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EMS operation manual - GuGeer



EMS operatin manual - arrival inspection

1. One piece of underwear



2. One set of retractable vest, including calf exercises;



3. One energy box equipped with USB charging cable;



4. One Tablet with pre installed software (if you buy a tablet package without tablet package, please contact our personnel to provide the app installation link)



Safety

2.1 Washing condition of training suit



For identifying textiles which require special cleaning by hand washing.



For identifying textiles which must not be cleaned chemically.



For identifying textiles which must not be ironed.



For identifying textiles which must not be dried in a dryer.



For identifying textiles which require particular cleaning in normal washing cycle with a washing temperature of 40



For identifying textiles which must not be chlorine-bleached.

2.2 Environmental protection

Disposal



NOTICE **Environmental hazard** **from incorrect disposal!**

Environmental hazard can be caused by incorrect disposal.

- Arrange for disposal of electrical scrap and electronic components by authorized specialist companies.
- In the case of doubt, obtain information about disposal in accordance with environmental regulations from local municipal authorities or specialized disposal companies.



The machine must not be disposed of via domestic waste.

Recycle dismantled components:

- Scrap metals
- Recycle plastic elements
- Sort and dispose of all their components according to material condition

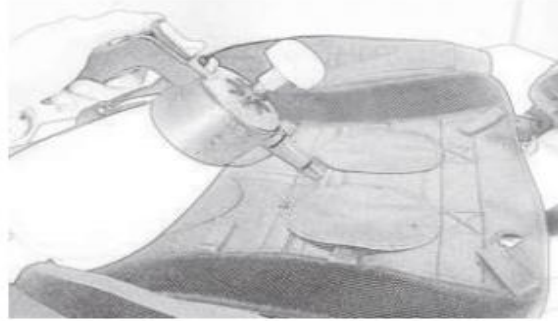
Electronic components

Electronic components such as liquid crystal display, printed circuit boards and cabling can contain toxic substances.

These must not get into the environment. Disposal must be carried out by a specialized disposal company.

3.1 How to wear the training suit

3.1.0 Spray training suit with water until a visible film of water has formed on the electrodes.



3.1.1 Put on the training suit.



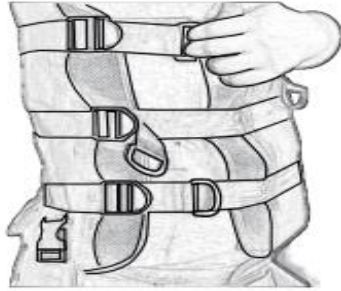
3.1.2 Put on the training pants.



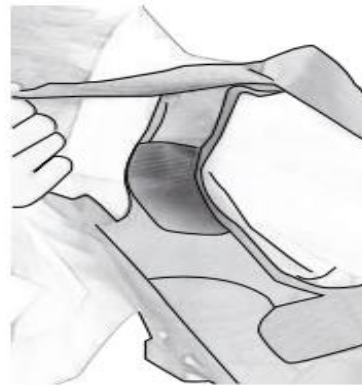
3.1.3 Closing the training vest.



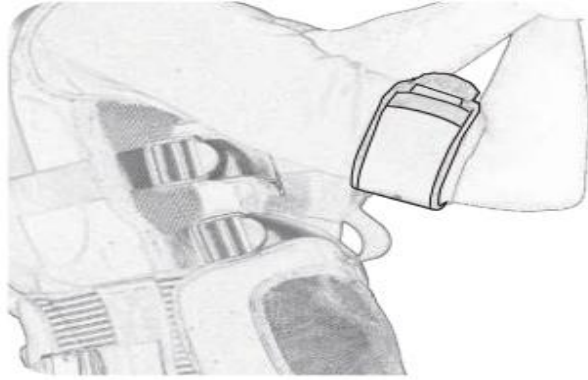
3.1.4 Tighten the vest by the band.



