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# EMS training suit – Personal home use (Basic simple training) Model number: YD-209C



**Training suit + Power box**

- Fat Loss
- Body Shaping
- Muscle Building
- Physiotherapy

## EMS Suit SIZE CHART

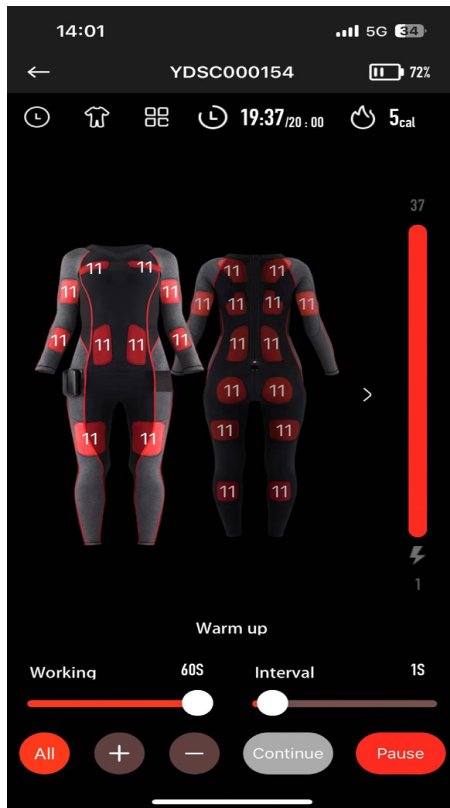
### Women

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

### Men

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

## 2 EMS training suit – Personal use Model number: YD-209A



**Training suit + Power box**

- Fat Loss
- Body Shaping
- Muscle Building
- Physiotherapy

### EMS Suit SIZE CHART

#### Women

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

#### Men

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

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**EMS training suit – For GYM/Studio commercial use**  
**Model number: YD-209B**



**Training suit + Power box**

- Fat Loss
- Body Shaping
- Muscle Building
- Physiotherapy
- Unisex size
- Suitable for commercial use(public use in GYM/Studio)

**Size chart of EMS training suit (Unisex)**

	XXXS	XXS	XS	S	M	L	XL	XXL	XXXL
<b>Chest</b>	66-86	72-95	76-100	80-105	84-110	88-116	92-121	96-126	100-132
<b>Waist</b>	62-81	66-86	72-95	76-100	80-105	84-110	88-116	92-121	96-127
<b>Hips</b>	78-104	82-110	86-115	90-120	94-126	98-130	102-136	106-141	110-147
<b>Length</b>	94	95	96	97	98	99	100	101	102

# 4 EMS commercial training suit – For EMS studio/ GYM professional use Model number: YD-309



Training suit + Power box

- Fat Loss
- Body Shaping
- Muscle Building
- Physiotherapy
- Group training (Max. training 7 peoples for one coach)

Women CM

	XS		S		M		L		XL	
	Standard size	Applicable size	Standard size	Applicable size	Standard size	Applicable size	Standard size	Applicable size	Standard size	Applicable size
Chest	70	62-78	76	68-84	82	75-90	88	80-96	92	82-102
Waist	62	55-70	68	60-76	74	66-82	80	72-90	86	78-96
Height	152	147-157	158	153-163	165	160-170	170	165-175	176	170-182

Men CM

	XS		S		M		L		XL	
	Standard size	Applicable size	Standard size	Applicable size	Standard size	Applicable size	Standard size	Applicable size	Standard size	Applicable size
Chest	80	72-90	84	76-94	90	82-100	96	86-108	102	92-116
Waist	74	66-84	80	72-90	86	78-86	92	84-103	96	86-110
Height	165	160-170	170	165-175	175	170-180	180	175-185	185	178-190

**5 EMS training short pants**  
**Model number: YD-601**



**Training short + Power box**

- Fat Loss
- Body Shaping
- Muscle Building
- Physiotherapy

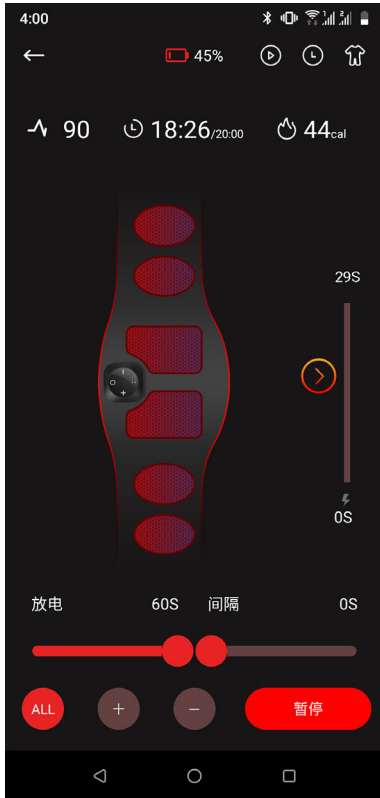
Women CM

	XS		S		M		L		XL	
	Standard size	Applicable size	Standard size	Applicable size	Standard size	Applicable size	Standard size	Applicable size	Standard size	Applicable size
Chest	70	62-78	76	68-84	82	75-90	88	80-96	92	82-102
Waist	62	55-70	68	60-76	74	66-82	80	72-90	86	78-96
Height	152	147-157	158	153-163	165	160-170	170	165-175	176	170-182

