

EMS MAX Manual

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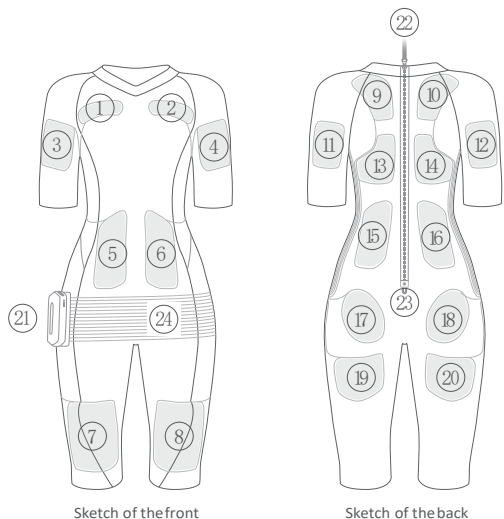
Dear customers:

We are glad that 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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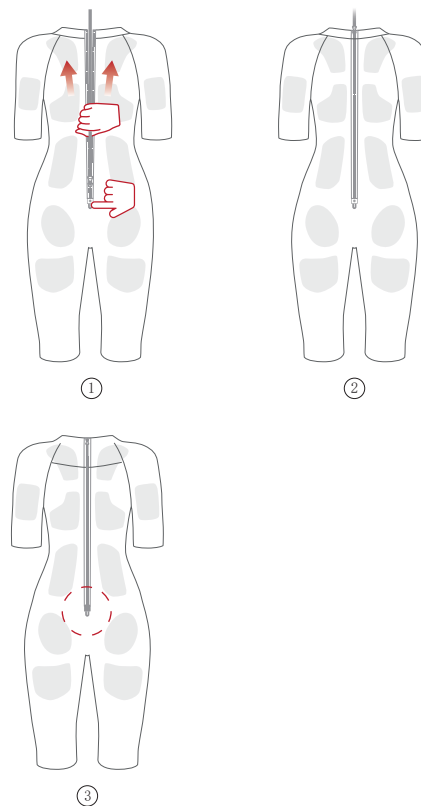
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1. Sketch of training suit



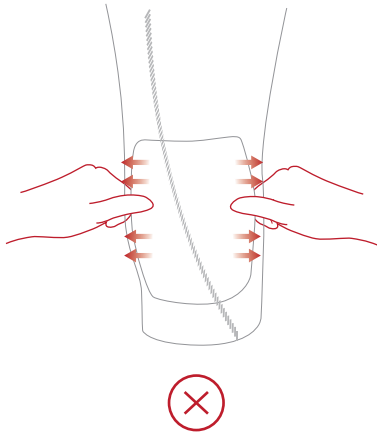
- ① ~ ⑳ Electrode pads
- ㉑ Control box location
- ㉒ Back zipper
- ㉓ Magnetic button
- ㉔ Silver fiber conductive wires

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.

3.Precautions



Do not pull the electrodes

- ① It is recommend to wear our EMS suit nakedly, but T-back & Pasties are also allowed for female.

- ② After wearing clothes, adjust the electrode pads so that the clothes can fit the corresponding muscles. When pulling upwards, be careful that don't pull the positions of electrodes forcefully.
- ③ It is not suitable to train within one hour before or after meals.
- ④ It is not advisable to turn on the air conditioner during use in order to avoid cold and dampness to enter 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 Don't put your hands into the clothes , even though your body is itchy.
- ⑧ Cesarean section, normal delivery, and postoperative recovery should only wear it according to the doctor's advice.

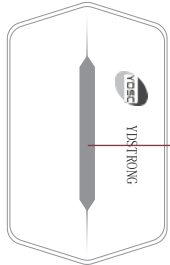
4.Special standards of storage & maintenance & washing methods for EMS training suits.

- 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 EMS suit.

- 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 EMS suit.
- 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

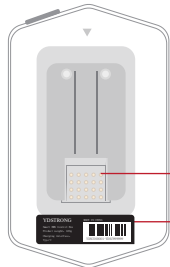
1. Sketch of control box



Front view

Light indication

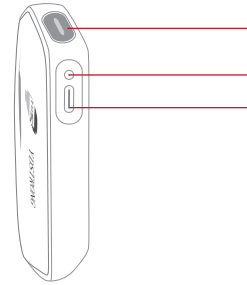
Blue flashing means that it doesn't connect with APP;
Green flashing means that it is working for training.



