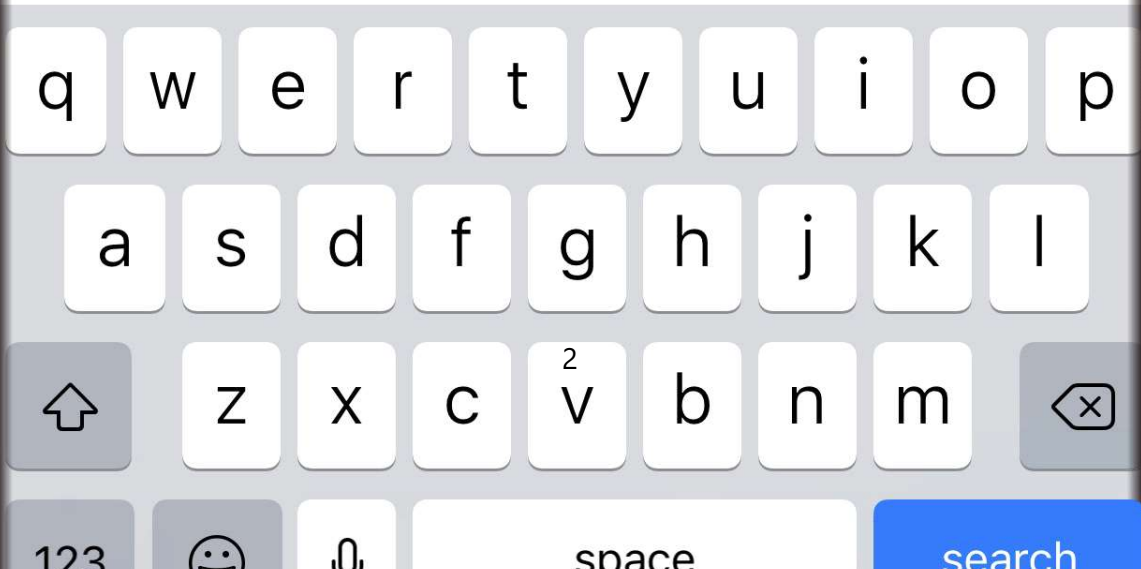


1) Go to App Store or Google Play and type "Smart EMS Pro"

