



OPERATING INSTRUCTIONS PERSONAL SYSTEM

The most important functions will be explained in this short operating manual.

Further information can be obtained using the following link:

<http://cli.re/visionbody-support>



Our warranty conditions can be found at the following link:

<http://cli.re/warranty>



Furthermore, you can find numerous videos on:

www.visionbody-academy.de

Visionbody Academy:

<http://cli.re/vb-academy>



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Hello,

I am delighted to see that you decided to purchase the **Visionbody Personal System**.

It is with great pleasure that we hereby handover your **Visionbody Personal System**.

Our team will gladly accompany on you along the way with **Visionbody** and your training – regardless of whether you already have experience with EMS training or are taking the first steps with this technology. People in more than 40 different countries are already successfully training with **Visionbody**!

Our goal is to offer you a highly effective and comfortable training system. Therefore, our team of engineers developed frequency modulations that will help you train sufficiently in just 20 minutes to achieve your personal goals. In this case, less is more – 20 minute workouts 2 times a week are more than enough.

Our team is looking forward to being able to present you with new videos containing new training units on our YouTube channel, **Visionbody TV**. Please have a look if you require any new challenges or exercises.



I wish you plenty of fun and success with your **Visionbody** training.

Kind regards,
Henri Schmidt

The **Visionbody Personal System** was manufactured according to the latest manufacturing methods and subject to precise quality control.

The **Visionbody Personal System** that uses the **Visionbody Powersuit** is based on the principle of electrical muscle stimulation (EMS). In doing so, dry electrodes are placed on your skin via your **Visionbody Powersuit**. The electrical impulses that are administered via these electrodes and generated by a stimulation device (VisionBody Box) trigger defined muscle contractions. The strength and duration of the impulses are set via a control device by means of specified training programmes.

The **Visionbody Personal System** was only developed for private use and was specifically not developed for the professional fitness industry.

Please observe the compliance of all safety instructions prior to using the Visionbody Personal System.

Electrical muscle stimulation is one of the most effective and efficient forms of training in the world. You save a lot of time as a result of intensive and in-depth stimulation of your muscles. Thus, our training is also very strenuous for your body and it requires you to be in good physical health.

EMS is not only practiced in the sport. The electrical muscle stimulation has a serious medical history. It is a commonly used, effective, and safe way in traditional healing and physiotherapy too. However, if you are affected by one of the following risks listed below, please see to doctor to be given the all clear for EMS training to be carried out.

POSSIBLE RISKS:

Listed below are medical conditions that need to be taken into consideration before training with the Visionbody Power Driven Training System.

1 | HEART

- » Cardiovascular Disease
- » Bloodstream problems
- » High Blood Pressure (Hypertension)
- » Artificial Pacemaker
- » Internal Defibrillator
- » Bypass
- » Cardiac Infarction
- » Arteriosclerosis
- » Angina Pectoris
- » Sick-Sinus Syndrome
- » Carotissinus Syndrome

2 | SKIN

- » Neurodermatitis
- » Psoriasis
- » Open skin injuries, sores, eczema, sunburn (under or near placement of electrodes)

3 | IMPLANTS

- » Metal Implants (pins, screws, plates, pacemaker)
- » Piercings (under or near the electrodes)

4 | NEUROLOGICAL ISSUES

- » Epilepsy
- » Parkinson's Disease
- » Alzheimer's Disease
- » Multiple Sclerosis
- » Amyotrophic Lateral Sclerosis
- » Spastic Spinal Paralysis
- » Strong Migraines
- » Disorientation

5 | CIRCULATORY ISSUES

- » Hemophilia
- » Blood flow disorders
- » Sickle Cell Anemia
- » Internal/External Bleeding
- » Thrombosis

