

ADVANCED WEARABLES INC.

AWI Powersuit EMS DEVICE

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This equipment should ideally be used with a coach, and the user must be able to read and understand this manual.

The user must have carefully read and understood this manual before operating the AWI Powersuit. The user is responsible for any accident caused by not following or complying with this manual. A prerequisite for safe training is compliance with all safety and handling instructions specified in this manual. Local accident prevention regulations and general safety regulations for the use of the equipment are also applicable. The illustrations in this manual are provided for basic understanding and can be different from the actual design.

Safety first WARNING

First ensure that you are not suffering from any of the following contraindications, and if in any doubt do not use or consult your doctor before first using the AWI Powersuit. If taking medication, or under a doctor's supervision, consult your doctor before using this suit.

Contraindications

This product should not be used if you have any of the following contraindications:

- 1 Active medical implants
- 2 Epilepsy
- 3 Pregnancy

- 4 Severe circulatory disorders
- 5 Arterial circulatory disorders
- 6 Strong bleeding tendencies (hemophilia)
- 7 Bleeding
- 8 Abdominal wall hernia
- 9 Inguinal hernia
- 10 Tuberculosis
- 11 Tumor diseases
- 12 Arteriosclerosis in advanced stage
- 13 Severe neurological disorders
- 14 Diabetes mellitus
- 15 Febrile diseases
- 16 Acute bacterial or viral infections
- 17 Use of the electrodes in the vicinity of the thorax can increase the risk of ventricular fibrillation
- 18 Liver diseases

Operating conditions

Temperature: 0°C to 40°C

Relative humidity: 30%-75%

Atmospheric pressure from 700 hpa to 1060 hpa

N.B. In Winter months our skin can become drier so it's best to shower or moisten the skin before using the suit to enhance conductivity. If the suit or conditions are too cold the conductivity between the electrodes and the skin is reduced. It also helps to start to exercise first to warm up the suit and electrodes for maximum benefit.

ABSTRACT

The AWI Powersuit is a next generation fitness and wellness innovation for improving circulation, muscle density, reducing body fat, and enhancing wellbeing.

Advanced Wearables Inc. (AWI) is dedicated to improving lives by using the latest technology to deliver more efficient ways to exercise through innovative and appropriate health and fitness initiatives. Our philosophy of fitness utilizes functional strength and

performance style training, scalable to any individual’s capabilities, to maintain a healthy active lifestyle and live a better quality of life.

The AWI Powersuit’s ergonomically and functionally designed components work multiple muscle groups simultaneously, generating intense stress in a short period of time. Compared with traditional training methods, AWI’s EMS training can obtain noticeable results in a shorter time.

Advanced Bluetooth 4.2, with up to 400 meters stable range, ensures user control at all times and provides safety, effectiveness and ease of use.

The AWI Powersuit is perfectly formed to the human body, using the latest multiway stretch fabric technology giving the user complete freedom of movement.

All parameters are simply and intuitively incorporated in the software, providing an excellent user experience. This manual contains information about how to prepare equipment for its use, operation, and maintenance.

We also welcome feedback from users which can be used to improve our product.

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Overview and scope of delivery

1.1 Scope of delivery

- System
- energy box controller
- Training suit
- Detachable compression straps
- USB cable

Safety

2.1 Intended use

The AWI Powersuit is used exclusively for EMS training (EMS = electrical muscle stimulation) with electrical pulses transmitted via electrodes, positioned as illustrated and described in this manual, to stimulate specific muscle groups. The AWI Powersuit must be worn as

designed to prevent accidents and to guarantee the functionality of the equipment. Any other use from that described in this manual is deemed as misuse.

2.2 Basics of safety

The following section specifies possible risks which can also arise from the equipment even when used as intended. Comply with the safety instructions listed here and with the safety instructions in the other sections of this manual to reduce risks of personal injury, material damage and avoid dangerous situations.

