and washing methods of EMS training suits which contains silver fabric.

① Active silver ions are prone to chemical reactions with some chemical agents. Please do not contact

strong acids, strong bases and various metal oxidants during use.

② Please wash the training suit immediately after use (within 30 minutes), and place it in a ventilated place to dry after washing.

③ When washing, the water temperature should not be higher than 40°C , dry cleaning is not allowed, and high temperature soaking is not allowed. Machine washing and machine shaking are not recommended. If machine washing is required, remember to use a laundry bag for cleaning.

④ When washing, please use neutral detergent or neutral soap for washing. Do not use detergents with bleaching function, bleaching powder, brighteners, or strippers.

⑤ Use tap water that meets drinking standards for washing as much as possible. Because the chlorine ion content in tap water that does not meet the standards is high, it will chemically react with silver to form silver chloride precipitation, causing silver loss and losing energy conduction of energy clothing. .

⑥ The training clothes should be washed separately, and the washing time should not be too long, 5 minutes is appropriate, in order to reduce the chemical reaction between silver and uncertain substances in the water, and effectively protect the energy conduction function of the energy clothing.

⑦ After cleaning, do not use spin-drying methods such as spin-drying machine/dryer, etc., but wring lightly by hand.

⑧ Dry the training clothes in a ventilated and dry place (avoid direct sunlight): Do not expose the training clothes directly to the sun. Direct sunlight will make the fiber elasticity fatigue and greatly reduce the effect; and direct sunlight will increase the temperature of the training clothes. Accelerate the chemical reaction of silver with sulfur and oxygen in the air to generate silver sulfide and silver oxide, which reduces the energy sheet function of training clothes. Proper cleaning and care can prolong the service life of the energy suit and exert the best training effect.

⑨ Storage: Please fold the energy clothing and lay it flat (do not fold the electrodes), and store it in a dry and ventilated place.

About the control box

1. Sketch of control bo

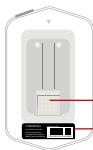


Front view

Light indication

Blue flashing means body fat test is in progress.

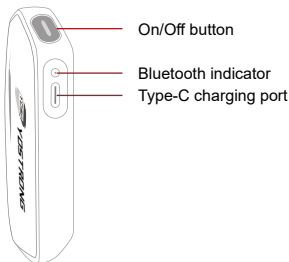
Green flashing means EMS training is in progress



Back view

thimble label

Stickers



Side view

On/Off button:

- blue light - normal
- Red light - low battery
- Green light flashing- charging status
- Green light is on when charging completed

Bluetooth indicator:

- Flashing indicates unsuccessful connection
- Staying on indicates successful connection

※Note: After the control box is successfully bound, the Bluetooth indicator light is always on. At this time, it cannot be turned off by pressing the power button. After unbinding, the blue indicator light can be turned off by pressing the power button.

2.Control box parameter

Parameter	
weight	≈ 120 (Include Battery)
size	119*69.6*21.4mm
Life span	5 years
Battery capacity	1400mAh
Charging voltage	DC5V
Battery voltage	DC3.7V (Rechargeable lithium battery)
Maximum charging current	1A
Maximum working current	<1A
Output current	6-100mA
Static current	<30uA
Standby current	40mA
Strength grade	100 grades
Tune frequency	4-200Hz
Pulse width range	100us-1000us
Discharge time	10s-60s
Interval time	0s-10s
Training time	10min-90min

3.Working mechanism

The EMS training controller (hereinafter referred to as the controller) is based on the "Electronic Muscle Stimulation Theory (EMS)", which can generate 4–200Hz low-frequency current, different waveforms, and different modulation methods. Through the electrode pads on the special training clothes, it can reach the human body. Promote blood and lymph circulation, strengthen muscle strength, adjust muscle shape, reduce fat and shape, prevent muscle atrophy; improve smooth muscle tension; acting on ganglia and nerve segments, it can produce reflexes and regulate autonomic nerve function.

