



Manuals.plus /

› Smiofo /

› Smiofo ABS Stimulator Instruction Manual

## Smiofo MH-1080

# Smiofo ABS Stimulator Instruction Manual

Model: MH-1080

## 1. INTRODUCTION

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Thank you for choosing the Smiofo ABS Stimulator. This device utilizes Electrical Muscle Stimulation (EMS) technology to help tone and strengthen muscles in the abdomen, arms, and legs. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before operation and retain it for future reference.

## 2. PRODUCT OVERVIEW AND FEATURES

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The Smiofo ABS Stimulator is designed for convenient and effective muscle training. It features a flexible and portable design, allowing for use in various settings.

- **EMS Technology:** Efficiently delivers energy to your muscles without the need for frequent gel pad replacements.
- **Multiple Modes and Intensity Levels:** Offers 12 workout modes and 15 adjustable intensity levels to customize your training.
- **Rechargeable:** USB port for fast charging and durable use.
- **Automatic Shut-off:** Defaults to 15 minutes and automatically turns off after no operation, or after a 20-minute workout cycle.
- **Self-Check Function:** The controller activates only when pads are properly adhered to the body.
- **Versatile Application:** Suitable for abdomen, arms, and legs.



**Image 2.1:** The Smiofo ABS Stimulator set, including the main abdominal belt, two smaller belts for arms or legs, three control units, a USB charging cable, and a spray bottle.



**Image 2.2:** An illustration demonstrating the versatility of the ABS Muscle Stimulator for various body parts, along with key features like multiple modes and intensity levels.

