

FORTIS
EMS TRAINING SYSTEM



Product manual

A woman with long dark hair, wearing a black athletic top and shorts, is in a ready stance. She has her hands clasped in front of her chest and is looking off to the side. The background is a blurred green field. The top of her shorts has a black protective pad with the 'FORTIS' logo. The word 'FORTIS' is also printed on the front of her black t-shirt.

Dear Customer,
we are very glad that you choose
to use this product. Our products
have undergone stringent safety
and reliability verification. Please
read this manual carefully and
use it according to the operation
requirements.

FORTIS



Catalog

- 1 **Product Instructions**
- 2 **Safety Warning**
- 3 **Contraindications**
- 4 **Adverse Reactions**
- 5 **Notation**
- 6 **Energy box storage&maintenance**
- 7 **Operating Instructions**
- 8 **APP Operating**
- 9 **Performance Parameter**
- 10 **Energy suits cleaning**
- 11 **After-Sales Service**

1.Product Instructions

1. The host adopts ABS+PC shell, one switch button on the top, a Bluetooth communication indicator light and micro USB charging port, and 24 probes on the bottom to connect with suits. This product includes energy box, energy suits, operation APP (tablet is provided by the customer, download APP)
2. Function: this product is a training auxiliary equipment, used for fitness exercise and weight loss. The equipment was connected with clothing connection board by 24 probes and output electric pulse was applied to the skin through electrodes of various parts of the training suit to stimulate muscle contraction to achieve the purpose.
3. The operating device can be operated by the tablet computer APP, and the user can adjust the stimulation intensity through the APP.
4. The electrode function site:
 1. Number of electrodes: a total of 20 electrodes for suits, 10 outputs, and 2 electrodes each symmetrically constituting a loop.
 2. Function site: 1. abdomen, 2. chest, 3. front arm, 4. rear arm, 5. shoulder, 6. back, 7. waist, 8. hip, 9. rear thigh, 10. front thigh
5. About the Suit:
 - High-elastic material for you to do many sports
 - Fabric electrodes
 - Totally wireless

Suit sizes:

Men: S, M, L, XL, XXL

Women: XS, S, M, L, XL

The sizes are based on regular sizes.

6. Mechanism of action: The EMS training controller (hereafter referred to as the controller) is based on “transcutaneous electrical nerve stimulation (TENS)” and “electron muscle stimulation (EMS)” theory. The therapy device can generate low frequency currents of 10–208Hz, different waveforms, different modulation methods, through the electrode pads on special clothes, act on the human body to promote blood and lymph circulation, it can strengthen muscle strength, regulate muscle morphology, reduce fat and shape, prevent muscle atrophy, improve smooth muscle tension; act on ganglia and nerve Segments can produce reflexes and regulate autonomic function.

2. Safety Warning

Check the instrument for malfunction before operation. There are metal objects in the affected area, such as keys, necklaces, etc. should be removed first, otherwise it is not suitable for treatment. The intensity should be gradually increased, and each training will take about 20-30 minutes depending on the individual feeling. It is not appropriate for physiotherapy for patients with contraindications During use, it is normal to feel the current enhancement is a change in the treatment waveform. Do not panic. Do not treat under hunger to avoid fainting. Do not disassemble, repair or modify the main unit of this product.

3. Contraindications

Malignant neoplasms, acute inflammation, active tuberculosis, amyotrophic lateral sclerosis, progression of multiple sclerosis, atherosclerotic sinus, bleeding tendency, local metal foreign body, pregnant women’s waist and abdomen, with pacemaker, severe heart disease Patient, disable to use this product.

4. Adverse Reactions

1. If you have fatigue, headache, chest tightness, nausea, lethargy, etc. during use, immediately suspend training and consult the manufacturer.
2. Please spray the energy film with moderate warm water before use, and do warm-up exercise for 5-10 minutes. Then start the equipment. If the energy sheet is not enough humidity, it may cause tingling. Please continue to increase the humidity of the energy sheet and adjust it. Mode until the tingling sensation disappears. If the tingling sensation persists, please stop using the product and consult the manufacturer.

5. Notation

	Warning! Please read the instructions
	Upward
	Damp and drench proof marks
	Recyclable

6. Energy box Storage & Maintenance

Storage temperature: $-20^{\circ}\text{C} \sim 55^{\circ}\text{C}$; relative humidity, $\leq 93\%$ R. H.; atmospheric pressure: $50.0\text{ KPa} \sim 106.0\text{ KPa}$.

