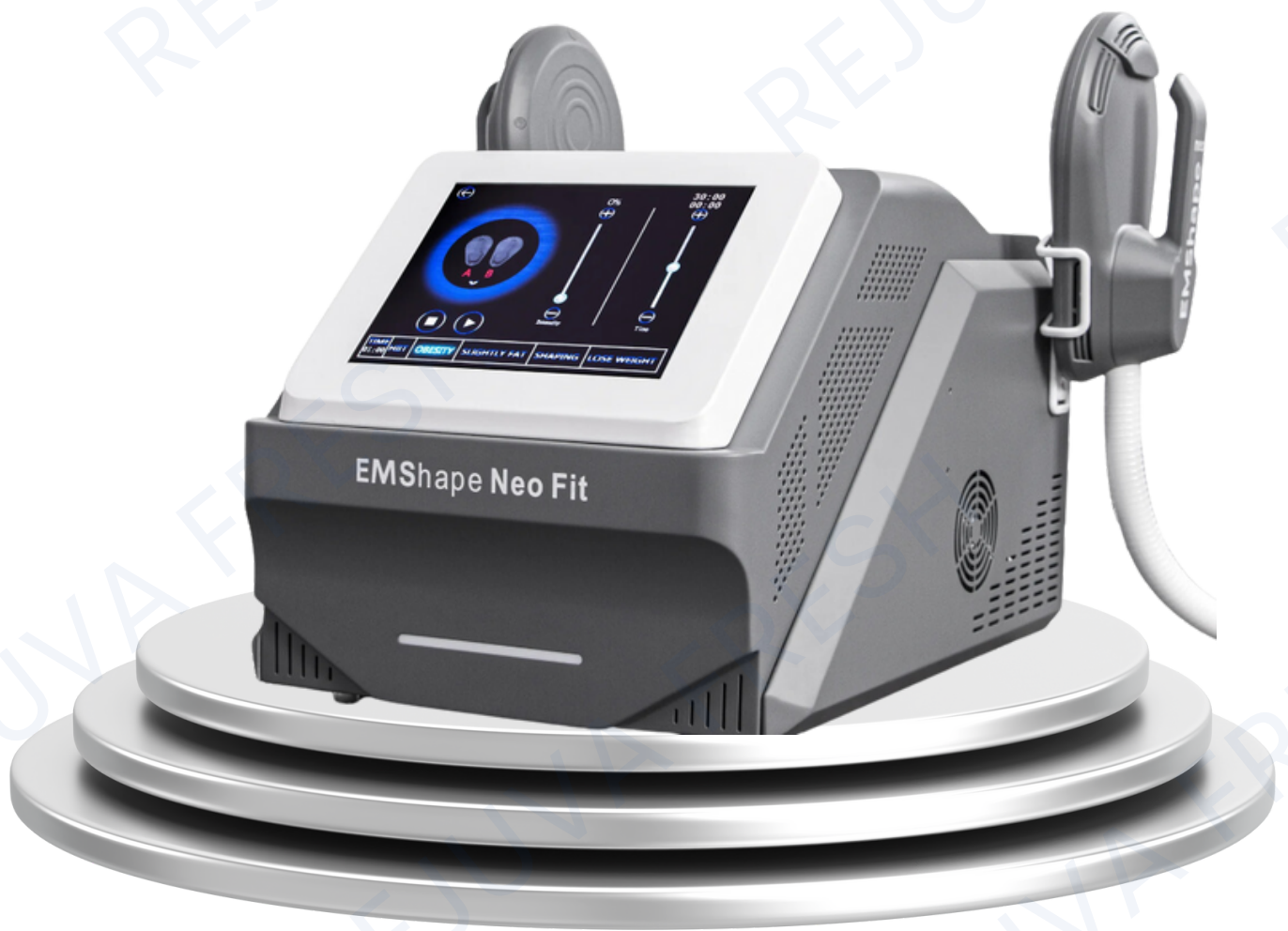


# EMShape Neo Fit Body Sculpting Machine

## USER MANUAL



# Welcome

to your **EMShape Neo Fit Body Sculpting Machine**

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# PREFACE

Thank you for choosing REJUVA FRESH EMSHape Neo Fit Body Sculpting Machine. This device reduces fat and builds muscle, providing a safe and effective alternative to risky surgeries. Ideal for those seeking a toned and contoured body without lengthy recovery periods.

