



## **Massage device+RF**

Before using the instrument, please read this manual carefully and strictly follow the instructions in the manual to operate it.

## First、 Outline

Muscles account for about 35% of the body, and most slimming devices on the market only focused on fat but not muscles. While currently only injections and surgery are used to improve the shape of the buttocks. In contrast, beauty muscle instrument, uses high-intensity focused magnetic resonance + focused unipolar radio frequency technology to train muscles and permanently destroy fat cells. The focus of magnetic vibration energy stimulates motor neurons to continuously expand and contract autogenous muscles to achieve high frequency extreme training (This kind of contraction cannot be achieved by your usual exercise or fit exercise) , While the radio frequency of 40.68mhz releases heat to heat and burn fat, heating muscles at the same time to increase the contraction force, double stimulation of muscle proliferation, and improve the body's blood circulation and metabolic rate, while maintaining a comfortable temperature sense during the course of treatment; It combines two types of energy deep into the muscle and fat layers, strengthening muscle, firming skin and burning fat for a perfect triple effect; The energy pulse of 30 minutes treatment can stimulate 30000 strong muscle contractions, which help the fat cells to metabolize and decompose vigorously. At the same time,

with strengthening muscle , it brings new technological experience for body shaping. It has won the international certification of FDA and CE, and its safety and effectiveness have been widely recognized.

Beauty muscle instrument has four treatment handles, which support two or four handles to work synchronously,it can be operated by two persons at the same time, and can be placed in one part individually or the abdomen, buttock, upper arm (biceps, triceps), thigh and other parts at the same time.For those who want to quickly reduce fat and increase muscle or change their body shape, or those who have no time or difficulty in persisting in exercise, can achieve abdominal muscle vest line, peach buttocks and separated rectus abdominis for postpartum women, It's an innovative reform equipment."Massage Device" can easily shape muscle and reduce fat for you, and the effect is remarkable.

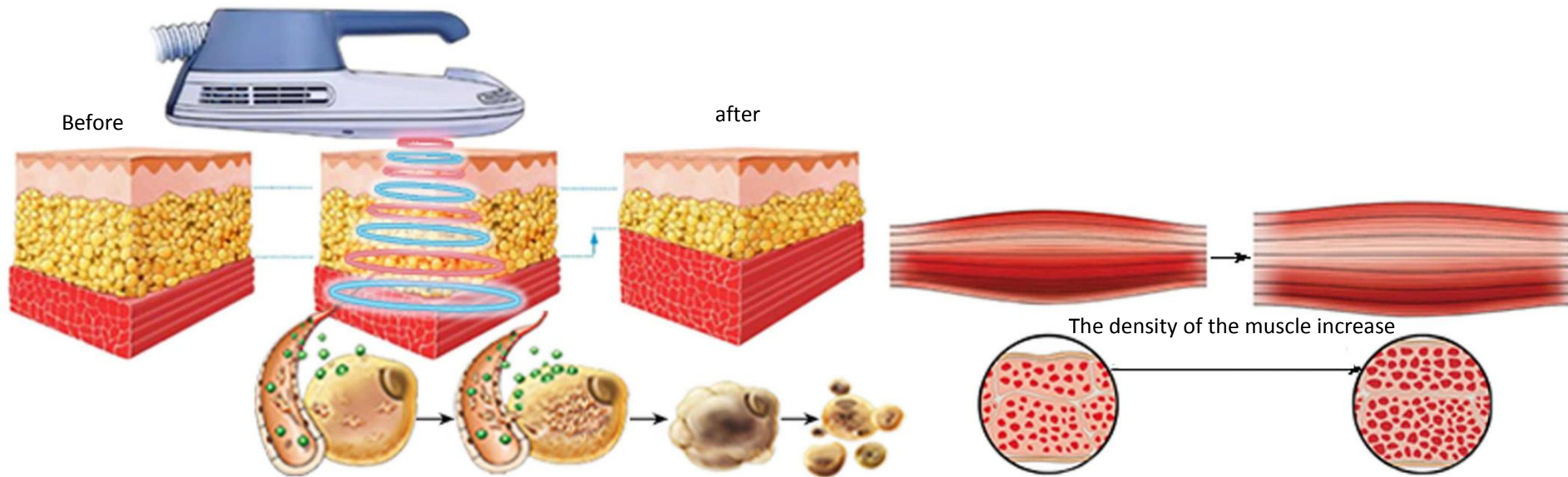
The device is non-invasive, safe and painless, no radiation, no side effects, no need for anesthesia, you can be thin when lying down, it can tighten muscles and lose weight, there is no discomfort during the treatment, and there is no need for a recovery period after the treatment.

## Second、 Working principle

The machine uses non-invasive HIFEM(High-Intensity Focused Electromagnetic Field) technology +Focused monopole RF Technology to release high-frequency magnetic vibration energy through handles to penetrate the muscles to a depth of 8cm, and induce continuous expansion and contraction of muscles to achieve high-frequency extreme training , to deepen the growth of myofibrils (muscle enlargement), and produce new collagen chains and muscle fibers (muscle hyperplasia), thereby training and increasing muscle density and volume.

The heat released by radio frequency will heat the fat layer to 43 to 45 degrees, accelerate the decomposition and ablation of fat cells, and heat the muscle to increase the contraction force,double stimulate muscle proliferation, improve muscle elasticity, improve metabolism, and enhance blood circulation. The combination of radio frequency and magnetic vibration technology, dual energy deep into the muscle and fat layer, so that the muscle to achieve 100% extreme exercise,The 100% limit muscle contraction can trigger a lot of lipolysis, Fatty

acids are broken down from triglyceric acid, and accumulated in large amounts in fat cells. The fatty acid concentration is too high, which will cause fat cells to apoptosis and be excreted from the body by normal metabolism within a few weeks. Therefore, EM-S-sculpt can strengthen and increase muscles while achieving the effect of reducing fat.



## Third、 Advantage

- 1、 New high-intensity focused magnetic vibration + focused monopolar RF
- 2、 It can set different muscle training modes.
- 3、 The 180-radian handle design better fits the curve of the arm and thigh , making it easy to work.
- 4、 Four treatment handles, four channels support two or four synchronous output of magnetic resonance energy, can operate two or four people at the same time, suitable for men and women.
- 5、 RF dual channel supports independent control of energy output, and supports simultaneous operation of two kinds of energy using one or two handles.
- 6、 The energy (RF heat) is released from the inside to the outside without any damage to the skin and muscles. The treatment process is warm and comfortable.
- 7、 It's safe and non-invasive, non-current, non-hyperthermia, and non-radiation, and no recovery period.
- 8、 No surgery, no injection, no medicine, no exercise, no diet, Just Lying down can burn fat and build muscle, and reshape the beauty of lines.
- 9、 Saving time and effort, only lying down for 30 minutes = 30000 muscle contractions

(equivalent to 30000 belly rolls / squats)

- 10、 It's simple operation and bandage type. The operating head only needs to be placed on the operating part of the guest, and it can be reinforced with a special equipment band, without the need for a beautician to operate the instrument, which is convenient and simple.
- 11、 It's non-invasive, and the process is easy and comfortable. Just lie down and experience it like a muscle is sucked up.
- 12、 During the treatment, there is only a feeling of muscle contraction, no pain and no sweat, and there is no side effects on the body, just do it and go.
- 13、 There are sufficient experimental studies to prove that the treatment effect is remarkable. It only takes 4 treatments within two weeks, and every half an hour, you can see the effect of reshaping the lines in the treatment site.
- 14、 The air cooling device makes the treatment head not produce high temperature, and the handle can work continuously for a long time, which greatly improves the service life and safety factor of the machine, greatly improves the energy output, and makes the performance and power more stable.

