MEGELIN PRKJ-01.01.00.0079-FBA

MEGELIN Toning Shorts User Manual

Model: PRKJ-01.01.00.0079-FBA

1. Important Safety Information

Please read all instructions carefully before using the MEGELIN Toning Shorts. Failure to follow these instructions may result in injury or damage to the product.

- Consult a healthcare professional before use if you have any pre-existing medical conditions, including heart conditions, epilepsy, or if you are pregnant.
- Do not use on broken, irritated, or sensitive skin.
- Keep the device and shorts away from water during charging.
- Ensure the electrodes are properly moistened before each use to ensure effective and comfortable stimulation.
- Start with the lowest intensity setting and gradually increase as tolerated.
- Do not use while sleeping or driving.
- Keep out of reach of children.

2. Product Overview

The MEGELIN Toning Shorts utilize Electrical Muscle Stimulation (EMS) technology to engage gluteal and pelvic floor muscles. The system includes a pair of shorts with integrated electrodes and a detachable control unit.

Image: Detachable remote control unit and a close-up of the soft, skin-friendly, high-elastic fabric of the toning shorts.

The control unit features 7 modes and 15 adjustable intensity levels, allowing for personalized training sessions. The shorts are designed for comfort and flexibility, made from 100% cotton fabric.

Image: Multiple models showcasing the comfortable one-size stretch fit of the MEGELIN Toning Shorts on various body shapes.

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Video: An overview of the MEGELIN Toning Shorts for Women, explaining the EMS technology and its benefits for muscle activation and toning.

3. Setup and Preparation

1. **Charge the Control Unit:** Connect the detachable control unit to a power source using the original Type-C cable. Ensure the unit is fully charged before first use.

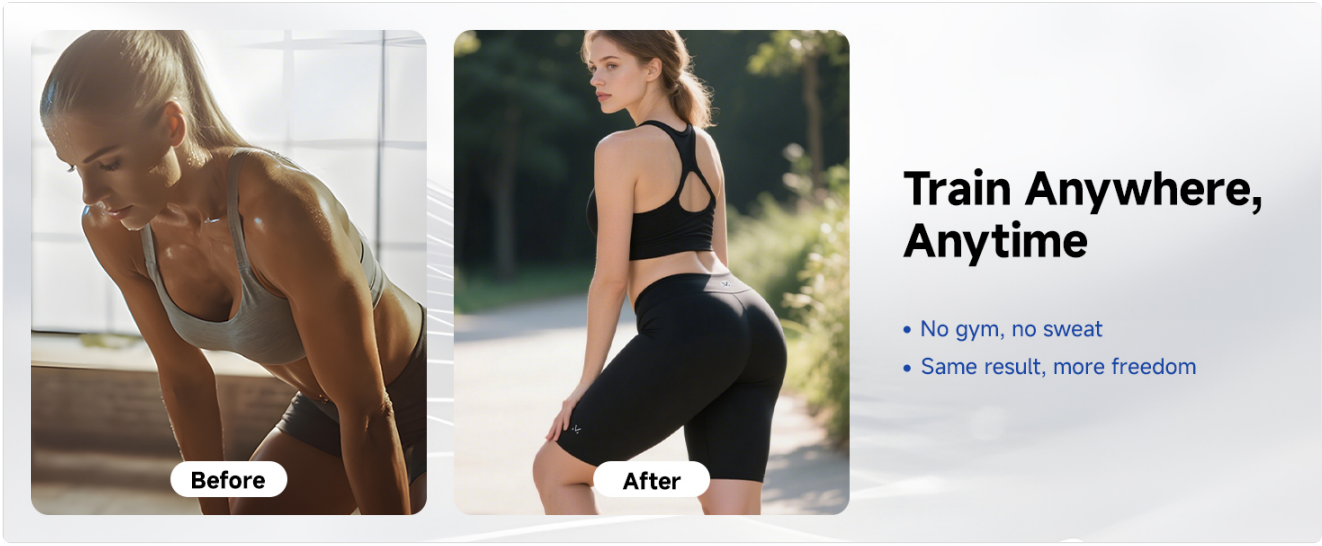

Image: Step 1 of the setup process, showing the control unit connected to a Type-C charging cable.

2. **Prepare Skin and Electrodes:** Clean and dry your skin where the shorts will make contact. Lightly spray water onto the integrated electrodes inside the shorts. This ensures optimal conductivity for the EMS pulses.

