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Allwolf AST-300W

Allwolf Electronic Muscle Stimulator (Model: AST-300W)

User Instruction Manual

INTRODUCTION

This manual provides detailed instructions for the safe and effective use of your Allwolf Electronic Muscle Stimulator, Model AST-300W. This device is designed to provide muscle stimulation for various applications, including temporary relief of pain and improvement of muscle performance. Please read this manual thoroughly before first use and retain it for future reference.

IMPORTANT SAFETY INFORMATION

WARNING: 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 personal use as described in this manual. Consult a healthcare professional before using this device if you have any pre-existing medical conditions, including but not limited to:

- Heart conditions or pacemakers
- Epilepsy
- Pregnancy
- Cancer
- Skin conditions or open wounds in the treatment area
- Diabetes with complications affecting the feet

Do not use this device while driving, operating machinery, or during any activity where involuntary muscle contractions could put the user at undue risk. Keep out of reach of children.

PACKAGE CONTENTS

Verify that all items are present in the package:

- Allwolf Electronic Muscle Stimulator (Main Unit)
- Remote Control

- USB Charging Cable
- User Manual



Image: The main unit of the Allwolf Electronic Muscle Stimulator with its remote control, showing the foot pads and display screen.

PRODUCT OVERVIEW

The Allwolf AST-300W features a main unit with integrated foot pads and a digital display, accompanied by a wireless remote control for convenient operation.

Main Unit Components:

- **Foot Pads:** Conduct electrical impulses to the feet.
- **LCD Display:** Shows mode, intensity level, and timer.
- **Power Button:** Turns the device on/off.
- **Mode Button (M):** Cycles through available stimulation modes.
- **Intensity Buttons (+/-):** Adjusts the intensity level.

Remote Control:

- **Power Button:** Turns the device on/off (Note: Some users report this button may not activate the device, use the main unit's power button if needed).
- **Mode Button (M):** Cycles through available stimulation modes.
- **Intensity Buttons (+/-):** Adjusts the intensity level.



User-Friendly Remote Control

No more bending down to adjust the settings

HD

LCD Display

10 Modes

50 massage intensities

Image: A user's feet placed on the stimulator, with a hand holding the remote control, illustrating the user-friendly design and LCD display.

SETUP INSTRUCTIONS

1. **Charge the Device:** Before first use, ensure the device is fully charged. Connect the USB charging cable to the charging port on the main unit and to a suitable USB power adapter (not included). The charging indicator will show the charging status.
2. **Remote Control Batteries:** If the remote control requires batteries (e.g., 2x AAA, not included), insert them according to the polarity markings in the battery compartment.

3. **Placement:** Place the main unit on a flat, stable surface, such as the floor in front of a chair or sofa.
4. **Prepare Feet:** Ensure your feet are clean and dry. For optimal conductivity, it is recommended to have bare feet.



Image: A visual guide demonstrating the proper placement of feet on the device and the use of the remote control.

OPERATING INSTRUCTIONS

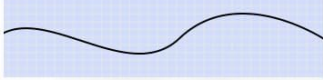
1. **Power On:** Press the Power button on the main unit to turn on the device. The LCD display will illuminate.
2. **Place Feet:** Place both bare feet firmly on the designated foot pads of the device. Ensure full contact for effective stimulation.
3. **Select Mode:** Press the 'M' (Mode) button on the main unit or remote control to cycle through the available stimulation modes (1-25). The selected mode number will be displayed on the screen.
4. **Adjust Intensity:** Use the '+' and '-' buttons on the main unit or remote control to adjust the intensity level. Start with the lowest intensity and gradually increase it until you feel a comfortable, yet noticeable, muscle contraction. The device offers up to 50 intensity levels.
5. **Session Duration:** The device typically has a default session duration (e.g., 20 or 30 minutes). The timer will count down on the display. The device will automatically shut off after the session concludes.
6. **Power Off:** To end a session early, press and hold the Power button on the main unit until the device turns off.

Understanding Modes:

- **PMS Modes (1-8):** Intended to stimulate healthy muscles to improve and facilitate muscle performance.
- **TENS Modes (9-25):** Used for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, neck, arm, leg, and foot due to strain from exercise or normal household activities by applying current to stimulate nerves.

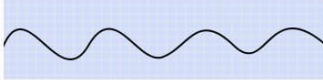
10 Modes 50 Intensities

1-10 Level Intensities



Soft, Relaxing Massage

11-20 Level Intensities



Weak, superficial contraction

21-30 Level Intensities



Stronger contraction recruiting more motor fibres

31-40 Powerful contraction



Deep stimulation

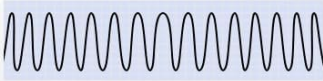


Image: A chart detailing the different intensity levels (1-50) and their corresponding stimulation effects, from soft relaxing massage to deep stimulation.

What Can EMS Foot Stimulator be Used For?



Image: Visual examples of conditions for which the EMS foot stimulator can be used, such as arch pain, poor circulation, work fatigue, and neuropathy.

MAINTENANCE AND STORAGE

- **Cleaning:** After each use, wipe the foot pads and the main unit with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water. Ensure the device is completely dry before storing.
- **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 bag to prevent dust accumulation.
- **Battery Care:** If the device will not be used for an extended period, ensure it is fully charged before storage. Recharge periodically (e.g., every 3 months) to maintain battery health.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery; Power button not pressed correctly.	Charge the device fully. Ensure the power button on the main unit is pressed firmly.
No sensation or weak sensation.	Feet not making full contact; Intensity too low; Dry skin.	Ensure both bare feet are firmly on the pads. Increase intensity gradually. Lightly moisten feet if skin is very dry.
Remote control not working.	Remote batteries low/dead; Remote not aimed at device; Remote power button issue.	Replace remote batteries. Ensure clear line of sight to the main unit. Use the main unit's buttons if the remote's power button is unresponsive.
Uneven sensation between feet.	Uneven foot contact; Device malfunction.	Adjust foot placement for even contact. If problem persists, contact customer support.

PRODUCT SPECIFICATIONS

Model: AST-300W

Brand: Allwolf

Product Dimensions: 12 x 2 x 12 inches

Item Weight: 2.8 Pounds (1.27 Kilograms)

Material: Acrylonitrile Butadiene Styrene

Modes: 25 (8 PMS modes, 17 TENS modes)

Intensity Levels: 50

Power Source: Rechargeable (internal battery)

Manufacturer: Shenzhen OSTO Technology Company Limited

WARRANTY INFORMATION

Allwolf products are manufactured to high-quality standards. This product is covered by a limited warranty against defects in materials and workmanship from the date of purchase. Please refer to the product packaging or contact customer support for specific warranty terms and conditions. Keep your purchase receipt as proof of purchase.

CUSTOMER SUPPORT

For technical assistance, warranty claims, or any questions regarding your Allwolf Electronic Muscle Stimulator, please contact our customer support team:

Website: www.allwolf.com *(Please note: This is a placeholder website. Refer to your product packaging for actual support contact information.)*

Email: support@allwolf.com *(Please note: This is a placeholder email. Refer to your product packaging for actual support contact information.)*

Phone: 1-800-XXX-XXXX *(Please note: This is a placeholder phone number. Refer to your product packaging for actual support contact information.)*

Please have your model number (AST-300W) and purchase date available when contacting support.

INSTRUCTIONAL VIDEOS

Watch these videos for visual guidance on using your Allwolf Electronic Muscle Stimulator.

No official seller instructional videos are available at this time. Please refer to the written instructions.

