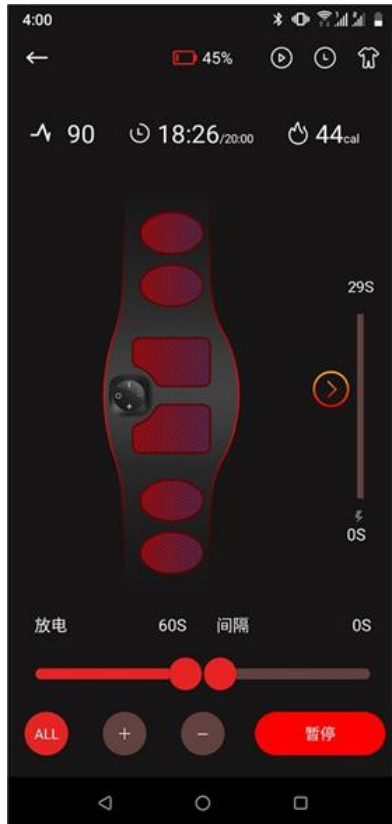




# YDSTRONG Wireless EMS/EMA Products

## 1. Abdominal toning & waist training belt



**Suitable for:**

- ⊙ Lumbar muscle strain
- ⊙ Abdominal toning, repair rectus abdominis
- ⊙ Dredge the meridians, promote blood circulation in the body, relieve pain in the lower back
- ⊙ Effectively regulate the endocrine system of human body, accelerate the ability of intestinal peristalsis, thereby accelerating the regulation of the digestive system in the human body and relieving constipation
- ⊙ Accelerate waist fat burning and shaping
- ⊙ Muscle building

According to your own needs, you can place the belt on the abdomen or waist for exercise.



# YDSTRONG Wireless EMS/EMA Products

## Product Display



**Tips:** it has two size according to different waist size needs

- \* Length 93cm, 2 pulse channels & 4 electrode pads
- \* Length 110cm, 3 pulse channels & 6 electrode pads

1



**Model number: YD-502**  
**Length: 93 CM**

2

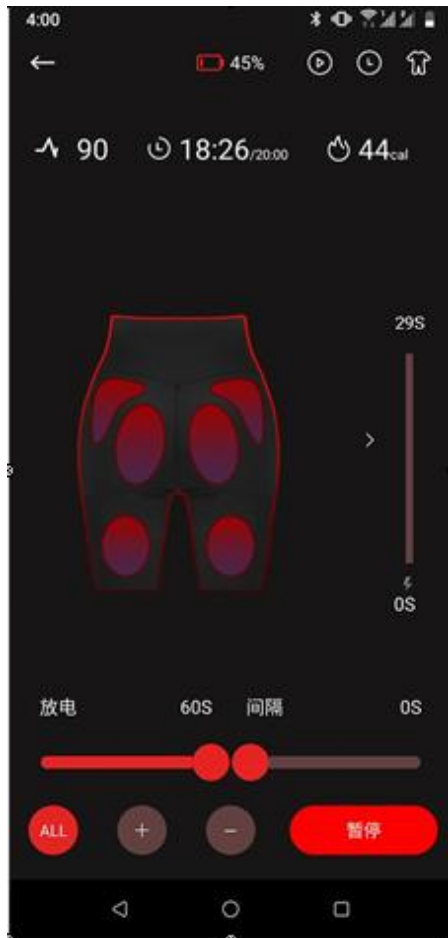


**Model number: YD-503**  
**Length: 110 CM**



# YDSTRONG Wireless EMS/EMA Products

## 2. Buttock Training Short Pants (Male/Female)



### Suitable for:

- ◎ Lift buttocks, Plump buttocks, improve buttocks muscle elasticity
- ◎ Flat buttocks, Asymmetrical buttocks
- ◎ Leg Sculpting, strengthen muscles of Quadriceps and Biceps femoris



