

BEST DIRECT Total Abs Platinum

BEST DIRECT Gymform Total Abs Platinum EMS Muscle Stimulator User Manual

Model: **Total Abs Platinum** | Brand: **BEST DIRECT**

1. INTRODUCTION

The BEST DIRECT Gymform Total Abs Platinum is an Electrical Muscle Stimulation (EMS) device designed to activate, revitalize, and strengthen muscles. This manual provides essential information for the safe and effective use of your device, including setup, operation, and maintenance instructions.

2. SAFETY INFORMATION

- Consult a physician before using this device if you have any pre-existing medical conditions, are pregnant, or have a pacemaker.
- Do not use the device near water or in excessively humid environments.
- Keep the device out of reach of children.
- Discontinue use if you experience any discomfort, pain, or adverse reactions.
- Ensure electrodes are properly applied to clean, dry skin for optimal contact and safety.

3. PACKAGE CONTENTS

Verify that all components are present in your package:



Image 3.1: Overview of the Gymform Total Abs Platinum kit, showing the main belt, removable console, mini belt, five electrodes, and a practical storage bag.

- 1 x Main Belt
- 1 x Removable Console
- 1 x Mini Belt (for arms & legs)
- 5 x Electrodes
- 1 x Practical Storage Bag
- 1 x Diet & Goals Table (Informational Guide)

4. SETUP

1. **Install Batteries:** The console requires batteries (not included). Open the battery compartment on the back of the removable console and insert the required batteries, ensuring correct polarity.
2. **Attach Console to Belt:** Securely attach the removable console to the designated central area on the main belt or mini belt. Ensure it clicks into place.
3. **Prepare Electrodes:** The electrodes are covered with a protective film. Carefully remove this film before each use.

4. **Apply Belt:** Place the main belt around your abdominal area or the mini belt on your arms or legs, ensuring the electrodes make full contact with your skin.



Image 4.1: Proper application of the main belt to the abdominal region.

5. OPERATING INSTRUCTIONS

The Gymform Total Abs Platinum offers 9 programs and 10 intensity levels for a customizable muscle stimulation experience. A typical session lasts 10 minutes.

1. **Power On:** Press the power button on the console to turn on the device.
2. **Select Program:** Use the program selection button to cycle through the 9 available programs. Each program is designed for a specific type of muscle stimulation. The programs include:
 - **Program 1:** Massage
 - **Program 2:** Fat Burning
 - **Program 3:** Muscle Building
 - **Program 4:** Energy Sculpting
 - **Program 5:** Total Exercise
 - **Program 6:** Cellulite Drainage

- **Program 7:** Rolling and Pressing Effect
 - **Program 8:** Firming Massage
 - **Program 9:** Body Shaping
3. **Adjust Intensity:** Use the intensity buttons (+/-) to increase or decrease the stimulation level. Start with a low intensity and gradually increase it to a comfortable level. There are 10 intensity levels.
 4. **Session Duration:** Each program runs for approximately 10 minutes. The device will automatically shut off after the session is complete.
 5. **Power Off:** Press and hold the power button to turn off the device manually.



Image 5.1: Console interface for selecting one of the 9 programs.

10 MINUTES PER DAY

PROVEN RESULTS

9 PROGRAMMES

EMS TECHNOLOGY

+ 600 CONTRACTIONS

10 INTENSITY LEVELS



Image 5.2: Visual representation of the 10 adjustable intensity levels.



Slim and tone whole Abs



Works upper, middle and lower Abs



Works oblique's at the same time



MINI BELT
for whole body



10 INTENSITY
levels

Image 5.3: The mini belt can be used for targeted stimulation on arms and legs.

6. MAINTENANCE

- **Electrode Care:** After each use, replace the protective film on the electrodes to maintain their adhesive quality and prolong their lifespan.
- **Electrode Replacement:** It is recommended to replace the electrodes approximately every 30 uses, or when their adhesive power significantly diminishes.
- **Restoring Adhesion:** If electrodes prematurely lose their stickiness, gently moisten them with a damp sponge.
- **Cleaning the Device:** Wipe the main belt and console with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device and its components in the practical storage bag in a cool, dry place, away from direct sunlight.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Dead or incorrectly inserted batteries.	Check battery polarity or replace with new batteries.
No or weak stimulation sensation.	Electrodes not making full contact; low intensity setting; worn-out electrodes.	Ensure electrodes are firmly pressed against clean skin. Increase intensity. Moisten or replace electrodes.
Electrodes losing adhesion.	Protective film not replaced; electrodes are old or dry.	Always replace protective film after use. Gently moisten electrodes with a damp sponge. Replace electrodes if necessary.

If problems persist after attempting these solutions, please contact customer support.

8. SPECIFICATIONS

- **Brand:** BEST DIRECT
- **Model:** Gymform Total Abs Platinum
- **Model Number:** GYMFORM20P
- **Technology:** Electrical Muscle Stimulation (EMS)
- **Programs:** 9
- **Intensity Levels:** 10
- **Recommended Daily Use:** 10 minutes
- **Power Source:** Batteries (not included)

9. WARRANTY AND SUPPORT

The BEST DIRECT Gymform Total Abs Platinum comes with a **2-year warranty** from the date of purchase.

For warranty claims, technical support, or any inquiries regarding your product, please contact the Best Direct Official seller customer service. Ensure you have your proof of purchase and model number (GYMFORM20P) ready when contacting support.