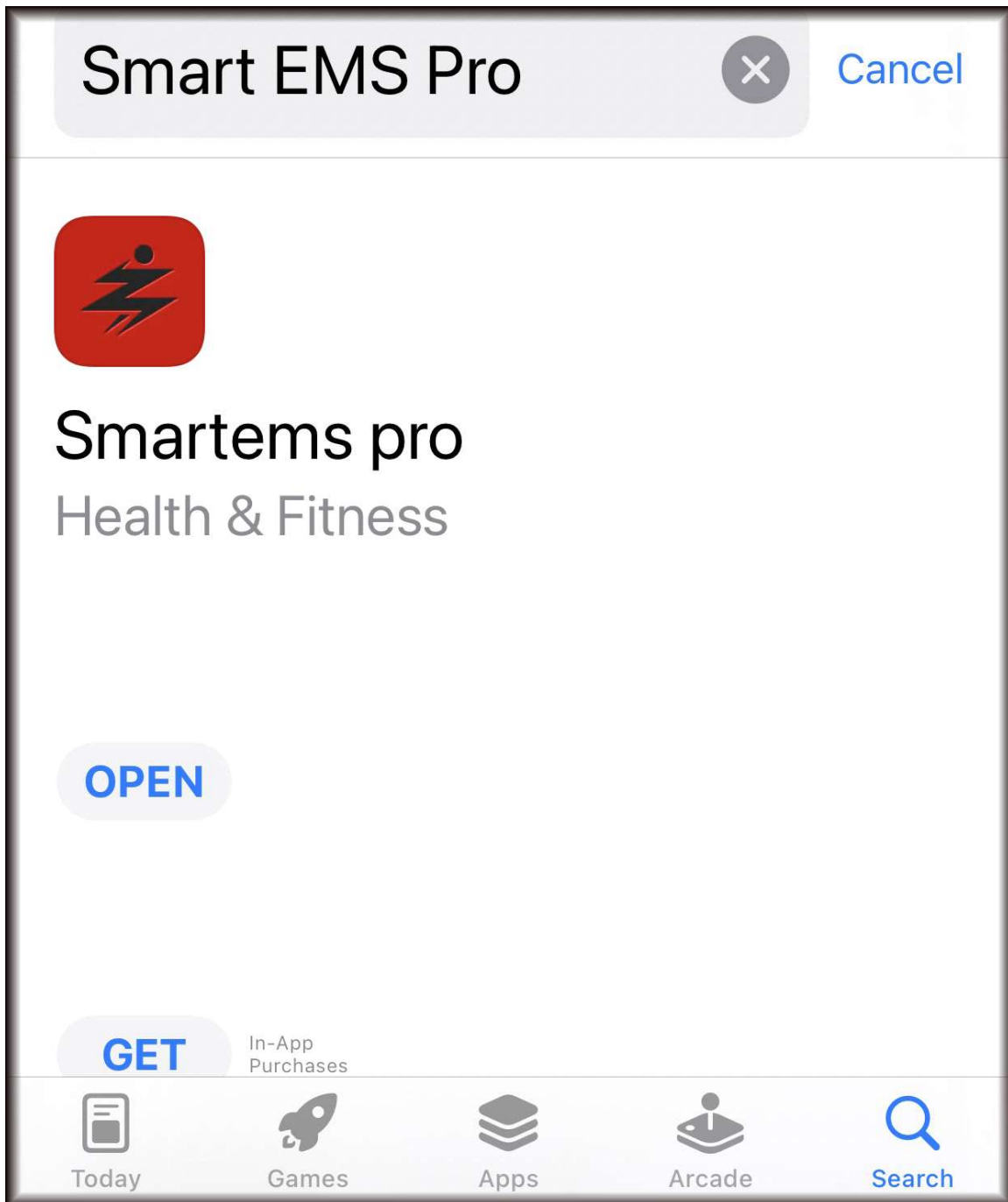
Smart EMS Pro



Cancel



2) Download "Smart EMS Pro" App



3) Open "Smart EMS Pro" App

Login

Please input email address



Please input password

Confirm

[Sign up](#)

[Forgot password??](#)

4) Click "Sign Up"

Login

Please input email address



Please input password

[Sign up](#)

[password??](#)