3.1.5 Adjust fasteners in the shoulder and neck area.



3.1.6 Tighten the arm electrodes with the Velcro fastener.

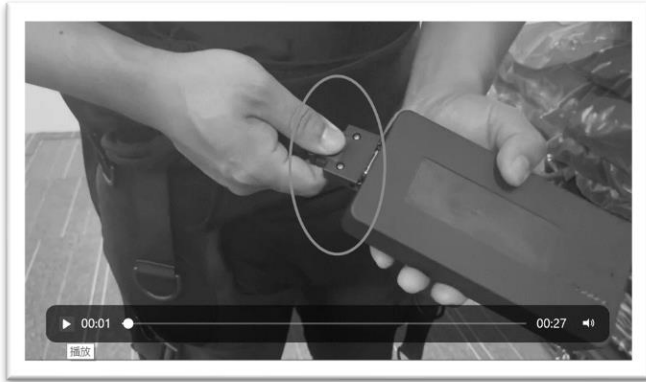


3.1.7 How to connect the energy box to the training suit

Put the receiver box into the belt, then wrap the belt around the waist.



EMS operation step 1: wear clothes-Link the energy box and turn on the energy box switch



Please note :

Link the energy box to the clothing, and put the energy box into the pocket of the vest;;



The battery power is shown here



As long as charging, red will be displayed here, and the color will not change. It is recommended to charge for about 2 hours at a time; See the charger used for details; The electric quantity is judged by the blue light in the figure above;

EMS operation step 2: Energy box and tablet / mobile phone link



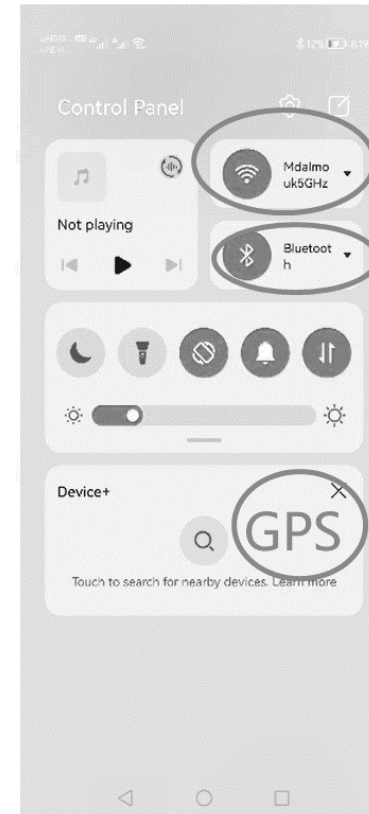
Please note :

If you install an app, you need to contact our personnel to install it, and you can't install other links;



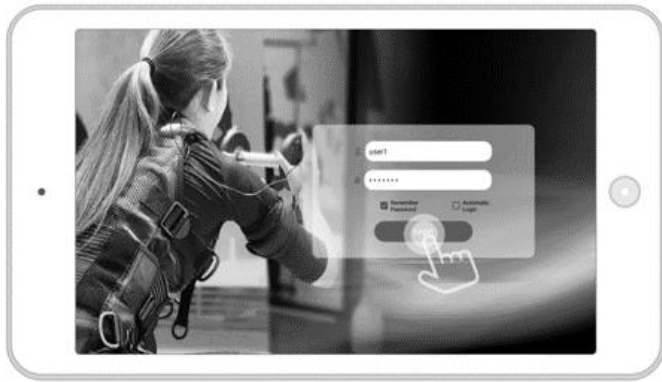
Please note :

By default, the account password is the ID behind the energy box, and some energy uses a special account password;



Turn on the **WiFi**, **Bluetooth** and **GPS** functions of the mobile phone or tablet, and all three components must be turned on;

EMS operation step 2: Energy box and tablet / mobile phone link



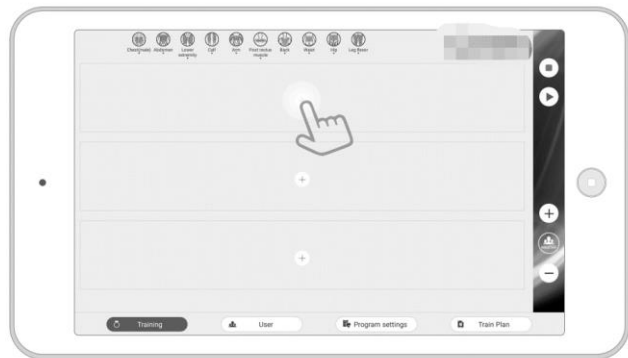
1. Log in to the system after entering the correct account and password;