Achieve your dream body efficiently and effectively with EMSHape Neo Fit! The treatment delivers high intensity focused electromagnetic muscle stimulation, resulting in enhanced muscle building and fat reduction.

With just one 30-minute session, you can get the equivalent of thousands of muscle exercises. The use of this machine is non-invasive, with no side effects, and painless.

Please read this User Manual carefully in order to use the machine properly and to protect the machine from unnecessary damages.

Should you encounter any issues during operation of the machine or any related questions, you can contact us at our website: [rejuvafresh.com](http://rejuvafresh.com) or email us at [hello@rejuvafresh.com](mailto:hello@rejuvafresh.com)



**This spa machine includes a personal training session with an expert instructor. We also offer complimentary certification (certificate that you can hang on the wall).**

**Contact us after you receive your delivery to schedule your training session by Zoom or FaceTime.**

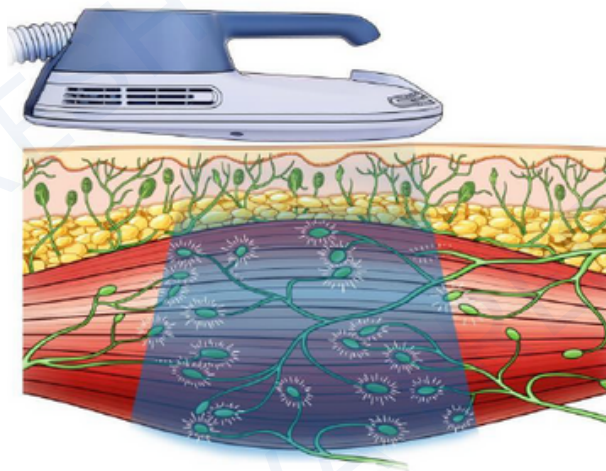
# I. PRODUCT INFORMATION & SPECIFICATION

## I.1 Product Information

Using advanced magnetic wave technology, double layer coils send pulsed magnetic waves into the muscle tissue. In just 30 minutes, thousands of muscle contractions are induced - providing an intense workout that goes beyond traditional exercise methods. Achieve your desired results efficiently and effectively.

The vigorous training remodels deep muscles, increases myofibrils, and produces new collagen chains, resulting in higher muscle density and volume.

The intense muscle workout also heats up and destroys fat cells, so the result is a combination of increased muscle mass and fat reduction.



Continuous freezing technology ensures stable high energy output, making it safe and effective. Enjoy superior performance and achieve your desired results with confidence.

# I. PRODUCT INFORMATION & SPECIFICATION

## I.2 Product Specification

Machine Power	5600 W
Voltage	<b>100 V/110 V/ 220 V</b> Voltage selected according to your region
Screen Size	<b>10.4 in</b>
Frequency of Vibration	1-150 Hz
Cooling System	Air Cooling
Machine Size	40 x 48 x 38 cm
Machine Weight	38 Kg