## Fourth、 It's important to choose the right method to lose weight



**Body-building**

Hard-work,time-consuming,  
it's difficult to persist.



**Liposuction**

High risk, such as wound infection



**Drugs/alternative foods**

Have side effects, may cause diarrhea,  
damage the organs, and easily rebound



**Vegetarian food**

Malnutrition, leading to  
dizziness and decreased  
resistance.

- **Choosing a relaxed and professional way to build muscle and burn fat without harming your health. Choice is more important than effort!**



- **Focused magnetic resonance High-Intensity Focused Electromagnetic Field technology helps you gain muscle and lose fat easily.** There is no need for hard exercise, no pain, no sweat, no need to take off clothes, and it is more time-saving and labor-saving.



You only need to lie down for 30 minutes = 30000 times of muscle contraction (30 minutes of abdominal / hip treatment, equivalent to 30000 times of sit ups / squats), so that you can easily lie down to build muscles and reduce fat.

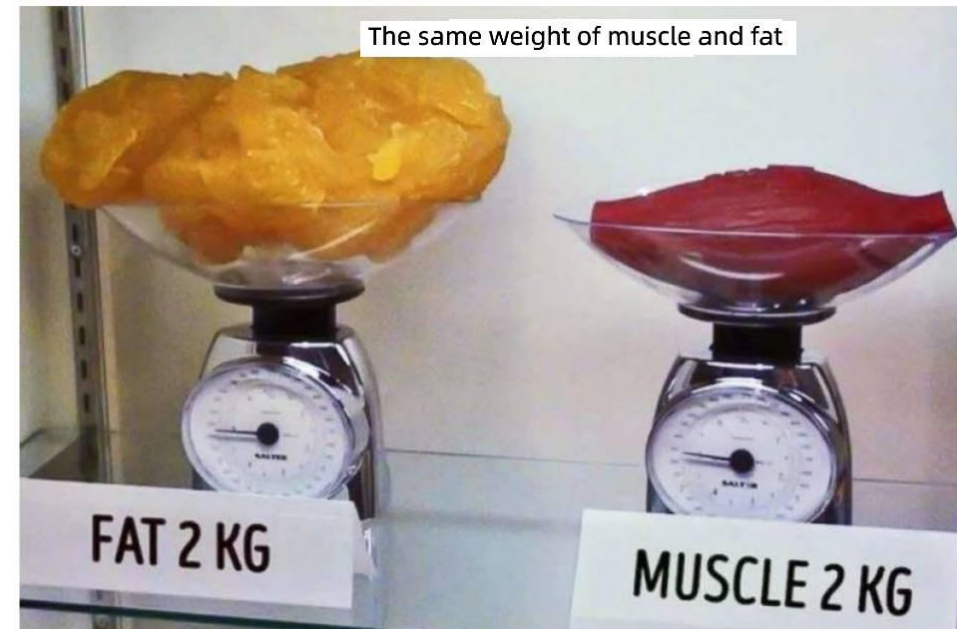
## **Fifth、 Slimming body must “Build muscle”**

### **The more muscles, the faster fat burning**

Muscle is the second part of the body that stores the largest basal metabolic rate. As long as the content of muscle increases, the basal metabolic rate can metabolize your calories faster and reach the level of "you can lose weight without moving." Why can muscular men get fat and thin? That's because they absorb well and consume more calories. The amount of muscle is directly proportional to consumption. People with more muscles will consume more calories. Therefore, muscular men can consume energy at any time, even sleeping, it consumes more than your exercise. If you want to develop a lean constitution, you must increase muscles.

## Benefits of building muscle

- √Improving obesity constitution and the efficiency of weight loss
- √Building a strong and handsome body
- √Preventing aging and maintaining physical youth
- √Reducing chronic pain of muscles and joints
- √Helping blood circulation smooth
- √Protecting the safety of uterus, intestine and other organs
- √Improving and preventing diabetes
- √Reducing high blood pressure to relief the pressure of blood vessel
- √Preventing heart disease
- √Enhancing memory and preventing dementia



The volume ratio of muscle and fat of the same weight is 3:1

## Sixth、 Methods of building muscle & burning fat



Exercising the abdominal muscles to shape the vest line.



Exercising the buttocks muscles to shape the peach buttocks.



Exercising the oblique muscles in adomen to shape mermaid line

- 1、 Medical research has proved that after completing a course of treatment, Massage device can effectively increase muscle by 25% and reduce fat by 30% at the same time. It presents the beautiful lines of waistcoat line, mermaid line and peach hip.
- 2、 Improving the abdominal muscles that have become loose due to separation of rectus abdominis, and shaping the vest line. It is especially suitable for mothers who have increased belly circumference and loose belly due to the separation of rectus abdominis after childbirth,

returning to a girlish posture.

3、Exercise strengthens the core muscle group, including the abdominal muscles of the large core group (rectus abdominis, external oblique muscle, internal oblique muscle, transverse abdominal muscle) and gluteus major muscle in the small core group. The core muscle group can protect the spine, maintain the stability of trunk, maintain the correct posture, improve the athletic ability and reduce the chance of injury, provide structural support for the whole body, and shape a healthy young body.

## **Seventh、 High-Intensity Focused Electromagnetic Fieldtechnology —Improving separation of rectus abdominis**

It may not be normal to have "mother belly" after childbirth! As many as 60% of mothers have a separation of rectus abdominis after delivery. As a result, the fetus has the opportunity to stretch the abdominal muscles during the growth of the fetus. Loss of support will make the organs fall down, resulting in postpartum abdominal relaxation and sagging, fat, protruding belly, and Lack

of abdominal strength, which is often accompanied by low back pain, lumbar muscle strain and other problems.

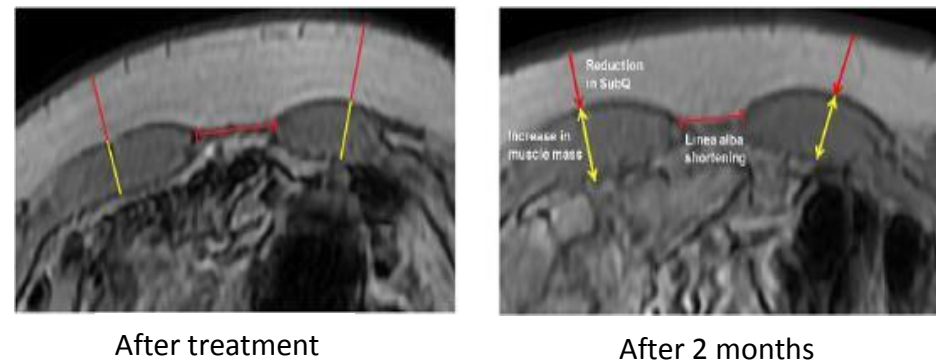
Once the rectus abdominis is separated, the traditional abdominal curling exercise will only make the abdominal muscles more open. However, the suture of rectus abdominis through cesarean section is not a good strategy because of its great trauma and slow recovery.

Only HIEMT brings non-invasive technology to postpartum women and solves the separation of rectus abdominis for many mothers, The latest MRI and CT computed tomography medical research confirmed that after the HIEMT treatment, the separation of rectus abdominis was reduced by an average of 19%, while fat loss was reduced by 30% and muscle growth was 25%. It's the perfect solution for mothers to lose weight and maintain health after delivery.