Back View

Conductive Pins

Stickers



SideView

On/Off button Pins

Bluetooth indicator

Type-C charging port

On/Off Button

- Blue light - normal
- Red light - low battery
- Green light flashing- charging status
- Green light keeps on -charging completed

Bluetooth indicator:

- Flashing--unsuccessful connection
- Staying on--successful connection

※Note: When the control box is bound with APP successfully, the Bluetooth indicator light is always on. At this time, control box can't be turned off by pressing the power button, but after unbinding, it can be turned off by pressing the power button.

2. Control box parameter

Parameter	
weight	≈ 120 (Contains Battery)
size	119*69.6*21.4mm
Life span	5 years
Battery capacity	1400mAh
Charging voltage	DC5V
Battery voltage	DC3.7V Rechalithium battery
Maximum charging current	1A
Maxim 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 information

This product consists of EMS training suit, smart control box, APP.

The control box : ABS+PC shell; 1 switch button on the top; 1 Bluetooth communication indicator and Type-C charging port; 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

Through the APP, users can control the devices and adjust the intensity of electrodes.

4. Training suit

- ① Completely wireless, not needing to spray water.
- ② High elastic compression material suitable for all body types.
- ③ Four layers silver fiber fabric silicone electrode pads.
- ④ A total of 20pcs dry electrodes, 10 outputs, and 2 symmetrical electrodes for each route which constitutes a loop.
- ⑤ Position of electrodes: chest, abdomen, front arm, rear arm, shoulder, back, waist, hip, front thigh, rear thigh.
- ⑥ Size chart for Female & Male:

① Female

(Unit:CM)	S	M	L	XL	XXL
Chest	68~88	72~93	76~98	80~104	84~109
Waist	58~75	62~80	66~85	70~91	74~96
Hips	82~106	86~111	90~117	94~122	98~127
Suit Length	80	89	90	91	92

② Male

(Unit:CM)	S	M	L	XL	XXL
Chest	78~101	82~106	86~111	90~117	94~122
Waist	74~96	78~101	82~106	86~111	90~117
Hips	85~110	89~115	93~120	96~124	100~130
Suit Length	102	103	104	104.5	105

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 The people who have contraindications should not do this training.
- 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.

- 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.

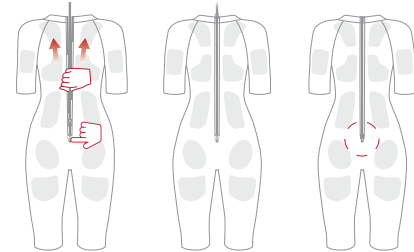
⑧ Pregnancy: all pregnant women.

⑨ Orthopedics: Orthopedics, deteriorating sports activities, rheumatism, joint disease (rheumatic), osteoporosis, congenital muscular dysplasia, tendon disease (congenital disease), vertebral syndrome, herniated disc, fracture.

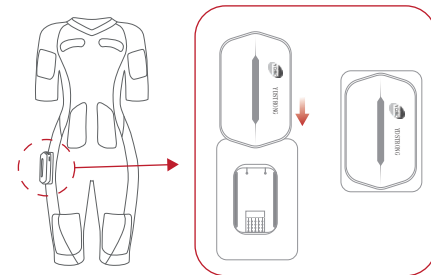
⑩ Others: Symptoms and anxiety after drinking, drug.

Instructions

1. Put on training suit, pull up zipper, and press the bottom button to fasten magnetic snap.



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.



4. Choosing “warm up” mode as a start, then adjusting intensity, setting training time and beginning to take exercise.



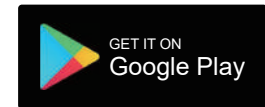
5. Since different users have different tolerance to frequency currents which requires different level of electricity , even for the same position and modes, and it is divided into the following three types:

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

APP operation instructions

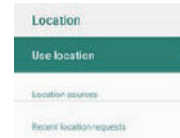
1. APP download

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

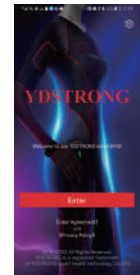


2. Pay attention to the location

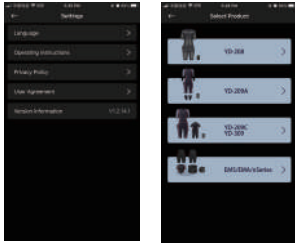
The location has to be opened in settings of cellphone or tablet when you are using the APP.