# I. PRODUCT INFORMATION & SPECIFICATION

## I.3 List of Accessories

No.	Item	Quantity	Image
1	Body	1 Set	
2	Handle	2	
3	Belt	3	
4	Power Cable	1	



## II. PRODUCT APPEARANCE

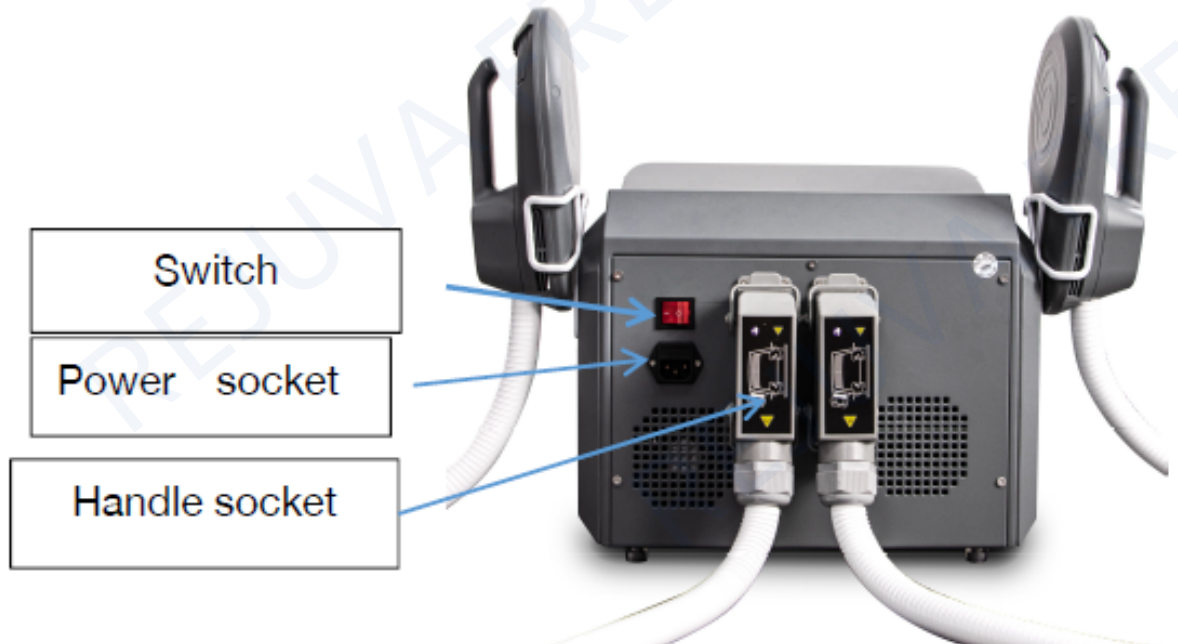
II.1 Front view



II.2 Side view



II.3 Back view



## III. WARNINGS

### III.1 Before use



Use at least one hour after meals.  
DO NOT use when feeling full after eating



Before using the instrument,  
remove any metal jewelry you are wearing



Before starting the operation, touch the probe vertically to the skin,  
then turn on the switch of the main unit and adjust the  
intensity of the operation mode



Start with the lowest level, and then increase the intensity  
sequentially according to the user's skin tolerance;

### III. WARNINGS



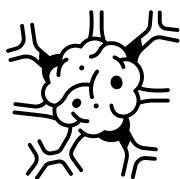
**DO NOT** eat during machine operation  
Try to eat after one hour of session



**DO NOT** use if there are open wounds  
or any skin infections such as eczema or dermatology issues



**DO NOT** use if there are heart conditions (such as with arrhythmias)  
especially those with pacemakers



**DO NOT** use if diagnosed with cancer

### III. WARNINGS



DO NOT use if with infectious disease



DO NOT use if pregnant, menstruating,  
conceiving, or breastfeeding



DO NOT use if had undergone major surgery,  
Diabetic and with cerebrovascular disease ( stroke patients )



DO NOT use if have metal on any part of the body

## IV. RECOMMENDATIONS

### IV.1 During and after use, for best results

After use, user should replenish water in time

Eat moderately, avoid over eating.  
Sleep regularly.

Avoid spicy food.

