



Manual

4-Handle EMSculptor With RF



USER MANUAL

This manual contains important information on the use and operation of this machine.

Please read all the information carefully for optimal performance to prevent any damage or misuse of the machine. Any change or modification not expressly approved in this manual could void the warranty for this equipment.

CATALOGUE

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- Precaution
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- Troubleshooting

Following these instructions will help you use the equipment efficiently and safely and will prolong the machine life.

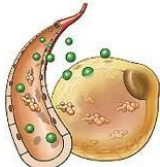
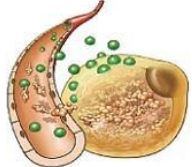


Basic Introduction

THEORY

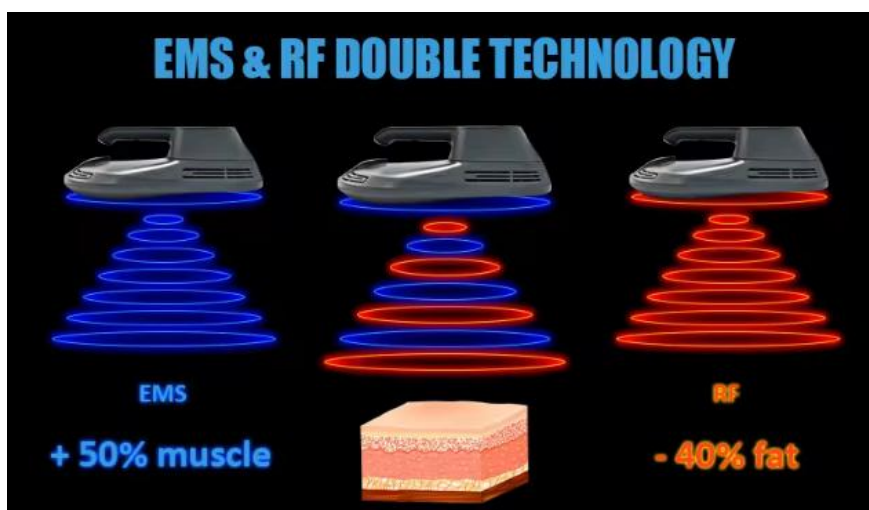
Adopting HI-EMT (High Energy Focused Electromagnetic Wave) technology to continuously expand and contract autologous muscles and carry out extreme training to deeply reshape the internal structure of the muscle. The growth of muscle fibrils (muscle enlargement) produce new protein chains and muscle fibers (muscle hyperplasia) and then increase muscle density and volume.



The 100% extreme muscle contraction of HI-EMT technology can trigger a large amount of fat decomposition. And fatty acids are broken down from triglycerides and accumulated in fat cells. The concentrations of fatty acids are too high, causing the fat cells to apoptosis, which is excreted by the body's normal metabolism within a few weeks. Therefore, Slim Beauty Machine can strengthen and increase muscle, and reduce fat at the same time.

<p>“Ultra-muscle exercise” is a strong breakdown of fat</p>	<p>Free fatty acids are consumed as energy source for the body</p>	<p>Free fatty acids make fat enter a state of apoptosis</p>	<p>Apoptotic fat cells are gradually excreted from the body</p>
			

Through radio frequency technology, cosmetically targeted tissues are heated to induce subcutaneous collagen contraction and tension, while cooling measures are taken at the skin surface, where the dermis is heated and the epidermis is kept at a normal temperature.

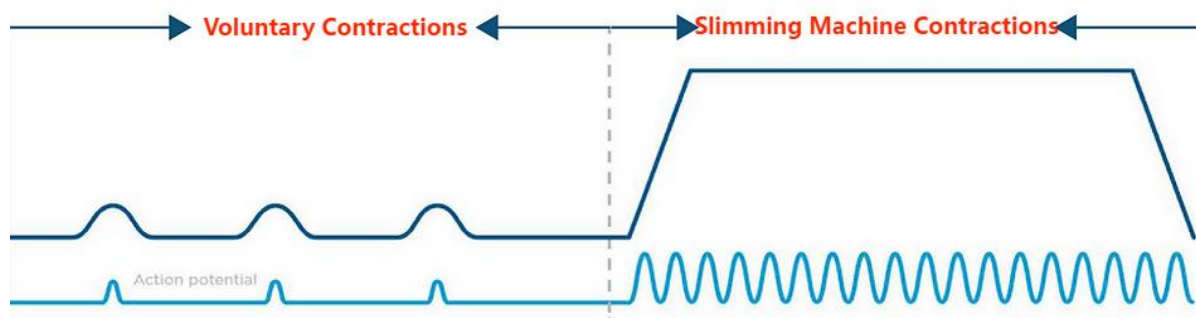


ADVANTAGE

- ❖ 2 in 1 technology **EMS + RF**, Two Therapies in a single procedure.



