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Bodify EMS Calf Trainer Pro

Bodify EMS Calf Trainer Pro Instruction Manual

Model: EMS Calf Trainer Pro

1. INTRODUCTION

The Bodify EMS Calf Trainer Pro is designed to strengthen calf muscles and enhance running stability. It is suitable for both men and women seeking to improve their training, whether at home or on the go. Featuring advanced battery technology, this calf trainer is always ready to help you build calf muscle strength and effectively prevent calf discomfort.

2. SAFETY INFORMATION

Before using the Bodify EMS Calf Trainer Pro, please read all instructions carefully. Consult with a healthcare professional before starting any new exercise or EMS program, especially if you have pre-existing medical conditions, are pregnant, or have a pacemaker. Do not use on broken or irritated skin. Keep out of reach of children. This document provides general guidance; refer to the complete user manual included with your product for detailed safety warnings and precautions.

3. PACKAGE CONTENTS

Verify that all items are present in your package:

- EMS Trainer
- Controller
- Charging Cable
- User Manual

4. PRODUCT OVERVIEW

The Bodify EMS Calf Trainer Pro features an ergonomic design for a comfortable and secure fit around the calf. The control unit allows for easy adjustment of settings.

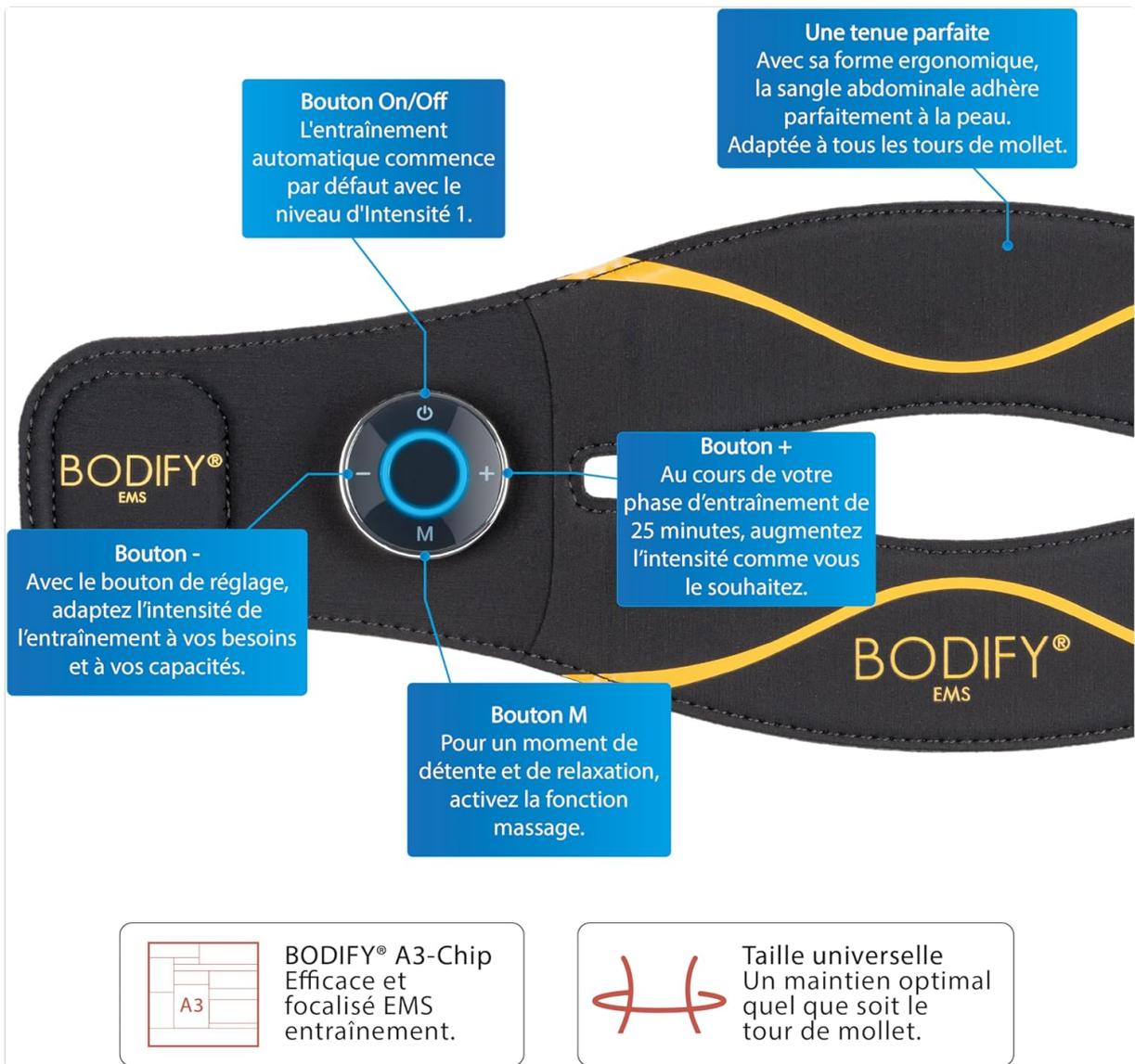


Figure 1: Control Unit Buttons

The control unit features an On/Off button, '+' and '-' buttons for intensity adjustment, and an 'M' button to activate the massage function.