Individual adjustment

Individual adjustment of the equipment is required to guarantee and support correct training techniques, training positions and training processes. These settings must always be determined by a trainer or therapist.

Misuse WARNING

Danger in the event of misuse

Misuse of the equipment can cause hazardous situations. The equipment is exclusively intended for use as an electronic muscle stimulator for the possible uses described in this manual and must only be used in a dry environment.

1. Never attach electrodes to positions other than those described in this manual.
2. Always start with a very low intensity and increase slowly.
3. Maintain basic tension in the muscle group you are exercising for each pulse to prevent uncontrolled muscle contractions.
4. Do not place electrodes on or close to any kind of skin injuries (wounds, inflammation, burns, irritations, eczema etc.)
5. Abort the application if the electrodes start to generate heat.
6. Abort the application immediately if feeling unwell, dizzy or have heart pain.

Interactions DANGER

Danger of fatal injury from interactions

1. Do not connect user to high-frequency surgical appliances, which can result in burns under the stimulating electrodes.

2. Never operate the AWI Powersuit less than 2 meters away from a shortwave or microwave therapy appliance. This can cause fluctuations of the output values of the stimulation current equipment.
3. Never use on persons wearing medical implants.

Slippery floor CAUTION

Danger of injury from slipping

Floors can be slippery due to perspiration or water. Injuries can arise from a fall.

1. Clean up liquid such as water and perspiration immediately.
2. Wear slip-resistant training shoes.

What the user must know WARNING

Dangers due to untrained personnel

Handling the equipment without proper training can result in dangerous situations which can be fatal. Every trainer, therapist and user must have been trained before using the equipment.

1. Persons under 16 years of age should not use this equipment.
2. Only use the equipment if you have been trained how to use it.
3. Never allow other persons to operate the equipment without previous training.
4. These instructions must have been read completely and understood.
5. The user must understand the operating principles of EMS and its effects on the body.

Maintenance and service NOTICE

Maintenance or repairs must only be performed by the manufacturer.

Condensation NOTICE

Risk of damage to the equipment due to condensation

Condensation can form due to changes in humidity and temperature. Moisture in the control unit itself can result in permanent damage.

1. Only use the equipment in a dry environment.
2. Never store the equipment in a damp place.
3. Let the equipment acclimatize if you change location.

4. In the event of faults, disconnect the equipment from the power supply immediately and inform Customer Service.
5. Never switch on the equipment if condensation is visible.

Incorrect spare parts WARNING

Danger of injuries from incorrect spare parts

1. Incorrect spare parts or incorrect accessories can present a risk and cause injuries.
2. Never make changes to the equipment or to connection and accessory parts.
3. Never connect to other equipment.
4. Never connect parts other than original parts.
5. Incorrect spare parts can cause damage to the equipment.
6. Incorrect spare parts can impair the function of the equipment.

Contraindication WARNING

Warning of possible serious injury caused by using this equipment with contraindications

Safety first WARNING

First ensure that you are not suffering from any of the following contraindications, and if in any doubt do not use or consult your doctor before first using the AWI Powersuit. If taking medication, or under a doctor's supervision, consult your doctor before using this suit.

Contraindications

This product should not be used in the event of the following contraindications:

1. Active medical implants
2. Epilepsy
3. Pregnancy
4. Severe circulatory disorders
5. Arterial circulatory disorders
6. Strong bleeding tendencies (hemophilia)
7. Bleeding
8. Abdominal wall hernia
9. Inguinal hernia
10. Tuberculosis
11. Tumor diseases
12. Arteriosclerosis in advanced stage

13. Severe neurological disorders
14. Diabetes mellitus
15. Febrile diseases
16. Acute bacterial or viral infections
17. Use of the electrodes in the vicinity of the thorax can increase the risk of ventricular fibrillation
18. Liver diseases

2.3 Washing instructions of training suit

For hygiene the suit is designed to be washable after each use. Wash by hand or machine wash on a quick cycle low temperature wash. Do not use fabric conditioner. Line dry. Do not tumble dry or iron.