- ❖ It is the first-ever **body sculpting and muscle building** device.
- ❖ The newly upgraded RF handle releases high-frequency electromagnetic waves that stimulate deep muscle nerves and tighten the skin after liposuction
- ❖ One 30-minute treatment with this unique device is equal to **20,000 sit-ups**. After about 2-4 sessions, there is a 16% increase in muscle and a 21% decrease in fat.



- ❖ **Ergonomic applicators with two types** (flat and curved): which can be used individually or simultaneously on either the abdomen or limbs.
- ❖ **3 working modes up to 4 handles at once**: Two A or two B handles working individually, or 4 handles working simultaneously, convenient and effective.
- ❖ **Patented cooling system**: Continuous cooling technology keeps the processing head from generating high temperatures, greatly increasing output power and making it very stable.
- ❖ **Separate interface modes for men and women** provide operators with intuitive, intelligent operation.
- ❖ **2 operation modes**: “Auto Mode” + “Manual”, providing operators with more skillful and easier operation experience.

APPLICATION

- ✓ Fat burning
- ✓ Muscle building
- ✓ Hips lifting
- ✓ Figure shaping
- ✓ Different parts slimming
- ✓ Abdominal muscles improving
- ✓ Loosened pelvic floor muscles tightening



For women

- ✓ **Slimming and Muscle Building:** Emsculpt has special muscle-building model for different parts, so you can slim down the hips/thighs/arms/abdominal unwanted fat, and increase the muscles in the corresponding areas without losing the breast fat.
- ✓ **Hips Lifting:** No matter what type of hips you have (“H” Type, “O” Type, “A” Type, or “V” Type), Emsculpt can help you get sexy hips.
- ✓ **Postpartum Abdominal Laxity Improvement:** Non-invasive technology to improve the separation of rectus abdominis. It is the perfect solution for mothers to lose weight and maintain health at the same time after giving birth.

For men

Extreme muscle training beyond the limits of muscle movement, easy to have V-shaped abs.

During normal exercise, the brain sends information to stimulate motor neurons, but only 20-30% of the muscle fibers are active.

Emsculpt uses HI-EMT technology to directly stimulate motor neurons, making nearly 100% of muscle fibers be active.

- ✓ It can efficiently burn fat and excrete them through metabolism.
- ✓ It can quickly increase muscle tissue and protein chains, increase muscle thickness and density, and strengthen muscles quickly, allowing men to easily have perfect V-shaped abs.

CONTRAINDICATION

- ❖ Avoid applying on wounds.
- ❖ Patients with heart disease (e.g. arrhythmia), especially those with pacemakers.
- ❖ Infectious disease patients.
- ❖ Cancer patients.
- ❖ Pregnant, lactating and menstruating women.
- ❖ Major surgery patients, diabetic patients.
- ❖ Anyone with any metal in their body.
- ❖ People with cerebrovascular disease (stroke victims).

SPECIFICATION

Treatment handle	A Handle(curved) * 2, B Handle(flat) * 2
Contraction	More than 20000 times in 30 minutes
Energy	0 ~ 10 (Handle A and B) 0-14 Tesla
Working time	1 ~ 30 minutes
RF	0% ~ 100%
Frequency	F1: 1~30Hz
	F2: 1~60Hz
	F3: 1~100Hz
Cooling system	Air
Voltage	220V/50HZ, 110V/60HZ