## YDSTRONG Wireless EMS/EMA Products

### Product Display



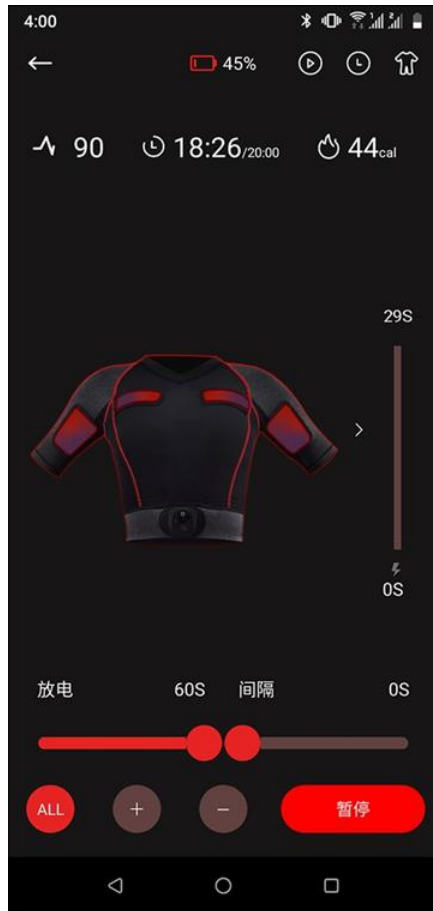
#### Tips:

- \* This short has 3 electrical pulse channels & 8 electrode pads,
- \* Corresponding muscle groups: Gluteus Maximus, Gluteus Minimus, Quadriceps, Biceps Femoris.



# YDSTRONG Wireless EMS/EMA Products

## 3. Physiotherapy T-shirt (Female)



### Suitable for:

- ◎ Effectively activate the deep muscles of the chest, promote blood circulation, dredge the meridians and effectively relieve breast hyperplasia and nodules, and preventing breast diseases.
- ◎ Breast enhancement, prevent breast sagging & breast expansion, effectively prevent the generation of auxiliary breasts
- ◎ Tighten the upper body fat and accelerate the lifting of the back line
- ◎ Effectively improve round shoulders and hunchback
- ◎ Relieve shoulder and back pain



## ***YDSTRONG Wireless EMS/EMA Products***

### **Product Display**



### **Tips:**

There are 3 electrical pulse channels & 6 electrode pads covering on the chest, back, forearms(close to chest area).



# YDSTRONG Wireless EMS/EMA Products

## 4. Non-invasive pelvic toning short pants (Female)



Repair of pelvic floor muscles and rectus abdominis  
Improve postpartum problems such as urine leakage and swelling  
Activate the gonads and improve the vaginal environment

**Suitable for:**  
Postpartum syndrome,  
Privacy syndrome



## YDSTRONG Wireless EMS/EMA Products

### Product Display



### Tips:

There are 3 electrical pulse channels and 8 electrode pads in total. The non-invasive design is different from most of the invasive pelvic floor muscle trainers currently on the market.





# YDSTRONG Wireless EMS/EMA Products

## 5. Pelvic toning and Prostate care short pants (Male)



Train pelvic floor muscles,  
Prostate care

### Suitable for:

Pelvic floor muscle sagging;  
Benign prostatic hyperplasia;  
Prostatitis problem, such as pollakiuria, dysuria, frequent urination, etc.  
Prostate Calcification;  
ED problem



## ***YDSTRONG Wireless EMS/EMA Products***

### **Product Display**



### **Tips:**

There are 3 electrical pulse channels and 8 electrode pads in total. It's a non-invasive tool for pelvic floor muscle toning.



## YDSTRONG Wireless EMS/EMA Products

### Power Box



Weight: 80g  
Power Supply: 400mAh rechargeable lithium battery  
Maximum Charging Current: 1A  
Power Supply Range: 3.2-6V  
Maximum Working Current of Whole Machine: No more than 1A (regulated power supply test)  
Standby Current: 40 MA  $\pm$  3 (power supply test method)  
Static Current: No more than 30uA  
Low Voltage Alarm: 3.3V red light flashes  
Treatment Current: 6mA-100mA  
Output Channel: 2 channels  
Pulse Width: 10-1000us  
Frequency Range: 1~2000Hz  
Fundamental Waves:  
Square wave (Biphasic)