6 | INTERNAL MEDICAL ISSUES

- » Tumors
- » Cancer
- » Any surgical operation within the past 6 months
- » Stroke
- » Lymphedema
- » Acute Inflammation
- » Inflammation around the legs, severe varicose veins
- » Effusions in the body cavities, e.g. pleura effusion, ascites
- » Fever
- » Abdominal or Inguinal Hernia
- » Critical Ischemia of Lower Limbs

7 | ORTHOPEDICS

- » Any Disease that complicates sportive activities
- » Rheumatic diseases (Gout)
- » Osteoporosis
- » Progressive Muscle Dystrophy
- » Tendinopathy (Sinews Disease)
- » Spinal Disc Syndrome
- » Disc Prolapse Fractures
- » Any fracture or severe sprains

8 | GRAVIDITY

- » Pregnancy
- » Coil (6-8 weeks following)

9 | ORTHOPEDICS

- » Orthopedic complaints / diseases
- » Diseases that are an obstacle to exercise
- » Rheumatic disease
- » Gout
- » Osteoporosis
- » Progressive muscular dystrophy
- » Tendinopathy (tendon disease)
- » Disc syndrome
- » Disc prolapse
- » Fractures (broken bones)

10 | OTHER

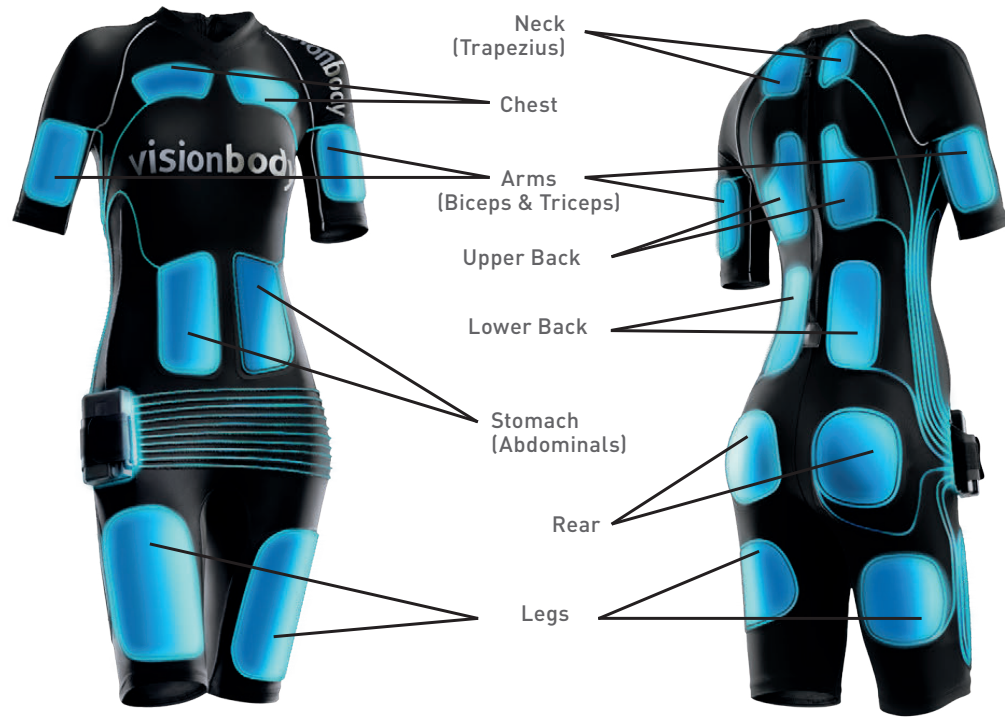
- » Influence of Alcohol or Drugs
- » Anxiety or Phobia of Electricity

The Visionbody Powersuit is equipped with a magnetic connection plate for the Visionbody Control Box. Inside the Visionbody Powersuit there are specially designed dry electrodes for muscle stimulation. Those electrodes (pads) are divided into 8 different muscle groups, controlled by the Visionbody App. It comes in sizes ranging from XS to XXL for both female and male Users.