Installation Instruction

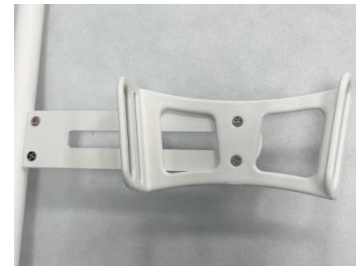
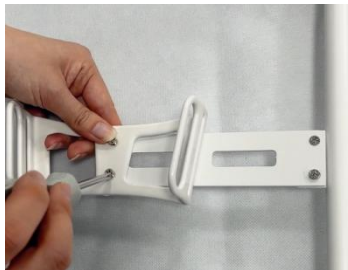
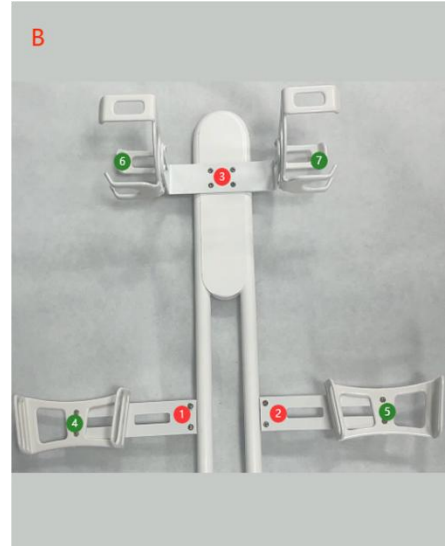
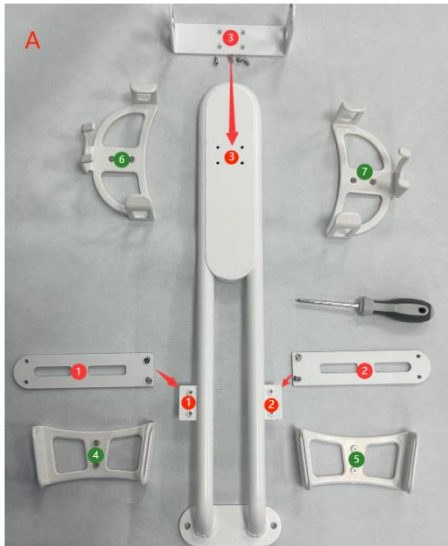
ACCESSORY

Picture	Description	Quantity	Unit
	A Handles (curved)	2	pcs
	B Handles (flat)	2	pcs
	Support	1	set
	Velcro Belt	1	set
	Chain Safeguard	1	pc
	Power Cord	1	pc
	Keys	2	pcs

INSTALLATION STEP

1. Support Assembly

Screw the base ① ② ③ to the corresponding position of the support, and fix the holder ④ ⑤ to the base ① ②, the holder ⑥ ⑦ to the base ③ with screws as follows.



2. Support Installation

Attach the bracket with screws to the positions marked ⑧ ⑨ in the figure below.



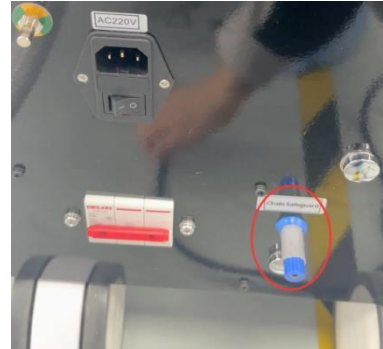
3. Handle Installation

Place the 2 curved handles and 2 flat handles on the upper and lower holders of the bracket and insert the other ends into the 2 reserved slots labeled A (on the back) and B (on the front) of the machine, then turn the rotary buttons clockwise to secure them.



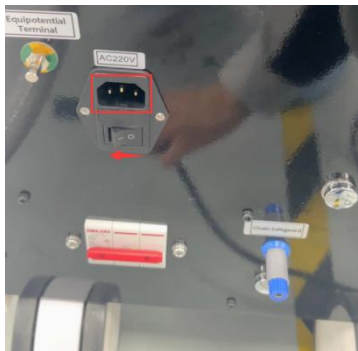
4. Chain Safeguard Installation

Insert the chain safeguard directly into the reserved port on the back of the machine.



5. Power Cord Installation

- Insert one end of the power cord into the **black** port on the back of the machine and another end into the power strip.
- Switch power button from “O” to “I” position.



Operation Instruction

BEFORE OPERATION

- ❖ It's necessary that users should read the manual carefully prior to the application of this machine.
- ❖ It's recommended that patients wear comfortable clothes so that they can position themselves flexibly in the process.
- ❖ Consult patients on whether they have any of the contraindications mentioned previously.
- ❖ Make sure the handle and power line are well connected into the machine.
- ❖ Please do a physical examination to ensure treatment effect and prevent the anaphylactic reaction.
- ❖ Disinfect the probe and other therapeutic devices.
- ❖ Measurements are taken and photographed for documentation.
- ❖ Patients should remove all metal objects from their body, watch, ring, earrings, belt, etc.
- ❖ Attach the handle to the treatment area with the strap.



