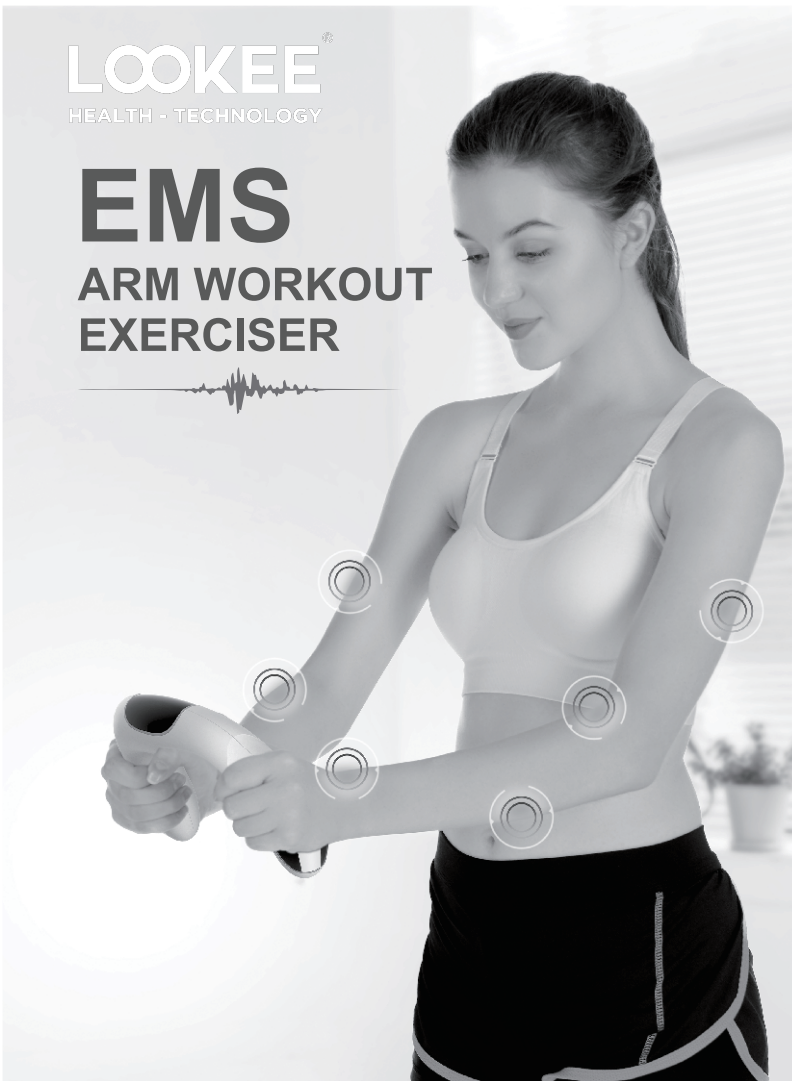
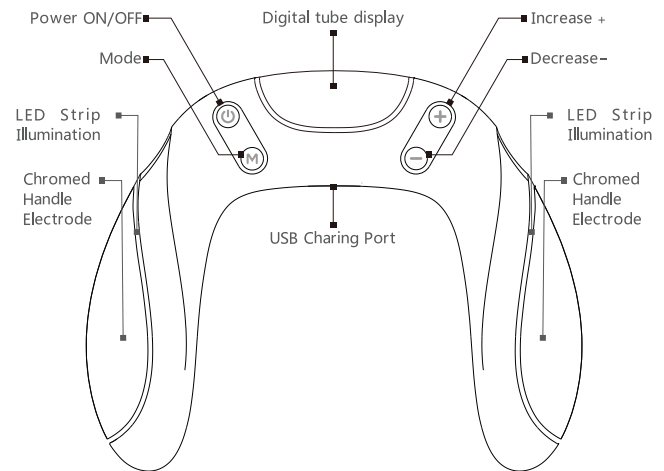


EMS ARM WORKOUT EXERCISER



Know your EMS arm workout exerciser



What's EMS Technology?

