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› Bodify Pro Leg Belt EMS Trainer Instruction Manual

## Bodify Pro Leg Belt

# Bodify Pro Leg Belt EMS Trainer Instruction Manual

Model: Pro Leg Belt

## INTRODUCTION

This manual provides instructions for the safe and effective use of your Bodify Pro Leg Belt EMS Trainer. Please read this manual thoroughly before first use and keep it for future reference. The Bodify Pro Leg Belt is designed for electrostimulation of thigh muscles, aiding in targeted muscle strengthening and energy consumption.

## WHAT'S IN THE BOX

Verify that all components are present:

- Controller
- EMS Trainer (Leg Belt)
- Charging Cable
- User Manual
- Extension Strap

## SETUP

1. **Prepare the Device:** Ensure the EMS trainer is charged. The device includes a Lithium-ion battery.
2. **Positioning:** Place the EMS trainer on the side of your thigh. The ergonomic design and gel pads help secure it in place.
3. **Secure the Belt:** Use the adjustable straps to achieve a snug and comfortable fit around your leg. This ensures optimal contact for effective electrostimulation.

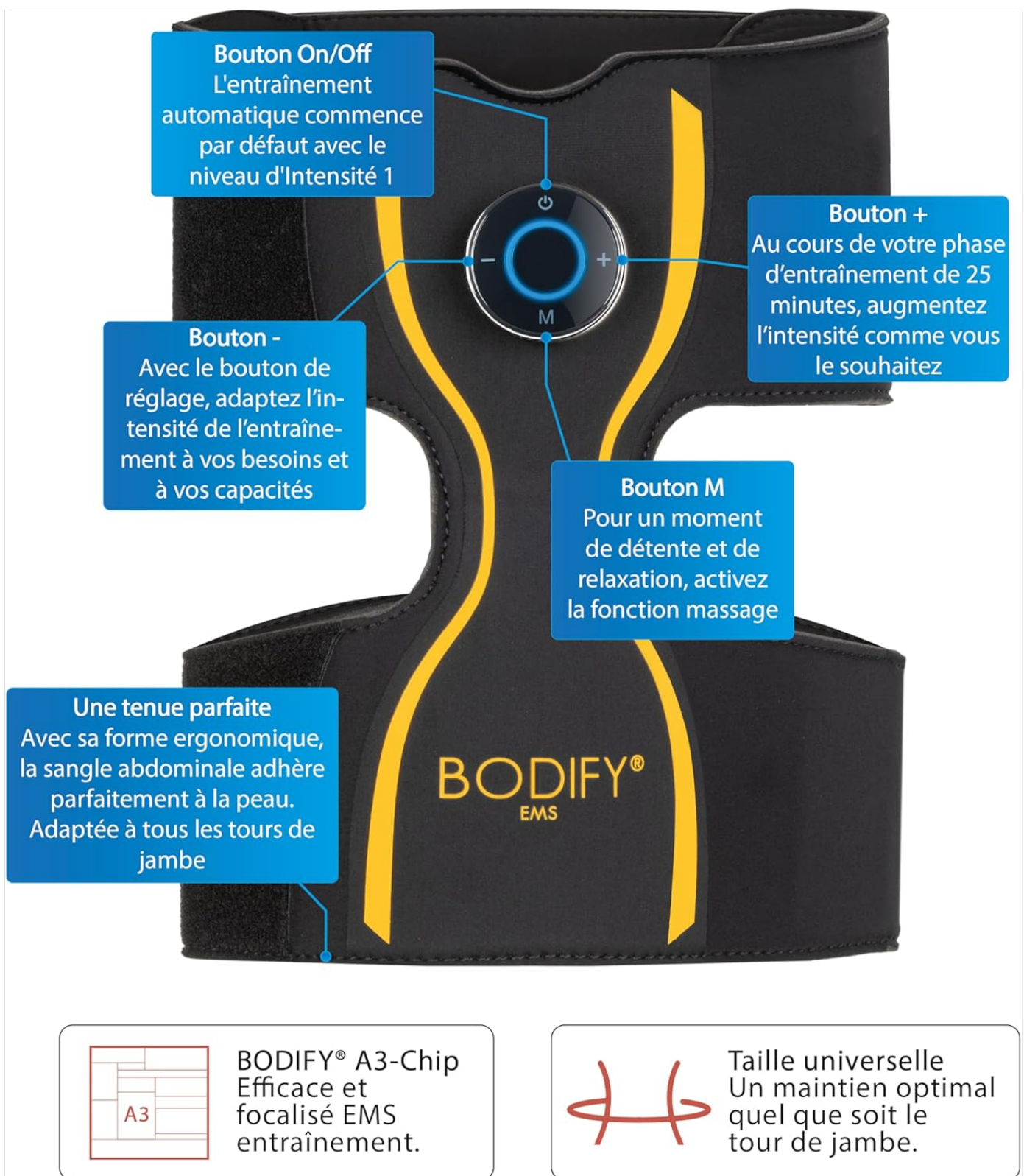


Image: The Bodify Pro Leg Belt showing the On/Off button, + button for increasing intensity, - button for decreasing intensity, and M button for massage function. It also highlights the ergonomic fit and universal size.



Image: A woman demonstrating how to apply the Bodify Pro Leg Belt to her thigh, ensuring proper placement.



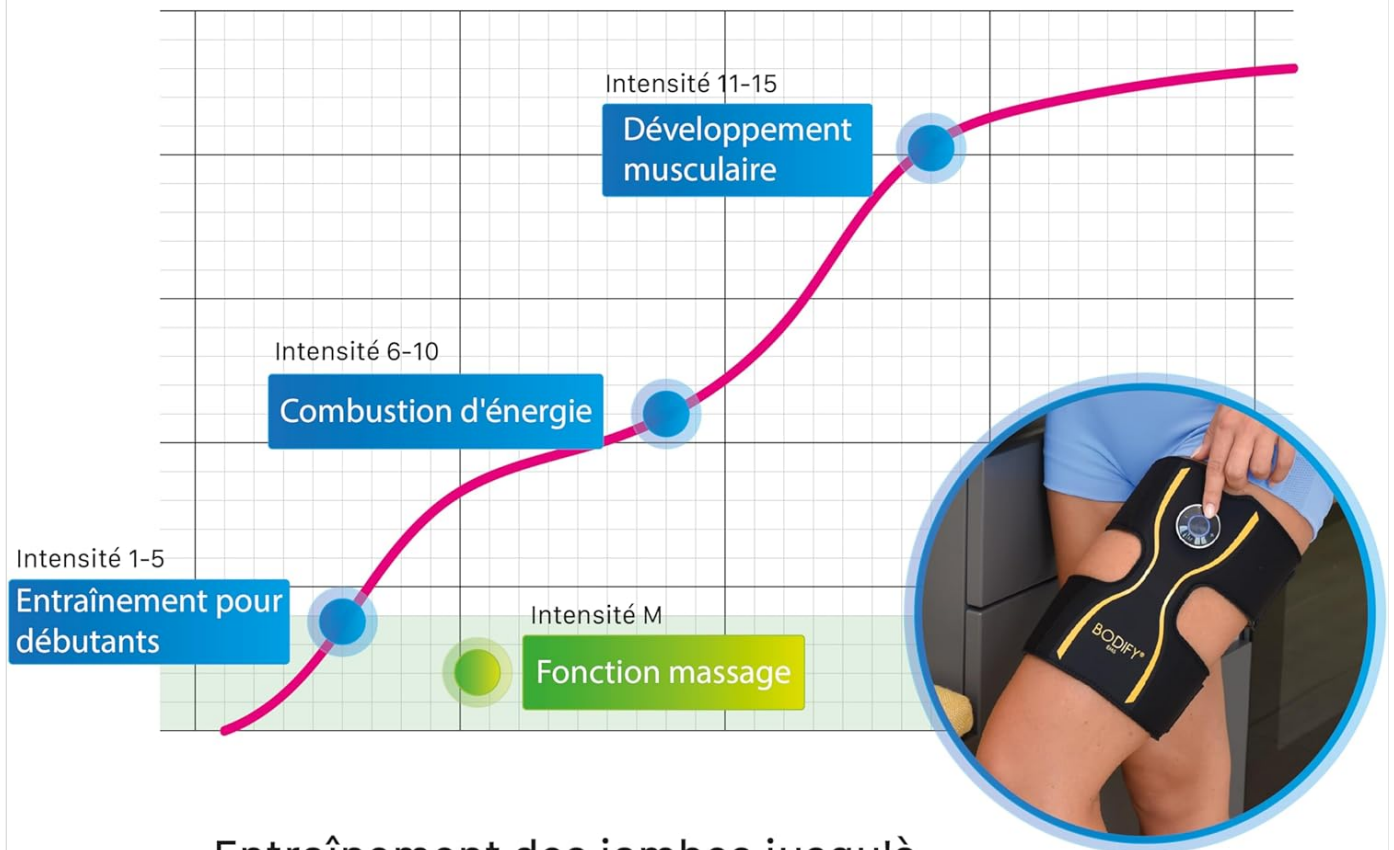
Image: A woman adjusting the straps of the Bodify Pro Leg Belt to ensure a secure and comfortable fit on her leg.