Abdomen - Place the treatment head between the straps and the abdomen, taking care to avoid the bones



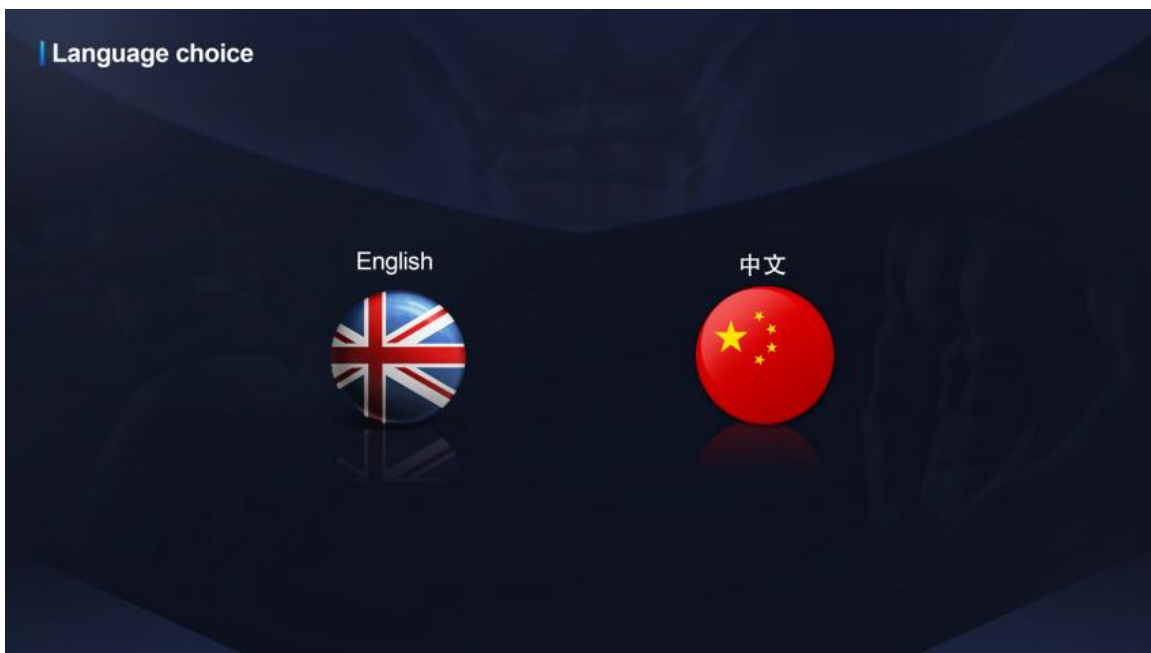
Hip - Place the treatment head between the strap and the hip, taking care to avoid the bone

DURING OPERATION

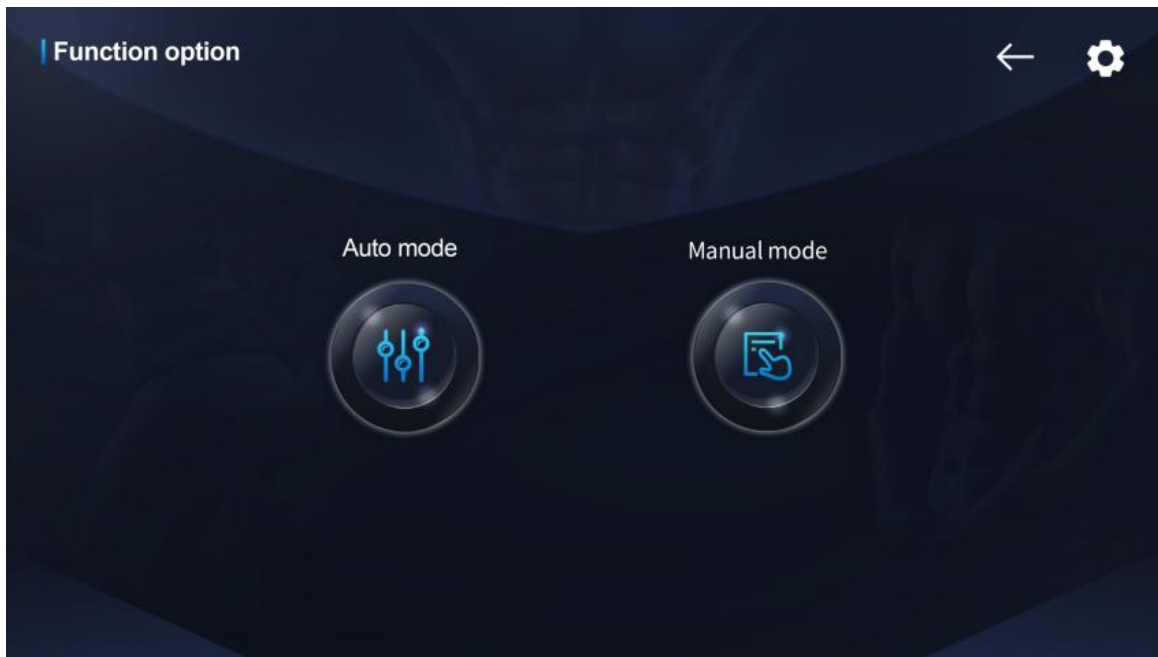
1. Turn on the machine:
 - Turn the red emergency button clockwise and it will bounce up, which indicates that the machine is unlocked. If the red emergency switch is pressed down, the power will be shut off immediately. It should be released when you are trying to start the machine.
 - Turn the key clockwise from OFF to ON and the machine starts working.