Separation of rectus abdominis:



MRI:

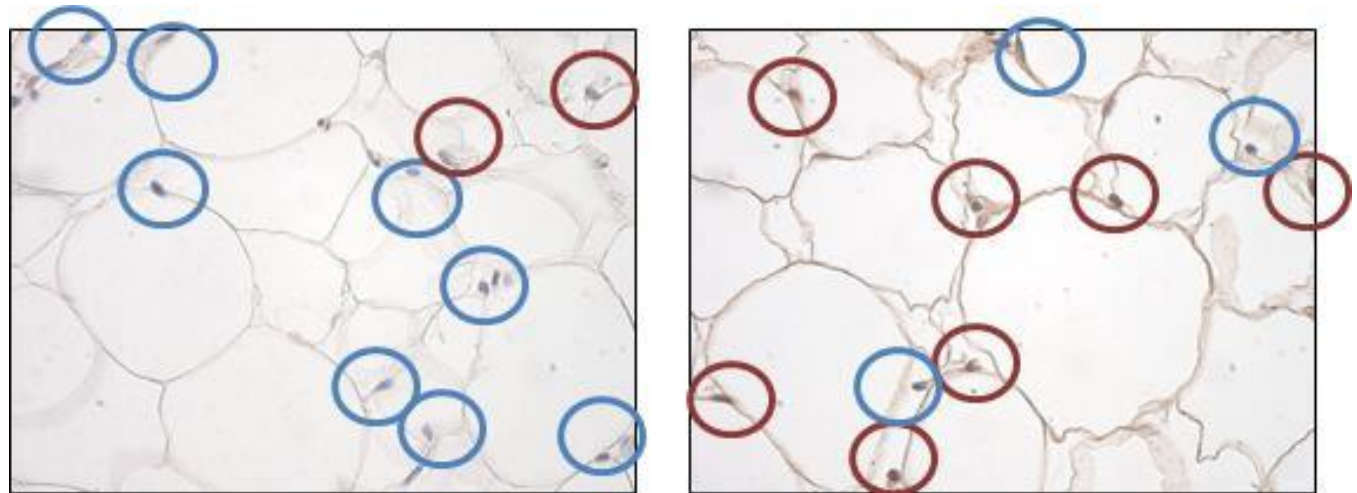




# Eighth、Non-invasive High-Intensity Focused Electromagnetic Field technology- Safety and effectiveness

《Induction of adipocyte apoptosis: Safety and mechanism evaluation of non-invasive H-I-F-E-M technology in pig model》

92%



At 8 hours after treatment, the apoptosis index was increased by 92%

Microscopic analysis of adipose tissue confirmed that the number of apoptotic cells increased significantly after treatment

- The apoptotic level of adipocytes increased from 19% to 36% after a 30 minute treatment

- Blood analysis confirmed a rapid metabolic response after treatment as evidence of changes in subcutaneous adipose tissue
- No security risks have been identified

《Decreased subcutaneous fat: Changes of subcutaneous fat thickness after treatment》

**30%**

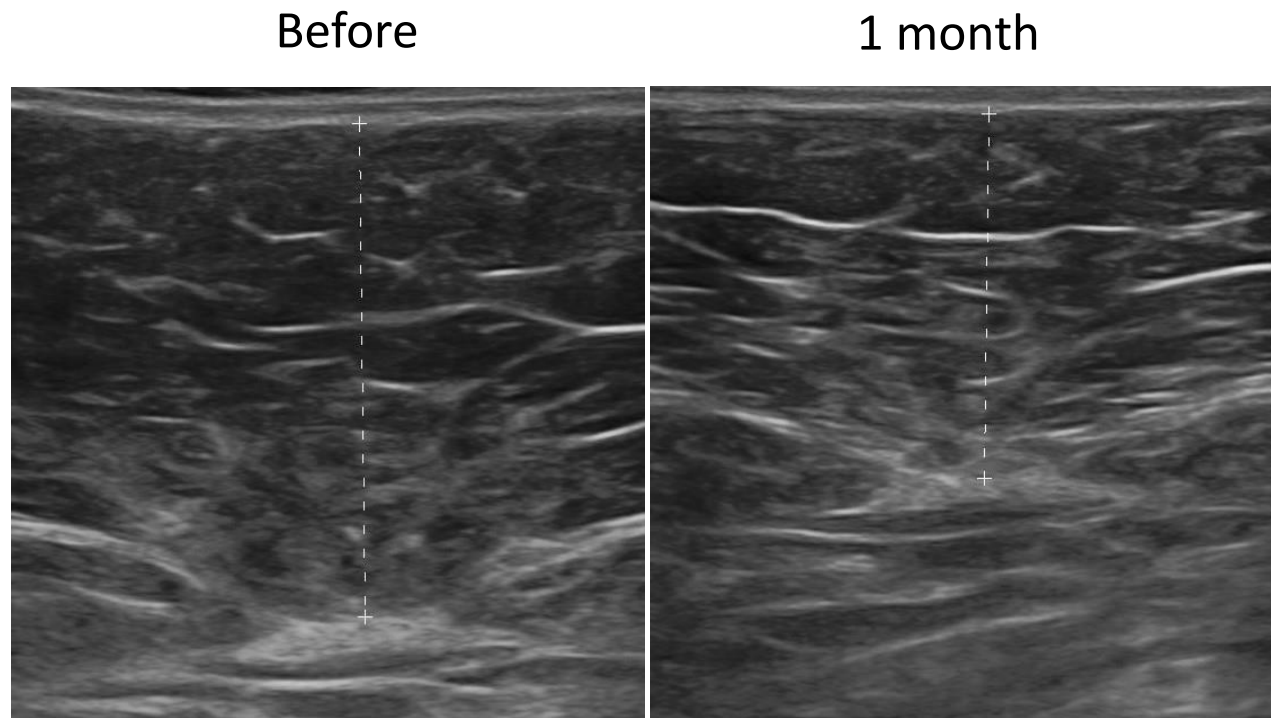
Fat was reduced by an average of 30%.

**4.4 mm**

The fat layer was reduced by 4.4 mm

**91%**

91% of treatment satisfaction



CT examination showed simultaneous changes in fat and muscle tissue after treatment

《Efficacy between fat and muscle: Evidence of simultaneous changes in human adipose tissue and muscle tissue after treatment》

5.9 cm

Waist circumference

Was reduced by 5.9cm

30%

fat was reduced by an average

of 19%.

25%

The average muscle thickness

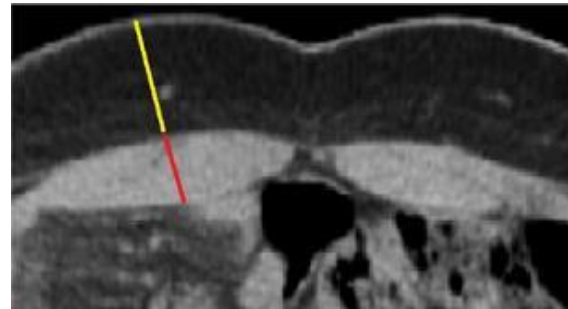
Was increased by 25%

19%

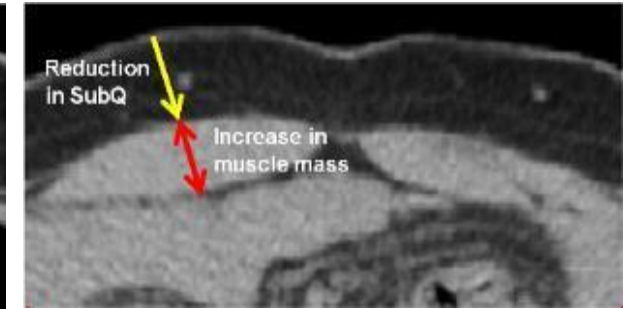
The average improvement of rectus abdominis

was 19%

Before



1 month



CT examination showed simultaneous changes in fat and muscle tissue after treatment



