

SMART6 EMS

This is not a medical device! This unit is intended to be used only for general Physical conditioning!

No medical claims are implied or warranted of the usage of this product.

Each Transform Excel 6 requires 2xAAA batteries. Please make sure to insert it in the right direction with the "+" marking facing towards you and the "-" marking facing the other direction. (Do not touch the polarities of the batteries directly, but only the edges).

Important Guidelines Transform Excel 6 is extremely safe and simple to use. However Transform Excel 6 does not take any responsibility for any harm caused due to misuse of the product. As a safeguard we suggest that if you have the following conditions, seek advice before using the machine:

- After childbirth (see heading After Childbirth)
- Persons using a heart pacemaker or with cardiac condition
- Epilepsy
- Multiple Sclerosis
- Phlebitis in its active phase (Inflammation of a vein)
- Where tissue is inflamed through disease or injury
- Recent scar tissue
- Varicose veins in its later stages
- During the heavy days of your period do not use the unit on your abs.

If in doubt, consult your physiotherapist, osteopath or medical practitioner. Unsupervised children should not use this machine.

The set includes: **Controller x 1, Abdominal PU Pad x 1**

The Transform Excel 6 is very easy to use. There are only three controls on the unit and the programs will run automatically. Additionally a self-timer switches the unit off after 10 minutes. 1. ON/INC: Turns the unit on and increases the output intensity. Each pressing of this button increases the intensity by one step up to 10 levels. The higher the intensity, the contraction. To adjust to maximum output you need to push this button 10 times.

Remark:

1. When you push the ON/INC button only once you switch the unit on, output will be generated to start to work and the LEDs will light up continuously. They are not flashing. This setting is used to select one of the five exercise modes with the "PROGRAM" button.
2. OFF/DEC: Each pressing of this button decrease the intensity by one step down to 10 levels. Turns the unit off
3. PROGRAM: This button is used to select one of the 5 pre-programmed exercise programs. The setting is indicated by the location of the LED lights on the unit. The Transform Excel 6 has the following 5 programs.

TROUBLE SHOOTING GUIDE

Problem	Possible Cause	Solution
LED Light On Second and OFF	-Battery is dead, not installed, or incorrectly installed -Intensity level at 0 -Microprocessor hanged up	- Install Battery -Check polarity "+" sign faces you -Replace Battery -Check that device is connected firmly on the gel pad -Push ON/INC button to increase intensity -Reset by removing battery for 1 minute, Re-insert battery
LED Lights Function Normal, but Nothing Occurs	-Intensity set to low level -Not enough conductive gel on pad -Battery is low	-Push ON/INC button several times to increase -Replace a new gel pad (Electrode area) on skin
LED Lights not functioning correctly, all buttons do not work	-Microprocessor hanged up -Battery is low	-Reset by removing battery for 1 minute, Re-insert battery -Change battery

OPERATION

1. Open the battery door by sliding it gently downward.
 2. Insert 2xAAA Batteries into the battery compartment. The positive "+" pole of the battery should be facing you; you can read the "+" symbol on the battery. The negative pole should face the other way.
 3. Make sure the unit is switched off + no LED light is lighted up. If you have switched on the unit accidentally, then switch it off by pushing "OFF/DEC" so that the LED light goes off.
 4. Put the device on the gel pad by the snap on button
 5. Peel the protective plastic off the back of the electrode gel pad and save for storing.
 6. Put the electrode pad on your body.
 7. Select Mode by pressing the "PROGRAM" button repeatedly. Every time you press the "PROGRAM" button a different LED will light up indication one of the 5 pre-programmed exercise routines. Choose the Program as desired.
 8. Push the ON/INC button several times to carefully increase the intensity. You will notice a tingling sensation prior to the muscle contracting. Once the muscle is contracting it will be pleasant and relaxing. Adjust the intensity according to your comfort level. You should feel a strong but comfortable contraction of the muscle.
- The intensity has 10 steps. With every push of the button ON/INC you increase the intensity by one step, with every push of the button OFF/DEC you decrease the intensity by one step.
9. To switch the unit off, press the OFF/LOW button several times, until the LED lights go off.

Auto Functions

The unit has an auto-timer. It will shut off after 10 minutes of exercise. If you change the exercise mode within the 10 minutes, the timers will countdown from the original left over time.

What to do if you do not feel the contraction?

Should no contraction be felt, move the pads slowly around the area where you want to work on. Gradually increase the PULSE INTENSITY by pushing the ON/INC button several times. The Transform Excel 6 is a great way to exercise your muscles. It may take a few moments of practice for location the pads correctly and applying the ideal pressure that provides the best results for you.

Care and Storage

Don't forget to remove all the batteries from the microcomputer after use. Store the batteries separately. Remove the micro computer from the gel pad. Put the protective clear plastic back on the electrode gel pad and store

For More Information Please Call (516) 653-0666 or

Email onlineorders2017@gmail.com

To re-order pads: www.lifeshopusa.com