2. Then you will see the following “Language choice” interface. There are “English” and “中文” optional.

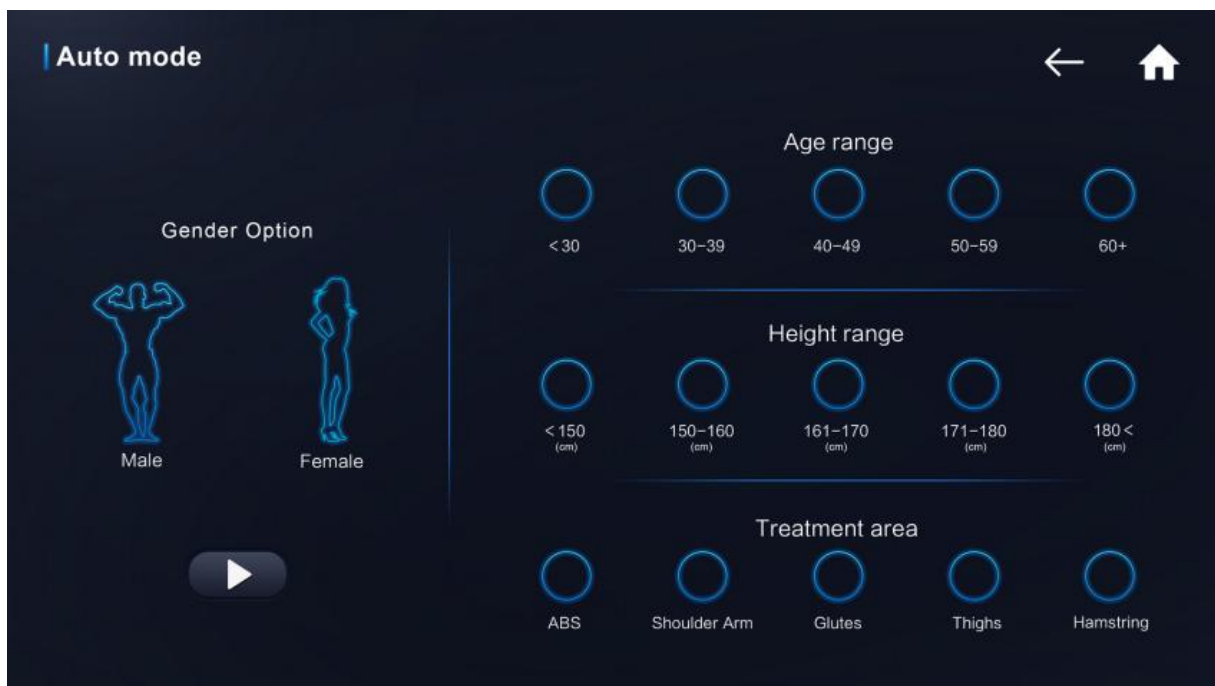


3. Click the button “English” to enter the function option interface with “Auto mode” and “Manual mode” two working modes.



4. Click the button “Auto mode” or “Manual Mode” to enter the corresponding interface.
- Click “Auto Mode” to enter the following interface.

A. **Do a physical condition analysis:**



- Gender Option: Select “Male”, “Female” correspondingly.
- Age Range: Select “<30”, “30~39”, “40~49”, “50~59”, “60+” years old correspondingly.
- Height Range: Select “<150cm”, “150~160cm”, “161~170cm”, “171~180cm”, “>180cm” correspondingly.
- Treatment Area: Select “ABS”, “Shoulder Arm”, “Glutes”, “Thighs”, “Hamstring” correspondingly.