Before

After two courses

Before

After two courses



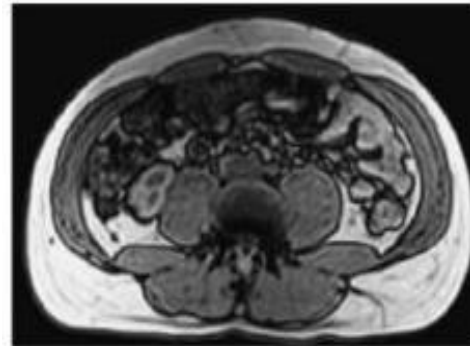
Technical MRI assessment: Research on the safety and effectiveness of fat and muscle treatment based on non-invasive abdominal shaping

**4.17 cm**

Waist circumference  
Was reduced by 4.17cm

**29.6%**

fat was reduced by  
an average of 29.6%

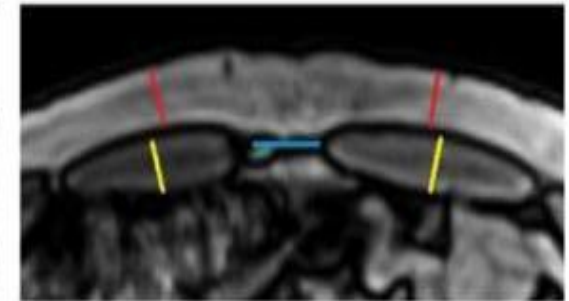
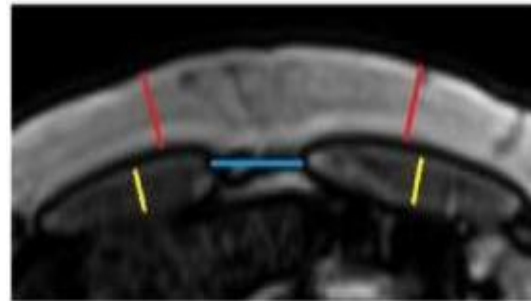


**24.4%**

The average muscle  
thickness was  
increased by 24.4%

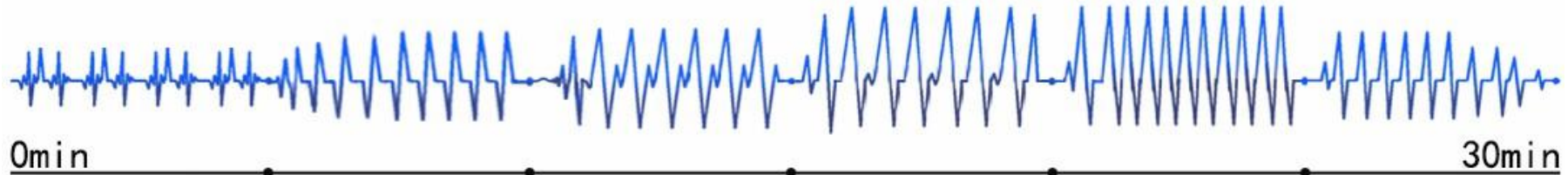
**15%**

The average  
improvement  
of rectus abdominis was 15%.



## Ninth、 Driving mode of massage device

- Using six different frequency combination modes to ensure the highest clinical efficacy.



warming-up- deepening exercise- activating muscles-strengthening &building muscle-burning fat- relaxation

- Step-type exercise plan, energy-converging frequency exercise, to provide gradual exercise for your muscles.

①Stretching warm-up: the rhythm is gentle to drive the muscle to stretch, so that the muscle warm-up can promote blood circulation.

②Deepening exercise: gradually speed up the rhythm of exercise muscles, stimulate a large number of deep muscle fibers to participate in the force.

③Activating muscles: gradually speed up the rhythm and intensity, activate muscle fiber contraction and force, and regain muscle vitality.

④Strengthening &building muscle : Speed up the rhythm to perform powerful and violent

muscle contraction exercises to stimulate high-speed contraction of deep muscles, increase muscle density and strengthen muscle strength.

⑤ Strong burning fat: Gradually increase the load, make it resist the contraction of resistance muscles, enhance the microcirculation in the body, and accelerate the burning of fat into energy consumption.

⑥ Soothing relaxation: slowing down the rhythm drives muscle contraction and soothes and relaxes muscle fatigue.

## Tenth、 Muscle selectivity

- The composition of skeletal muscle can be divided into two categories, fast muscle and slow muscle fiber.



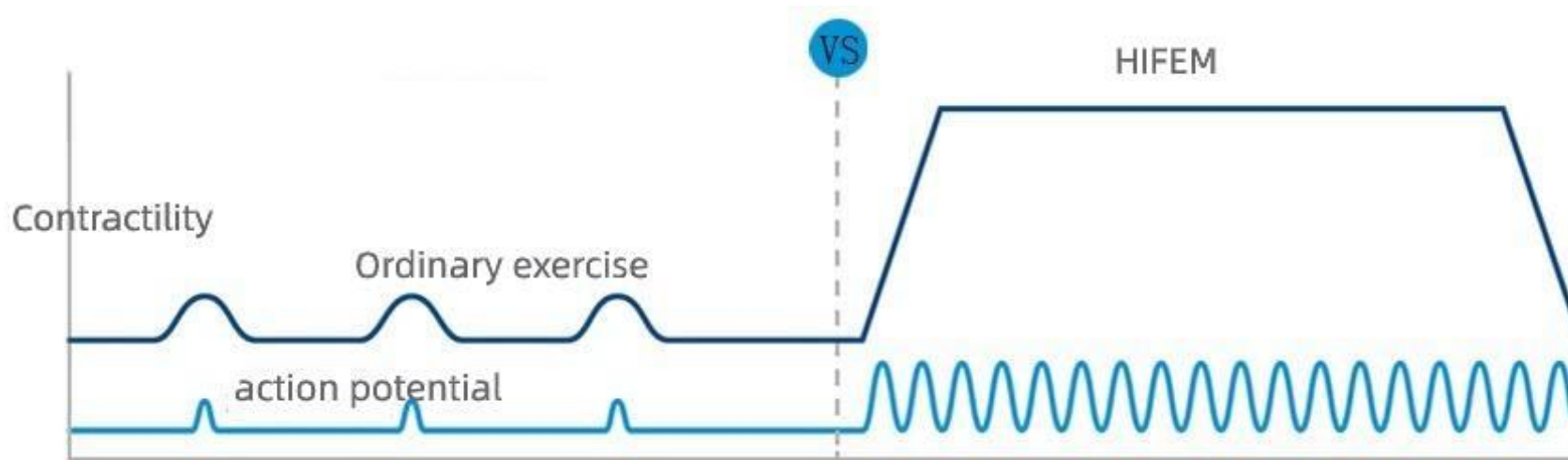
**Fast muscle fiber (white muscle)**



**Slow muscle fiber (red muscle)**

- Fast muscle fibers are characterized by fast contraction speed, high strength, short-term energy provided by anaerobic metabolism, and lack of endurance.
- Slow muscle fibers are characterized by slow contraction speed, low strength, good use of oxygen, and endurance.
- The faster the movement speed, the more white muscles are stimulated, and the slower the speed, the more red muscles are stimulated.

