

ANLAN Nero

ANLAN EMS Abdominal Muscle Trainer User Manual

Model: Nero

INTRODUCTION

The ANLAN EMS Abdominal Muscle Trainer utilizes Electrical Muscle Stimulation (EMS) technology to engage and strengthen muscles. This device is designed to provide a convenient method for muscle training and body conditioning. EMS works by sending low-frequency electrical impulses to the muscles, causing them to contract and relax, mimicking the natural muscle activity during exercise.

This manual provides essential information for the safe and effective use of your ANLAN EMS Abdominal Muscle Trainer. Please read it thoroughly before first use and retain it for future reference.

IMPORTANT SAFETY INFORMATION

To ensure safe operation, please observe the following precautions:

- **Do not use** this device if you have a pacemaker, heart disease, or any cardiovascular conditions.
- **Do not use** if you are pregnant.
- Consult a physician before use if you have any pre-existing medical conditions, injuries, or concerns.
- Do not apply the pads to sensitive skin areas, open wounds, or areas with skin irritation.
- Keep out of reach of children.
- Do not use while sleeping, driving, or operating machinery.
- Discontinue use immediately if you experience any discomfort or adverse reactions.
- The device is intended for healthy individuals.

PACKAGE CONTENTS

Upon unpacking, please verify that all components are present:

- Main Abdominal Pad
- Arm/Leg Pads (typically 2 units)
- Control Units (typically 3 units)

- USB Charging Cable
- Replacement Gel Pads
- User Manual (this document)

PRODUCT COMPONENTS

Familiarize yourself with the different parts of your EMS trainer:



BODY SHAPE



Image: All components of the ANLAN EMS Abdominal Muscle Trainer, including the main abdominal pad, two smaller arm/leg pads, three control units, and a USB charging cable.

Image: A diagram illustrating the main abdominal pad and two smaller pads, each with a detachable control unit. The pads are designed to adhere to the skin, showing suitable application areas for the EMS pads, such as the abdomen, biceps, triceps, thighs, and lower back.

- **Gel Pads:** These are the adhesive pads that attach to your skin. They conduct the electrical impulses.

- **Control Unit:** This small, circular unit contains the power button, mode selection, and intensity controls. It attaches magnetically or via snaps to the gel pads.
- **USB Charging Port:** Located on the control unit for recharging the internal battery.

SETUP

1. **Charge the Control Units:** Before first use, fully charge all control units using the provided USB cable. Connect the cable to the charging port on each control unit and plug the other end into a USB power source (e.g., computer, USB wall adapter). The charging indicator light will typically show charging status and turn off or change color when fully charged. A full charge takes approximately 2 hours.
2. **Attach Gel Pads:** Remove the protective film from the gel pads. Ensure your skin is clean and dry before application. Attach the control unit(s) to the designated connectors on the gel pad(s).
3. **Apply to Body:** Carefully place the gel pad(s) onto the desired muscle area. Ensure good contact with the skin for effective stimulation.

OPERATING INSTRUCTIONS

1. **Power On:** Press and hold the "ON" button on the control unit for approximately 3 seconds to turn it on. The indicator light will illuminate.
2. **Start Stimulation:** After powering on, press the "ON" button again briefly to initiate the stimulation. If not pressed again, the device may turn off after a few seconds.
3. **Select Mode:** Press the "MODE" button to cycle through the available training modes. The device offers 6 distinct modes, each designed for different types of muscle engagement.
4. **Adjust Intensity:** Use the "+" and "-" buttons to increase or decrease the intensity level. There are 10 adjustable intensity levels. Start with a low intensity and gradually increase it to a comfortable yet effective level.
5. **Automatic Shut-off:** The device is programmed to automatically shut down after approximately 12 minutes of continuous use to protect your muscles and prevent over-stimulation.
6. **Power Off:** To turn off the device manually, press and hold the "OFF" button on the control unit until the indicator light extinguishes.



Image: Visual guide to the gel pads, main unit, and the control unit's interface, including the USB charging port and operational buttons, along with warm tips for usage.

MODES AND INTENSITY LEVELS

The ANLAN EMS trainer features 6 distinct training modes and 10 adjustable intensity levels to customize your workout experience. Experiment with different modes and intensities to find what best suits your needs and comfort level.

- **6 Training Modes:** Each mode offers a unique pattern of electrical impulses, targeting different aspects of muscle stimulation, such as warm-up, massage, strengthening, fitness, and shaping.
- **10 Intensity Levels:** Allows for fine-tuning the strength of the electrical impulses. Always start at the lowest intensity and gradually increase.



Image: This image shows different types of exercises. The EMS trainer is designed to support and enhance your existing fitness regimen.

CHARGING THE DEVICE

The control units are equipped with integrated lithium-polymer batteries and are rechargeable via USB.

- Connect the provided USB charging cable to the charging port on each control unit.
- Plug the other end of the USB cable into a standard USB power adapter (not included) or a computer's USB port.
- A full charge typically takes approximately 2 hours.
- Once fully charged, the control unit can operate for up to 30 hours, depending on the intensity level used.



Image: The control unit connected to its USB charging cable, indicating the charging process.

MAINTENANCE

Proper maintenance ensures the longevity and effectiveness of your EMS trainer.

- **Clean Gel Pads:** After each use, gently wipe the gel pads with a damp cloth. Do not use harsh chemicals or abrasive cleaners.
- **Replace Gel Pads:** The adhesive quality of the gel pads will diminish over time with repeated use. If the pads no longer stick properly, become fuzzy, or brittle, replace them with new ones. Replacement pads are included in the package.
- **Storage:** Store the device and pads in a cool, dry place, away from direct sunlight and extreme temperatures. Reattach the protective film to the gel pads before storage to preserve their adhesive quality.
- **Clean Control Units:** Wipe the control units with a soft, dry cloth. Do not immerse them in water.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery; Incorrect power-on sequence.	Charge the control unit fully. Press and hold the "ON" button for 3 seconds, then press it again briefly to start stimulation.
No or weak stimulation.	Gel pads not adhering properly; Low intensity setting; Worn-out gel pads.	Ensure gel pads are clean and make full contact with skin. Increase intensity using the "+" button. Replace old gel pads with new ones.

Problem	Possible Cause	Solution
Device turns off automatically.	Normal operation (12-minute cycle).	This is a built-in safety feature. You can restart the device if desired, but allow muscles to rest between sessions.
Skin irritation after use.	Sensitive skin; Improper pad placement; Over-stimulation.	Discontinue use if irritation persists. Ensure skin is clean before application. Reduce intensity or duration. Do not apply to irritated skin.

SPECIFICATIONS

- **Model:** Nero
- **Brand:** ANLAN
- **Technology:** Electrical Muscle Stimulation (EMS)
- **Modes:** 6 Training Modes
- **Intensity Levels:** 10 Levels
- **Power Source:** Integrated Lithium-polymer battery (rechargeable via USB)
- **Charging Time:** Approximately 2 hours
- **Operating Time:** Up to 30 hours (per full charge)
- **Automatic Timer:** Approximately 12 minutes per session
- **Product Dimensions:** 22 x 20 x 3 cm
- **Product Weight:** 350 g
- **Color:** Orange

WARRANTY AND SUPPORT

Specific warranty information is not provided in the product details. For warranty claims, technical support, or inquiries regarding replacement parts, please contact ANLAN customer service through the retailer where the product was purchased or visit the official ANLAN website for contact information.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question