Electrical Muscle Stimulation (EMS), also as known as neuromuscular electrical stimulation (NMES) is the elicitation of muscle contraction using electric impulse. The impulses mimic the action potential coming from the central nervous system, causing the muscles to contract. EMS is proven to be quite effective as a proactive tool for muscle strengthening.

Product Description

Based on EMS (Electrical Muscle Stimulation) technology, this patented EMS arm workout exerciser is designed with a digital display and two handles as electrodes to stimulate your palms, wrists, forearms and arms for muscle contraction and relax. It helps you to build arms strength and endurance without heavy loads. The product is powered by USB rechargeable battery and embedded with a digital display showing workout time, mode and intensity level respectively. One EMS auto training session lasts 15 minutes with 5 selectable modes. It's a perfect choice for full arms workout and relax.

Note: Both your hands must hold on the handles when power is on. Otherwise, you can not feel electrical pulses from your palms.

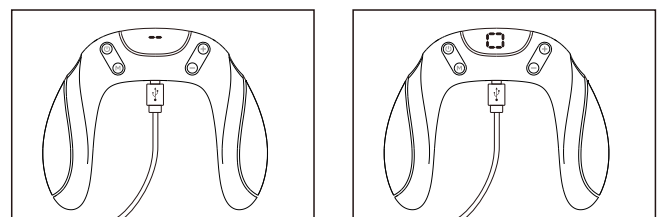
Product Benefits

- Easy to use anytime and anywhere
- No gel pads involved
- Building arm strength without heavy loads
- Massaging full arms after doing workouts
- Boosting blood circulation to prevent joint injuries

Important

Use Only As Directed, this Is Not A Medical Device. The Information Provided Is For Informational Purposes Only And Is Not Intended As A Substitute For Advice From Your Physician Or Healthcare Provider

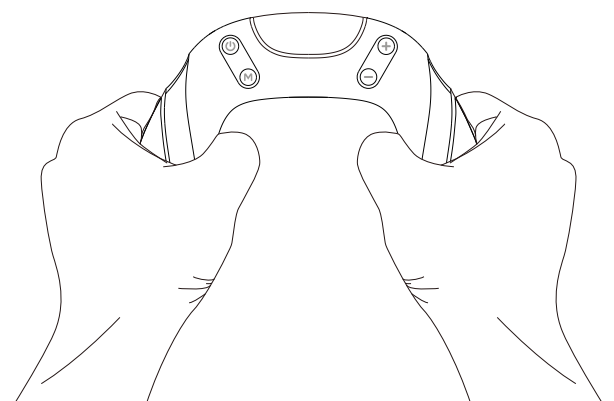
Charge your EMS arm workout exerciser



There have blue lines running around in a circle when charging, and the circle lines stopped after charging finish.

How to operate

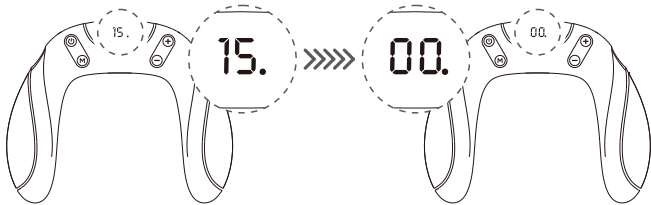
A. Hold the handles with both hands and make sure the display straight toward you. Press the power ON/OFF button, the display starts showing numbers and LED strips turn to be blue.



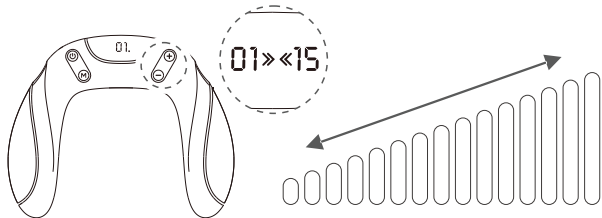
Notes:

1. Both your hands must hold on the handles when power is on. Otherwise, you cannot feel electrical pulses from your palms.
2. The tighter you hold, the more comfortable you will feel.
3. In case the skin on your palm is too dry, it may not feel electronic pulses. It is recommended to apply skin care products or wash hands before using it.