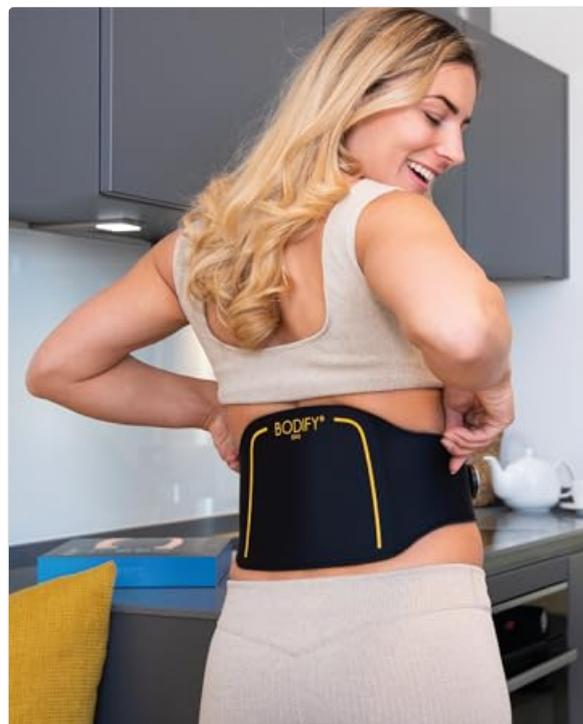


Figure 2: Ergonomic Design and Fit

The trainer's ergonomic shape ensures a perfect fit for all calf sizes, providing optimal hold during use.

5. SETUP

1. **Charge the Device:** Before first use, ensure the device is fully charged using the provided charging cable. The improved battery technology ensures readiness for use.
2. **Prepare Skin:** Ensure your calf skin is clean and dry for optimal pad adhesion and conductivity.
3. **Attach the Trainer:** Securely wrap the EMS trainer around your calf. The ergonomic design is adaptable to various calf circumferences.
4. **Positioning:** Position the pads directly on the calf muscles you wish to stimulate.



Figure 3: Applying the Trainer

Ensure proper placement of the trainer on the calf for effective muscle stimulation.

6. OPERATING INSTRUCTIONS

1. **Power On:** Press and hold the On/Off button (power symbol) to turn on the device. Training automatically starts at Intensity Level 1.
2. **Adjust Intensity:** Use the '+' button to increase the stimulation intensity and the '-' button to

decrease it. Adjust to a comfortable yet effective level.

3. **Select Massage Mode:** Press the 'M' button to activate the massage function for relaxation.
4. **Training Duration:** Each training phase is typically 25 minutes.
5. **Power Off:** Press and hold the On/Off button to turn off the device after your session.



Figure 4: Intensity Levels and Training Modes

Intensity levels 1-5 are for beginners, 6-15 for muscle development, and 'M' activates the massage function. The device can provide up to 40% more effective calf training.



Figure 5: Active Use

The trainer can be used while standing or sitting, allowing for flexible integration into your daily routine.

7. MAINTENANCE

- **Cleaning:** After each use, gently wipe the device and pads with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners.
- **Storage:** Store the EMS trainer in a cool, dry place. Use the provided protector for the pads to maintain their adhesive quality and prolong their lifespan.
- **Pad Replacement:** The pads are consumable items and may need to be replaced over time as their adhesive properties diminish.

8. TROUBLESHOOTING

- **Device does not turn on:** Ensure the device is fully charged. If the issue persists, contact customer support.
- **Weak or no stimulation:** Check that the pads are securely attached to clean, dry skin. Increase the intensity level using the '+' button. Ensure the device is charged.
- **Discomfort during use:** Reduce the intensity level. Ensure pads are correctly positioned and not on

sensitive areas. If discomfort continues, discontinue use and consult a healthcare professional.

9. SPECIFICATIONS

Model Name	EMS Calf Trainer Pro
Color	Black
Size	One Size
Main Material	Plastic, Metal
Battery Type	1 Lithium-ion (included)
Product Dimensions (L x W x H)	22.1 x 19.1 x 4.8 cm
Weight	440 grams
Manufacturer	Bodify
Service	Unisex

10. CUSTOMER SUPPORT

Your satisfaction is our top priority. If you encounter any issues with your device or are not completely satisfied, please do not hesitate to contact us. Our customer service team is committed to responding to your inquiries within 1 business day.

For support, please refer to the contact information provided in your product packaging or visit the official Bodify website.