MEGELIN B0FZB6TT7V

MEGELIN EMS Toning Leggings and Vest Instruction Manual

Model: B0FZB6TT7V

1. Product Overview

The MEGELIN EMS Toning Leggings and Vest set is designed to provide electrical muscle stimulation (EMS) and gentle heating for body contouring and muscle support. This system aims to assist in strengthening various muscle groups, including glutes, pelvic floor, and back muscles, while also offering abdominal heat therapy.

Key Features:

- Integrated EMS technology for muscle activation.
- Gentle heating function for abdominal comfort.
- Designed for daily wear and use during exercise.
- Washable and water-resistant garments for easy care.

2. Important Safety Information

Please read all instructions and safety warnings before using the MEGELIN EMS Toning Leggings and Vest. Improper use may result in injury or device malfunction.

- Do not use if you have a pacemaker, implanted defibrillator, or other metallic or electronic implanted devices.
- Consult a physician before use if you have any pre-existing medical conditions, including heart conditions, epilepsy, or are pregnant.
- Do not apply EMS pads over open wounds, rashes, or irritated skin.
- Keep the control unit dry and away from excessive moisture.
- Discontinue use immediately if you experience pain, discomfort, or skin irritation.
- Keep out of reach of children.

3. Package Contents

Ensure all items are present in your package:

- MEGELIN EMS Toning Leggings
- MEGELIN EMS Toning Vest
- EMS Control Units (typically 2-3 units for leggings and vest)
- USB Charging Cable
- Instruction Manual (this document)



Image: The complete MEGELIN EMS Toning Leggings and Vest set shown on a user.

4. Setup and Preparation

4.1 Charging the EMS Control Units

1. Connect the USB charging cable to each EMS control unit.
2. Plug the other end of the cable into a standard USB power adapter (not included).
3. Allow the units to charge fully before first use. An indicator light will typically change color or turn off when charging

is complete.

4.2 Wearing the Garments and Attaching Control Units

1. Wear the MEGELIN EMS Toning Leggings and Vest as you would regular activewear. Ensure a snug fit for optimal contact with the skin.
2. Locate the designated pockets or attachment points on the leggings and vest for the EMS control units.
3. Carefully insert each charged EMS control unit into its respective attachment point. Ensure a secure connection.

Your browser does not support the video tag.

Video: Demonstration of wearing the MEGELIN EMS Toning Leggings and attaching the control unit.

5. Operating Instructions

The EMS control units feature buttons for power, mode selection (M/G), and intensity adjustment (CH+/CH-).

5.1 Powering On/Off

- To power on: Press and hold the Power button (usually marked M/G or a distinct power symbol) on each control unit until the indicator light illuminates.
- To power off: Press and hold the Power button again until the indicator light turns off.

5.2 Selecting EMS Modes

- Once powered on, press the 'M/G' button to cycle through available EMS modes. Each press will switch to a different program designed for various muscle stimulation patterns.
- Refer to the display on the control unit for the current mode selection.

5.3 Adjusting EMS Intensity

- Use the 'CH+' button to increase the intensity of the EMS pulses.
- Use the 'CH-' button to decrease the intensity.
- Start with the lowest intensity and gradually increase until you feel a comfortable yet effective muscle contraction. Avoid setting the intensity too high, which may cause discomfort.

5.4 Using the Heating Function (Abdominal Area)

- The leggings feature a gentle heating function in the abdominal area. This function is typically activated and adjusted independently or as part of specific EMS modes.
- Consult the control unit display or specific button for heating control. The system features 3-level heating technology.



Image: Illustration of EMS activation points on the gluteal area of the leggings.



Image: Illustration of EMS activation points on the back area of the vest.

Your browser does not support the video tag.

Video: Demonstration of EMS activation on glutes, abdomen, and back, including the heating function.

6. Care and Maintenance

6.1 Cleaning the Garments

- Before washing, ensure all EMS control units are removed from the garments.
- The leggings and vest are machine washable. Use a gentle cycle with cold water and a mild detergent.
- Do not bleach or iron.
- Air dry the garments flat or hang them to dry. Avoid direct sunlight or high heat.

6.2 Caring for EMS Control Units

- Wipe the control units with a soft, dry cloth. Do not use abrasive cleaners or immerse them in water.
- Store the control units in a cool, dry place when not in use.

7. Troubleshooting

If you encounter issues with your MEGELIN EMS Toning Set, please refer to the following common solutions:

Problem	Possible Cause	Solution
Device does not power on.	Low battery or improper connection.	Ensure control units are fully charged and securely attached.
No EMS sensation or weak sensation.	Low intensity, poor skin contact, or dry skin.	Increase intensity using 'CH+'. Ensure garments are snug and skin is clean and moisturized.
Discomfort or stinging sensation.	Intensity too high or poor skin contact.	Decrease intensity using 'CH-'. Ensure garments are snug and skin is adequately moisturized.
Heating function not working.	Function not activated or device malfunction.	Check operating instructions for activating the heating function. If issue persists, contact customer support.

8. Specifications

Feature	Detail
Model Number	B0FZB6TT7V
Fabric Type	75% Nylon, 25% Spandex
Material	Nylon
Care Instructions	Machine Wash
Apparel Fabric Stretch	High Stretch
Apparel Fabric Weight Class	Lightweight
Fit Type	Fitted, Stretch
Closure Type	Magnetic (for control units)
Unit Count	2 Count (Leggings + Vest)
Color	Black

9. Warranty Information

The MEGELIN EMS Toning Leggings and Vest set comes with a 365-day warranty from the date of purchase. This warranty covers manufacturing defects and issues arising from normal use. Please retain your proof of purchase for warranty claims.

10. Customer Support

For any questions, concerns, or assistance with your MEGELIN EMS Toning Leggings and Vest, please do not hesitate to

contact our customer support team. We are committed to providing the best shopping experience.
Seller: Megelin Official US
Contact information can typically be found on your purchase receipt or the seller's store page on the platform where the product was purchased.

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