The suits are made with a skin friendly material which provides maximum flexibility and high energy conductivity.



- 1_ Magnetic Connection Plate for Control Box
- 2_ Velcro Strap for extra protection of Control Box
- 3_ Dry Electrodes
- 4_ Zipper
- 5_ Zipper Guidance



NOTE: Please make sure to put the suit in the right direction (zipper is on the back).

Please following the information on “**Wearing the Visionbody Powersuit**”.

Please only use a **Visionbody Powersuit** available in your size. This guarantees proper positioning and function of the electrodes. Do not wear any under garments under the suit. If this is not possible, the electrodes inside the **Visionbody Powersuit** must not be covered by the undergarments. If possible, fully close all zip fasteners. If required, use a belt to improve the fit.



NOTE: For more information see the operating instructions of the **Visionbody Powersuits**!

Normally, simple warm up exercises are enough to stimulate the necessary contact ability of the electrodes. This effect is supported by ensuring sufficient fluids are taken in prior to training.

In individual cases, specific skin types may need to have longer warm up periods. Furthermore, slightly moistening the areas in question can improve this effect.

MATERIAL COMPOSITION

Polyamide	71.0 %
Elastane	16.5 %
Polyester	6.0 %
Polyurethane	5.5 %
Pure silver	2.0 %

Contact plate

Copper/epoxide resin/polyurethane/Nd-Fe-B magnets
in accordance with the RoHS directive 2002/95/EC

HYGIENE INSTRUCTIONS OF THE VISIONBODY POWERSUIT

The **Visionbody Powersuit** does not need to be washed after each training unit. After each training unit, the suit should be turned "inside out" so that it can dry much faster. You are recommended to wash the **Visionbody Powersuit** after 3-4 training units.

Please observe the instructions for care printed on the label of the **Visionbody Powersuit**. Please follow the following washing instructions to maintain the value of the textile:



Gentle cycle (easy to clean) at maximum 30°. Maximum spin speed: 800 rpm.
Wash the suit using the laundry net provided and do not turn "inside out".
Close the Velcro fasteners prior to washing.

Suitable **pH neutral washing detergent** (without bleach, pH value 8-8,5) must be used as washing detergent.

Do not use fabric conditioner.



Do not bleach.



Do not tumble dry.



Do not iron.



Dry flat, do not dry in direct sunlight.



Do not dry clean.



Do not wring out.
Keep away from fire.

NOTE: For more information see the operating instructions of the **Visionbody Powersuits!**

Unpack the box, insert the battery and you're ready to go.

NOTE: Ensure the battery is fully charged at the start.



INDICATOR LIGHTS:

- » Solid GREEN - the device is switched on and in idle state
- » Solid RED - stimulation is on
- » Solid ORANGE - rest period is on
- » Blinking RED - battery is too hot or the battery is not connected properly
- » Blinking ORANGE - battery voltage is too low
- » Pulsating BLUE - there is no Bluetooth connection to the device
- » Solid BLUE - the device has an active Bluetooth connection
- » Blinking BLUE - the Bluetooth module in the device is in DFU mode and ready for firmware update
- » Alternating GREEN & RED - firmware update in progress


There is warranty for damages to the **Visionbody Powersuit** in the scope of the legal provisions with the following stipulations:

The period of warranty – the duration for which we take responsibility – shall be subject to the statutory regulations of your country, but generally amount to at least one year according to our regulations. The period of warranty starts on the date of purchase and the handover of the **Visionbody Powersuit**.

A warranty claim can only result from a defect on the **Visionbody Powersuit**, i.e. a material or manufacturing error that already existed at the time of the hand over of the **Visionbody Powersuit**. Any subsequent damages that occur on your **Visionbody Powersuit** are not considered to be defects.