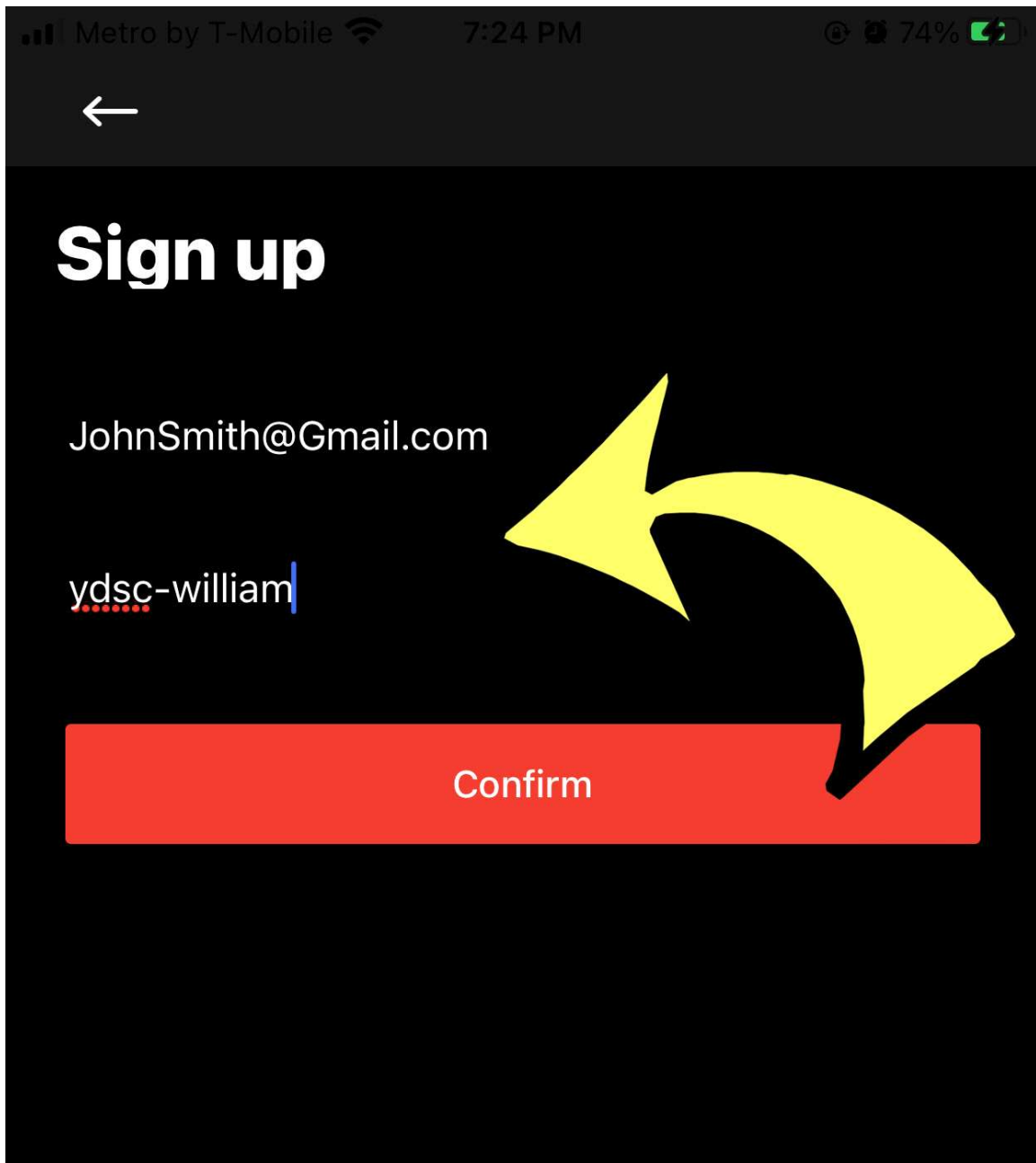
4) A - Enter Your Email Address

B- Enter Invitation Code

"ydsc-william"

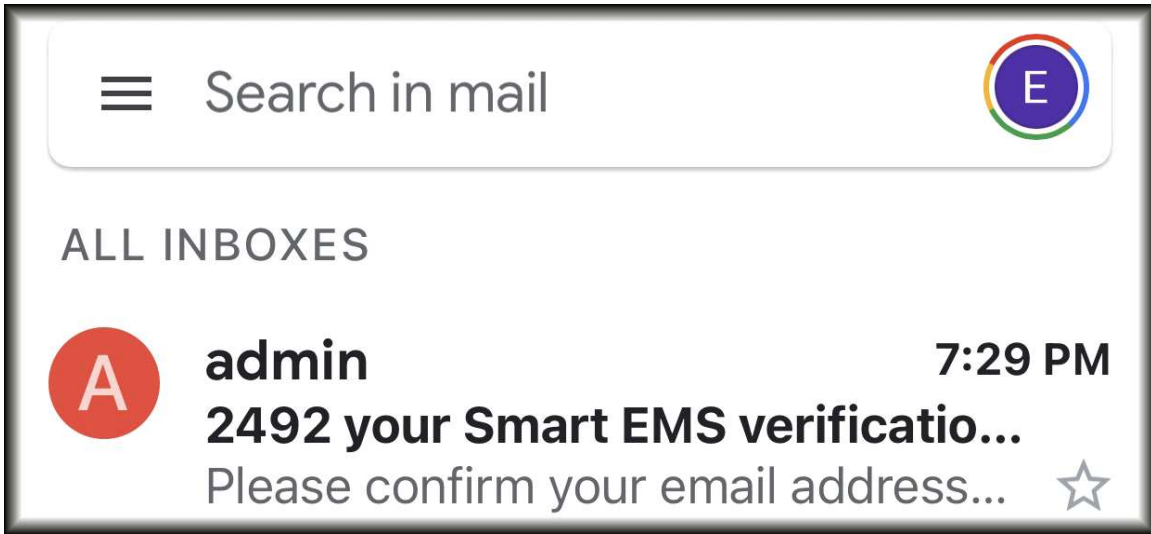
(lower case)

Press Confirm



5) Go Email

Look for message from
"admin@notice.ydstems.com"
Check Spam Folder Too



6) Open email and get verification number



2492 your Smart EMS
verification code. Inbox



admin 7:29 PM
to me ▾



Please confirm your email address
Before you can sign up a Smart EMS
account, you need to make sure this is the
correct email address. Please make sure
this is the correct address for your new
account.