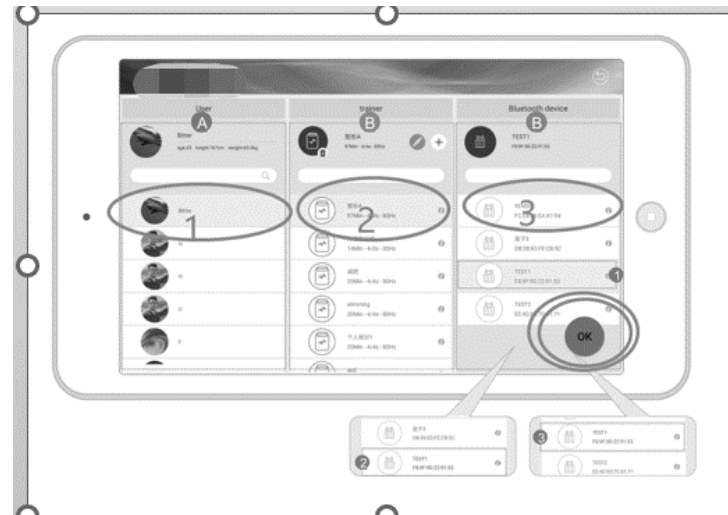
2. Click "+" to create a new user, it'll in the customer information correctly,



3. Go to the training page and click on the middle



Enter the next page, and the system will automatically find the open energy box;



After clicking 1.2.3 in turn, "OK" will appear, and then proceed to the training interface;

Please note that if the energy box cannot be found at this step, please contact our personnel to verify whether the login account password is correct and whether the installed link is correct;

How to use the equipment for the training

Pattern 1 professional

In the professional pattern, it is more conducive to professional training by adding ramp up and ramp down system. The system makes the pulse curve rise and fall gently.

Set the parameters Frequency: 85HZ

Pulse width: 360us

Pulse time: 1S/1S

Ramp up : 4S

Ramp down: 4S

Working time: 20min

Pattern 2 Relax

Relax pattern, used by the body to relax, reduce stress and promote the blood circulation of tissues, conducive to the excretion of metabolic waste. It also releases endorphins, the feel-good chemicals.