For example:

In the event of improper use or treatment of **Visionbody Powersuit**, applying physical violence to the **Visionbody Powersuit** – such as excessive tearing of the material due to sand or stones or the like, if the event of the non-observance of the instructions for use and care, for example by using the incorrect washing cycle or an unsuitable detergent, or merely due to wear and tear – a **Visionbody Powersuit** does not last forever.

 The warranty does not cover for any damages that result from the customer dismantling the **Visionbody Powersuit** in whole or in part.

Naturally we shall only be liable in cases of intent and gross negligence and for damages resulting from the destruction of life, body or health based on negligent breach of duty on our part and within the framework of legal provisions. Further, there shall be no limit to liability resulting from hazardous circumstances (especially in accordance with the German Product Liability Law).

Please observe the following instructions for use and care.

The **Visionbody Personal System** was only developed for private use and was specifically not developed for the professional fitness industry. Any use of the **Visionbody Personal System** for commercial purposes is expressly prohibited.

Avoid training environments with exceptionally high humidity or areas in which you may come into contact with water (e.g. in the rain, at the swimming pool).

The manufacturer shall not accept any liability for damages that occurred as a result of improper use or unauthorised changes to the system.

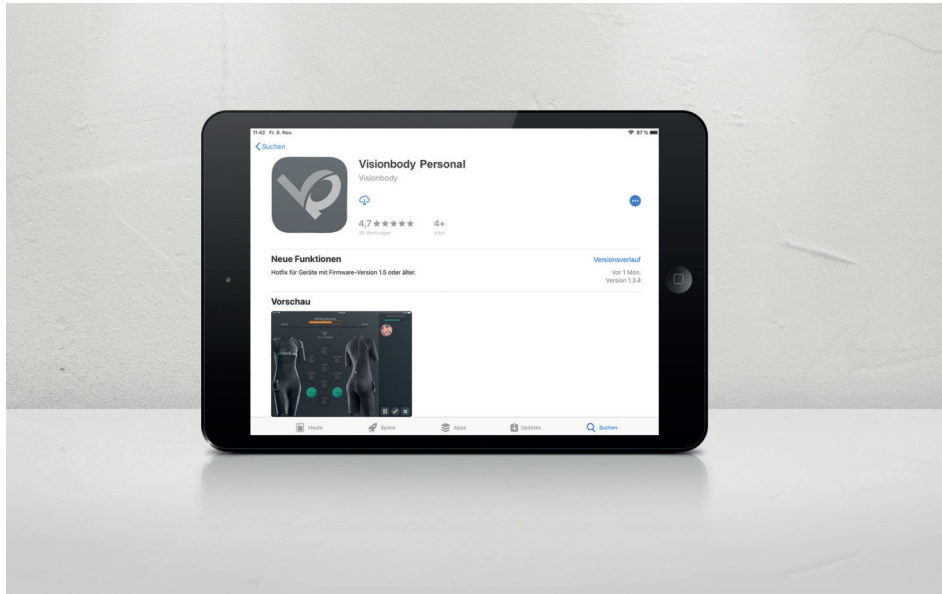
Download the app in the App-store.

Search under: **Visionbody Personal**

- Download app
- The first steps with the app

iOS-App-Store:

<http://cli.re/appstore>



TRAINING PROGRAM

By double clicking on one of the round impulse fields, you can simultaneously select all impulse fields or remove the selection.

You can increase or decrease the impulse using the plus or minus control element.

You cannot increase the impulse during the recovery period.

Only increase the impulse strength to a level with which you are comfortable. Further information on training with Visionbody as well as training videos are regularly published on our YouTube channel and through our www.visionbody-academy.de

Which Visionbody programmes are suitable for strength training?

- » The programmes "Basic" 1, "Strength" 1, "Continuous" 1 as well as "Fat Burning" 1 are suitable for strength training with **Visionbody**.

Which Visionbody programmes are suitable for endurance training?

- » The programmes "Endurance" 1 as well as "Continuous" 1 are suitable for endurance training with **Visionbody**.



