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Lunakaove MH-1080

Lunakaove EMS Abdominal Muscle Stimulator Belt (Model MH-1080) User Manual

Comprehensive instructions for safe and effective use.

1. Product Overview

The Lunakaove EMS Abdominal Muscle Stimulator Belt is designed to provide electrical muscle stimulation (EMS) for abdominal, arm, and leg muscles. This device assists in muscle toning and strengthening through various modes and intensity levels.



Image Description: An image illustrating the Lunakaove EMS stimulator belt in use, showing a woman wearing the abdominal belt and arm stimulators in a gym setting. Surrounding graphics depict common fitness challenges such as busy schedules, postpartum weight gain, difficulty adhering to exercise, muscle strain, and expensive gym fees, implying the product offers a solution.

The system includes an abdominal belt and two smaller arm/leg stimulators, each controlled by a separate unit. It features 12 workout modes and 19 frequency levels to cater to different muscle stimulation needs.

2. Safety Information and Precautions

Read all instructions carefully before using this device. Failure to follow safety guidelines may result in injury or device malfunction.

- 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 heart disease, epilepsy, or are pregnant.
- Do not use on broken, irritated, or sensitive skin.
- Keep out of reach of children.
- Do not use while sleeping, driving, or operating machinery.
- Discontinue use immediately if you experience pain, discomfort, or skin irritation.
- The device is not intended for diagnosis, treatment, cure, or prevention of any disease or health condition.

3. Package Contents

Verify that all components are present in the package:

- 1 x Abdominal Stimulator Belt
- 2 x Arm/Leg Stimulator Pads
- 3 x Control Units (for abdominal belt and arm/leg pads)
- 1 x 3-in-1 USB Charging Cable
- 1 x User Manual

4. Setup and Charging

4.1 Charging the Control Units

Before first use, fully charge all three control units. A full charge typically takes 2-3 hours.

1. Connect the 3-in-1 USB charging cable to each control unit.
2. Plug the USB end of the cable into a compatible USB power source (e.g., wall adapter, power bank, laptop).
3. The indicator light on the control unit will show charging status (e.g., blinking while charging, solid when fully charged).



Image Description: An illustration showing three control units connected to a single 3-in-1 USB charging cable. Icons below indicate various charging methods: car charge, wall charger, power bank, and laptop. This highlights the convenience of charging multiple units simultaneously.

4.2 Attaching Control Units to Belts/Pads

Each control unit attaches to the stimulator belt or pad via snap buttons.

1. Align the two snap buttons on the back of the control unit with the corresponding snaps on the stimulator belt/pad.
2. Press firmly until the control unit clicks securely into place.



Image Description: A four-step visual guide demonstrating the setup process. Step 1 shows charging the controller with a USB cable. Step 2 illustrates attaching the charged controller to the tone belt. Step 3 shows spraying water on the silicone pad for conductivity. Step 4 depicts a person wearing the belt and selecting a mode to begin a session.

5. Operation

5.1 Preparing for Use

1. Ensure the silicone pads on the belt/pads are clean.

2. Lightly spray or dampen the silicone pads with water. This improves conductivity and ensures proper contact with the skin.
3. Position the stimulator belt/pads on the desired muscle area (abdomen, arms, or legs). Ensure a snug and secure fit. The abdominal belt is adjustable from 25 to 52 inches (63.5 cm to 132 cm) in waist circumference. The arm/leg pads are adjustable from 8 to 20 inches (20.3 cm to 50.8 cm).



Image Description: An image detailing the adjustable nature of the EMS belt and arm/leg pads, showing waist and limb size ranges for optimal fit. It also highlights the 19 frequency levels and 12 distinct modes (Massage, Shape, Knead, Beat, Fat Burning, Comprehensive) available for different training objectives.

5.2 Using the Control Unit



Image Description: A diagram illustrating the EMS technology and the control unit. It shows the front and back of the abdominal belt, and a detailed view of the control unit's display and buttons: ON/Increase (+), OFF/Decrease (-), Mode Selection (M), Indicator Light, Mode Display, and Intensity Display.

1. **Power On:** Press and hold the **ON/Increase (+)** button for a few seconds to turn on the device. The display will light up.
2. **Select Mode:** Press the **Mode Selection (M)** button to cycle through the 12 available modes. The current mode number will be displayed.
    - Modes 1-3: Designed for fat loss.
    - Modes 4-5: Designed for muscle exercise.
    - Modes 6-8: Designed for fat burning.
    - Modes 9-10: Designed for body sculpting.
    - Modes 11-12: Designed for muscle strengthening.
3. **Adjust Intensity:** Use the **ON/Increase (+)** button to increase intensity and the **OFF/Decrease (-)** button to decrease intensity. There are 19 frequency levels. Start with a low intensity and gradually increase to a comfortable level.
4. **Session Duration:** Each session is automatically set for 15-20 minutes. The device will automatically shut off after the session.
5. **Power Off:** To turn off the device manually, press and hold the **OFF/Decrease (-)** button for a few seconds.

6. Maintenance

- **Cleaning the Pads:** After each use, gently wipe the silicone pads 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 and extreme temperatures.
- **Battery Care:** Recharge the control units when the battery indicator is low. Avoid fully depleting the battery frequently to prolong its lifespan.
- The belt is washable and designed to be odorless.



Image Description: A comparison graphic titled "WHY CHOOSE US". On the left, "OURS" shows the Lunakaove belt with features like "Firm & fit", "All-round exercise", "Washable & odorless", and "No need to replace the gel pads", accompanied by an image of the belt and a hand spraying water on a pad. On the right, "OTHERS" shows a traditional EMS device with gel pads, noting "Fallible", "Limited", "Smelly", and "Replaced regularly".

7. Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Low battery.	Charge the control unit fully.
Weak or no sensation.	Poor contact with skin; low intensity setting; dry pads.	Ensure pads are damp and make full contact with skin. Increase intensity gradually.
Skin irritation.	Pads are too dry; allergic reaction; excessive intensity.	Dampen pads thoroughly. Discontinue use if irritation persists. Reduce intensity.
Control unit not responding.	Device malfunction.	Try resetting by turning off and on. If issue persists, contact customer support.

8. Specifications

- **Model:** MH-1080
- **Power Source:** 1 Lithium Polymer battery (included) per control unit
- **Modes:** 12
- **Intensity Levels:** 19
- **Session Duration:** Approximately 15-20 minutes (automatic shutdown)

- **Abdominal Belt Adjustment:** 25-52 inches (63.5-132 cm) waist
- **Arm/Leg Pad Adjustment:** 8-20 inches (20.3-50.8 cm) circumference
- **Package Dimensions:** 9.69 x 7.48 x 1.97 inches
- **Item Weight:** 1.01 Pounds
- **Manufacturer:** Viamedix



Image Description: An illustration highlighting the EMS stimulating technology, featuring powerful A7 chips for different fitness modes and a low voltage with certified safety standard. It also shows a USB interface for charging, indicating a rechargeable abs stimulator with a durable and flexible 3-head USB charging line.

9. Warranty and Support

For warranty information or technical support, please contact Lunakaove customer service. Refer to your purchase documentation for specific contact details.

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This device is intended for muscle toning and strengthening, not for medical purposes.

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