

Active EMS Performance Gear Quick Start Up Guide



- ① Press the Power button for 3 seconds until "Active" logo appears to turn on the box.



- ② Ensure the box is connected properly with the Active suit. The screen will show "DISCONNECTED" if there is an improper connection.



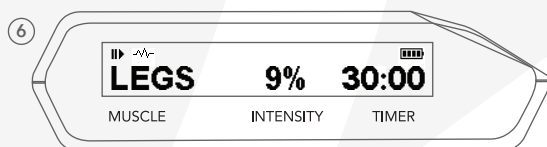
- ③ The screen will show "CONNECTED" if the box is properly attached to the suit and ready to start training.



- ④ After a proper connection, the box will start the 5 minutes warm up mode. Warm Up mode can be skipped by pressing the Selector button.



- ⑤ Once warm up is completed, the box will display muscle group adjustment with 30 minutes of preset training timer.



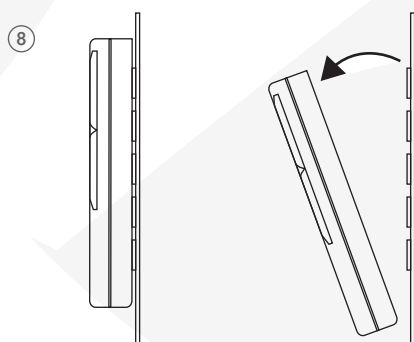
- ⑥ Change muscle group by selecting muscle buttons on the box. For lower back muscle, press twice on the Abs button.

Increase/decrease intensity of stimulation by pressing on the up/down buttons.



Adjust intensity during the 10 seconds of stimulation and not during the 5 seconds of rest. Stimulation logo will be displayed during the 10 seconds activation and disappear during the 5 seconds of rest.

Pause/Play the training with the selector button. This will be indicated with a pause/play logo on the box.



- ⑦ Press and hold the power button for 3 secs to switch off.

- ⑧ To remove the device, press firmly against the suit and detach the box by holding the top and bottom of the box and removing it from the top first.