WARM UP BEFORE TRAINING

Before any intense workout, it is important to sufficiently warm up the body. This reduces your inherent risk of injury as cold muscles are weaker than warm muscles. Anyone who starts off cold also risks ineffective training.

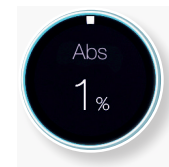
Specifically with the Visionbody system, there is also another important reason to warm up properly before you start training. The Visionbody system has electrodes that do not need to be moistened with water or gel. As the warm-up exercises should be performed whilst the Visionbody Powersuit is being worn, the sweat created during warm up is what is needed for the connection between the electrodes inside the Visionbody Powersuit and the skin to work most effectively.

You may need additional warm-up exercises (such as cardio workouts), if your body needs more time to develop sufficient sweat before you begin with the stimulation.

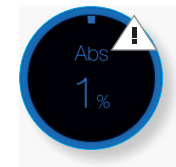
USING BIOFEEDBACK TO FIND THE RIGHT TIME TO START TRAINING

The biofeedback will help you, as the colors circling the symbols of each muscle group provide information about whether you can start stimulation. If you try to increase the intensity of each muscle group, the areas that are not yet properly warmed up will be showing as blue coloured and the triangle sign. The time needed to warm up can range between 5-20 minutes for some, depending on your individual fitness variants to get to the right training temperature for that muscle group.

Ready:

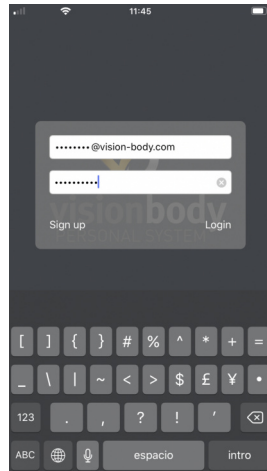


Not ready:

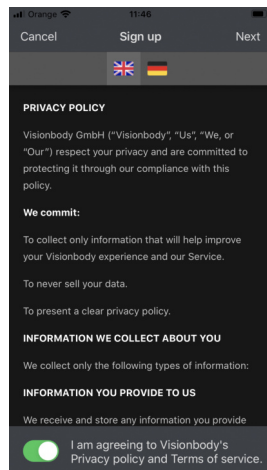


NOTE: Wearing sportswear or a tracksuit over the Visionbody Powersuit can also assist in faster sweat formation.

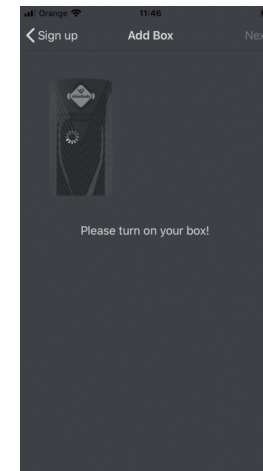
1. Tap on „Sign Up“.



2. Confirm the privacy policy and tap on „Next“.



3. Switch on the Visionbody Box.

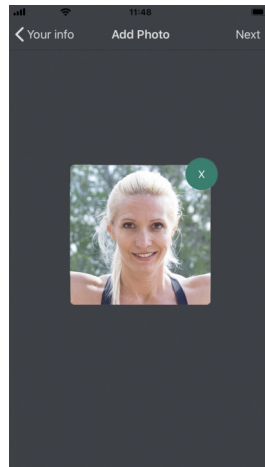


4. Tap on „Next“.



5. Fill in the form.

6. Take a profile photo or skip this and tap „Next“.



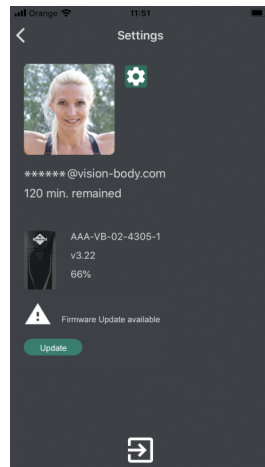
7. Check your data and save them if correctly.

