

## Genius A06248

# Genius Gymform Electro Fat Reducer EMS Training Device User Manual

Model: A06248

## 1. INTRODUCTION

Thank you for choosing the Genius Gymform Electro Fat Reducer. This innovative EMS (Electrical Muscle Stimulation) device is designed to support muscle development, aid in fat reduction, and help reduce the appearance of cellulite. It offers a versatile and comfortable training experience for various body parts.

### Package Contents:

- 1 x Gymform Electric Fitness Trainer Unit
- 2 x Gymform Bands (for abdomen, arms, and legs)
- 1 x Gymform Nutritional Guide
- 1 x Gymform Conductive Gel (200 ml bottle)



Image 1.1: Overview of the Gymform Electro Fat Reducer kit, showing the main device, two black elastic bands, a bottle of conductive gel, and a nutritional guide booklet.

## 2. SAFETY INFORMATION

Please read all safety warnings and instructions before using this device. Improper use can lead to injury or damage.

- Consult your doctor before use if you have any pre-existing medical conditions, especially heart conditions, pacemakers, epilepsy, or are pregnant.
- Do not use on broken, irritated, or sensitive skin.
- Keep out of reach of children.
- Do not use while sleeping or driving.
- Ensure the device is clean and dry before each use.
- Only use the provided conductive gel or a compatible, water-based conductive gel.

## 3. SETUP

Before your first use, ensure you have all components and understand the basic operation.

### 3.1 Battery Installation

The device requires batteries (not included). Open the battery compartment on the back of the main unit and insert the required batteries, observing polarity (+/-) markings.

### 3.2 Applying Conductive Gel

Apply a small amount of the Gymform Conductive Gel directly onto the four electrode pads located on the back of the main unit. The gel ensures optimal conductivity and comfort during your session.

Gymform Bänder für die bequeme Anwendung an Arm, Bein und Bauch. Sie können den Gymform Fat Reducer natürlich auch ohne die Bänder verwenden.



Image 3.1: A close-up view showing a drop of Gymform Conductive Gel being applied to one of the electrode pads on the device.  
The text indicates the gel is skin-friendly and conductive for intensive training.

### 3.3 Attaching Bands (Optional)

For comfortable and secure application to different body parts, use the provided Gymform bands. The kit includes two bands of different sizes. Thread the main unit through the loops of the band and secure it around the desired body area. The device can also be used without the bands for direct application.



## Gymform Gel:

- Haut freundlich und leitfähig für intensiveres Training

Image 3.2: Two black Gymform bands, one larger and one smaller, designed for comfortable application on the arm, leg, and abdomen. The device can be used with or without these bands.

## 4. OPERATING INSTRUCTIONS

Familiarize yourself with the control panel and its functions.