# Eleventh, "Muscle hyper-contraction" exercise VS ordinary muscle exercise



- Muscle motor neurons are controlled by the brain, and the intensity and amplitude of muscle contraction are limited, only some muscles can exercise.
- It's difficult to achieve muscle gain in a short period of time

- Using High-Intensity Focused Electromagnetic Field technology penetrate into 8cm muscle tissue, and using high-frequency contraction signal directly launch motor neurons;
- Up to 30,000 extreme muscle exercises in 30 minutes, surpassing ordinary exercises, causing many muscles to produce high-frequency contractions.
- Quickly see the effect of building muscle.

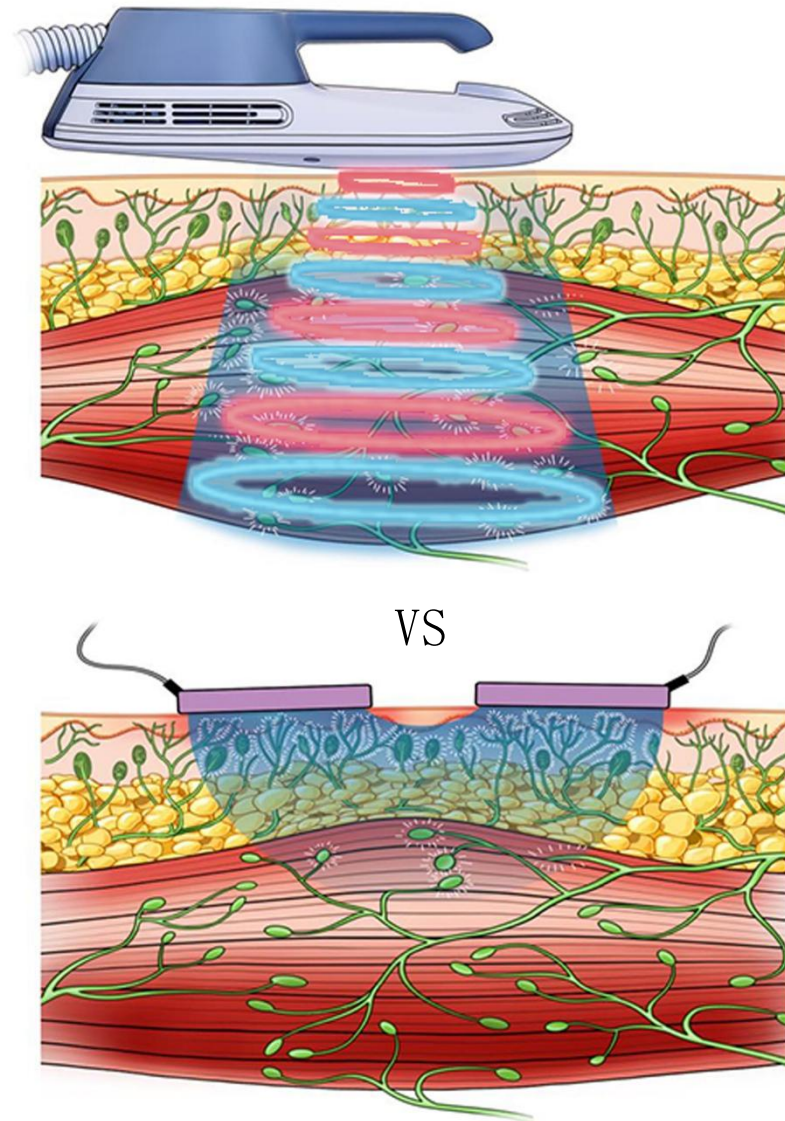
## Twelfth、 Comparison between the two, as follows:

### Massage device +RF

- The effective penetration depth of Massage device is 8cm, covering the whole neural network and driving the contraction of the whole muscle layer; ;
- But the RF wave heat burns the fat, simultaneously heats the muscle to increase the contraction force, double stimulates the muscle proliferation.
- The effect of fat apoptosis and "super muscle exercise" can never be achieved by physical exercise;
- Studies in the United States have shown that the effect of four treatments is the best;
- The treatment experience is good.

### EMS

Most of the energy of the current is concentrated in





the surface layer, only a small part can reach the muscle;

- Feeling a slight tingling or contraction;
- It takes 40 treatments to produce a visible change
- The intensity of treatment cannot be increased due to the risk of pain and burns.

<b>Massage device+ RF VS EMS</b>		
	<b>(Massage device+RF)</b>	<b>(EMS)</b>
<b>Therapeutic mechanism</b>	Focused magnetic resonance (FMRI) combined with monopolar radio frequency (RF) directly acts on subcutaneous muscle tissue and fat layer. No contact medium is required.	Electric current is passed directly through the skin and need to contact the medium (gel pad). Electrodes are usually disposable.
<b>Penetrability</b>	Having a great penetration depth, covering the whole neural network and driving the contraction of the whole muscle layer.	Most of the energy of the current is concentrated in the surface layer, and only a small part reaches the muscles.
<b>Customer type</b>	Due to the deep penetration,Massage device suitable for all types of customers.	Suitable for thin patients. The superficial current cannot reach

		the muscles of patients with medium fat layers.
Physiological reaction	The effects of fat apoptosis and "super muscle exercise" are never achieved by physical exercise.	Feeling a slight tingling or contraction, equivalent to mild physical exercise.
course of treatment	Studies in the United States have shown that four treatments are the best	It takes 40 treatments to produce a visible change
Treatment plan	Regularly changing the frequency to obtain effective stimulation and tissue response.	Fixed frequency treatment. There is no effect of removing waste products or increasing blood flow, causing muscle fatigue and limiting efficacy.
Treatment intensity	High-intensity focused magnetic vibration + Comfortable RF treatment	The intensity is low due to the risk of pain and burns.
Treatment risk	The treatment is completely painless. it doesn't activate pain receptors and there is no risk of burns. The side effects are limited to muscle fatigue.	There is obvious pain, the treatment activates the pain receptor. FDA warns of electric shock, burns, contusion, irritation, and pain.



# Thirteenth、 Daily maintenance

## 1、 Maintenance

- The instrument must use a plug with a grounding pin, and ensure that the power socket of the instrument is well grounded.
- Ensuring that the power supply is stable and adaptable. If the local power supply voltage is unstable, it is recommended that the user add a regulated power supply with matching power.