8. You will then receive an email from „Auth0“, where you will be requested to access your email to confirm your email address using the link provided. Afterwards you can log in with your profile.

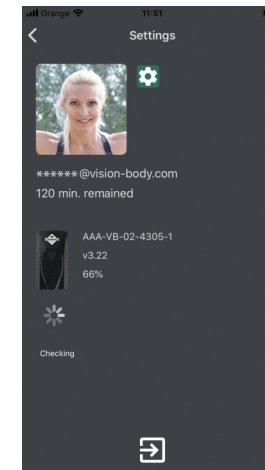
9. Switch on your Visionbody Box, it is not possible to tap on „Start Training“ beforehand.



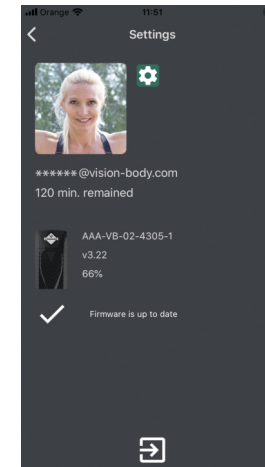
10. You can view your remaining exercise time and receive the firmware information and the charging status after switching on the Visionbody Box. If an update is available, it will be indicated by a ⚠️. The process only starts when the internet connection is active.



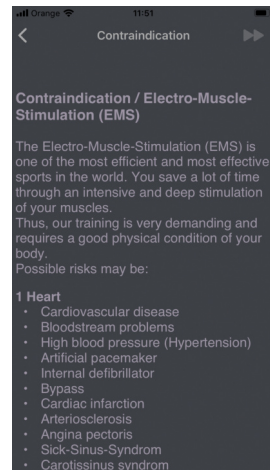
11. Wait until the update process is complete, then the Visionbody Box automatically turns off.



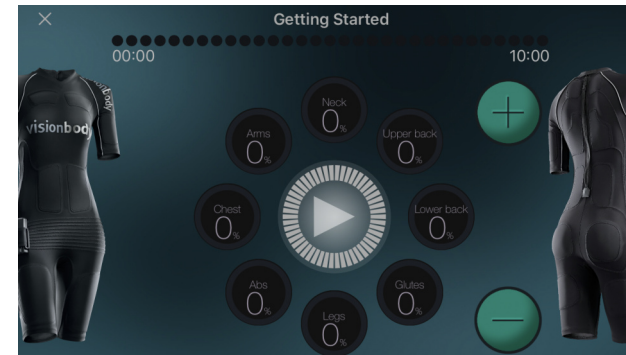
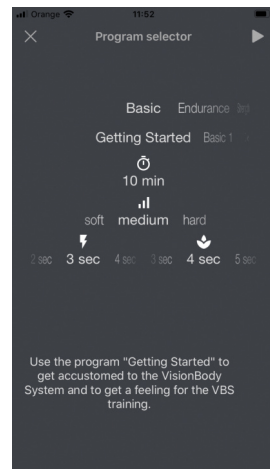
12. Turn on the Visionbody Box, now the information should be „Firmware is up to date“. In this case, the update completes successfully and you can return to the main screen to select „Start Training“



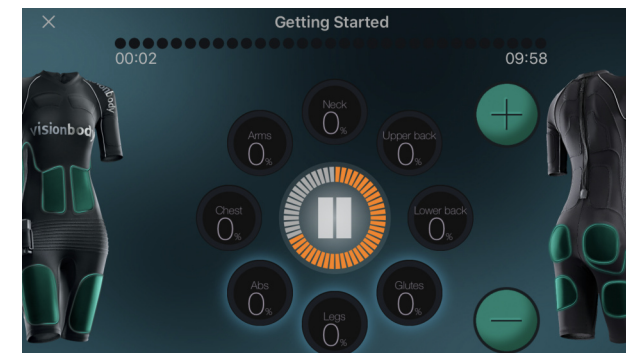
13. Read the contraindications and scroll them from bottom to top with a finger movement, then tap the „▶▶“ symbol to continue