B. There are two-digit number "15" and a small beating dot showing on the display at the same time. The default setting is intensity Level 1 at Mode 1. 15 means that one auto session lasts 15 minutes. The small beating dot is counting down one time per second. After it beats 60 times, the number "15" changes to be "14".

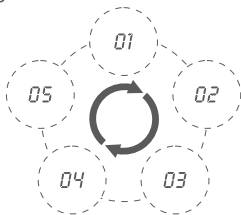


C. Press "+" to increase the intensity level. When adjusting intensity, you will see number from "01" to "15". When the number "15" appears on the display, it indicates the maximum intensity. Press "-" to decrease the intensity level. There are 15 intensity level from 1 to 15. When adjusting intensity, you will see number from "01" to "15". When the number "01" appears on the display, it indicates the minimum intensity.



Note: When adjusting the intensity, the current intensity can only last for 5 seconds. After 5 seconds, the display returns to show working time countdown status.

E. Change different modes by pressing mode button, and the default mode is mode 1. There are 5 modes in total. Press the button to select different modes and display shows "01,02,03,04,05" respectively in a loop



Note: After a specific mode is selected, the default setting is Level 1 intensity in the mode and the mode number can only last 5 seconds. Then, the display will return to working time countdown status.

F. You can feel the electrical pulses from your palms to stimulate muscles of wrists, forearms and arms simultaneously. If you feel uncomfortable, decrease the intensity level or change to another mode or stop using immediately.

G. In case any handle is out of your hand, the product will be automatically decreased to Level 1 intensity in mode 1. In case you leave the product alone over 30 seconds, the product will be automatically shut off.

H. When it's on, you can press ON/OFF button to turn it off manually anytime.

General Safety Information

- * Keep out of reach of children and pets.

- * Do not use the device on the person whom has pacemaker implantation
- * Do not use the device on the person whom wears ECG and other wearing equipment.
- * Do not use the device on the person whom has heart disease.
- * Do not use the device on the person whom has high blood pressure.
- * Do not use the device on the person whom has open wound on face or other body areas.
- * Do not use the device on the person whom is pregnant.
- * Do not let the device directly contact any metal object, such as belt buckle or jewelry.
- * Do not heat the device or close to any heating source.
- * Do not use this device in a bathroom with high humidity.
- * Do not attempt to assemble or repair it by yourself.
- * Ask your doctor for each kind of pain or disease before using the device.
- * The device is only for private use and is not intended for any medical or commercial purposes.

Display Indication Status

Display	Operation	Working Status
Number 15	Press ON/OFF button	Show 15min countdown At Level 1 intensity in Mode 1. Blue LED strips are on
Beating Dot	/	Counting down seconds
Number 01/02/03/04/05	Press M	Mode 1 to Mode 5.
Number 01/02/03/04/05/06/07/08/09/10/11/12/13/14/15	Press "+" or "-"	Intensity level from 1 to 15.
Blinking	Plug in a power charger	Charged
Display is on all the time	Plug in a power charger	Fully charged

Note: When it's the LED strip illuminations turn to be red and blinking continuously, the product needs to be charged.

Technical Specifications

Function	Through electrical pulse to stimulate palms, wrists and arms to realize muscle contraction, massaging and relax.
Power supply	USB Rechargeable Battery, 3.7V
Frequency	2-140Hz
Mode	5
Intensity level	15
Auto Shut-off	15
Product size	167.5 mm × 135 mm × 38.6 mm
What's in the box?	Main unit x1 ; USB charging cable x1 ; User manual x1

Designed by LOOKEE® Tech

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