Set the parameters Frequency: 100HZ

Pulse width: 160us

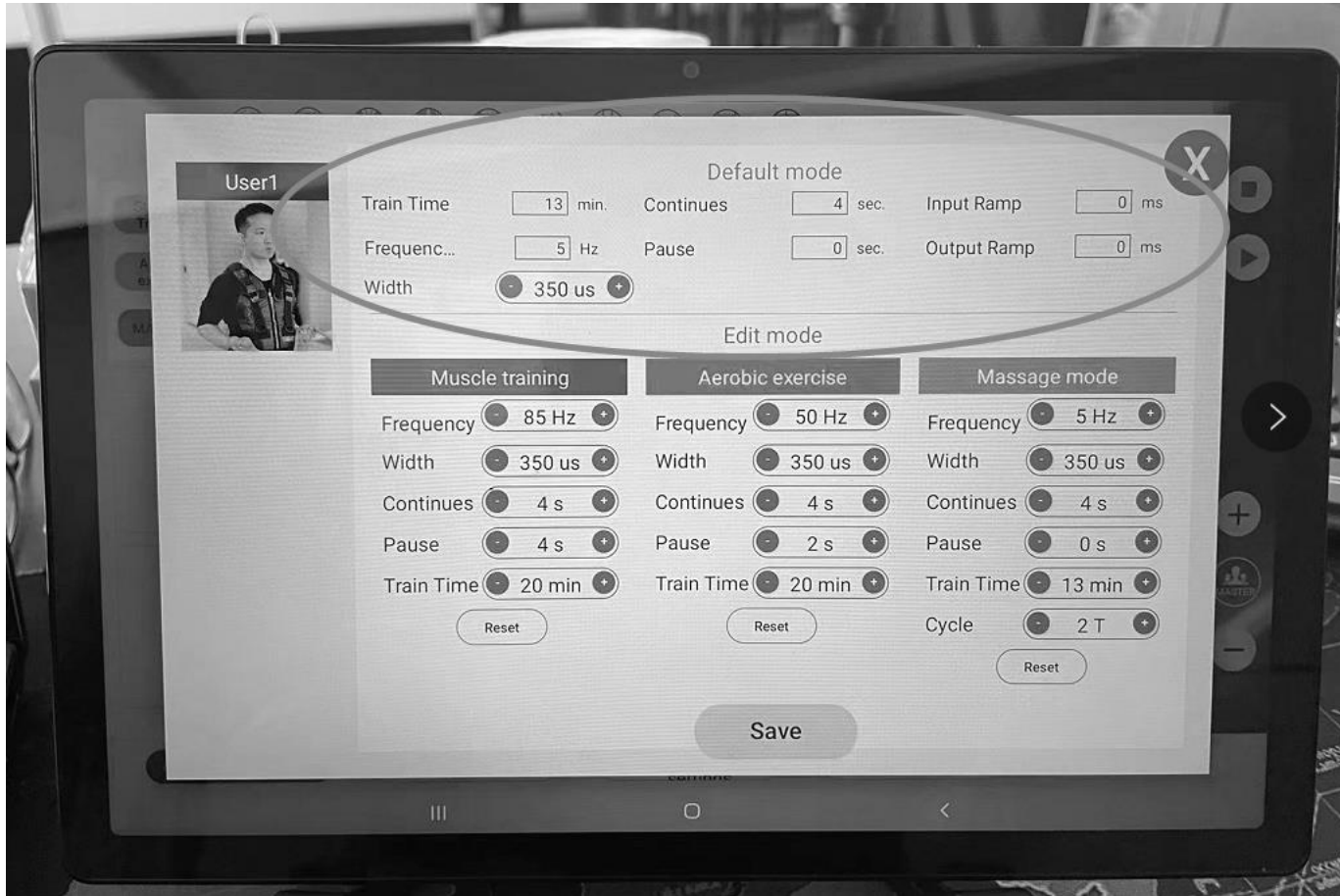
Pulse time: 1S/1S

Ramp up : 0S

Ramp down: 0S

Working time: 20min

Details:



Input Ramp: represents the time to reach the peak value of the output current. The shorter the time is, the sharper the output current waveform is, and the stronger the human perception is; Not recommended;

Output ladder: represents the time required for the current to decay from peak to zero. The shorter the time is, the faster the peak decays, and the faster the human body feels the current disappears; Not recommended;

Train Time: refers to the time of a training cycle, and it is recommended that it should not exceed 20 minutes each time; Pulse duration: the duration of each current release pulse is recommended to be 4S, which can be adjusted according to the actual situation;