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

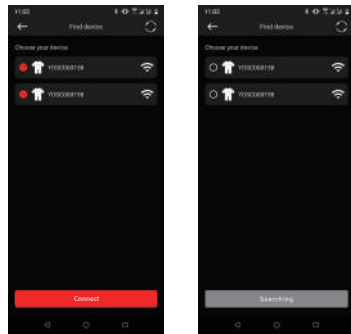


4. Click setting button in the upper right corner. You can set language, view the operating instructions and version information, etc.

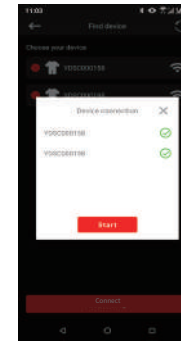


5. Tap “enter” button, then select corresponding products that you have.

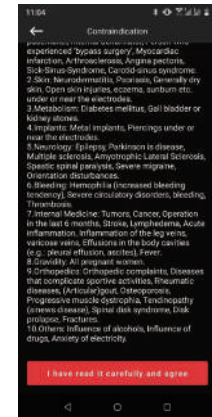
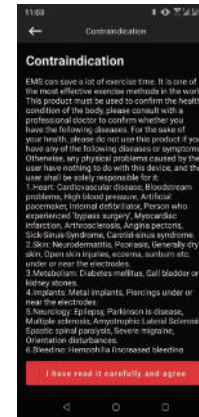
6. Enter the search device interface and select the device you want to connect, then click “Connect” .



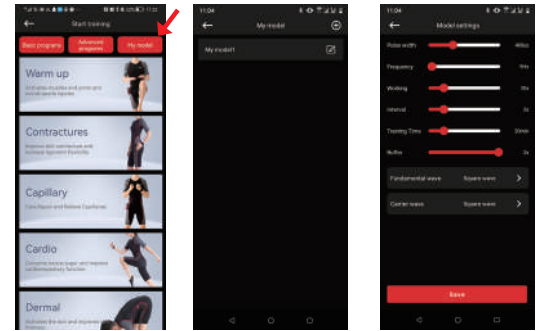
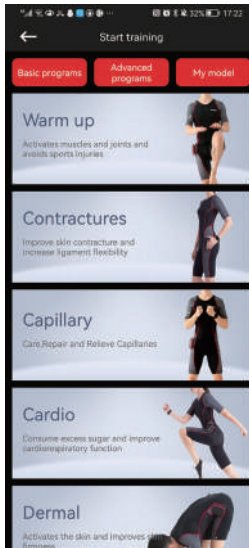
7. Click “start” after the connection is successful.



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



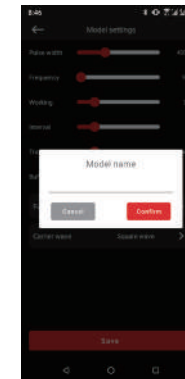
9. Enter the mode selection interface. You can choose warm-up mode, aerobic mode, strength mode, and recovery mode. There are four submodes under each mode.



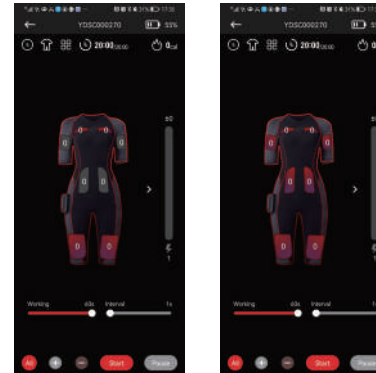
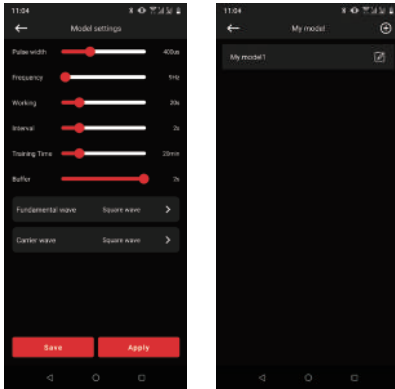
② Pulse width range: 100us-1000us; Frequency range: 4-200Hz; The product of pulse width and frequency can't exceed 100,000. After the setting is complete, click "Save"

10. My mode settings.

① You can also click "My Mode" in the upper right corner and click the "+" sign in the upper right corner to set and save your own parameters. There is no limit on the numbers of setting your workout modes.



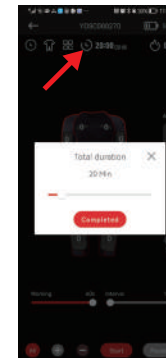
③ You can also modify your mode parameters has been saved by clicking modification button on the right and click “Save” .



