

Manual book

Company: YDSTRONG (HK) INDUSTRIAL CO.,LIMITED

Brand: YDSTRONG

Manufacturer address: 6 Floor, 9#, Sunshine Industrial Zone,
Xili Street, Nanshan Area, Shenzhen City, Guangdong Province,
China.

www.ydstrong.com

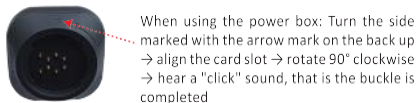
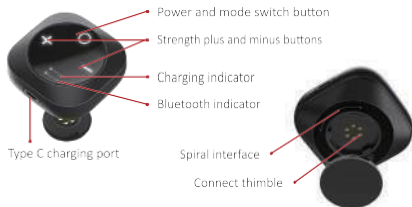
1.Product series

Name	Model	Photo	Name	Model	Photo
Abdominal toning & waist training belt (2 Channels)	YD-502		Non-Invasive pelvic toning short pants (Female)	YD-506F	
Abdominal toning & waist training belt (3 Channels)	YD-503		Pelvic toning & Prostate care short pants (Male)	YD-506M	
Buttock training short pants (Female)	YD-501F		Physiotherapy T-shirt (Female)	YD-508F	
Buttock training short pants (Male)	YD-501M		Power box	YD-003	



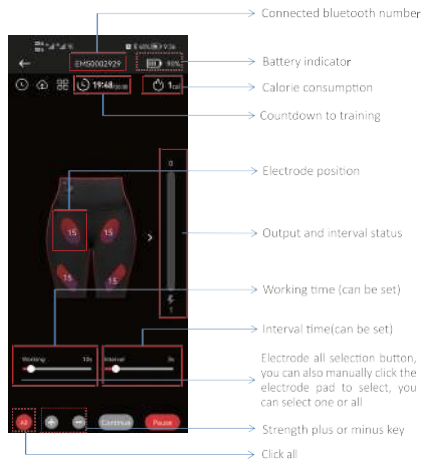
This instruction manual is suitable for Ydstrong abdominal & Waist training belt, Buttock training pants, Pelvic toning pants, Pelvic toning & prostate care pants and physiotherapy T-shirts under the brand of Shenzhen Ydstrong Smart Health Technology Co., Ltd

2.Power box parameters



Parameters	
Weight	40g
Dimensions	50x50x22 50mm
Power supply	400mAh rechargeable lithium battery
Charging current	1A
Charging power range	4.5-6.5V
The maximum working current of the whole machine	30mA-150mA
Standby current	Less than 15uA
Output channel	1-3 channels

3. APP Operation Interface





4. APP operation instructions

4.1 APP introduction and registration

EMS Max is the operation APP for YDSTRONG series products under the brand of Shenzhen Ydststrong Smart Health Technology Co., LTD



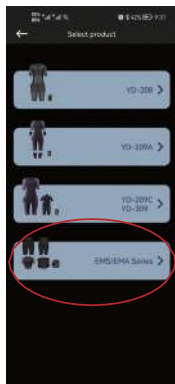
Please search for "EMS Max" on the  or  and download to install.

After opening "EMS Max", follow the APP prompt to register an account to log in to use "EMS Max".

Please read the "Terms of Use" and "Privacy Policy" carefully before registering an account

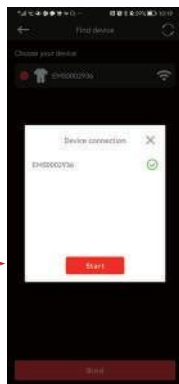
4.2 EMSmax Page Introduction

Product select



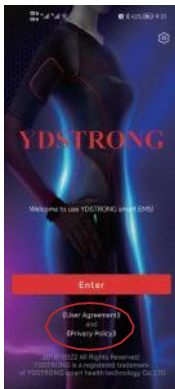
Click on the EMS/EMA series

Bluetooth bind



- 1) After searching for the device, click to bind
- 2) Click "connection"
- 3) Click "Start"

Home



Setting



4.3 EMS max Page Introduction

Contraindications

- 1) Swipe down
- 2) Click



Operation interface (Take abdominal toning & waist training belt as an example)