14. Select a training program and then tap the „▶“ symbol to continue

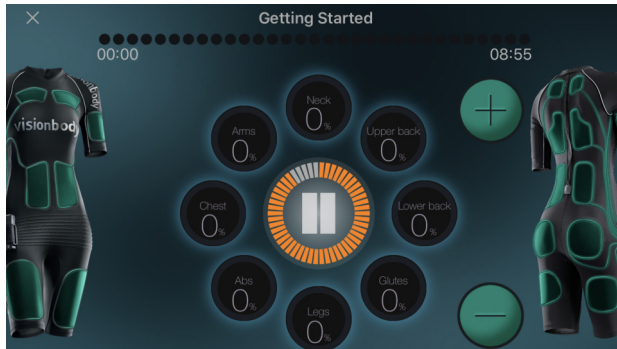


15. Press the „Play“ button to start the training program.

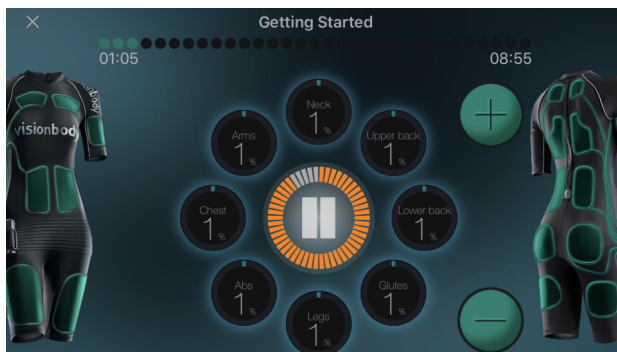


16. The impulse circuit is coloured orange during the impulse phase and changes from orange to white during the impulse pause. **IMPORTANT:** The pulse intensity can only be increased during the pulse phase.

17. A double-click on one of the pulse fields select all at once so that these turquoises.



18. First increase the pulse intensity to 1%, then all muscle groups that are not ready for training will turn „blue“ (page 18).
IMPORTANT: A 5-10 minute warm-up program is recommended before training with the Visionbody system.

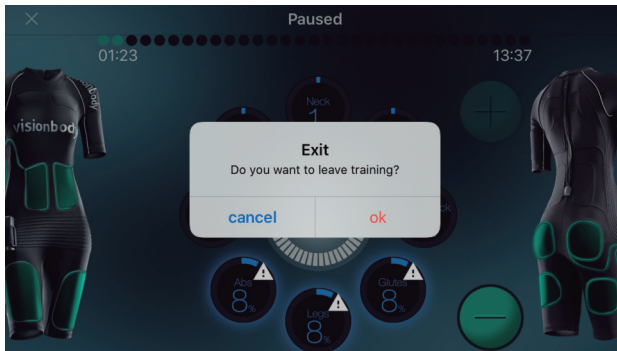


19. If one muscle group is „white“, the intensity for that muscle group can be increased. All other muscle groups need a longer warm-up program.
IMPORTANT: Increasing the intensity of a „blue“ muscle group can lead to an unpleasant impulse.

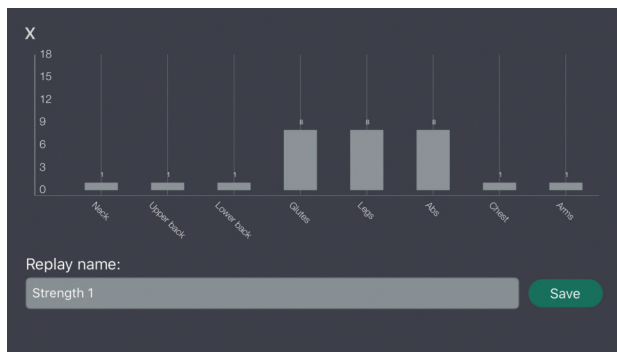


20. The workout can be paused at any time by pressing the „Play“ button. By pressing the „Play“ button again, the workout is resumed. The impulse starts directly.