Men CM

	XS		S		M		L		XL	
	Standard size	Applicable size	Standard size	Applicable size	Standard size	Applicable size	Standard size	Applicable size	Standard size	Applicable size
Chest	80	72-90	84	76-94	90	82-100	96	86-108	102	92-116
Waist	74	66-84	80	72-90	86	78-86	92	84-103	96	86-110
Height	165	160-170	170	165-175	175	170-180	180	175-185	185	178-190

## 6 Abdominal toning & waist training belt



**Abdominal toning Belt + Power box**

Abdominal toning, repair rectus abdominis, improve lumbar muscle strain and waist contour

**Suitable for:**

- Water snake waist
- Big belly
- Lumbar muscle strain
- Waist massage

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**Model number: YD-503**

**Length: 120 CM**

**Model number: YD-504**

**Length: 160 CM**

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## Buttock training short pants

Model number: YD-501F (Female)

Model number: YD-501M (Male)



Lift buttocks, Plump buttocks, improve buttocks muscle elasticity  
 Improve sleep quality and blood circulation and endocrine disorders

**Suitable for:**  
 Flat buttocks  
 Asymmetrical buttocks

### Buttock training short pants+ Power box

YD-501F

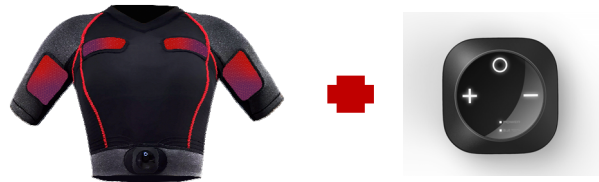
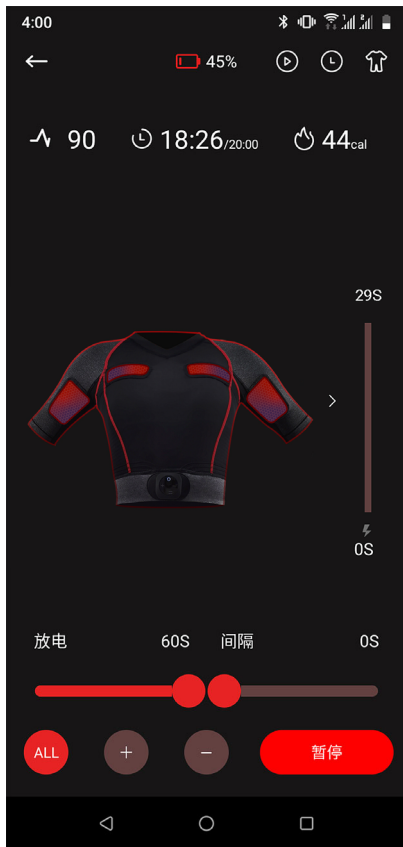
Size chart (CM)							
Size Girth	XXS	XS	S	M	L	XL	XXL
Waist	55~64	59~68	67~78	73~85	84~97	90~104	98~112
Hips	80~96	84~100	92~110	98~117	106~126	111~132	114~136
Length	42	42.5	43	43.5	44	44.5	45

YD-501M

Size chart (CM)							
Size Girth	XXS	XS	S	M	L	XL	XXL
Waist	68~78	73.5~85	78~90	84~96	89~102	95~108	100~114
Hips	77~91	83~98	89~105	94~110	98~116	104~122	109~130
Length	36.5	37	38	38.5	39	39.5	40

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## Physiotherapy T-shirt Model number: YD-508F (Female)



**Sporting t-shirt + Power box**

Enhance breast, improve breast shape, Lymphatic drainage and breast dredging, effectively alleviating breast hyperplasia and nodules, and preventing breast diseases

**Suitable for**  
Sagging breasts,  
Obvious accessory breasts,  
Hyperplasia of mammary glands,  
Sub-healthy shoulders and necks