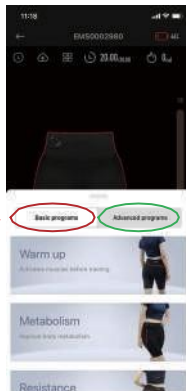


*Please read the user's contraindication instructions carefully, and you can go to the next step only if there is no corresponding problem

4.4 Operation steps

Example: Pelvic toning short pants (Female)

- 1) Click "Selection mode" to determine the selected mode



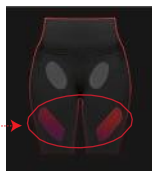
- 2) Click to start



3) Cancel all selection, the electrode will be gray after clicking



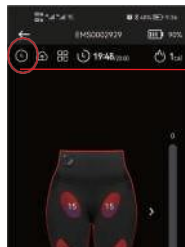
4) Select single part, the electrode turn red



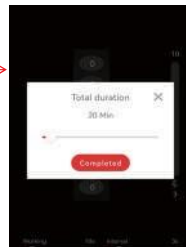
5) The strength can be increased or decreased



4.5 Introduction to the specific functions of the operation interface



Set training time



OTA button



5. Operation Instructions for Power Box

- ① In the off state, press and hold the power button for 2 seconds to turn it on – the power button will light up in white.
- ② In the power-on state, press and hold the power button for 2 seconds to power off.
- ③ The power box can be used alone without APP Bluetooth connection:

Connect the EMS suit (power-on state) → short press the power button and the power button flashes orange, then you can switch from the current mode 1 to mode 4 → short press the + and - buttons to increase or decrease the intensity of a specific training mode. After switching modes, press + and - buttons again to adjust the intensity.

④ If connect Bluetooth for APP operation, above mode function of the real button cannot be used after the Bluetooth is connected.

⑤ The working time of each mode is 20 minutes. After completing a mode, it will automatically shut down if there is no other operation within 10 minutes.

⑥ When charging, the red light of the charging indicator is always on, and the green light of the charging indicator is always on when the battery is fully charged. When the battery is low during use, the red light of the charging indicator flashes.

⑦ After the Bluetooth is connected, the Bluetooth indicator is always on.

6. 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 or not. 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 Bleeding: Hemophilia, severe blood circulation disorders, new wounds, thrombosis.

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 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.

- ⑦ Orthopedics: Orthopedics, deteriorating sports activities, rheumatism, joint disease (rheumatic), osteoporosis, congenital muscular dysplasia, tendon disease (congenital disease), vertebral syndrome, herniated disc, fracture.
- ⑧ Pregnancy: All pregnant women.
- ⑨ Others: Symptoms and anxiety after drinking, drug.
- ⑩ People with caution: High blood pressure, diabetes, gallstones, kidney stones, women with metal rings inside body.

7. Requirements for cleaning & storage & maintenance & washing

- 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 it would be better for hand wash.
- ③ After cleaning, do not use a dehydrator or dryer to dry it, but gently wring it out by hand.
- ④ 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.
- ⑤ When washing, please use neutral detergent or neutral soap

for washing. Do not use detergents with bleaching function, bleaching powder, brighteners, or strippers.

- ⑥ Dry the training clothes in a ventilated and dry place (avoid direct sunlight).
- ⑦ Storage: Please fold the energy clothing and lay it flat (do not fold the electrodes), and store it in a dry and ventilated place.

8. Precautions

- ① Users with contraindications are prohibited (for contraindications range, please refer to the contraindications).
- ② Strictly follow the instructions manual.
- ③ The adjustment intensity should be gradually increased and rapid increase in intensity is prohibited.
- ④ Size selection should be based on your own size (avoid loose or too tight to wear).
- ⑤ Avoid water intrusion into the power box, which may cause it to be scrapped.
- ⑥ Try to wear pelvic floor pants and buttock training shorts as naked as possible, or choose thin seamless underwear.
- ⑦ Pay attention to the power feedback on the APP when using it and charge it timely. Make sure to work for 20 minutes so as not to affect the experience.
- ⑧ Recommended frequency of use: once every other day for 20 minutes each time.