Note: For each selected part, the corresponding button will be lit up.

- Click the button  to enter the parameter setting interface.



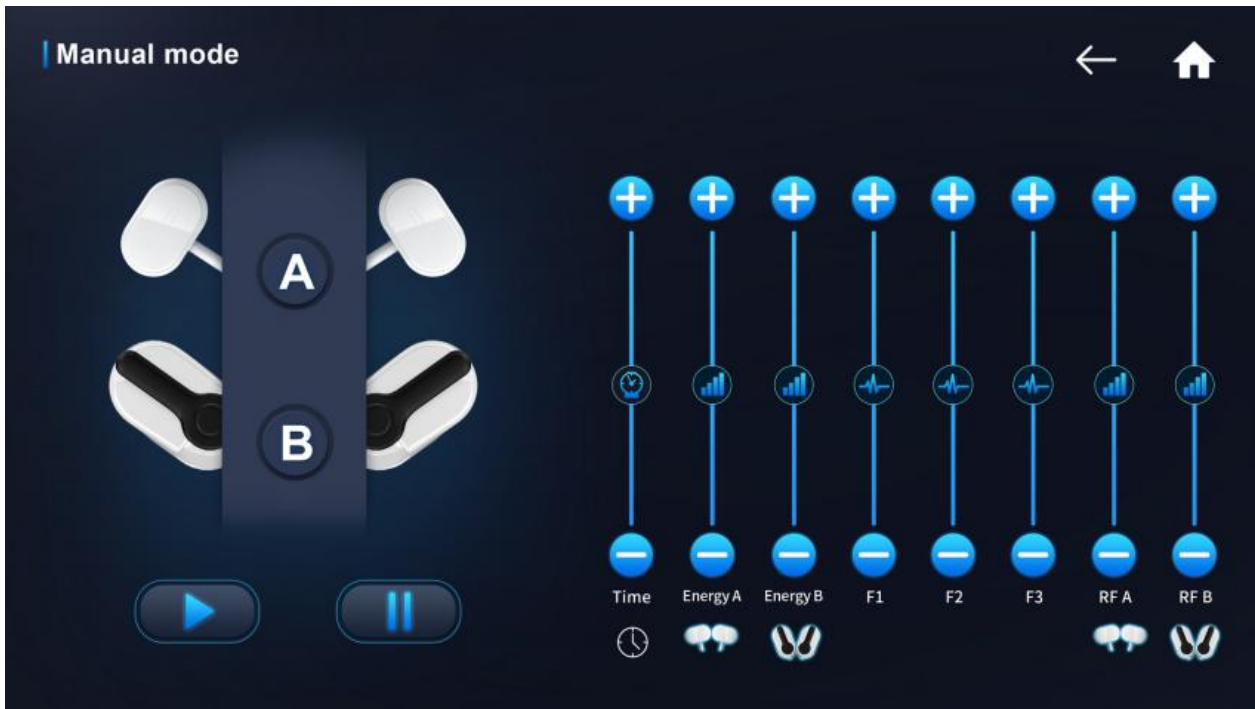
B. Setting parameter:

- After selecting the gender, age, height, and treatment area, the system will come up with the preset parameter values, which can also be manually adjusted as needed.
- Click “ - ” or “ + ” to decrease and increase the values of “Time” (1~30 minutes), “Energy A” (0~10), “Energy B” (0~10), “RF A”(0%~100%), and “RF B”(0%~100%) respectively.

NOTE:

- ✧ *The default working time of the system is 30 minutes, below which the muscles are not damaged. Just like aerobic exercise can't be done for less than 30 minutes, only if the muscles are damaged will they reassemble into the shape we want!*
- ✧ *The energy increases gradually from small to large. The actual operation is based on the patient's feelings and therapeutic needs.*
- There are 3 working modes for option:
 - ✧ **2 A (handles) work individually:** Click the button A to light up.
 - ✧ **2 B (handles) work individually:** Click the button B to light up.
 - ✧ **A(s)+B(s) work together:** Select A and B at the same time, and all four handles work together.
 - ✧ Double-click on A or B to deselect.

- Click “Manual mode” to enter the following interface.



- The buttons and functions of this screen are the same as those of the previous Auto Mode except for F1, F2, F3 (Please refer to the parameter recommendation table).