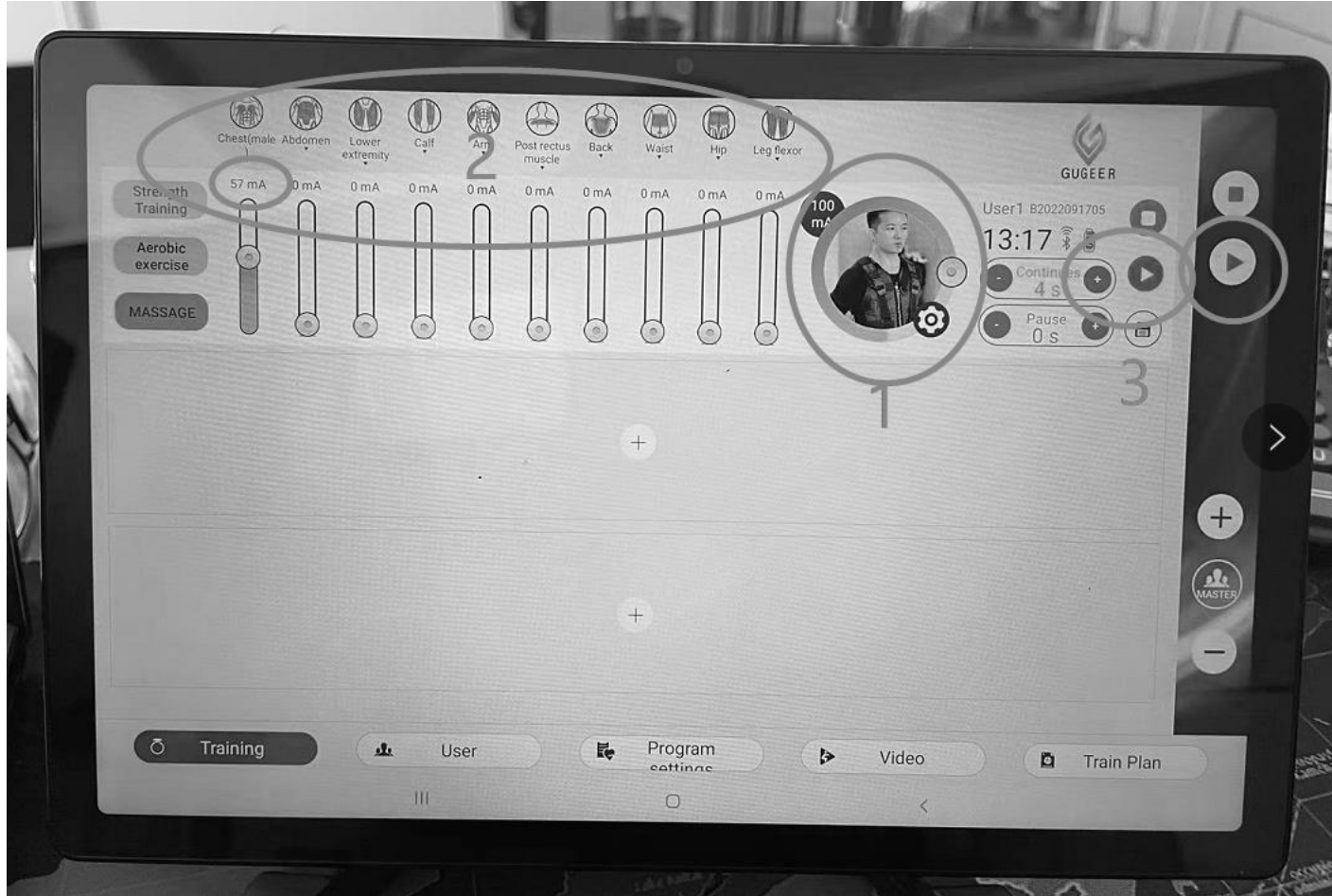
Continues: the duration of each current stop releasing pulse is recommended to be 2S, which can make the human body have an acceptable process, and can also be adjusted according to the actual situation;

Frequency: refers to the height of a waveform, which is one of the important adjustment parameters to change the human sensory intensity. It can be adjusted according to the actual situation. It is recommended to use 80HZ-90HZ, and 85HZ is used by default;;

Width: the width of a waveform of the output current, the greater the value, the stronger; 400us is the maximum value;

Cycle: It is planned to mediate the massage force, which has no effect at present, causing the system to not start this function;

Details: 1.2.3 here represents the number in the circle;



1. As the main safety control switch, it can adjust the output of 100MA at most and needs to be turned on when using; The mediation value is the maximum value that can be adjusted in 2 places;

