

WeightWorld B08GCJTSYW

WeightWorld EMS Muscle Stimulator

Model: B08GCJTSYW

INTRODUCTION

This manual provides essential instructions for the safe and effective use of your WeightWorld EMS Muscle Stimulator. This device utilizes Electrical Muscle Stimulation (EMS) technology to deliver electrical currents directly to muscles, promoting contraction and relaxation. It is designed for home fitness training, targeting abdominal and arm muscles.

Please read this manual thoroughly before first use and retain it for future reference.

SAFETY INFORMATION

Important: Do not use this device if you:

- Use a pacemaker.
- Have a fully or partially artificial heart.
- Are using an electrocardiogram.

Consult your doctor before use if you have any pre-existing medical conditions, are pregnant, or have any concerns about using EMS technology.



Image: Visual warning against using the EMS device with medical implants like pacemakers or artificial hearts, or while using an electrocardiogram.

PACKAGE CONTENTS

Your WeightWorld EMS Muscle Stimulator package includes the following items:

- 1x Abdominal Pad (main unit)
- 2x Arm/Leg Pads (smaller units)
- 3x Control Units (for power and mode selection)
- 24x Electro Gel Pads (12 pre-applied, 12 spare)
- 1x USB Charging Cable
- 1x Instruction Manual

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Minskar Obehag



Image: An illustration showing all components included in the product package: the main abdominal pad, two smaller arm/leg pads, three control units, a stack of gel pads, and a USB charging cable.

SETUP

1. **Charge the Control Units:** Before first use, ensure all three control units are fully charged using the provided USB charging cable. Connect the cable to a computer, power bank, or AC adapter. The indicator light on the control unit will show charging status.
2. **Prepare Gel Pads:** Each gel pad comes with a protective film. Carefully remove the clear protective film from the gel pad.
3. **Attach Control Units to Pads:** Snap each control unit onto its corresponding abdominal or arm/leg pad. Ensure a secure connection.
4. **Apply Gel Pads to Body:** Ensure your skin is clean and dry. Firmly attach the gel pads to the desired body area. The adhesive side of the gel pad should be in full contact with your skin.



Image: A visual guide demonstrating the setup process: charging the controllers, removing the protective film from gel pads, attaching controllers to the pads, and applying the pads to a clean, dry body area.

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Förbättrar den övergripande Prestandan



Image: Detailed steps on how to handle gel pads: removing the protective film, attaching the gel pad to the unit, ensuring it sits firmly, and cleaning for durability.

OPERATING INSTRUCTIONS

Once the device is properly set up and applied to your body, follow these steps to begin your training session:

1. **Turn On:** Press the 'ON/INC' button on the control unit to power on the device.
2. **Select Mode:** Press the 'PROGRAM' button to cycle through the 6 available training modes (Mode A to Mode F). Each mode offers a different stimulation pattern.
3. **Adjust Intensity:** Use the 'ON/INC' button to increase intensity and the 'OFF/DEC' button to decrease intensity. There are 10 intensity levels. Start with a low intensity and gradually increase to a comfortable level.
4. **Session Duration:** A typical session lasts 20 minutes. The device may automatically shut off after this duration.
5. **Turn Off:** To turn off the device, press the 'OFF/DEC' button repeatedly until the intensity reaches zero, or press and hold the 'OFF/DEC' button.

Training Modes and Intensity Levels

The device features 6 distinct training modes and 10 intensity levels to customize your workout:

- **Modes A-F:** Each mode provides a unique pulse pattern for different training objectives (e.g., fat burning, muscle training, squat simulation, swimming simulation, accelerated fat burning, abdominal muscle focus).
- **Intensity Levels:**
 - Levels 1-3: For warm-up.
 - Levels 4-7: For regular training.
 - Levels 8-10: For fat burning.

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Bygg Upp Muskelstyrka



Image: An overview of the 6 training modes (A-F) with their corresponding indicator lights, and the 10 intensity levels categorized for warm-up, regular training, and fat burning. It also illustrates USB charging options.

Target Body Areas

The EMS Muscle Stimulator is versatile and can be applied to various muscle groups:

- Abdomen
- Arms
- Shoulders
- Waist
- Calves
- Back
- Chest
- Thighs
- Glutes

WeightWorld™

AVANCERAD EMS MUSKELSTIMULATOR



6 Träningslägen

10 Intensitetsnivåer

Lätta & Flexibla Kuddar

Säker för Alla

Image: A visual representation of different body areas where the EMS device can be applied for muscle stimulation, such as the abdomen, arms, shoulders, waist, calves, back, chest, thighs, and glutes.

MAINTENANCE

Proper maintenance of your gel pads is crucial for their longevity and effective adhesion.

1. **After Each Use:** Apply a few drops of water to the adhesive surface of the gel pads.
2. **Clean Surface:** Gently wipe the surface to remove any dirt or debris.
3. **Air Dry:** Allow the gel pads to air dry completely. Do not use heat or direct sunlight.
4. **Storage:** Once dry, replace the gel pads onto their protective film and store them on the unit, covered. This helps maintain their adhesive properties.

The gel pads are reusable and designed for high conductivity and skin-friendliness. Replace gel pads when their adhesive quality diminishes.



Image: A four-step guide on how to properly maintain gel pads for long-lasting use: applying water, wiping the surface, allowing them to dry, and replacing them on the unit with their cover.

TROUBLESHOOTING

- **No Power:** Ensure the control unit is fully charged. Connect it to the USB charging cable and allow sufficient time to charge.
- **Weak or No Stimulation:**
 - Check that the gel pads are firmly attached to both the control unit and your skin.
 - Ensure your skin is clean and dry before application.
 - Increase the intensity level gradually.
 - If gel pads have lost their adhesion, clean them as per maintenance instructions or replace them with new ones.
- **Irritation or Discomfort:**
 - Reduce the intensity level.
 - Ensure gel pads are applied evenly and not creased.
 - Discontinue use if irritation persists and consult a healthcare professional.

SPECIFICATIONS

| Feature | Detail |
|---------------------|-------------------|
| Brand | WeightWorld |
| Model Number (ASIN) | B08GCJTSYW |
| Manufacturer | Comfort Click Ltd |
| Product Dimensions | 22.2 x 20 x 3 cm |

| | |
|------------------|---|
| Item Weight | 312 Grams |
| Power Source | Rechargeable Lithium Polymer Battery (1 required, integrated) |
| Training Modes | 6 |
| Intensity Levels | 10 |
| Certifications | CE Certified |

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided by the seller or manufacturer at the time of purchase. Keep your proof of purchase for any warranty claims.