Avoid direct sunlight, good ventilation, no corrosive gases, away from heating devices or places with open flames, and avoid accidents; keep away from moisture and water.

The controller that has not been used after packaging is stored under the above storage conditions for a period of 5 years.

Maintenance instructions: Please use this product under normal conditions. Do not use this product on open flames or heating devices. Do not dry the machine or its accessories with a microwave oven, or hair dryer. Keep away from wet places and water.

7. Operating Instructions

1. The position of the energy piece of the training suit is properly wetted with water in advance.
2. Pull the controller and clothes together and turn on the power. The blue light flashes.
3. Open the APP and confirm the connection between Bluetooth and the device. The Bluetooth light is always on when connected.
4. Operate the APP for mode selection, intensity adjustment, training time setting, and start training.



Because different human bodies have different tolerances to the intermediate frequency current, when the same parts and methods used, different people need different amounts of electricity, and the measurement is divided into the following three types:

Feel limit - limited to the feeling of just reaching

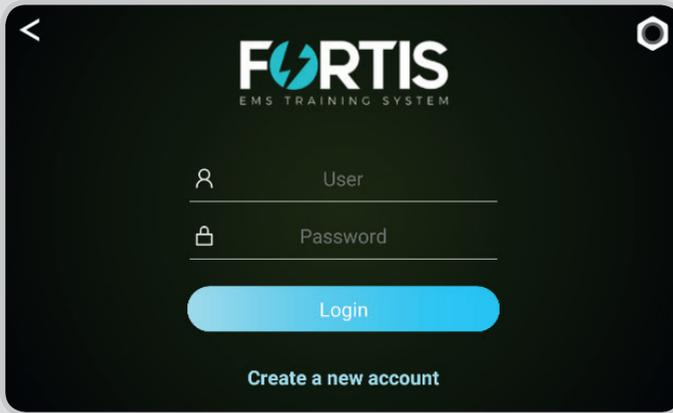
Shrinkage limit - limited to cause muscle contraction

Tolerance limit - limited to the amount of electricity that can be tolerated

8. APP Operating Instructions

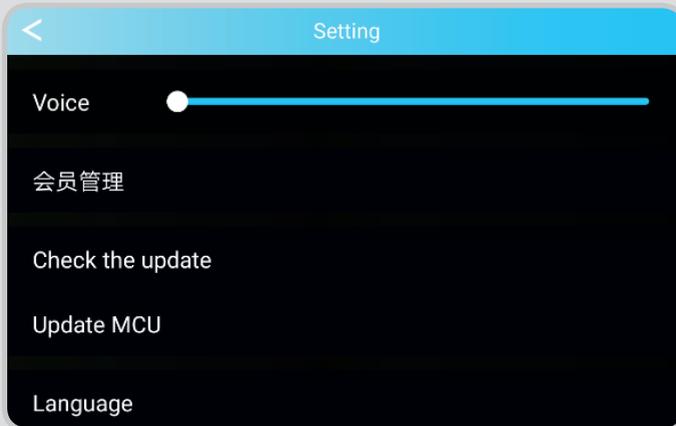
1. About Registration/Login

This APP has not opened the registration/login function for the time being. You don't need the account password, and you can directly click the login button to enter.



2. Choose Language

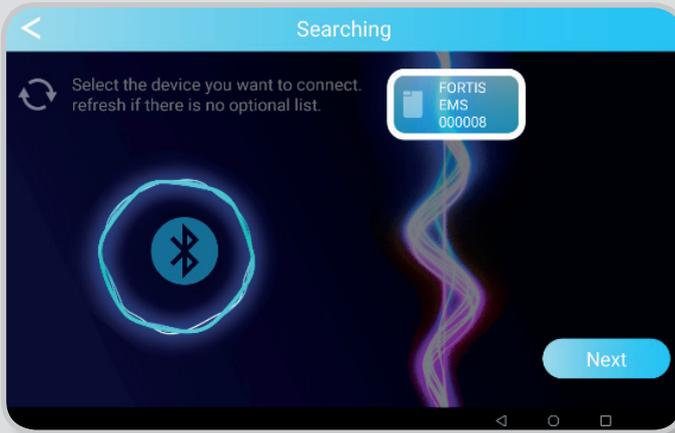
Click the Settings button, enter the Settings page, and click language. Select the language and click "ok". English, German, French, Russian, Chinese-Japanese and Korean languages are available. After switching languages, click ok and restart the home page to take effect