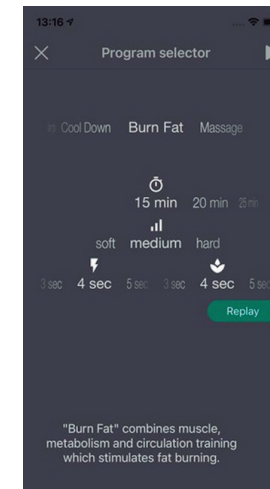
21. To finish the workout, tap on the „x“ symbol in the upper left corner of the screen.



22. After exit you can either save your workout or just simply click on the 'x' and finish your workout



There are the following options for selecting a program:

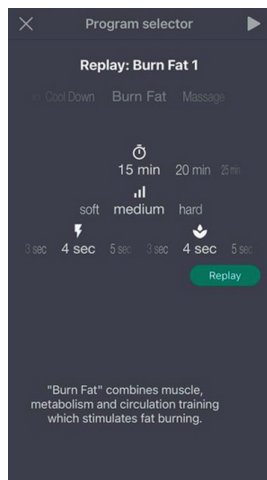


23. Choose a program manually you want to use, or click on the "Replay" button to playback a previously saved training.

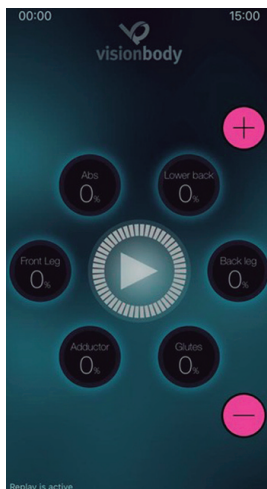


24. Scroll to select one of the previously saved programs that you want to repeat and click on "Load".

25. To play the chosen program click on the play sign (triangle in the right upper corner).



26. Press the "Play" button to start the training.



By clicking on the "Play" button, the selected program will be replayed. The intensity will be automatically increased in the previously used training path, which you can modify any time by pressing the +/- button.

Why can't I feel the impulses?

- » Check if the **Visionbody Box** is charged and switched on.
- » Verify that the magnetic buttons on the base plate are properly attached, connecting the Visionbody Box to the Visionbody Powersuit.
- » Check that both the profile image and the impulse areas are correctly selected so that the intensity can be increased.

The impulses are uncomfortable. What can I do?

- » The electrodes inside the **Visionbody Powersuit** can be slightly moistened. The **Visionbody Box** must be switched off before doing so.
- » Have you warmed up enough? Perform a longer warm up so that the impulse fields are no longer blue and with the triangle sign but are highlighted in grey.

Should I be concerned by any reddened skin and irritations?

- » Slight reddening of the skin is possible following training with **Visionbody** or EMS. The redness generally occurs as a result of an increased blood circulation and should disappear a few minutes after training.
- » Strong irritations may occur as a result of an excessive intensity. During the next training session, a lower intensity should be selected.

I can feel a tingling in my extremities. Is this normal?

- » Yes, this is normal but this does not happen to everyone. The sensation occurs because the **Visionbody Powersuit** stimulates the nerves that control the muscles.

Will I have sore muscles after EMS training?

- » Sore muscles are a sign, however not an absolute must for intensive training. Any intensive muscle training can result in sore muscles, and this is also the case with the **Visionbody Powersuit**. This depends on the intensity and complexity of the work. EMS stimulates the muscles more intensively, which is why severe sore muscles can occur after the first few units. If the intensity of the sore muscles is too intense, the intensity should be reduced for the next training session.



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Our technical support will
be pleased to help you:

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