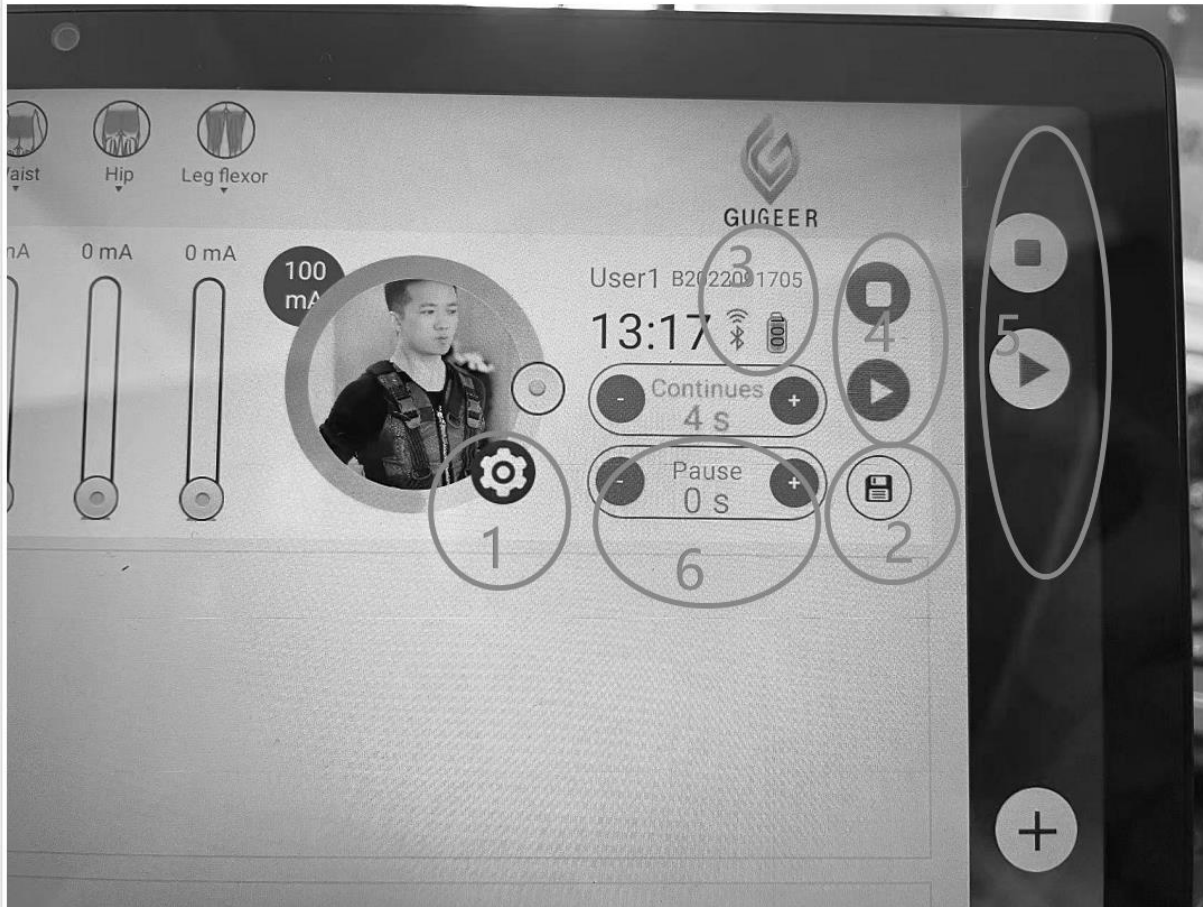
2. As the precise control of parts, the maximum value that can be controlled here is the value set at one place; Before controlling, you need to click the part to be mediated, and then click "+" and "-" to control the increase and decrease;

After each run, the values at 2 places will become black. You need to click the position again, and the color of the values will become gray before you can adjust them;

3. This is the power on switch. After 1 and 2 are adjusted, you can click 3 places to work; The rightmost one can be opened at the same time when multiple people are training;

Details:

1.2.3.4.5.6 here represents the number in the circle;



1. Set the training plan button, click it to enter the specific training plan adjustment, which can adjust the details of training parameters such as working time, frequency, pulse width, pulse duration, pulse pause time, etc;

2. To save the training plan, you can save the current training plan to the personal training plan, and then call it directly for the next training;

3. It is the power display of the corresponding linked energy box. If the power is low, please charge. The strength of the output energy is related to the energy of the battery. It is recommended to keep between 80% - 100% of the power;