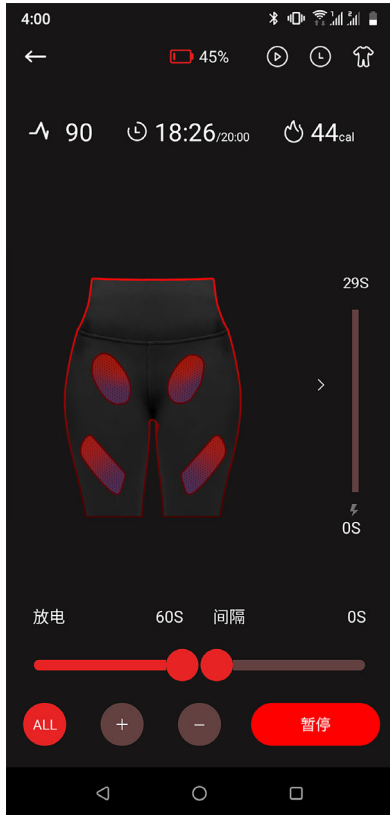
(CM)								
Size	XXS	XS	S	M	L	XL	XXL	XXXL
<b>Girth</b>								
<b>Chest</b>	66-84	70-89	74-94	78-99	82-105	86-110	90-115	94-120
<b>Waist</b>	52-66	56-71	60-76	64-82	68-87	72-92	76-97	80-102
<b>Cuff</b>	16-20	18-23	20-25	22-28	24-30	26-33	28-35	30-38
<b>Length</b>	39	40	41	42	43	44	45	46



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# Non-invasive pelvic toning short pants (Female)

Model number: YD-506F



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

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

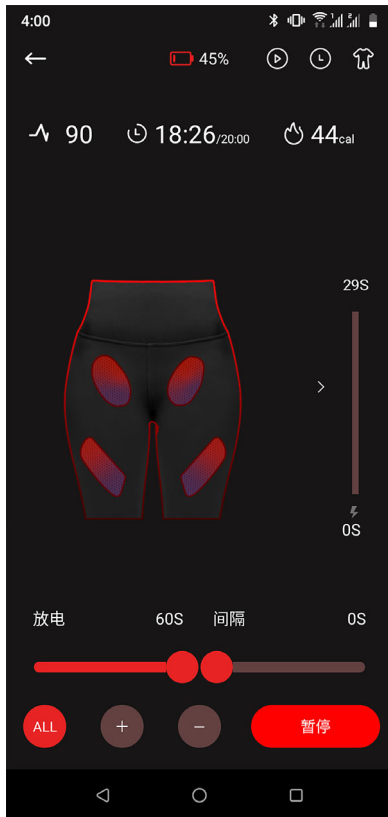
## Pelvic toning short pants + Power box

Size chart								(CM)
Size	Girth	XXS	XS	S	M	L	XL	XXL
Waist		55~64	59~68	67~78	73~85	84~97	90~104	98~112
Hips		80~96	84~100	92~110	98~117	106~126	111~132	114~136
Length		42	42.5	43	43.5	44	44.5	45

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

Model number: YD-506M



Short pants + Power box

Train pelvic floor muscles,  
Prostate care

**Suitable for:**

Pelvic floor muscle sagging  
Benign prostatic hyperplasia  
Frequent urination

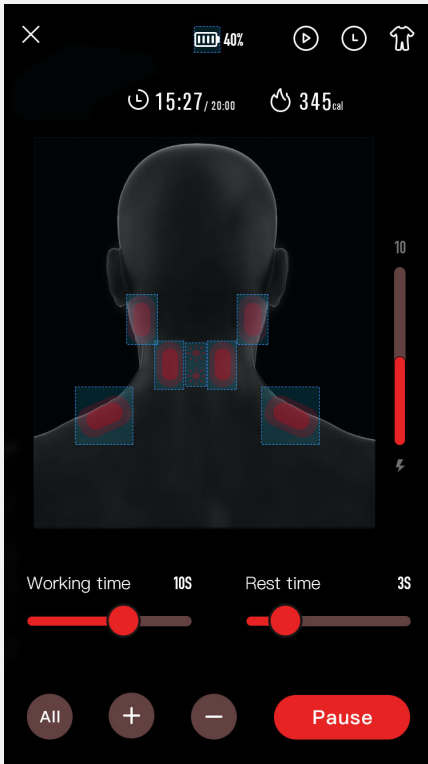
Size chart								(CM)
Size	XXS	XS	S	M	L	XL	XXL	
Girth								
Waist	68~78	73.5~85	78~90	84~96	89~102	95~108	100~114	
Hips	77~91	83~98	89~105	94~110	98~116	104~122	109~130	
Length	36.5	37	38	38.5	39	39.5	40	

[www.ydstrong.com](http://www.ydstrong.com)

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## Shoulder & Cervical Massager Model number: YD-P303



**YDSTRONG** | 重塑新生·注定闪耀  
RESHAPING NEW LIFE, SHINING AROUND BRILLIANTLY

Shoulder, Cervical relaxing and massage,  
Vagus nerve relaxing

**Suitable for:**  
Shoulder pain  
Cervical pain  
Migraine