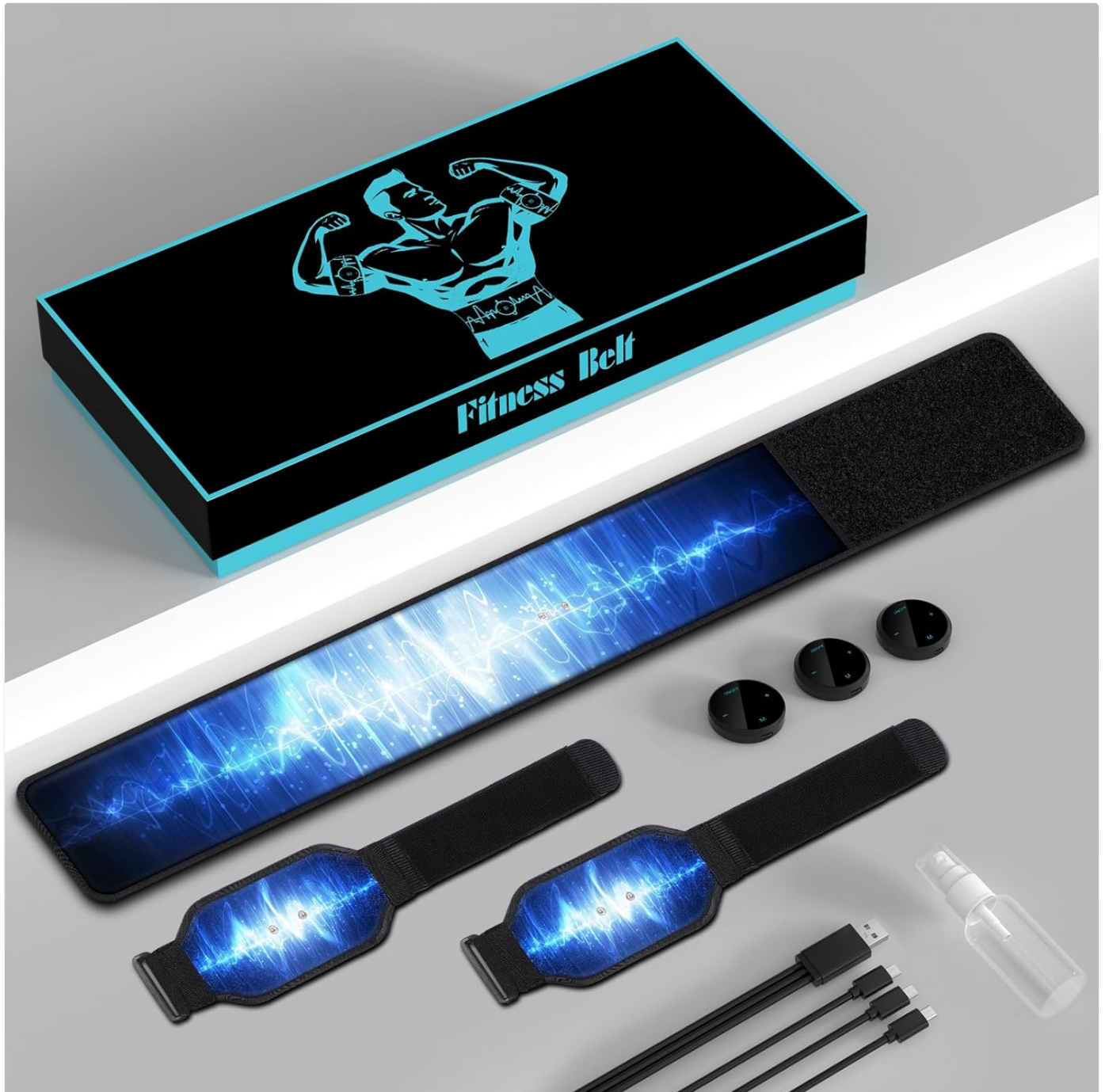


**Image 2.3:** Visual representation of the 16-pad toning EMS technology, illustrating its application on various muscle groups including the abdomen, arms, waist, calves, and thighs.

### 3. PACKAGE CONTENTS

Please verify that all items are present in your package:

- 1 x Abdominal Toning Belt
- 2 x Arm/Leg Toning Belts
- 3 x Control Units (Rechargeable)
- 1 x USB Charging Cable (Multi-head for simultaneous charging)
- 1 x Spray Bottle
- 1 x Instruction Manual



**Image 3.1:** The complete set of the Smiofo ABS Stimulator, neatly arranged with its packaging, showing all included components.

## 4. SETUP INSTRUCTIONS

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Follow these steps to prepare your Smiofo ABS Stimulator for use:

1. **Charge the Control Units:** Before first use, fully charge all three control units using the provided USB charging

cable. Connect the cable to a USB power source (e.g., computer, wall adapter). The indicator light on the control unit will show charging status.

2. **Attach Control Units to Belts:** Securely attach each charged control unit to its corresponding belt (one for the abdominal belt, two for the arm/leg belts). Ensure the connectors are firmly in place.
3. **Moisten the Electrode Pads:** Using the provided spray bottle, lightly spray water onto the electrode pads on the inside of the belts. The pads must be moist to ensure proper conductivity and effective stimulation.
4. **Apply the Belt:** Wrap the belt(s) around the desired body part (abdomen, arm, or leg). Ensure the electrode pads are in full and firm contact with your skin. A snug fit is important for optimal performance and to prevent mild shocks.



Image 4.1: Step-by-step visual instructions for setting up and using the ABS Stimulator, from charging to application.

## 5. OPERATING INSTRUCTIONS

Once the belt is properly applied and the control unit is attached and charged:

1. **Power On:** Press the power button on the control unit to turn on the device. The device will only activate if the pads

are in proper contact with your skin.

2. **Select Mode:** Press the "M" button to cycle through the 12 available workout modes. Each mode offers a different stimulation pattern.
3. **Adjust Intensity:** Use the "+" and "-" buttons to increase or decrease the intensity level. There are 15 adjustable intensity levels. Start with a low intensity and gradually increase to a comfortable yet effective level.
4. **Session Duration:** Each session defaults to 15 minutes. The device will automatically shut off after the session is complete or after 20 minutes of continuous use. Recommended usage is 1-2 times a day, with a time range of 10-60 minutes per session.
5. **Power Off:** To turn off the device manually, press and hold the power button.