**DO NOT** soak in hot springs and saunas for three days

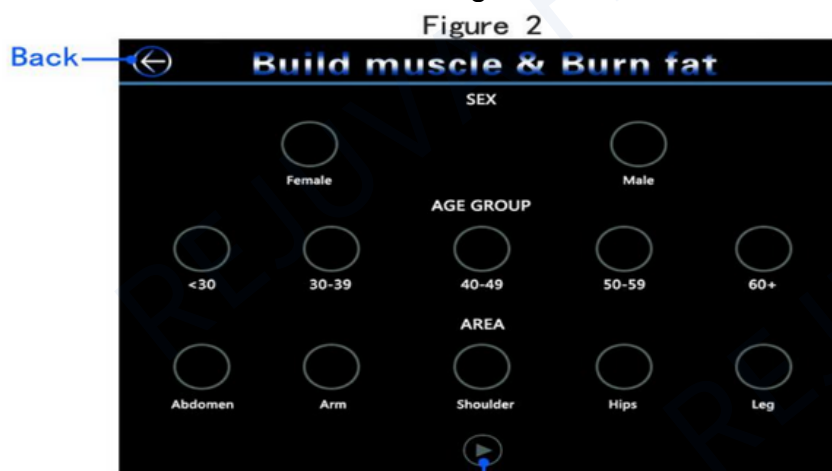
# V. MODE SELECTION & OPERATION

## I. Function and Mode Selection

1. After turning on the machine, the mode selection interface will appear
2. There are two modes: AUTO and MANUAL mode. Select which mode to use.



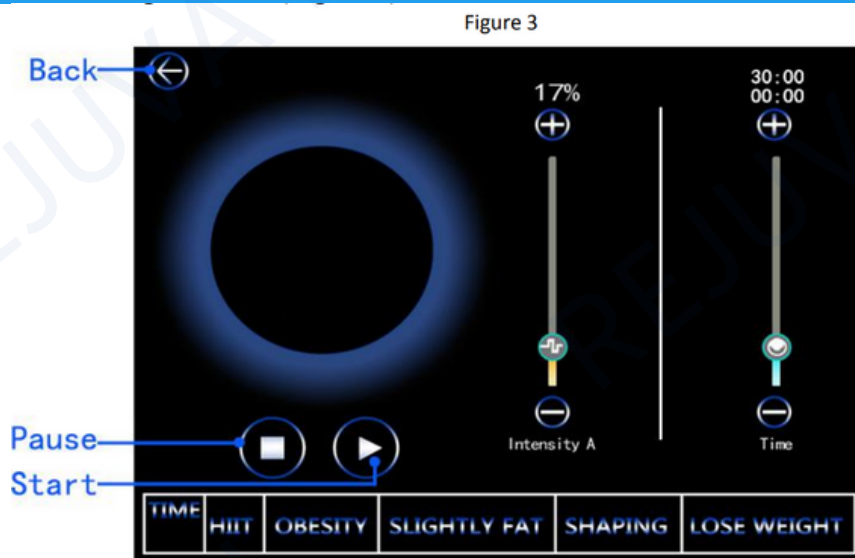
3. After choosing the mode, select the appropriate settings according to gender, age range, and target treatment area.
4. Click the icon shown below start working.



Enter into working interface

# V. MODE SELECTION & OPERATION

## V.1 AUTO Mode



1. Select the type of treatment. This is located at the bottom of the interface:

**[HIIT]** : Basic training for beginners

**[OBESITY]** : Adaptation training.

**[SLIGHTLY FAT]** : Preliminary training

**[SHAPING]** : Advanced training

**[LOSE WEIGHT]** : Professional training

**NOTE:** Each mode contains 6 different frequencies that automatically switch.  
The first minute of each mode is warm-up.