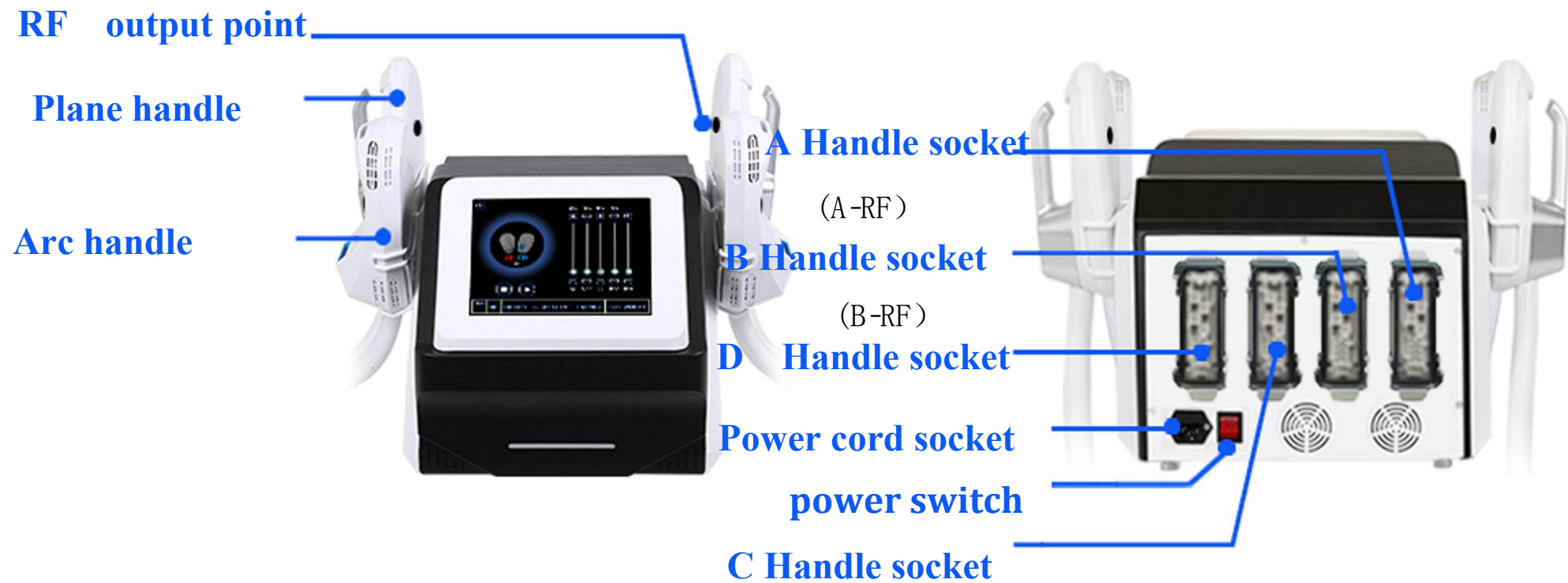
**Special reminder: The power cord of the socket is required to be more than 1.5 square meters**

- When the device is in use, keep away from the wall and keep a 30cm space around the device for heat dissipation.
- After each treatment, wet the towel with normal saline to clean the accessories.
- Don't use alcohol or corrosive solvents to clean the host and handle to avoid damage.
- The working handle should be handled gently, and it is strictly forbidden to drop it to avoid damage.

- In the process of use, the working handle should avoid extreme bending and damage.
- Don't 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%.
- When the instrument is not in use, please turn off the power, then unplug the power plug and place the various accessories of the instrument. If possible, cover the instrument with a dust cover.
- It's strictly forbidden to disassemble and modify equipment without authorization.
- If there is any fault in the equipment, it should be shut down immediately and please contact us.

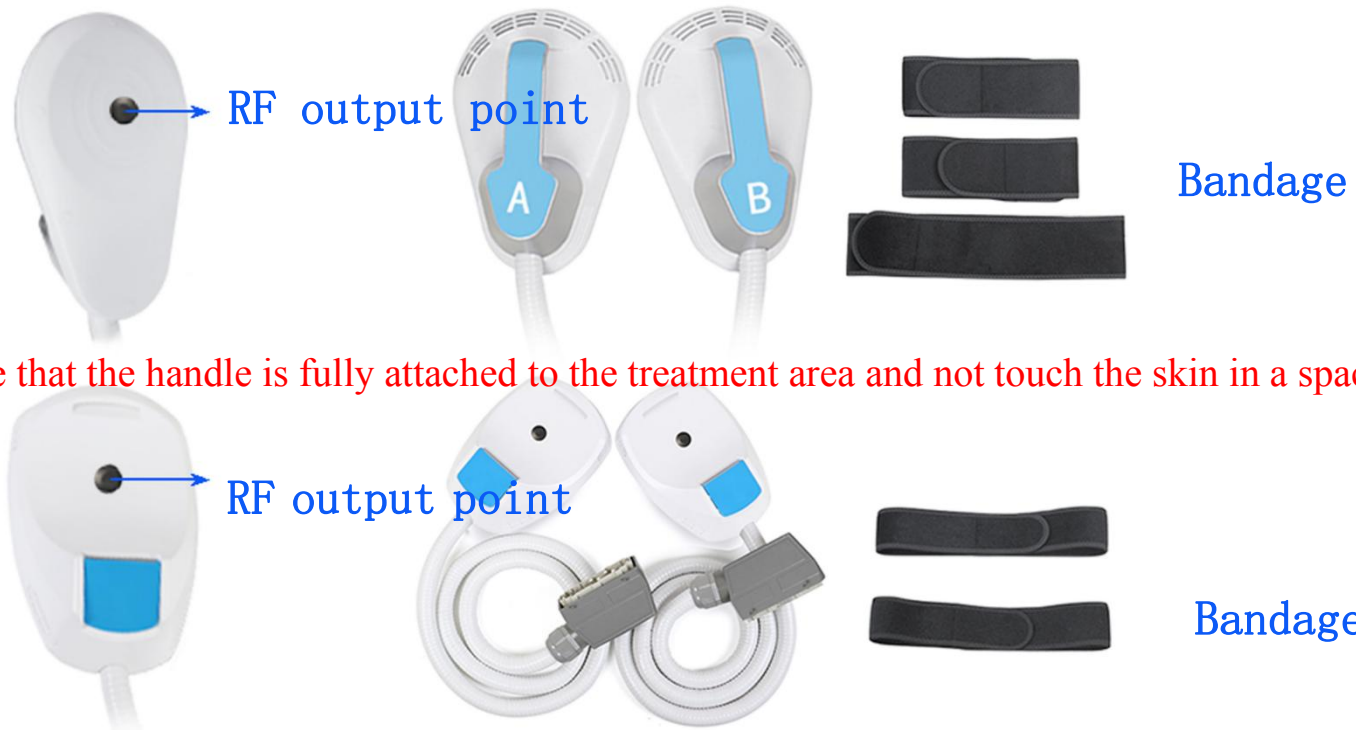
## Fourteenth、 Instructions

1、 Installation: install the bracket and rack, and then align the handle with the interface end at the rear of the equipment and insert it on the rack,turning on the power switch, and the device will start up immediately.



### 3、Accessories

Reminder: The treatment handle should be close to the skin first and then press the start button to work. If the contact area is small, it will be very hot. The RF output point (the black dot) should avoid the belly button.



## Fifteenth、 Interface introduction

- 1、 After the device is started, enter into the interface of mode selection (Figure1 as below)
  - After selecting auto mode or manual mode to enter into figure 2 interface

