

Atrainik (Model 21111)

Innova Atrainik EMS Body Shaping Massager

User Manual

PRODUCT OVERVIEW

The Innova Atrainik EMS Body Shaping Massager is a compact, rechargeable, and wireless device designed for electrostimulation (EMS) massage. It aims to tone and strengthen muscles, boost fat elimination, and contribute to body shaping. This device features multiple massage settings and intensity levels, making it versatile for use on various body parts.



Figure 1: The Innova Atrainik EMS Body Shaping Massager includes two main modules and a USB charging cable.

Key Features:

- **Electrostimulation (EMS) Function:** Provides an intense muscle workout for toning and strengthening.
- **Multifunction:** Offers 6 distinct massage settings.
- **Adjustable Intensity:** Features 10 intensity levels for personalized use.
- **Magnetic Patches:** Comes with 4 reusable magnetic patches for secure attachment.
- **Multi-position Use:** Suitable for abdomen, arms, legs, glutes, waist, back, and other areas.
- **Portable Design:** Lightweight, compact, rechargeable, and wireless for convenient use anywhere.
- **USB Charging:** Easily rechargeable via the included DC-USB cable.

SAFETY INFORMATION

Please read all safety warnings and instructions before using the Innova Atrainik EMS Body Shaping Massager. Failure to follow these instructions may result in electric shock, fire, or serious injury.

- Do not use if you have a pacemaker, implanted defibrillator, or other electronic medical devices.
- Consult a physician before use if you have any pre-existing medical conditions, including but not limited to heart disease, epilepsy, cancer, or if you are pregnant.
- Do not use on broken skin, open wounds, or areas with skin irritation.
- Keep out of reach of children.
- Do not use while sleeping or driving.
- A maximum daily use of 10 minutes per area is recommended.
- Only use the provided USB cable for charging.

SETUP

1. **Charge the Device:** Before first use, fully charge both modules of the massager. Connect the included DC-USB cable to the charging port on each module and plug the USB end into a compatible USB power source (e.g., computer, USB wall adapter). The charging indicator light will illuminate during charging and turn off when fully charged.



Figure 2: Connect the USB cable to charge the massager modules.

2. **Attach Magnetic Patches:** Ensure the magnetic patches are clean and dry. Attach one magnetic patch to the back of each massager module. The patches are reusable and designed for firm adhesion to the skin.



Figure 3: The massager modules with the four reusable magnetic patches.

3. **Prepare Skin:** Clean and dry the area of skin where you intend to apply the massager. Avoid applying

on hairy areas for better adhesion.

OPERATING INSTRUCTIONS

1. **Apply the Massager:** Firmly press the massager modules with attached patches onto the desired body area. Ensure good contact with the skin. The device can be used on areas such as the abdomen, arms, and legs.



Figure 4: The massager applied to the abdominal area.



Figure 5: The massager applied to the arm for muscle toning.



Figure 6: The massager applied to the leg for targeted stimulation.

2. **Power On:** Press and hold the power button on the main module to turn on the device.
3. **Select Mode:** Press the "MODE" button to cycle through the 6 available massage settings. Each mode offers a different pattern of electrostimulation. Experiment to find the mode that best suits your needs.



Figure 7: The control panel showing mode and intensity controls.

4. **Adjust Intensity:** Use the "+" and "-" buttons to adjust the intensity level. There are 10 intensity levels. Start with a low intensity and gradually increase it to a comfortable level.
5. **Session Duration:** A typical session should not exceed 10 minutes per body area. The device may have an automatic shut-off feature after a set time.
6. **Power Off:** After use, press and hold the power button to turn off the device. Carefully peel the massager modules from your skin.

MAINTENANCE

- **Cleaning:** After each use, gently wipe the massager modules and magnetic patches with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Patch Care:** The magnetic patches are reusable. To maintain their adhesive quality, ensure they are clean and dry before storage. If adhesion weakens, they may need to be replaced.
- **Storage:** Store the device and patches in a cool, dry place, away from direct sunlight and extreme

temperatures.

- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not in use for extended periods.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is low or depleted.	Charge the device fully using the provided USB cable.
No sensation or weak sensation.	Patches not making good contact with skin; Intensity level too low; Patches are worn out.	Ensure skin is clean and dry and patches are firmly applied. Increase intensity gradually. Replace old patches with new ones.
Device turns off unexpectedly.	Battery is low; Automatic shut-off feature activated.	Recharge the device. This is normal operation if the session duration limit is reached.
Skin irritation after use.	Allergic reaction to patch material; Overuse; Skin not clean.	Discontinue use if irritation persists. Reduce session duration. Ensure skin is clean before application. Consult a doctor if necessary.

SPECIFICATIONS

- **Model:** Atrainik
- **Manufacturer Reference:** 21111
- **Type:** Electric, Rechargeable, Wireless EMS Massager
- **Massage Settings:** 6
- **Intensity Levels:** 10
- **Battery:** Li-ion 150 mAh / 0.55 Wh
- **DC Input:** 5 V / 500 mA
- **Approx. Dimensions:** 2x 5.6 x 6.1 x 1.8 cm (each module)
- **Item Weight:** 200 g
- **Material:** Acrylonitrile Butadiene Styrene
- **Power Source:** Battery Powered

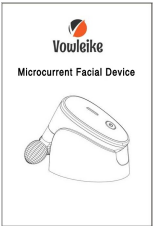
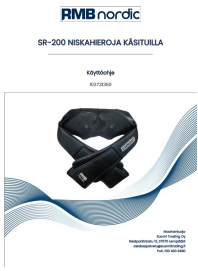
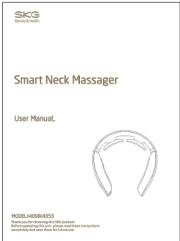
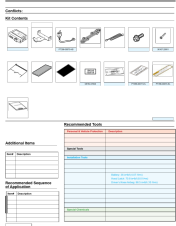

WARRANTY AND SUPPORT

This product is manufactured by InnovaGoods. For any warranty claims or technical support, please refer to the retailer where the product was purchased or contact InnovaGoods directly through their official channels. Please retain your proof of purchase for warranty validation.

Note: Warranty terms may vary by region and retailer. Please consult your purchase documentation for specific details.

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Model: Atrainik | ASIN: B0CNH7MK3R

Related Documents - Atrainik (Model 21111)

	<p>Vowleike Microcurrent Facial Device User Manual - EMS Skin Roller</p> <p>Official user manual for the Vowleike Microcurrent Facial Device (Model 186). Learn how to use, its features, specifications, and safety warnings for this EMS dual head beauty roller.</p>
	<p>RMB Nordic SR-200 Neck Massager User Manual</p> <p>Comprehensive user manual for the RMB Nordic SR-200 Neck Massager, detailing features, safety instructions, operation, troubleshooting, and warranty information. Includes technical specifications and disposal guidelines.</p>
	<p>SKG Smart Neck Massager User Manual (Models 4098/4353)</p> <p>User manual for the SKG Smart Neck Massager (Models 4098 and 4353), providing instructions on operation, precautions, maintenance, and troubleshooting. Features include heating and adjustable intensity for neck pain relief.</p>
	<p>2011 Scion tC TVIP V4 Remote Engine Starter Installation Guide</p> <p>This document provides comprehensive instructions for the installation of the TVIP V4 Remote Engine Starter (RES) accessory for the 2011 Scion tC model. It covers kit contents, tools, disassembly, harness installation, ECU preparation, registration, and function checks.</p>
	<p>Breo iDream 3 Eye & Head Massager User Manual Features, Operation & Safety</p> <p>Comprehensive user manual for the Breo iDream 3 Eye & Head Massager. Learn about its features, how to operate, safety precautions, troubleshooting, and technical specifications.</p>



[Sharper Image Handheld Rechargeable Deep Tissue Massager User Manual](#)

User manual for the Sharper Image Handheld Rechargeable Deep Tissue Massager, covering safety warnings, care and maintenance, troubleshooting, charging, battery life, operating instructions, and massage tool descriptions.