2. The recommended intensity starts from 8% (weak) to 100% (strong).

**[Intensity]** : Strength intensity, click **[-]** and **[+]** to adjust.

**NOTE:** Set the intensity before the start of treatment.

**We recommend choosing the intensity lower and should be gradually increased according to the patient's ability to withstand it.**

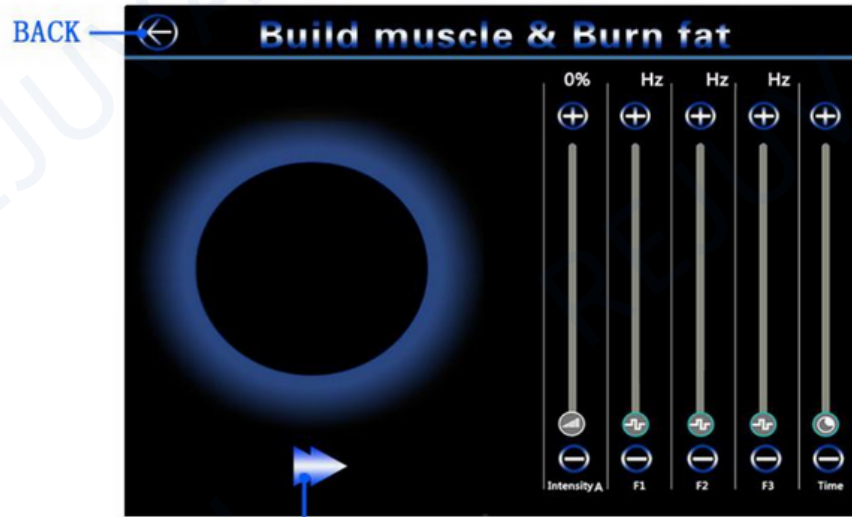
3. Set the working time. The default working time of one treatment is 30 minutes.  
This can be adjusted from 1 minute to 30 minutes.

4. Click **[▶]** start. If need to pause, please click **[■]**. Click **[←]** return to the previous interface.

5. Note: Click **[-]** and **[+]** to adjust parameters when the device is in a paused state.

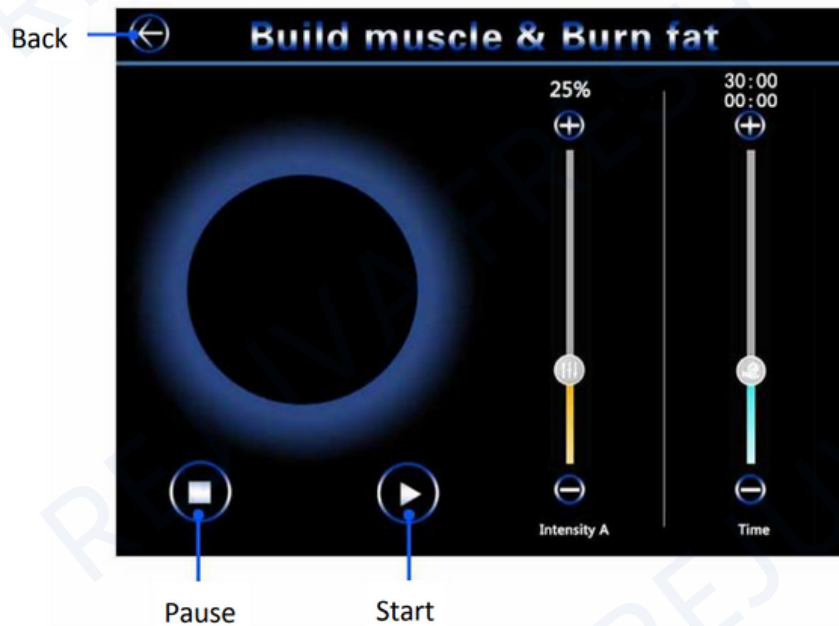
# V. MODE SELECTION & OPERATION

## V.2 MANUAL Mode



Into the next interface  
(click to enter Figure 5)

(Figure 5)





