

Gymform® Duo

Product Explanation

Congratulations! You have just purchased one of the most technically advanced EMS machine on the market. By using space age technology the Gymform® Duo is able to reach the core parts of any desired muscle. Simply attach the pads to dry skin on any muscle group and you can specify a vigorous workout to any of the 700 muscles in your body.

Cautions regarding safety

- In order to use this device effectively, please read the operating instructions carefully.
- Improper use of the device may result in serious injury or damage to the device.
- The Gymform® Duo is a powerful training tool and you will hurt your self if you go straight to the advanced training mode. Start at the lower levels and work your way up.
- Attention
 - Do not use this device in the bathroom or in other areas with high humidity.
 - Do not use this device while driving or sleeping.
 - Do not this device on children or animals.

Warning

If you are under any sort of medical treatment or have any of the following symptoms then please only use the Gymform® Duo with your physician's approval.

- Anyone suffering from heart illness or who is using an electronic device such as a pacemaker.
- Anyone suffering from abnormal blood pressure (>180)
- Anyone suffering from a high fever.
- Women who are menstruating or pregnant.
- Anyone suffering from skin sensation problems or an abnormal skin condition.
- Do not place the machine on sensitive parts of the body or over scars, moles or various veins.

Special Features

- Patented Wireless twin duel technology.
- Micro Processing compact convenient technology.
- Ergonomically and aesthetically pleasing.
- Wireless unit with reciprocating twin head technology.
- Hyper sticky electro gel pads.
- Double 3V operating voltage (CR2032 Lithium button cell)
- 3 hyper sensitive control buttons (Mode, On/Hi, Off/Lo)
- 4 flashing LEDS indicate the mode selected.
- 10 intensity levels from beginner to advanced can be selected at

every mode.

- 6 highly advanced exercise programs
- 15 minute automatic power shut off to give you the recommended workout.
- If the unit is turned on but not working or alternatively if one of the pads does not have full contact with the skin there is an automatic 3 second auto-power off.

Before Using

Installing the batteries

- With the Gymform® Duo pad without the flashing LED's take off the sticky pad.
- Slide off the bottom of the device
- Place in two batteries with the plus side up.
- Re-attach the cover.

Attaching the Adhesive Pads

- Remove the protective plastic sheet from the two adhesive electrode pads; attach the electrode pads to the desired area of the body.
- Press down firmly on the skin to attach the adhesive pads.

Caution

- Never stick two adhesive pads together.
- If one or both of the pads are not firmly placed on the desired body part it will cause a stinging sensation.

Function Buttons on the Gymform® Duo

ON/Hi
OFF/LOW
MODE

Operation procedure

Press ON/Hi button to switch on the device.
Select pulse program (see Table)
Default pulse program is Program 1 when power on. User may use the Mode button to select other programs.
By pressing the Mode button once it will switch to Program 2, once more it will switch to Program 3 and so on.
It will return to Program 1 after Program 6.
Note that if the desired program is not selected within 10 seconds, the unit will shut off automatically.

Adjusting intensity level

Intensity level is adjustable with the HI and LOW Button. There are 10 intensity levels for user to select.

Switching off the unit

Before the unit can be switched off, user has to decrease intensity level to Level "1" with the OFF/LOW button. Then one more press switches off the unit.

Mode	Name	Description	LED1 red 1	LED2 yellow1	LED3 red2	LED4 yellow2
1	Massage	Very fast, 5 pulses/Second	On	Off	Off	Off
2	Muscle Training	Fast exercise, 1 pulse/Second, also tapping massage	Off	On	Off	Off
3	Anticellulite Weight Loss Number I	General exercise - intensive constant massage.	On	On	Off	Off
4	Weight Loss Number II	Full exercise routine.	Off	Off	On	Off
5	Anti-cellulite	Pro exercise routine, mixed mode but many fast elements	Off	Off	Off	On
6	Fitness	5 Integrated Exercises.	Off	Off	On	On

Auto Functions

The GymForm® Duo will automatically turn off after 3 seconds if neither of the pads are touching the skin. The unit has an auto-timer. It will shut off after 15 minutes of exercise. If you change the exercise mode within the 15 minutes, the timer will count down from the original leftover time. The device may not work properly if exposed to electrostatic interference. In such cases, just turn it off and turn it back on for normal operation.

Technical Specifications:

Operating Voltage : DC 6 Volt (CR2032 x 2)
Max Current Consumption : 15mA (RMS) (Load 500 ohm)
Pulse Frequency : 2Hz ~ 250Hz
Automatic Turn Off Time : 15 + - 3 Minutes
Mode Setting : 6 Modes Selection
Pulse Strength Level Setting : 10 Strength Level Selection
Strength Level After Setting Mode : Pulse Strength Starts at 1 on each new setting of Mode.
Dimensions : 65(L) x 40(W) x 17(H)mm
Weight : 65g (Console & Pads with Battery)

Maintenance of Adhesive Pads

- Do not place in water
- Store in a cool dry place
- Never tear off the insulated tag
- After using, always place adhesive parts back on to the plastic sheet provided.
- Store the device on the provided bag.
- Store at room temperature in dry place
- Life span of the adhesive pads is approximately 50 times of use.

- To lengthen the life of the adhesive pads please wipe them with a slightly damp cloth.
- Taking these precautions will lengthen the life of the sticky adhesive pads.

Battery Care

- Always use X 2 - CR2032 Lithium button cell batteries.
- Make sure they are correctly installed before turning on.
- Using the unit for approximately 15 minutes a day the batteries should last about one month - 30 times.
- When replacing batteries, please shut off device.
- Remove the batteries when not using the device for long periods of time.
- Make sure you take precautions when disposing the batteries and do not throw into a fire.

WARRANTY

This product is covered by warranty against manufacturing defects, subject to the time periods stipulated in the legislation in force in each country. The warranty does not cover damage resulting from improper use, negligent commercial use, accidents or mishandling.

ATTENTION HOW TO DISPOSE OF MATERIALS



This symbol indicates that you must seek information and follow local regulations regarding the disposal of this kind of product. Do not dispose of this product the way you would dispose of general household waste.

Dispose of this product in accordance with relevant local regulations. Electrical and electronic products contain hazardous substances that can harm the environment and human health. They should be recycled.