## OPERATING INSTRUCTIONS

1. **Power On:** Press the On/Off button to activate the trainer. The training automatically starts at intensity level 1.
2. **Adjust Intensity:** Use the '+' and '-' buttons to adjust the intensity level during your 25-minute training session. There are 15 different intensity levels. It is recommended to start at level 1 and gradually increase to level 3 initially, then progress weekly.
3. **Massage Function:** Press the 'M' button to activate the massage function for relaxation.
4. **Training Frequency:** For optimal results, aim for three training sessions per week.
5. **Power Off:** Press and hold the On/Off button to turn off the device.

# BODIFY®

PROFESSIONAL  
EMS TRAINER



Entraînement des jambes jusqu'à  
**40% plus efficace.**

 Technologie EMS  
Développée en  
Allemagne

Image: A graph illustrating the different intensity levels of Bodify EMS training: Levels 1-5 for beginners, Levels 6-10 for energy burning, and Levels 11-15 for muscle development. The 'M' setting activates the massage function.



Image: A woman comfortably using the Bodify Pro Leg Belt on her thigh while seated, demonstrating ease of use.



Image: A man using the Bodify Pro Leg Belt on his thigh, illustrating its unisex design and application.

## Instructional Video

Your browser does not support the video tag.

Video: A woman demonstrates how to correctly wear and operate the Bodify Pro Leg Belt. She shows how to place it on the thigh, adjust the straps, power it on, and select intensity levels. She advises starting at level 1 and gradually increasing intensity for best results, recommending three sessions per week.

## MAINTENANCE

- **Cleaning:** After each use, gently wipe the gel pads and the belt with a damp cloth. Do not use harsh chemicals or abrasive cleaners.
- **Storage:** Store the device in a cool, dry place away from direct sunlight.
- **Gel Pad Replacement:** The gel pads should be replaced approximately every 6 weeks, or when they lose their adhesiveness. Replacement pads are available from Bodify.

## TROUBLESHOOTING

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- **No Power:** Ensure the device is fully charged. Connect the charging cable and allow sufficient time for charging.
- **Weak or No Stimulation:**
  - Check that the gel pads are making full contact with your skin.
  - Ensure the gel pads are not worn out and have sufficient adhesiveness. Replace if necessary.
  - Increase the intensity level using the '+' button.
- **Discomfort:** If you experience discomfort, reduce the intensity level. Ensure the belt is not too tight or too loose.

## SPECIFICATIONS

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<b>Brand</b>	Bodify
<b>Model</b>	Pro Leg Belt
<b>Color</b>	Black
<b>Size</b>	Adjustable
<b>Material Type</b>	Plastic, Metal
<b>Battery</b>	1 Lithium-ion (included)
<b>Package Dimensions</b>	35.9 x 20 x 5.9 cm
<b>Item Weight</b>	820 grams

## WARRANTY AND SUPPORT

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Your satisfaction is our priority. If you encounter any issues with your device or are not satisfied, please contact our customer service. We are committed to responding within 1 business day to assist you.

For support, please visit the [Bodify Store on Amazon](#) or refer to the contact information provided with your purchase.