### Tips

**\*This device can be compatible with all EMS products as above.**

**\*It can be connected to the APP through Bluetooth for training, or it can be operated directly on the control box (there are four massage modes to choose: striking, pressing, kneading, pushing).**



## YDSTRONG EMS/EMA Series - Electrodes



### Newest Composite Electrodes

Four Layer Silver Fiber Fabric Electrode

Much more stable and Comfortable

Note: same electrode material for other EMA products



## About EMS/EMA

**YDSTRONG Wireless EMS products** use the technology of combining EMS and EMA to stimulate the muscles groups.

Electrical Muscle Stimulation (**EMS**) device sends electrical impulses to create involuntary muscle contraction. This device stimulates the nerves by electrical impulses. Those impulses can go through muscles to develop muscle contraction. With EMS machine it's mandatory for clients to do specific exercises to gain their own goals.

**EMA** is Electrical Muscle Activation. With electrical stimulation goes through all muscle fibers to improve strength and endurance in muscles. This innovative and highly effective high-tech device stimulates muscle fibers without stimulating nerves, so we don't bother nerves with this machine. By maximally contracting a muscle, at best, only 30% of all muscle fibers are in a state of contraction. With EMA we work on all muscle fibers by using electrical impulses in the modulated mid-frequency range of 2000 Hz. Clients don't need to have exercise. However, doing some activities during working with YDSTRONG system can make achievement of client's goal easier and faster.

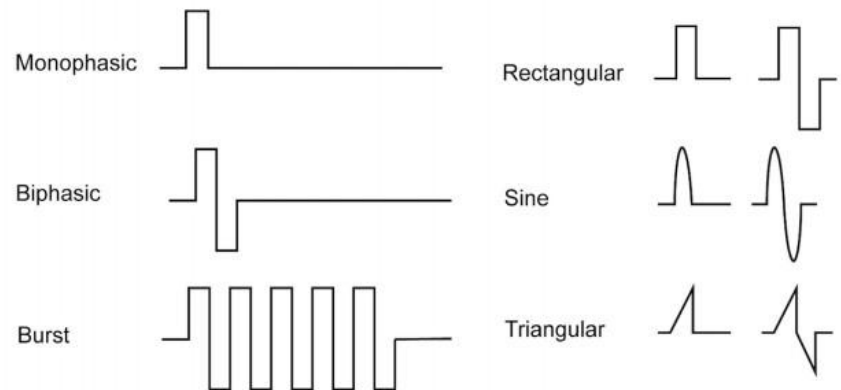
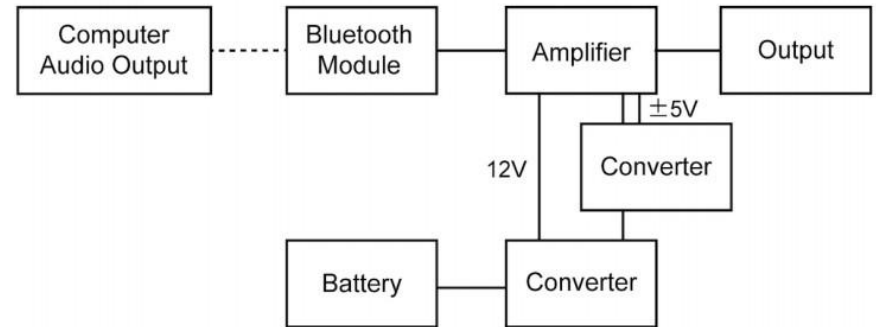


## About EMS and its waveform

In the entire EMS/EMA system, the control box transmits the audio model to the pulse generator via Bluetooth. The pulse generator generates different pulse waveforms according to the instructions of the control box. The nervous system receives signals higher than the synaptic transmission threshold, so that the nervous system is controlled. The muscles start to move according to the waveform output by the pulse generator.