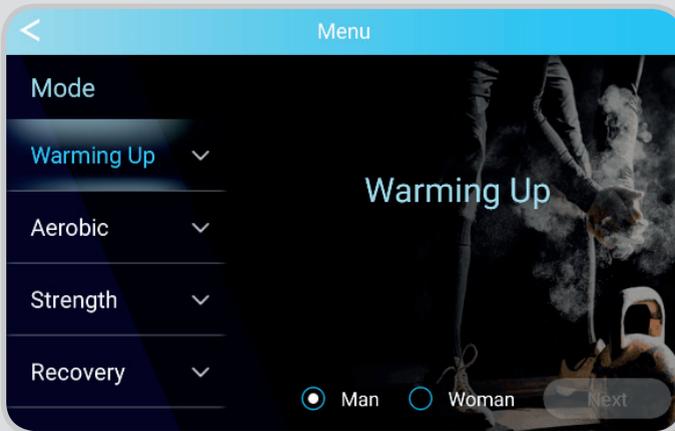
3. Connect Device

Enter the search interface, click the device to be connected, and you can connect up to 4 devices

After selecting the device, click Next to start connecting the device

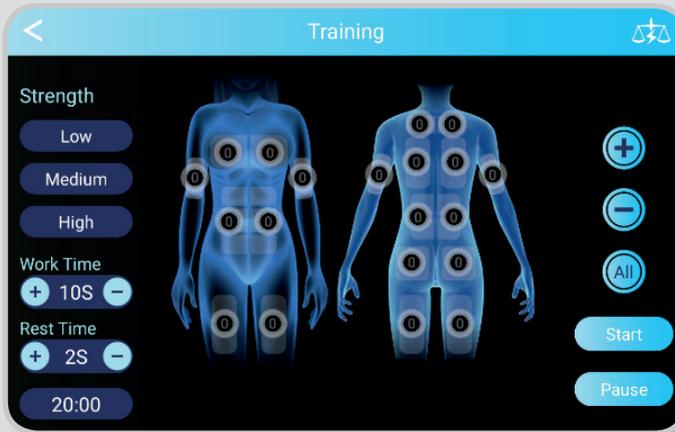


After successful connection, click OK to enter the mode selection page



4. Adjust

After selecting the mode, click next to enter the training adjustment page



(1) Quickly adjust

Directly click (Low, Medium, High) Can quickly adjust the intensity

(2) Precise adjustment

Click to select the part to be adjusted, ALL is selected, and then press the "+" and "-" keys on the right to adjust

5. Boot and timing instructions

Choice after entering the interface machine input mode has been launched, only the output intensity is zero (can be considered as the output), after adjusting the intensity, then the parts would have to adjust the intensity of the out put, but the countdown will not enter the timing, at this point you can click the pause (pause) key to suspend the output, after suspending can click on the Continue (Continue) key to output; Only when the Start button is clicked will the countdown Start and Stop after 20 minutes (or click the Stop button). At this time, the output of the device stops and the intensity is all 0 and cannot be adjusted. Only when the Start button is clicked again can the intensity be adjusted.

6. Setting and description of mode parameters

Since the parameters of the final mode are not determined, the APP can set different parameters for the experience in order to test the best sense of body and the most effective mode. Enter the Settings page, quickly click the bottom space 5 times in a row to enter the hidden Settings page

Pulse width:

To adjust this item is to adjust the pulse width of all modes
(mode_1_1 to mode_4_4 16 modes)

Submode 1 is to adjust 4 modes of mode_1_1 mode_2_1 mode_3_1 mode_4_1

Submode 2 is to adjust mode_1_2 mode_2_2 mode_3_2 mode_4_2

Submode 3 is to adjust 4 modes of mode_1_3 mode_2_3 mode_3_3 mode_4_3

Submode 4 is to adjust mode_1_4 mode_2_4 mode_3_4 mode_4_4

Mode 1 fundamental wave, mode 1 carrier

Mode_1_1 mode_1_2 mode_1_3 mode_1_4

Mode 2 fundamental, mode 2 carrier

Mode_2_1 mode_2_2 mode_2_3 mode_2_4

Mode 3 fundamental wave, mode 3 carrier

That is to adjust mode_3_1 mode_3_2 mode_3_3 mode_3_4 four modes;