For optimal results, it is recommended to use the toning belt in conjunction with a healthy diet and an active lifestyle.

## CONVENIENCE AND EASY TO USE



*Sport*      *Relaxing*      *At Work*      *Doing Housework*

*We suggest you use the toning belt with healthy diet and less sedentary lifestyle to gain the best results.*

**Image 5.1:** Examples of convenient usage scenarios for the ABS Stimulator, emphasizing its portability and ease of integration into daily routines.

## 6. MAINTENANCE

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- **Cleaning:** After each use, gently wipe the electrode pads with a damp cloth. Do not use harsh chemicals or abrasive cleaners. Ensure the control units are detached before cleaning the belts.
- **Storage:** Store the device in a cool, dry place, away from direct sunlight and extreme temperatures. Keep it in its original packaging or a protective case to prevent damage.
- **Charging:** Recharge the control units when the battery indicator is low to ensure they are ready for your next session.
- **Pad Condition:** Ensure the electrode pads remain clean and moist for effective conductivity. If the pads lose their stickiness or show signs of wear, ensure they are adequately moistened before use.

## 7. TROUBLESHOOTING

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Problem	Possible Cause	Solution
Device does not turn on.	Battery is low or depleted. Electrode pads not in full contact with skin.	Charge the control unit fully. Ensure the belt is snugly wrapped and pads are moist and in full contact with your skin. The device has a power self-check function.
Weak or no stimulation felt.	Electrode pads are dry. Intensity level is too low. Poor contact with skin.	Lightly spray water on the electrode pads. Increase the intensity level using the "+" button. Re-adjust the belt to ensure firm contact.
Mild shocks or discomfort.	Belt is too loose or pads are not fully adhered.	Tighten the belt to ensure a snug fit and full contact of the pads with your skin. Ensure pads are moist.
Device turns off unexpectedly.	Session completed (15-20 minutes). Battery is low. No operation detected.	This is normal operation. Recharge the control unit. This is normal operation; the device automatically turns off after no operation.

## 8. SPECIFICATIONS

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- **Brand:** Smiofo
- **Model Name:** MH-1080
- **Item Package Dimensions (L x W x H):** 16.5 x 7.09 x 2.2 inches
- **Package Weight:** 0.79 Kilograms
- **Number of Batteries:** 3 Lithium Polymer batteries required (included)
- **Manufacturer:** Smiofo
- **Date First Available:** August 8, 2023

## 9. IMPORTANT SAFETY INFORMATION

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Please observe the following safety guidelines to ensure safe operation and prevent injury or damage to the device:

- Fully charge the controllers before using for the first time.
- Keep the skin moist before use. You can spray some water on the electrode pads.
- Install the controller on the belt before turning it on.
- Make sure the electrode pads are in full contact with the skin.
- Do not fold or squeeze the electrode pads.
- Do not use this device if you have a pacemaker, heart condition, or any other medical implant.
- Consult a physician before use if you have any pre-existing medical conditions, are pregnant, or have recently undergone surgery.
- Keep out of reach of children.
- Do not use while sleeping, driving, or operating heavy machinery.
- Discontinue use if you experience pain, discomfort, or skin irritation.

## WARM TIPS

- ▶ Fully charged the controllers before using at the first time.
- ▶ Keep the skin moist before use. You can spray some water on the electrode pads.
- ▶ Install the controller on the belt before turning it on.
- ▶ Make sure the electrodes pads are in full contact with the skin.
- ▶ Do not fold or squeeze the electrode pads.



**Image 9.1:** Important "Warm Tips" for safe and effective use of the ABS Stimulator, including preparation and handling instructions.

## 10. WARRANTY AND SUPPORT

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For warranty information or technical support, please refer to the contact details provided with your purchase documentation or visit the official Smiofo website.