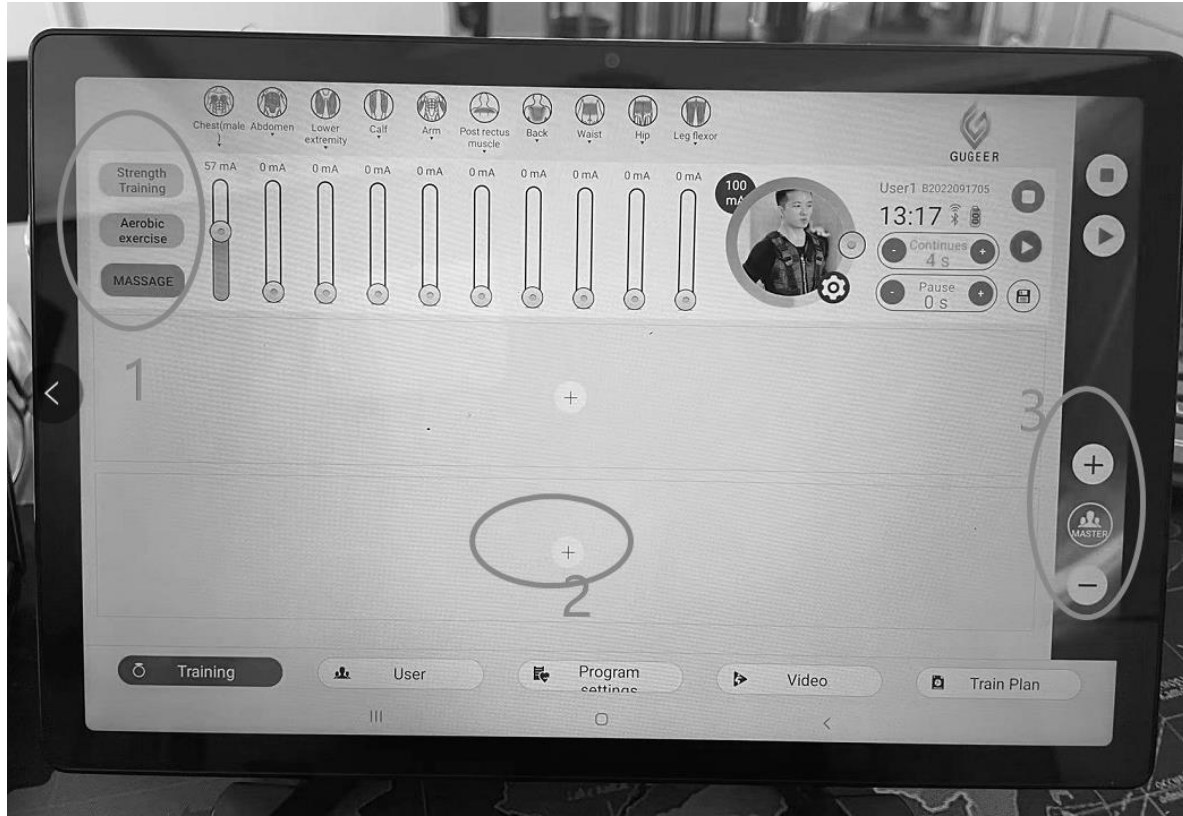
4. Current output and stop control of single energy box; It was explained in the PPT on the previous page that after setting the main switch and the switch of each part, you need to click 4 to have the current output;

5. For the control of all energy boxes, it will be used when multiple energy boxes are used at the same time;

6. The value is the pulse stop time. The shorter the time is, the faster the EMS stimulation frequency will be. It is recommended to keep it for 2 seconds to allow the guest to have a buffer time;

Details:

1.2.3.4.5.6 here represents the number in the circle;



1. Intensive training refers to the training plan that needs strong stimulation within the specified time, regardless of the crowd; Aerobic exercise is a long-term training plan for running scenes, beauty salon scenes, etc., regardless of the crowd; Massage is aimed at muscle massage and relaxation after exercise, regardless of the crowd;
2. After adding 3 energy boxes, the fourth one will be added automatically, and one account can add up to 6 energy boxes;
3. As the main regulating switch, it is often used to fine regulate the intensity of each part, or when multiple energy boxes need to be adjusted together;

Details:

1.2 here represents the number in the circle;



1. For the saved training plan, it can be the saved real-time training plan. After each save, it will be displayed here, It can also be a newly created training plan;



1. It can also be a newly created training plan;



2. It refers to the corresponding energy box under this account, **which can display up to 6**; When the energy box can be matched with the Bluetooth of the panel, it will display green; Connected working displays blue; If the energy box is not opened or cannot be connected, it displays red;

EMS operation manual