“Time” (1~30 minutes). The default working time of the system is 30 minutes;

“Energy A” (0~10), “Energy B” (0~10);

“Frequency 1” (1~30Hz), “Frequency 2” (1~60Hz), “Frequency 3” (1~100Hz) respectively;


“RF A”(0%~100%), and “RF B”(0%~100%).

- Click “ - ” or “ + ” to decrease and increase the values.

- Click the button  and the selected handles start to work. The patient may not be able to adapt at first, and the doctor should increase the energy step by step according to the patient’s tolerance.

Phase 1	Phase 2	Phase 3
<p>Warm up: Awaken the muscles in preparation for an intensive workout.</p>	<p>High-density muscle contractions (longer contractions than the 1st phase) that bring the muscle to 100% of its limit.</p>	<p>Low-density electromagnetic waves relax the muscles and help flush out toxins or lactic acid released by the muscles.</p>
<p>Slight tightening of the muscles with an upward pulling sensation.</p>	<p>The muscles feel more pulled up (Fat is broken down, increasing muscle mass and fat cell apoptosis simultaneously).</p>	<p>Its sensations is like having power tapping on the muscles (about 10 times per second or so), which is a very slow contraction. It’s relatively very easy to tolerate.</p>

Throughout the experience, *the patient's muscles feel like they are being grabbed by a wave of energy over and over again, kind of like being electrocuted, but painless.* The treatment heads may require multiple adjustments under the action of magnetic waves. Make sure that they are fixed on the treatment area during the whole treatment process.

6. The system will automatically stop when the preset time is finished. Or click the pause button  to terminate the selected handles' work at any time.
7. After the treatment, remove the handle and untie the straps.

At this point, the treated area may feel slight pain afterwards. It is a slight muscle fatigue, similar to the soreness after a workout, which is a reflection of the effect of the treatment. Subsequent treatments will be more adaptable and relaxing.

A treatment normally takes 30 minutes. 4 sessions are a course of treatment and each session is spaced 2-3 days apart. It is recommended to do 4-5 treatments a year.

8. Turn off the machine and clean the treatment handles and working area etc. Then, put the handles back on the supports.

NOTE: Any sudden situations, please press the Emergency Button to stop working.

AFTER OPERATION

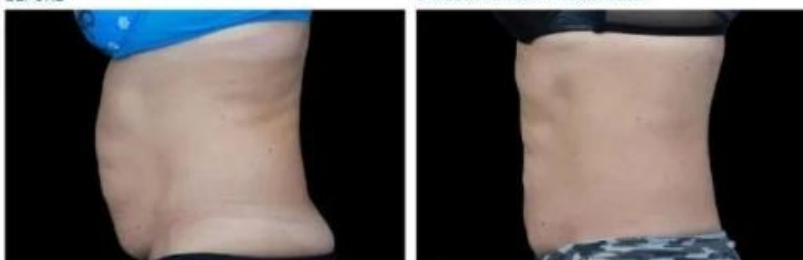
- ❖ Some users have noticed an improvement in abdominal muscle line one day after the treatment. To achieve the effect of breaking down fat and increasing muscle, 4 treatments are required.
- ❖ The best effect is 2-4 weeks after the course of treatment. After the treatment, it can reduce fat by 19% and increase muscle by 16%.
- ❖ With 4 treatments, the effect can last up to 6 months. But some people may need additional treatments for best results. If you take the course every 2-3 months, you will be better able to maintain the optimal state.
- ❖ After treatment, drink plenty of water to help metabolize.
- ❖ No overeating, proper diet and sleep arrangements.
- ❖ Moisturising and sun protection.
- ❖ Abstain from spicy and irritating foods.



COURTESY OF: BRIAN KINNEY, M.D.



COURTESY OF: ANITA STURNHAM, M.D.



RECOMMENDED PARAMETER

Auto Mode

New Patient Energy (A&B) Parameter Table

Gender Age(yrs old) Treatment Area	Male					Female				
	< 30	30-39	40-49	50-59	> 60	< 30	30-39	40-49	50-59	> 60
Abdomen	5	6	7	8	9	3	4	5	6	7
Arm	2	3	4	5	6	2	3	4	4	5
Hip	4	5	6	7	8	3	4	5	6	7
Thigh	3	4	5	6	7	2	3	4	5	6