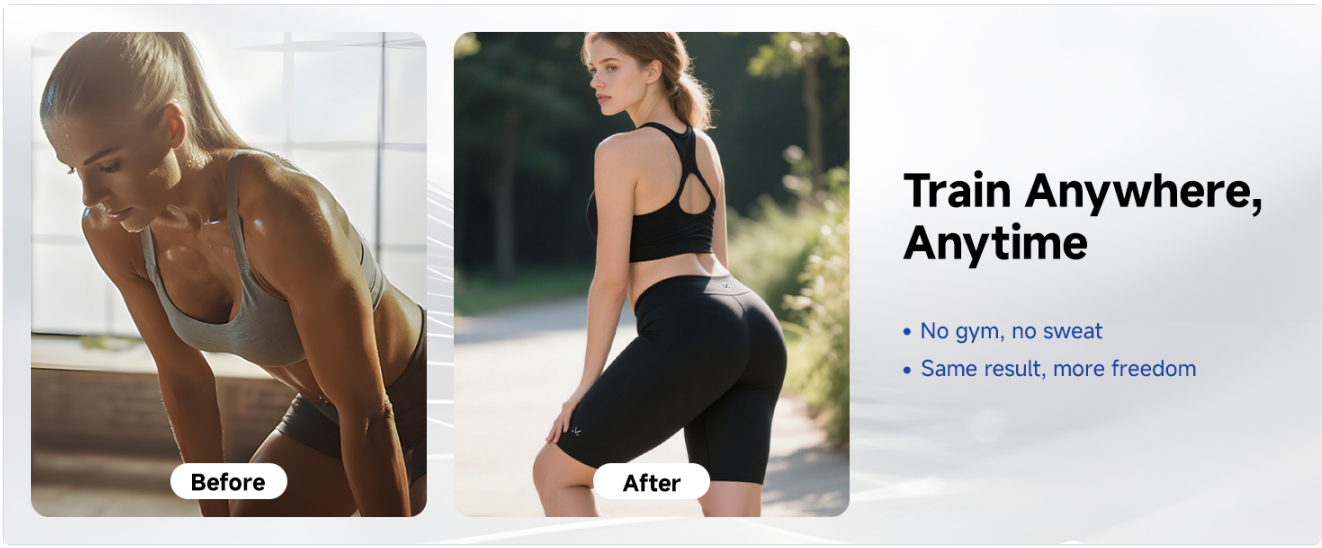

Image: Step 2 of the setup process, illustrating the internal electrodes of the shorts being moistened with water.

3. **Wear Shorts and Attach Unit:** Put on the shorts. Attach the charged control unit to the designated snap connectors on the shorts. Ensure a secure connection.

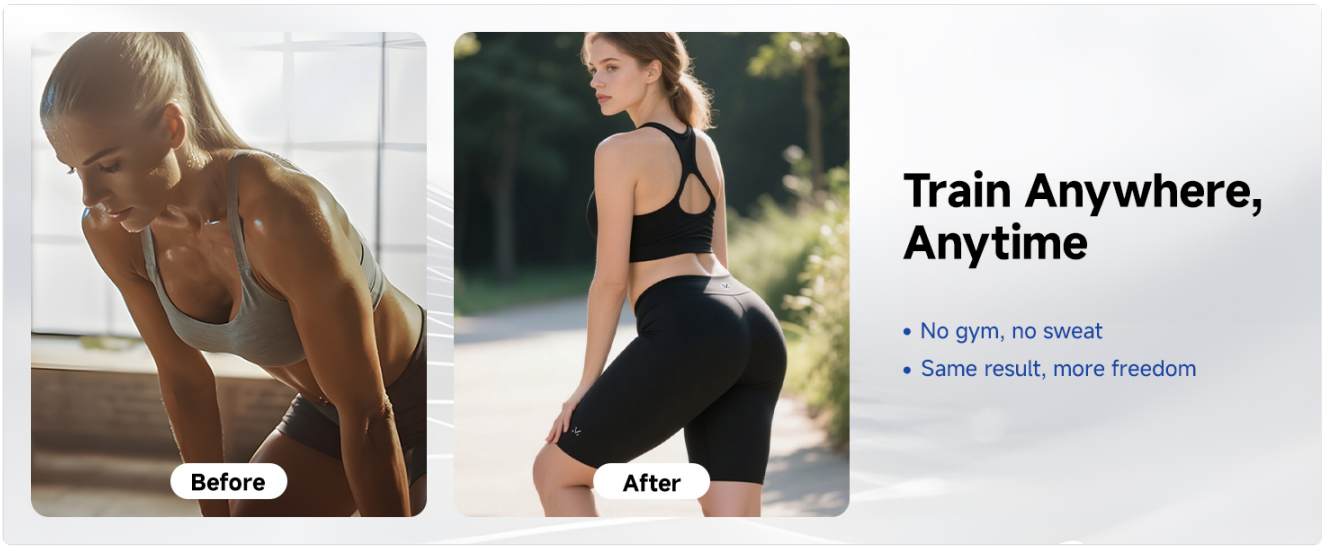

Image: Step 3 of the setup process, showing a person wearing the shorts and attaching the control unit to the front.