# V. MODE SELECTION & OPERATION

## V.2 MANUAL Mode

1. Manually adjust the frequency on the interface same as in the image above.

**[F1] : Frequency 1, the intensity range is 3HZ (weak) to 150Hz(strong);**

**[F2] : Frequency 2, the intensity range is 3HZ (weak) to 150Hz(strong);**

**[F3] : Frequency 3, the intensity range is 3HZ (weak) to 150Hz(strong).**

**NOTE: Before the start of treatment, set the frequency parameters according to the required frequency. F1 frequency works for 5 minutes, F2 frequency works for 1 minute, F3 frequency works for 5 minutes, and F1, F2, and F3 frequencies are cycled in sequence.**

2. The recommended intensity is from 8% (weak) to 100% (strong).

**[Intensity] : Strength intensity, click [-] and [+] to adjust.**

**NOTE: Set the intensity before the start of treatment.**

**We recommend choosing the intensity lower and should be gradually increased according to the patient's ability to withstand it.**

3. Set the working time. The default working time of one treatment is 30 minutes.

This can be adjusted from 1 minute to 30 minutes.

4. Click " "start. If need to pause, please click" ". Click" "return to the previous interface.

5. Note: Click [-] and [+] to adjust parameters when the device is in a paused state.

## VI. FREQUENTLY ASKED QUESTIONS

### 6.1 Who is suitable to use this machine?

The use of this machine can provide beneficial muscle tightening for most people especially for:

- ① Women who need to gain muscle and change their shape.
- ② Men who need to gain muscle and change their body.
- ③ People who need to lose weight-suitable for both men and women, more suitable for busy office workers.
- ④ Those people who need to lose weight quickly-brides, models, actors, etc.
- ⑤ Postpartum mother (experiencing separation of rectus abdominis. Improve the shape of the abdominal muscles and shape a flat abdomen

### 6.2 Is there a difference in the effect of abdominal treatment when one or two treatment heads are used? How should we choose?

It is recommended that all patients use the two treatment heads at the same time. Both treatment heads must be in full contact with the skin, and not hover sideways or extend beyond the treatment area. This will ensure that all abdominal muscles are treated and activated. Both therapies are equally effective.

### 6.3 Will it melt fat while lifting the hips?

Many studies have confirmed that the metabolic activity of buttock fat is lower than that of abdominal fat. Because of this, it will not dissolve fat when treating buttocks

### 6.4 Is this treatment safe? Will it affect the internal organs?

The only tissue that responds to energy is motor neurons, so it has no effect on other tissues including organs.

## VI. FREQUENTLY ASKED QUESTIONS

### **6.5 Will it hurt during treatment?**

The process is painless and noninvasive. There is no need for anesthesia. The feeling during the treatment is the same as that of your muscles during intense exercise.

### **6.6 How long will the treatment take? When will I see the effect?**

A course of treatment is going to take 4 weeks. Each week, 3-4 sessions is needed. A significant reduction in fat and increase in muscle is visible after 2-4 weeks after finishing the recommended course treatment. Usually after 2-3 course of treatment, muscle mass increases by 14.5% and fat reduction by approximately 17.5%. This is just an estimation and not based on clinical trial

### **6.7 How long will the effect last?**

The effect can be maintained for one year after 6 courses. Some people may need additional treatment to achieve the best results. If you have a course of treatment every 2-3 months, you can maintain a better and best condition.

### **6.8 How long does each treatment take?**

A single treatment is usually 30 minutes per area of the body.

### **6.9 Does the machine have radiation? Is it safe?**

It emits less radiation than regular cellphones. There is also a test report which proved that the radiation range of this machine is within the national safety electrical appliances.