4.Control box storage and maintenance

Pressure of transport and storage: 500hPa-1060hPa

Storage temperature: -20°C~ 55°C

Relative humidity: 10% R.H. ~ 93%R.H

Atmospheric pressure: 500hPa ~ 1060hPa

Storage conditions: Avoid direct sunlight, good ventilation, no corrosive gas, keep away from heating devices or places with open flames, and pay attention to avoid impact; keep away from damp places and water sources.

Maintenance instructions: Please use this product

under normal conditions, do not use this product in an open flame or heating device. It is strictly prohibited to use microwave ovens, ovens, hair dryers and other products to dry the machine or its accessories. Keep away from damp places and water sources.

※Note: Under the above storage conditions, the storage period of unused controllers after packaging is 5 years.

Product description

1.Product description

This product consists of EMS training suit, wrist band, ankle band, smart control box, operating APP, and smart watch(optional).

The control box adopts ABS+PC shell, 1 switch button on the top, 1 Bluetooth communication indicator and Type-C charging port, and 24 probes on the bottom, which communicate with suit through the connection board.

2.Product function

This product is a smart EMS system used for fitness, weight loss, body shaping, body slimming,

rehabilitation, etc. The device outputs electrical pulses through 24 probes connected to the suit connecting plate, and acts on the skin via electrodes on various parts of the training suit to stimulate muscle contraction to achieve the training purpose.

3.APP control

The operation of the device can be carried out using the mobile APP, and the user can adjust the stimulation intensity through the APP.

4.Electrode acting position

- ① Number of electrodes: a total of 24 electrodes for suit, 12 outputs, and 2 symmetrical electrodes for each route constituting a loop.
- ② Part of action: abdomen, chest, front arm, rear arm, lower arm shoulder, back, waist, hip, front thigh, rear thigh, calves.

5.Training suit

★ High elastic compression material suitable for all body types

★ Four layers silver fiber fabric silicone electorde pads

★ Completely wireless, collecting/transerfing body signal

★ Different gender with different suit size:

① Frauen/Women 女性

	S	M	L	XL	XXL
胸	68~ 88cm	72~ 93cm	76~ 98cm	80~ 104cm	84~ 109cm
腰	58~ 75cm	62~ 80cm	66~ 85cm	70~ 91cm	74~ 96cm
臀	82~ 106cm	86~ 111cm	90~ 117cm	94~ 122cm	98~ 127cm
衣长	80cm	89cm	90cm	91cm	92cm

② Männer/Men 男性

	S	M	L	XL	XXL
胸	78~ 101cm	82~ 106cm	86~ 111cm	90~ 117cm	94~ 122cm
腰	74~ 96cm	78~ 101cm	82~ 106cm	86~ 111cm	90~ 117cm
臀	85~ 110cm	89~ 115cm	93~ 120cm	96~ 124cm	100~ 130cm
衣长	102cm	103cm	104cm	104.5cm	105cm

Safety warning

- ① Metal objects such as keys, necklaces, etc. are not allowed during training, it should be removed first.
- ② The intensity should be gradually increased, and each training is carried out for about 20-30 minutes depending on the individual's tolerance level.
- ③ Training should not be done for people with contraindications.
- ④ Feeling current increase is a change in the training waveform, which is a normal phenomenon, please do not be panic.
- ⑤ Do not exercise under hungry state to avoid fainting.
- ⑥ Do not disassemble, repair or modify the control box.

Contraindications

EMS can save exercise time to a large extent and is known as one of the most effective exercise methods in the world.