Please enter this verification code to start
using Smart EMS: 2492

The verification code expires after two
hours

Thanks!

Smart EMS.

Shenzhen Ydstrong Smart Health
Technology Co Limited

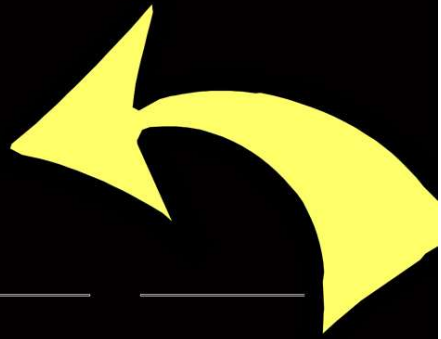
↩ Reply

➦ Forward

7) Go back to Smart EMS Pro app and enter verification number



Get verification code



51s

1	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ

8) Create your profile (Optional)

Name, Gender, Age, Height, Weight, Photo



Mr. Smith

Gender Cannot be modified after selection

Male

Female

Height

155_{cm}



Weight

55.0_{kg}



9) Click Red Icon At Bottom

Index

Display your body fat and exercise data

Current weight(kg)

2022-08-30 19:32

55.0

Measuring

18.5

24

28

30



lean

standard

overweight

obesity

severe

Training Report

BFR

BMI



No data, please test

BFP

17



10) Click "Bound"



Confirmation device

Please confirm that the device is bound



The cloth unbind

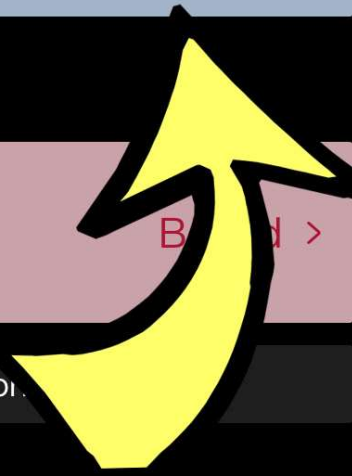
Bound >



The device unbind

Bound >

Unable to get heart rate info



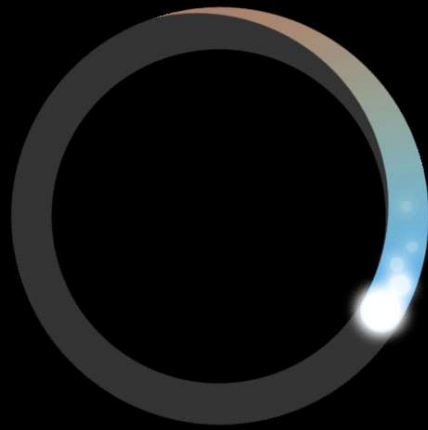
Next

12) App will search for Energy Box



Find device

Searching...



13) App finds the Energy Box



Find device

Choose your device



YDSC000815



14) Select Training Mode



Start training

My mode

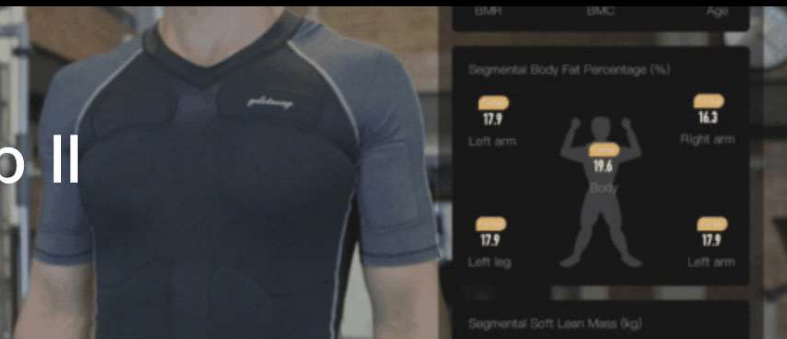
Warm up I

Low level



Warm up II

Medium level



Warm up III

High level



Weight Loss I

Low level



Weight Loss II

Medium level