### **6.10 How thick of fat can the machine penetrate?**

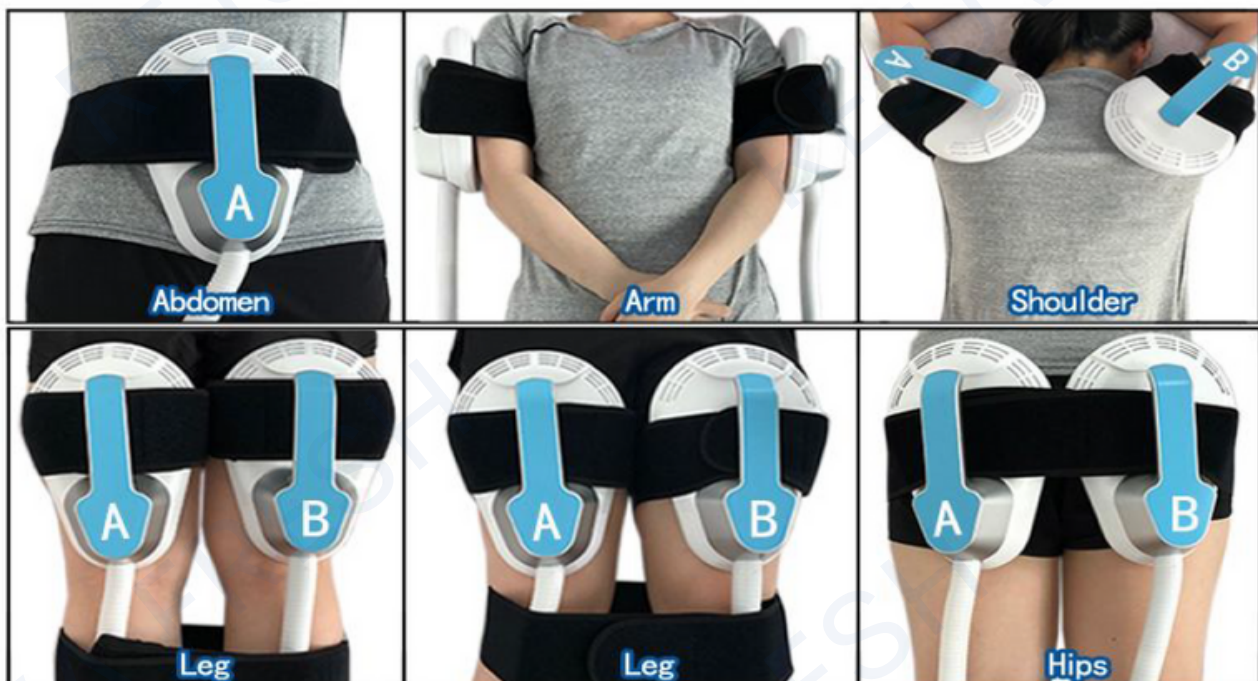
This machine can penetrate several inches into the muscle layer. However, if the customer's fat is thick, the energy may not be able to penetrate into the muscle tissue thoroughly, so it is difficult to make the muscle contract and achieve the therapeutic effect.

## VI. FREQUENTLY ASKED QUESTIONS

### **6.11 Can it be combined with other body care treatments?**

It can be combined with some non-traumatic fat-removing care, such as various fat-reducing equipment, to eliminate more fat. In addition, it can be combined with some postpartum repair care to improve the health and physical problems of postpartum women.

## VII. TREATMENT POSITION



**NOTE:**

This image is for reference only of the position of the handles during treatment. Actual handle may vary in color.

## VIII. MAINTENANCE

1. Ensure that the power supply is stable. If the local power supply voltage is unstable, it is recommended that the user add a regulated power supply with matching power.
2. The power cord of the socket is required to be more than 1.5 square meters.
3. When using this device, please keep away from the wall and keep a space of 30cm around the device for heat dissipation.
4. After each treatment, clean with mild disinfectant.
5. Please do not use alcohol or corrosive solvent to clean the host and handle to avoid damage.
6. During treatment, avoid the damage caused by pressing the handle line and bending the handle line.
7. DO NOT place the instrument in an environment with high temperature, humidity, dust, and direct sunlight. The instrument should be placed in a dry, cool, and ventilated room with a temperature of 5 to 40°C and a humidity of no more than 80%.



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