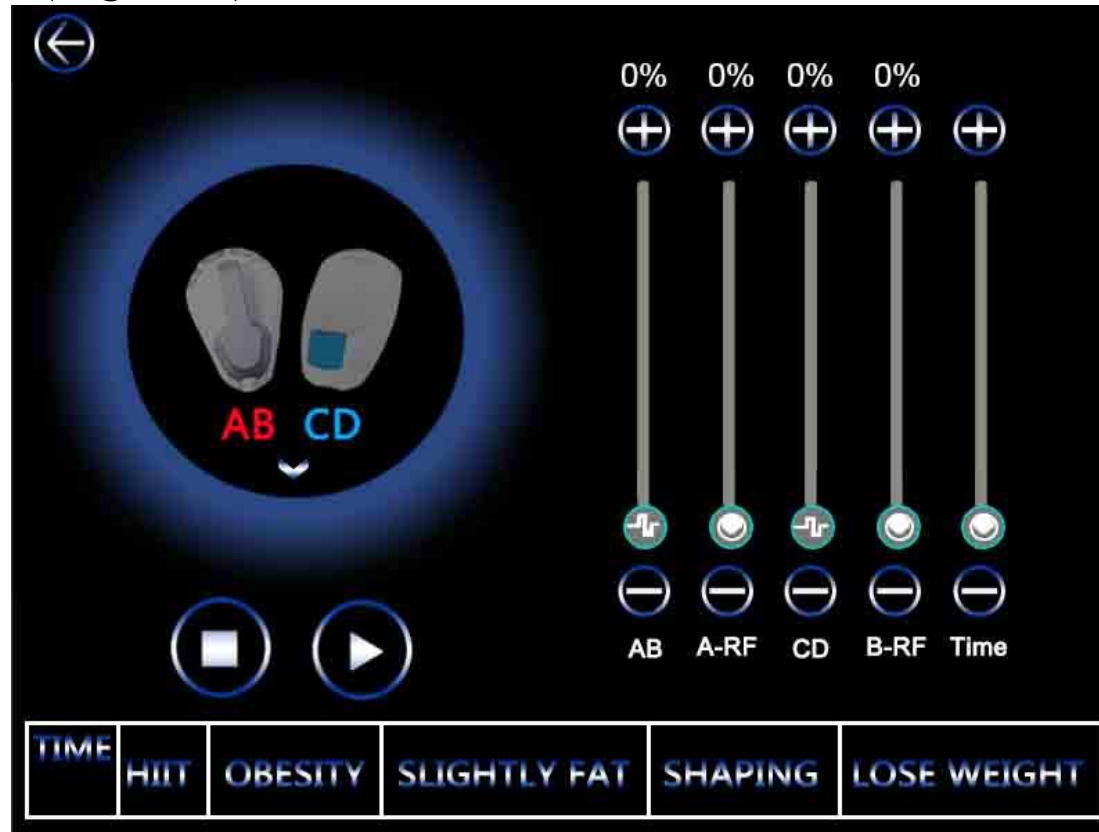


- 2 、 After clicking Auto/Manual in Figure 1, enter into the selection interface of gender/age/position (Figure 2 )

- Choosing the corresponding gender and age;
- After selecting the corresponding part according to the part to be treated, click to enter into the working interface.



3、 According to the auto selection in Figure 1, click in Figure 2 to enter enter the auto working interface (Figure 3)



(Figure 3) Introduction of auto working interface:

- In Figure 3 (Auto mode interface) , different modes are selected according to the purpose of body shaping:

**【HIIT】** : Basic training for novices.

**【OBESITY】** : Adapt to training.

**【SLIGHTLY FAT】** : Initial training

**【SHAPING】** : Advanced training

**【Lose Weight】** : Professional training

Each mode contains six different frequencies of automatic switching. The first minute of each mode is warming-up.

- Setting the intensity, rang from 8% (weak) to 100% (strong)

**【Intensity A B】** : Handle intensity of A and B, click **【-】** and **【+】** to adjust intensity.

**【Intensity C D】** : Handle intensity of C and D, click **【-】** and **【+】** to adjust intensity.

**【A-RF】** : RF intensity of A handle, **【B-RF】** : RF intensity of B handle, click **【-】** and **【+】** to adjust intensity.

Before operation,setting the magnetic vibration and RF intensity, It's recommended to start with a lower intensity and gradually increase it. RF and magnetic vibration intensity should be slowly increased according to the comfort of the customer. As the treatment continues, the energy area will become warmer and the magnetic vibration will gradually become stronger.

- **【Time】** :Click [+ ] and [- ] to adjust the working time.

The default working time of system is 30 minutes, click **【+】** and **【-】** to adjust. The time range

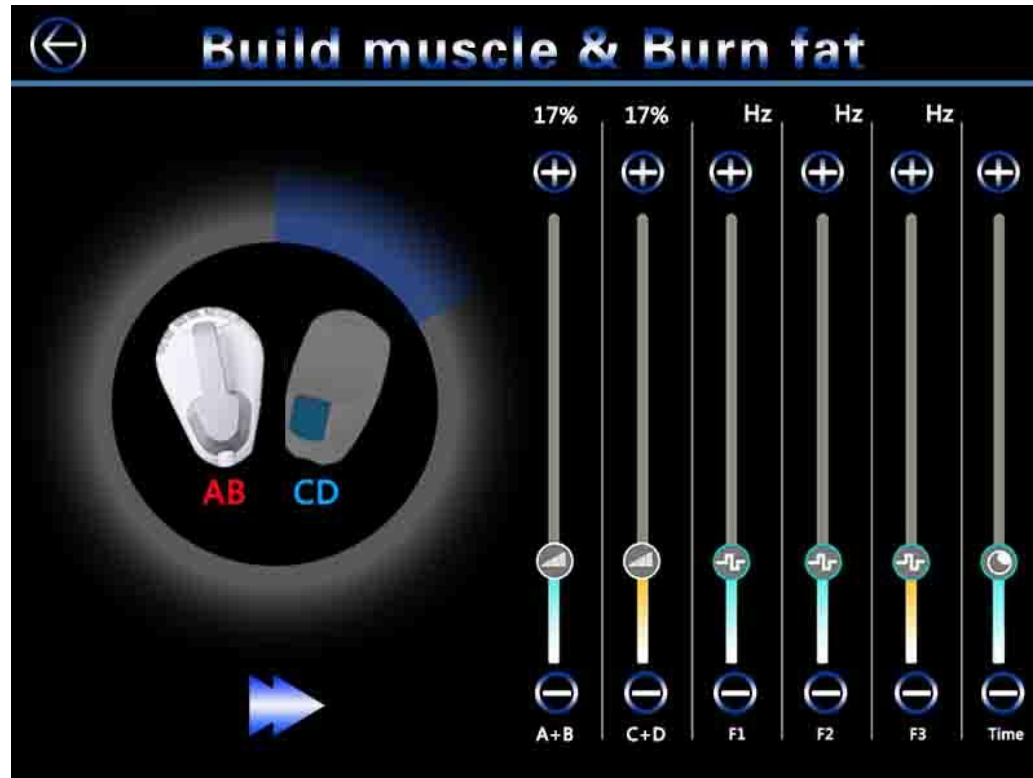


can be adjusted from 5 to 60 minutes, and the operation of each part is about 30 minutes.

- Click “▶” to start, if you need to pause, please click “◻”, click “◀” to return to the previous interface.

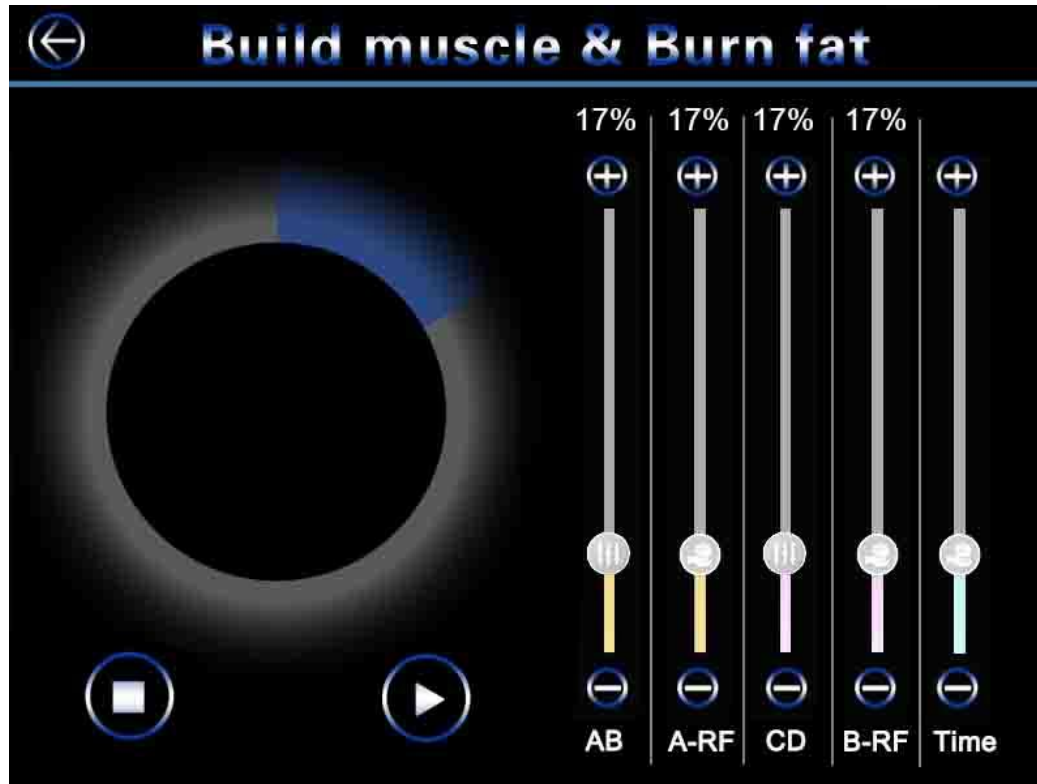
**Noted:** : When the device is suspended, click [-] and [+] to adjust the parameters.