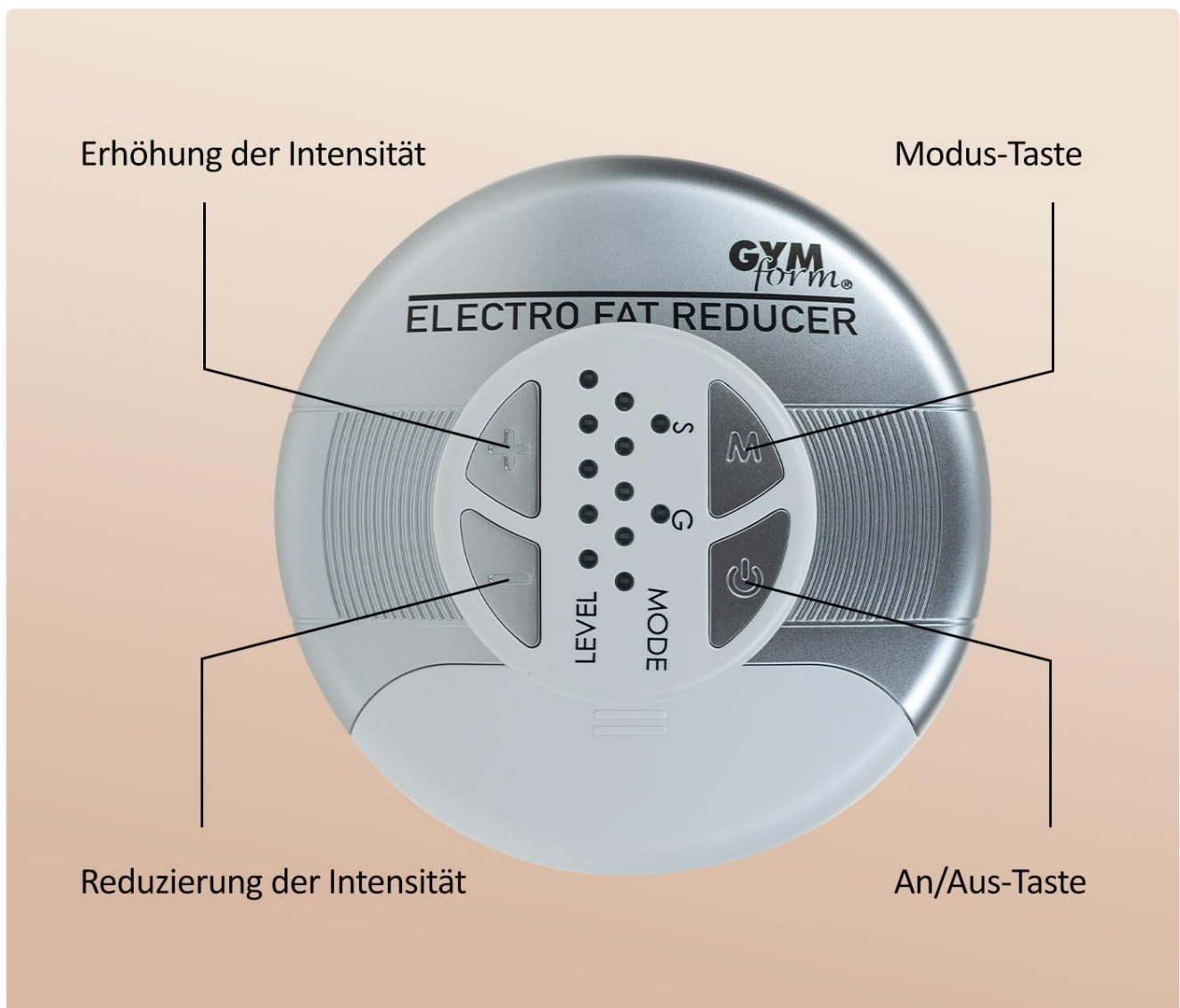


Image 4.1: Diagram illustrating the control panel of the Gymform Electro Fat Reducer, highlighting the 'Increase Intensity' button, 'Mode' button, 'Decrease Intensity' button, and 'On/Off' button.

#### 4.1 Power On/Off

- To turn on the device, press the **On/Off Button**.
- To turn off the device, press and hold the **On/Off Button** until the display turns off.

#### 4.2 Mode Selection

The device features two primary modes: Slim and Gym. Press the **Mode Button** to cycle between these modes.

- **Slim Mode:** Designed for fat reduction and cellulite targeting.
- **Gym Mode:** Focused on muscle building and toning.

#### 4.3 Intensity Adjustment

The device offers 10 intensity levels. Adjust the intensity to a comfortable yet effective level for your workout.

- Press the **Increase Intensity Button** to raise the stimulation level.
- Press the **Decrease Intensity Button** to lower the stimulation level.

#### 4.4 Session Duration



Typical session duration is 10-20 minutes per area. Refer to the nutritional guide for recommended usage schedules.

## 5. APPLICATION AREAS

The Gymform Electro Fat Reducer is designed for versatile application on various body parts using the included bands or direct placement.

### 5.1 Arms

For faster muscle building and toning in the arm area, attach the device securely using one of the smaller bands.

#### Anwendungsbereich Arm:

Für einen schnelleren Muskelaufbau können Sie das Gerät an Ihren Arm befestigen.



Image 5.1: A woman demonstrating the Gymform Electro Fat Reducer attached to her upper arm, illustrating its use for muscle building in that area.

### 5.2 Abdomen

To aid in fat reduction and abdominal muscle harmonization, simply attach the Gymform Fat Reducer to your abdomen using the larger band and begin your session.

## Anwendungsbereich Bauch:

Um bei der Fettreduktion zu helfen müssen Sie den Gymform Fat Reducer einfach nur an Ihrem Bauch befestigen und loslegen.



Image 5.2: A man demonstrating the Gymform Electro Fat Reducer attached to his abdominal area, indicating its use for fat reduction and core muscle stimulation.

### 5.3 Legs

Both muscle building and fat reduction in the leg area can be targeted. The device can also help with the appearance of cellulite when applied to the legs.

## Anwendungsbereich Bein:

Sowohl Muskelaufbau als auch Fettreduktion im Bereich ihrer Beine. Der Gymform Fat Reducer kann ebenfalls bei Cellulite helfen.



Image 5.3: A woman demonstrating the Gymform Electro Fat Reducer attached to her upper thigh, illustrating its application for muscle building, fat reduction, and cellulite improvement in the leg area.

## 6. MAINTENANCE

Proper care ensures the longevity and effectiveness of your device.

- After each use, gently wipe the electrode pads and the device surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Store the device and bands in a cool, dry place, away from direct sunlight and extreme temperatures.
- Remove batteries if the device will not be used for an extended period.

## 7. TROUBLESHOOTING

If you encounter any issues, refer to the following common problems and solutions.

- **Device does not turn on:**
  - Check if batteries are correctly inserted and not depleted. Replace if necessary.



- Ensure the On/Off button is pressed firmly.

- **Weak or no sensation:**

- Ensure sufficient conductive gel is applied to all electrode pads.
- Increase the intensity level using the 'Increase Intensity' button.
- Check that the device is making full contact with your skin.
- Replace batteries if they are low.

- **Skin irritation:**

- Ensure proper hygiene and clean the skin area before use.
- Reduce intensity.
- Discontinue use if irritation persists and consult a healthcare professional.

## 8. SPECIFICATIONS

- **Brand:** Genius
- **Model Number:** A06248
- **Color:** Black
- **Size:** Universal
- **Dimensions:** 37.2 x 27.3 x 15.6 cm
- **Weight:** 350 grams
- **Power Source:** Batteries (not included)

## 9. WARRANTY AND SUPPORT

This product comes with a manufacturer's warranty. Please refer to the warranty card included in your package for specific terms and conditions. For technical support, replacement parts, or further inquiries, please contact Genius customer service through their official website or the contact information provided with your purchase.

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Documents - Genius – A06248

no relevant documents