4. Operating Instructions

1. **Power On and Select Mode:** Press and hold the power button on the control unit to turn it on. Press the 'M' button to cycle through the 7 available EMS modes.
2. **Adjust Intensity:** Use the '+' and '-' buttons to adjust the intensity level. Start at the lowest setting and gradually increase to a comfortable yet effective level. The shorts offer 15 intensity levels.

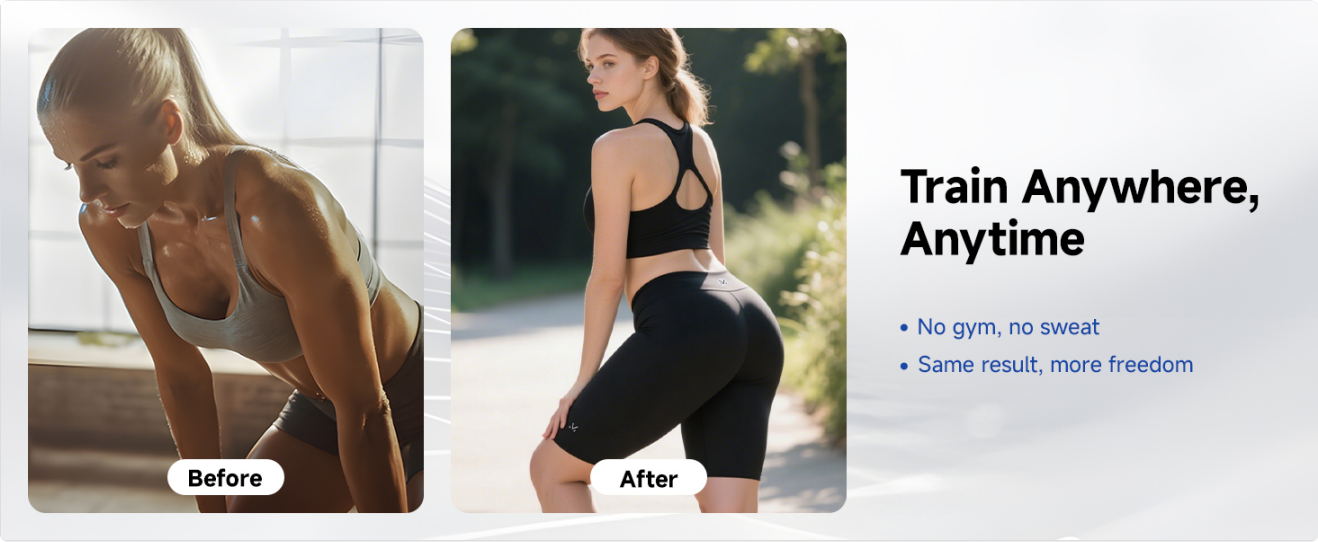

Image: Step 4 of the operating instructions, demonstrating how to power on the device and adjust the mode and intensity using the control unit buttons.

3. **Session Duration:** Each session is typically 15 minutes, after which the device will automatically shut off.
4. **Power Off:** To turn off the device manually, press and hold the power button.

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Video: A demonstration of various exercises that can be performed while wearing the Megelin EMS Shorts, highlighting how the EMS system supports glute and pelvic floor activation and post-workout recovery.

5. Care and Maintenance

- **Washing Instructions:** The shorts are hand wash only. Always detach the control unit before washing. Air dry the shorts completely before reattaching the control unit.

Image: The shorts submerged in water, illustrating their washable fabric feature.

- **Storage:** Store the shorts and control unit in a cool, dry place away from direct sunlight.
- **Electrode Care:** Ensure electrodes are clean and free from debris. If they become less effective, ensure they are adequately moistened before use.

6. Troubleshooting

Problem	Possible Cause	Solution
No or weak stimulation	Electrodes are dry; low battery; poor contact with skin.	Moisten electrodes with water; charge the control unit; ensure shorts fit snugly and electrodes are against the skin.
Device does not turn on	Low battery; unit not properly attached.	Charge the control unit; reattach the control unit securely to the shorts.
Discomfort during use	Intensity too high; electrodes not sufficiently wet.	Reduce intensity; moisten electrodes thoroughly.

7. Specifications

- **Model Number:** PRKJ-01.01.00.0079-FBA
- **Fabric Type:** 100% Cotton
- **Care Instructions:** Hand Wash Only (shorts), Detachable control unit
- **Control Unit:** 7 EMS Modes, 15 Intensity Levels, Auto Shut-Off
- **Dimensions:** 11.5 x 7.48 x 2.44 inches (Package)
- **Weight:** 13.76 ounces
- **UPC:** 757867140775

8. Warranty and Support

For warranty information or technical support, please refer to the product packaging or contact MEGELIN customer service directly. Keep your purchase receipt for warranty claims.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question