Patient Continued Treatment Energy (A&B) Parameter Table

Gender Age Treatment Area	Male					Female					Remarks
	< 30	30-39	40-49	50-59	> 60	< 30	30-39	40-49	50-59	> 60	
Abdomen	3	4	5	6	7	2	3	4	5	6	60%-100%
Arm	2	3	4	5	6	1	2	3	4	5	50%-70%
Hip	3	4	5	6	7	2	3	4	5	6	50%-80%
Thigh	3	3	4	5	6	2	3	4	5	6	60%-100%

Manual Mode

BMI	Energy (A&B)	F1 (Hz)	F2 (Hz)	F3 (Hz)	Time (Mins)	RF
<18.5	5-6	10	20	60	30	50%-70%
18.5-24.9	6-7	15	30	70	30	60%-80%
≥25	7-8	20	40	80	30	70%-90%
25-29.9	8-9	25	50	90	30	70%-100%
≥30	9-10	30	60	100	30	70-100%

Note:

✧ BMI (Body Mass Index) = $\frac{\text{Weight (kg)}}{\text{Height (m)}^2}$

✧ The total duration of a single treatment *should not be less than 30 minutes.*

✧ *The parameters are FOR REFERENCE ONLY. The actual ones should be decided by the feeling of patients during practical treatment.*

Other Information

PRECAUTION

- ❖ Don't operate the machine on the electriferous floor.
- ❖ Other people DO NOT touch the electrode flat when the machine is operating.
- ❖ Other people DO NOT touch the operator and patient during treatment.
- ❖ The operator and patient DO NOT be with the metal decoration during the treatment.
- ❖ Please check whether the host, accessories and power cord are damaged before use.
- ❖ If the fuse needs to be replaced, the current should be the same as the original one. Do not operate with power on.
- ❖ When the instrument is working, please do not open the high-power equipment other than the low-power electric appliances such as TV set and refrigerator.
- ❖ Please remove earphones, electronic watches, mobile phones and other electronic.
- ❖ During the nursing process, drink water appropriately according to the physical needs.
- ❖ The continuous working time of the instrument should not be too long. After each course of treatment, the device should stop and rest for 20 minutes.
- ❖ Cut off the power after use, and pull out the power plug when not in use for a long time.
- ❖ It is strictly prohibited to use the working head on the eyes directly, so as not to harm the eyes.
- ❖ The working head shall be cleaned and disinfected after use, dried and preserved to avoid cross infection.
- ❖ In case of any of the following abnormal conditions during use, the power should be turned off immediately and stop using:
 - 1) Water or foreign matter enters the machine.
 - 2) Body, switch, power cord, socket etc. heating or leakage.
 - 3) Abnormal sound of the instrument.
 - 4) Odor, smoke, etc.
 - 5) Accessories are damaged.
 - 6) When natural disasters such as thunderstorms and earthquakes occur.

WARRANTY

All products are strictly tested before delivery. Free repair warranty from date of purchase, during which the maintenance for any breakdown due to non-artificial factors will be performed free of charge. *Accessories are not included in the warranty*, so please contact us if needed.

The standard of the operation process and the environment should be in accordance with all the instructions above.

Malfunctions caused by the following factors are out of the warranty:

- ❖ Malfunctions caused by artificial factors like improper movement, collision, etc..
- ❖ Malfunctions caused by uncontrollable natural force.
- ❖ Abuse operation that is against the manual, like connecting wrong VAC input or using the machine for other purposes.
- ❖ Energy diminishing caused by wet environment or dust.

TROUBLESHOOTING

Problem	Possible Cause	Solution
The machine won't start	<ol style="list-style-type: none"> 1. It is not plugged correctly 2. The power cable is not well connected 3. The power button is off 4. The fuse is damaged 5. The electrical circuit is damaged 6. The power cable is broken 	<ol style="list-style-type: none"> 1. Check the plug 2. Check the power cable 3. Press the power button 4. Change the fuse 5. Contact the technical service 6. Change the cable/Contact the technical service
The buttons don't work	Defective buttons or damaged circuit	Contact the technical service
The machine won't start or dissipate heat	<ol style="list-style-type: none"> 1. Defective connections 2. Defective handle cable or badly connected handle 3. Breakdown of electrical circuit 	<ol style="list-style-type: none"> 1. Check the connection 2. Connect the cable correctly 3. Contact the technical service
The machine works, but the effectiveness has diminished	<ol style="list-style-type: none"> 1. Bad connection of handle 2. Piezoelectric transducer damaged 3. Mechanical damages in handle or machine 	<ol style="list-style-type: none"> 1. Connect the handle correctly 2. /3. Contact the technical service