Please confirm your body status before use. For your health, please consult with a professional doctor to

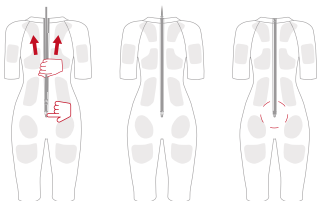
confirm whether you have the following diseases. If you have the following diseases or symptoms, do not use this product, otherwise it will cause physical discomfort, and has nothing to do with this equipment. The user is responsible for:

- ① Heart: Coronary heart disease, abnormal blood flow, high blood pressure, pacemaker wearers, defibrillator wearers, have undergone bypass surgery, myocardial infarction, arteriosclerosis, angina, sick sinus syndrome, carotid artery sinus.
- ② Skin: Neurodermatitis, psoriasis, general dry skin, open skin injury at or near the electrode contact area, eczema, sunburn.
- ③ Metabolism: diabetes, gallstones, kidney stones.
- ④ Implants: metal implants with perforations at or near the electrode contact area.
- ⑤ Nerves: Epilepsy, Parkinson's disease, multiple sclerosis, amyotrophic lateral sclerosis, paralysis patients, migraine, disorientation.
- ⑥ Bleeding: hemophilia, severe blood circulation disorders, new wounds, thrombosis.
- ⑦ Medical diseases: tumor, cancer, surgery within 6 months, stroke, lymphedema, acute inflammation, leg vein inflammation, varicose veins, overflow in the body cavity (pleural effusion, ascites), fever.
- ⑧ Pregnancy: all pregnant women.
- ⑨ Orthopedics: Orthopedics, deteriorating sports activities, rheumatism, joint disease (rheumatic), osteoporosis, congenital muscular dysplasia, tendon disease (congenital disease), vertebral syndrome, herniated disc, fracture.

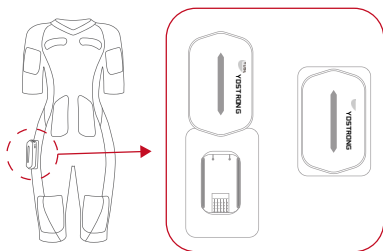
- ⑩ Others: Symptoms and anxiety after drinking, drugs.

Instructions

- ① Put on training suit, pull up zipper, and press the bottom button to fix magnetic snap (See the dressing guide for details)



- ② Fasten the control box on the right waist of training suit, from top to the bottom, turn on the power button, then Bluetooth light flashing



③ Open the APP, then turn on the Bluetooth to connect control box, Bluetooth light stays on when connected successfully.



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④ Choose “warm up” mode as a start, then adjust intensity, set training time and start training.



⑤ Since different users have different tolerance to intermediate frequency currents requiring different electricity even for the same position and modes, and it is divided into the following three types:

- Feeling type — limited to the feeling just reached
- Contraction type — limited to the cause of muscle contractoin
- Endurance type — limited to the endurance of electricity

APP operation instructions

1.APP download

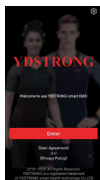
Go to Google play or Apple store to download the App by searching “EMS MAX” and install it.



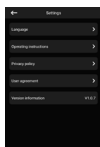
2.Pay attention to the location information in settings of your smart phone or tablet, it must be turned on when using the location information



3. Turn on Bluetooth, open the app and enter the APP main interface.



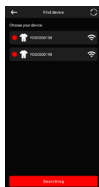
4. Click the Settings button in the upper right corner. You can set the language, view the operating instructions, view version information, etc.



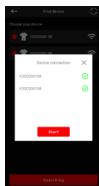
5. Tap to enter on the APP main interface. Enter the device selection interface. First-generation equipment chooses first-generation training suit, and second-generation equipment chooses second-generation training suit



6. Enter the search device interface. Select the device to be connected, and then click Connect.



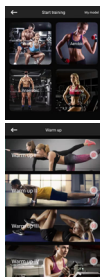
7. Click start after the connection is successful, click Start.



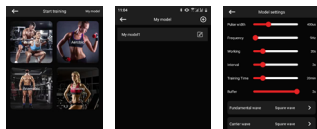
8. Read the user training agreement and swipe down, click I have read carefully and agree to the agreement.



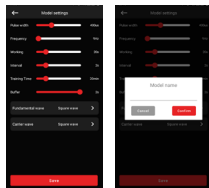
9. Enter the mode selection interface. You can choose warm-up mode, aerobic mode, strength mode, and recovery mode. There are four sub-modes under each mode.