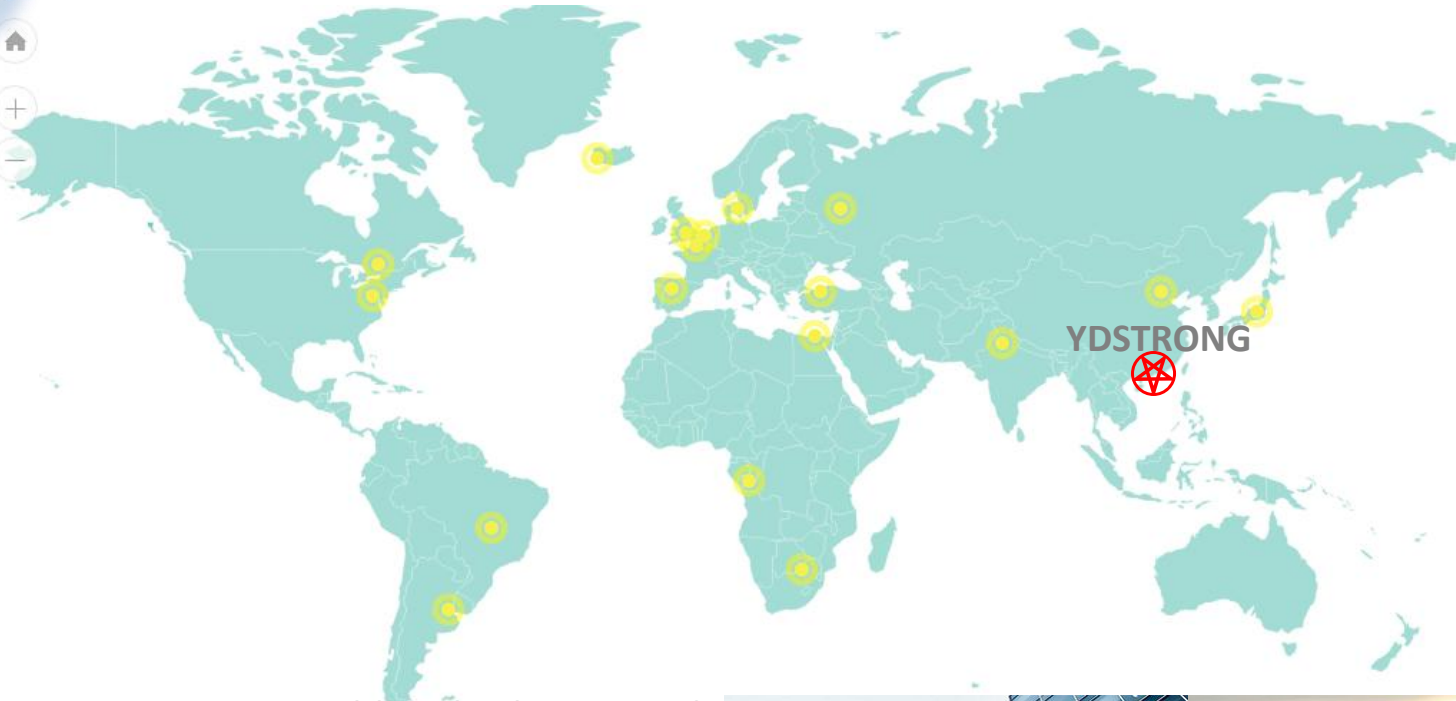
Among the known waveforms, there are Monophasic, Rectangular, Biphasic, Sine, Burst and Triangular waveform.

Different waveforms bring us different feelings. In specific use, we recommend that you choose sine waves first. The characteristics of sine waves are less pain and still have greater muscle strength. In long-term EMS stimulation, we recommend changing the waveform pair frequently. Muscle stimulation to achieve better stimulation effect.





## About YDSTRONG



**Shenzhen YDSTRONG Smart Health Technology Co., Ltd.** specializing in R&D, production and sales of textile electrode clothing and flexible sensor electrodes. Our products are sold in 69 countries and regions globally across China, Hong Kong, Southeast Asia, Australia, Middle East, Africa, Europe, South America and North America. The EMS muscle stimulation developed by us provides a completely new way of exercise. This is unprecedented in the training industry and we are continuously innovating and moving forward. We believe this is the way to the future.