4、 according to the auto selection in Figure 1, click in Figure 2 to enter into the auto working interface (Figure 4).



5、 Manual working interface: Setting intensity (Figure 5)

(Figure 4) / (Figure 5) Introduction of manual working interface:



- Setting the frequency F1-F3.click **【+】** and **【-】** to adjust the output frequency, the range as below:

**【F1】** : The intensity range is 3HZ (weak) to 150Hz (strong);

**【F2】** : The intensity range is 3HZ (weak) to 150Hz (strong);

**【F3】** : The intensity range is 3HZ (weak) to 150Hz (strong);

Before operation, set the frequency parameters according to the required frequency. F1 frequency works for 5 minutes, F2 frequency works for 1 minute and F3 frequency works for 5 minutes. F1, F2 and F3 frequencies cycle in turn.◦

*It's recommended that F1 be set to 50HZ, F2 to 5HZ, and F3 to be set to 150HZ.*

- Setting the intensity, rang from 8% (weak) to 100% (strong)

**【Intensity A B】**: Handle intensity of A and B, click**【-】**and**【+】**to adjust intensity**【Intensity**




**C D】** : Handle intensity of C and D, click **【-】** and **【+】** to adjust intensity.

**A-RF】** : RF intensity of A handle, **【B-RF】** : RF intensity of B handle, click **【-】** and **【+】** to adjust intensity.

Before operation, setting the magnetic vibration and RF intensity, It's recommended to start with a lower intensity and gradually increase it. RF and magnetic vibration intensity should be slowly increased according to the comfort of the customer. As the treatment continues, the energy area will become warmer and the magnetic vibration will gradually become stronger.

- **【Time】** :Click [+] and [-] to adjust the working time.

The default working time of system is 30 minutes, click **【+】** and **【-】** to adjust. The time range can be adjusted from 5 to 60 minutes, and the operation of each part is about 30 minutes.

- Click “” to start, if you need to pause, please click “”, click “” to return to the previous interface.

## Sixteenth、 Operating position

The position of the operation must be the same as the selected part of the interface

Fixing the handle with the strap along the treatment site, make sure it's fully attached to the site and fixed in place, and then start the work.



## Seventeenth、 Precautions and contraindications

- 1、 Don't operate head, neck/carotid artery, or near the thoracic gallery.
- 2、 The two handles cannot work against each other.
- 3、 No metal objects are allowed on the therapist; no electronic products or metal objects are allowed on the treatment equipment.
- 4、 The healer must not touch other people or metal objects during the treatment
- 5、 Don't be full during treatment, and treat at least 1 hour after meals.
- 6、 The operation site and treatment probe should be dry without water.
- 7、 The operating energy varies from person to person and increases gradually from low energy.
- 8、 The total operating time of a day does not exceed 1.5 hours, and one part does not exceed 1 hour.
- 9、 During the treatment, the handle should not be spaced and unbalanced, and ensure that the handle is completely close to the skin.
- 10、 Don't eat or enter water during operation.
- 11、 After the end of the operation, try to eat again after 1 hour (drink more water and eat food with high protein content).

12、 Those people with the following conditions cannot receive treatment:

▲ The project should avoid menstruation, pregnancy and lactation;

▲ Those patients with heart disease, hypertension, thyroid, malignant tumor, renal failure, epilepsy and muscle strain should be used cautiously;

▲ Those people with metal or electronic implants (metal contraceptive ring, cardiac pacemaker, cardiac defibrillator, nerve stimulator, drug pump and stent) should be used cautiously;

▲ Those patients with thrombophlebitis, cerebrovascular disease (stroke patients), brain injury or with brain surgery should be used cautiously.

# Eighteenth、 Clinical cases



Before



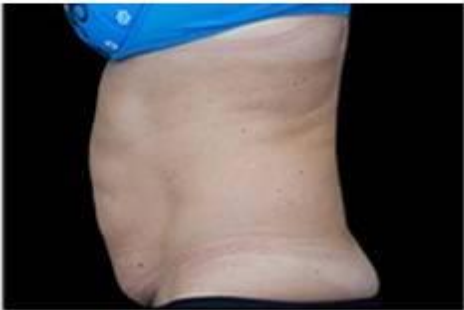
After the fourth treatment



Before



After the fourth treatment



Before



8 weeks after the fourth treatment



Before



12 weeks after the fourth treatment



Before



8 weeks after the fourth treatment



Before



4 weeks after the fourth treatment





Before

After the fifth treatment

After the eighth treatment



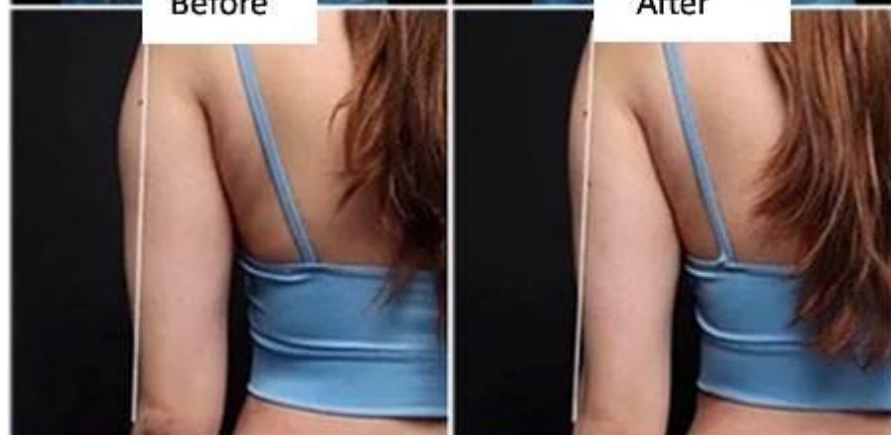
Before

after



Before

After



## Nineteenth、 Technical specifications

Product name	Massage device+RF		
Magnetic vibration intensity	7 Tesla		
RF temperature	40~50℃	RF frequency	40.68M
Input voltage	AC110V/230V		
Output power	300W-4000W		
Output frequency of Magnetic resonance wave	3-150HZ		
Fuse	20A		
Host size/weight	52×39×34cm/39kg		
Size of flight shipping case	64×46×79cm /15kg		
Gross weight	About 54kg		

### Warranty period:

Host warranty	Free warranty for one year
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Accessories warranty	Free warranty for half a year
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