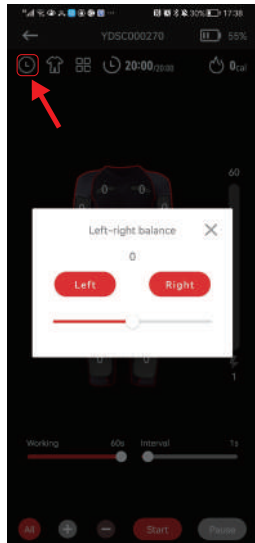
② Click the duration button to set workout time which can be set from 10 to 90 minutes, usually 20 minutes is recommended.

11. ① Enter the training modes interface, select the parts that need to be exercised, or select all, set the discharge duration and interval duration; Click “start” to train; The “All” key below is to select all, and the “+” and “-” keys are for adjusting the intensity; the red is the selected state, the gray is the unselected state.

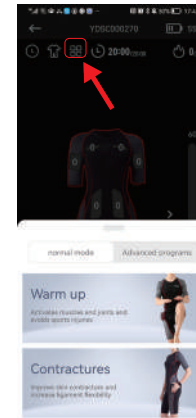
Note: You need to press the “+” key to increase the intensity within the discharge time after starting. During the interval or pause, you can only press the “-” key to



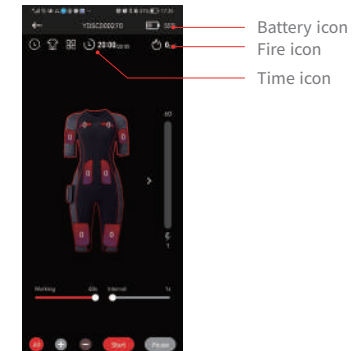
③ Click the left and right balance button to set the left and right balance. Left- right balance refers to the difference between the body's left and right balance with somatic sensation, which can be balanced by adjusting the strength of the left and right electrode pads.



④ Click the mode selection button to choose other workout modes. The training needs to be restarted if you change to other training modes in the middle of training.

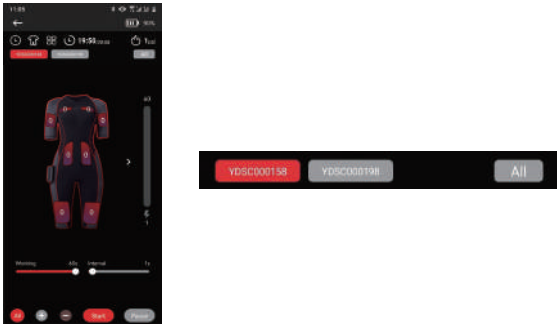


⑤ Battery icon: the power of control box
 Time icon: countdown(left part) & Total duration(right part)
 Fire icon: calories which is consume during the training

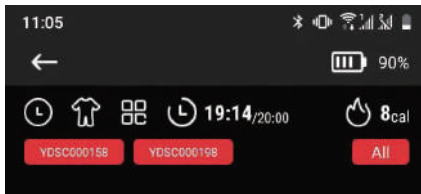


⑥ Select the control box that you want, then the corresponding setting interface of that control box will appear; multiple control boxes can be controlled separately.

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



⑦ You can also click the “All” button next to the Bluetooth name of the App to select and control all connected power boxes at the same time.



FAQ

1.The control box can't be searched.

- ① Check whether the power button of control box is turned on normally & the Bluetooth light is flashing or not .
- ② Whether the control box has been connected with other equipment before, it can be reconnected after disconnecting from other equipment.
- ③ Check the location information to ensure that the location information is opened in phone or tablet settings.

2.There is electric noise during EMS training.

- ① Please don't wear metal objects such as necklaces and bracelets during training.
- ② Please check if you wear underwear inside or not, it is recommended that you had better wear EMS training suit nakedly , but T-back and pasties are allowed.

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 Please confirm if there is any pimple, broken part or

inflammation on the skin.

- ③ Dry skin increases electrical resistance which is more obvious in winter. It is recommended to use some lotion on the body.

4. Why does the Bluetooth connection 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 suit?

It is not restricted and you are allowed to use any places, such as yoga studio, gym, office, home, beauty salon, outdoor, etc.

6. There is no electric current in some electrodes, some are strong and some are weak.

- ① Try to increase that intensities of pads separately.
- ② Confirm control box is connected with connector of suit tightly and correctly.
- ③ A certain part feels weak which can be solved by adjusting

the intensity of corresponding electrodes or Left-right balance button.