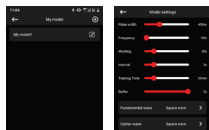
10. You can also click My Mode in the upper right corner and click the + sign in the upper right corner to set and save my mode parameters. There is no limit on the number of my modes, and multiple my modes can be set.



11. My mode settings. Pulse width range: 100us-1000us, frequency range 4-200Hz, the product of pulse width and frequency cannot exceed 100,000. After the setting is complete, click Save to name the set mode.



12. You can also click the modify button on the right to modify the saved My Mode parameters. After modification, you can click Save to save directly. You can also click to use, try it out before saving.



13. Enter the training setting interface, select the part that needs to be exercised, or select all, set the discharge duration and interval duration. Click on to start training. The ALL key below is to select all, and the "+" and "-" keys are for adjusting the intensity.



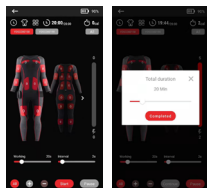
Note: You need to press the "+" key to increase the intensity within the discharge time after starting. During the interval or pause, you can only press the "-" key to decrease the intensity but not increase the intensity.

14. Choose the position that needs training, the red is the selected state, the gray is the unselected state.

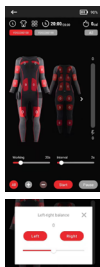
※Note: No matter whether it is selected or not, as long as the number on the electrode sheet is not zero, there is output.



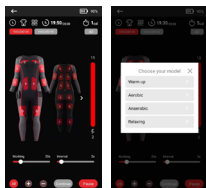
15. Click the training time setting button to set the total training time, which can be set from 10-90 minutes, usually 20 minutes is recommended.



16. Click the left and right balance button to set the left and right balance. Left-right balance refers to the difference between the body's left and right balance and somatosensory, which can be balanced by adjusting the strength of the left and right electrode pads.



17. Click the mode selection button to select the desired mode. Re-select the training mode in the middle of training, and the training needs to be restarted.

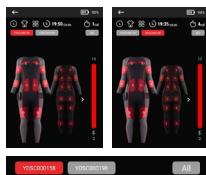


18. The power display of the control box, as shown in the figure below, displays the power of the control box. Time symbol, on the left is the time countdown, on the right is the total duration. On the far right is the number of calories consumed during training.



19. Select that control box, and the corresponding setting interface of that control box will appear, and multiple control boxes can be controlled separately.

※Note: YDSC***** is the Bluetooth name of the controller, corresponding to the bar code on the controller label.



18. You can also select the ALL button next to the Bluetooth name of the control box to select all connected control boxes and control all connected control boxes at the same time.



1.The control box cannot be searched.

- ① Check whether the control is turned on normally, the blue light of the power button is always on, and the Bluetooth light is flashing.
- ② Whether the control box has been connected to other equipment before, it can be reconnected after disconnecting from other equipment.
- ③ Check the phone or tablet settings, security and location information to ensure that the location information is turned on.

2.There is electric noise during EMS training.

- ① Never wear metal objects such as necklaces and bracelets during training.
- ② It is recommended to wear disposable underwear, women with thin chest pads or chest stickers.

3.Stinging sensation during training.

- ① Determine whether the electrodes are completely attached to the skin. If they are not attached, the resistance will increase and cause tingling.
- ② Whether there is pimple, broken skin or

inflammation on the skin at the electrode pad.

③ Dry skin and increased electrical resistance, which is more obvious in winter. It is recommended to apply some lotion on the body.

4.Why does the Bluetooth connection sometimes disconnect.

① The distance between the control box and the mobile phone or tablet should not be too far, no more than 10 meters.

② Ensure that there is no obstruction between the control box and the mobile phone or tablet.

5.Are there any venue restrictions for EMS wear?

All kinds of scenes can be worn, yoga studio, gym, office, home, beauty salon, outdoor, etc. can be used.

6.There is no electric current in some parts of the body, some are strong and some are weak.

Each part of the body feels different to the electric current, and different parts can adjust different intensities. A certain part feels weak and can be individually adjusted to an appropriate intensity.

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