Mode 4 fundamental wave, mode 4 carrier

That is to adjust mode_4_1 mode_4_2 mode_4_3 mode_4_4 4 modes;

9. Performance Parameter

- Power supply: lithium battery pack 1500MAH
- Maximum charging current: 1A
- Power supply range: 3.2-6V
- Maximum working current of the whole machine: no more than 1A (regulated power supply test)
- Standby current: 40 MA±3 (power supply test method)
- Static current: no more than 30uA
- Low voltage alarm: 3.3V red light flashes
- Treatment current: 6MA-100MA
- Output interface: metal probe
- Output channel: 10 channels
- Frequency range: 10-208Hz
- Fundamental wave: Square wave, Trapezoidal wave, Sine wave, Triangular wave
- Pulse Width: 400-833us
- Weight :120g

10. Energy Suits Cleaning

Because the energy coat contains silver, the storage, maintenance and washing methods are more particular.

1. Active silver ions are easily chemically reacted with some chemical agents. Do not touch strong acids, strong bases and various metal oxidants during use.
2. Please wash the energy clothing immediately after use. After cleaning, put it in a ventilated place to dry.
3. please wash with no more than 40 °C at room temperature, do not dry cleaning, can not be soaked at high temperature, it is not recommended to machine wash, machine Dry out, such as machine wash must use the laundry bag for cleaning.
4. Please wash with neutral detergent or neutral soap when washing. Please do not use bleaching detergent, bleaching powder, brightening agent or stripping agent.
5. Try to wash with tap water that can reach the drinking standard. Because the chlorine content in the tap water that is not up to standard is high, it will react with silver to form a silver chloride precipitate, causing the loss of silver to lose energy conduction. .
6. energy clothing should be washed separately, and the washing time should not be too long, 5 minutes is appropriate, to reduce the chemical reaction of silver and water uncertain substances, effectively protect the energy transfer function of energy clothing.
7. When washing, do not use a dehydrator/dryer or other dry method to dehydrate. It is best to gently dry it by hand.
8. when drying, should be aired in a dry and ventilated place (avoid direct sunlight): energy clothing is the most direct sun exposure, direct sunlight will make the fiber elastic fatigue and greatly reduce the effect; and the direct sunlight will increase the temperature of the energy clothing High, speed up the chemical reaction between silver and sulfur and oxygen in the air to form silver sulfide and silver oxide, so that the energy film function of the energy coat is reduced. Appropriate cleaning and care can extend the service life of the energy garment and exert the best health care effect.
9. Storage: Please fold the energy clothing flat and place it in a dry and ventilated place.

11. After-Sales Service

(Energy clothing is a consumable item, only 7 days no reason to return service and three months of paid maintenance service)

1. After the equipment is packaged, under the conditions of storage and use specifications, the manufacturer will repair and replace the user for free within one year from the time of purchase.
2. When the user is using or simply troubleshooting, please contact our after-sales service if you have any questions.
3. Warranty conditions: When the warranty service is required, please show the warranty card of this machine, and please fill in the relevant content in detail. The company provides the user with a 12-month warranty from the date of purchase of the product.
4. Warranty scope: The quality problems appearing under normal use, the damage caused by non-external force damage; if the damage caused by external force needs to be repaired, certain inspection and spare parts fees are charged; the product is out of warranty for one year. All charges will apply.
5. The following conditions do not enjoy warranty rights:
 - (1) Man-made damage, such as damage caused by improper use, abnormal appearance, wear, fall, circuit burnout, squeezing deformation, foreign matter entering, damp and any other visible man-made damage
 - (2) Other conditions such as damage caused by the user's own reasons (unauthorized disassembly and assembly, improper use, improper operation, water ingress, etc.).
 - (3) Damage caused by force majeure factors such as earthquakes, floods, fires, hurricanes or wars.
 - (4) The warranty card for this product is limited to the warranty for this product.
 - (5) The appearance of the product, the consumables and consumables are not covered by the warranty.
 - (6) The company reserves the right of final interpretation of the warranty card.



APP DOWNLOAD



www.fortis-world.com