- For identifying textiles which require special cleaning by hand washing.
- For identifying textiles which must not be cleaned chemically.
- For identifying textiles which must not be ironed.
- For identifying textiles which must not be dried in a dryer.
- For identifying textiles which require particular cleaning in normal washing cycle with a washing temperature of 40
- For identifying textiles which must not be chlorine-bleached.

2.4 Environmental protection

Disposal NOTICE

Environmental hazard from incorrect disposal

Environmental hazard can be caused by incorrect disposal.

1. Arrange for disposal of electrical scrap and electronic components by authorized specialist companies.
2. If in doubt, obtain information about disposal in accordance with environmental regulations from local municipal authorities or specialized disposal companies.
3. The equipment must not be disposed of via domestic waste. Recycle dismantled components: Scrap metals, Recycle plastic elements. Sort and dispose of all their components according to material content

Electronic components

Electronic components such as liquid crystal display, printed circuit boards and cabling can contain toxic substances which can leech into the environment. Disposal must be carried out by a specialist disposal company.

EMS training basic knowledge

3.1 Safety first

Overtraining WARNING

Danger of overtraining

Among other things, overtraining can result in physical weakness, sleep disorders, headaches, increased resting and stress pulse, muscle and tendon pains, and depression.

1. Always give your body enough recovery time.
2. Do not train if your muscles still ache
3. In case of overtraining, alternate intensive and regenerative training modes on different days.
4. The recommended training frequency is 1-2 times per week. Do not train if you still have severe aching muscles, weakness or other contraindications.

Training when unwell WARNING

There are health risks associated with EMS training during illness

EMS training is intense and physically demanding. If the user is sick or weak, the stress on the system might be too high and cause a deterioration of their condition.

So, if you are ill, consult your doctor before training. Read the section on training frequency and regeneration.

Attention in EMS training

On one hand, EMS training can train the whole body. On the other, the intensity can be significantly higher than traditional training methods. If you are new to EMS, pay close attention to the tips on training frequency and regeneration.

3.2 What is EMS training?

EMS stands for Electrical Muscle Stimulation or ElectroMyoStimulation, which simply means the muscles are stimulated by electrical pulses. With up to 10 pairs of electrodes, all muscle groups can be addressed giving complete body training.

Special features and benefits:

1. All major muscle groups can be targeted using up to 20 strategically positioned electrodes
2. Both static and dynamic training methods can be combined with interaction of deliberate muscle contraction and EMS.
3. Exercise postures increase the contraction of the deliberately stimulated muscles.
4. Positive and negative electrodes are not on the same muscle.
5. Agonist and antagonist are stimulated simultaneously.
6. EMS training can cause more intensive muscle contractions than classic strength training with comparably very much lower joint stress.
7. Deeper muscle groups can be reached easily.
8. The training is intensive yet short. Just 20 minutes per week is enough to improve health and strength

Everyone reacts differently to the current intensity. Therefore, the current intensity must be regulated individually depending on the individual and their tolerance.

In conventional training, the muscles are controlled via electrical signals from the brain to initiate a contraction and thus movement of the muscles. With EMS, electrical signals from outside activate the muscles. It makes no difference to the muscle whether electrical stimulation is sent from the brain or from electrodes: it reacts with contraction regardless

3.3 TRAINING FREQUENCY AND REGENERATION

Disease and training

Like intensive physical training, EMS training can only be carried out when the physical condition allows. People with high fever should not use the AWI Powersuit for training.

Training for the first time

The first training should not exceed 15 minutes.

The first 10 weeks of training

In your first ten weeks of using the AWI Powersuit do not exceed 4 training sessions per week.

Training after the first 10 weeks

After the 10-week adaptation phase, allow at least two days between training programs for full recovery. Depending on your physical condition and training status, the recovery period may even be longer.

Eating enough

EMS training is very intense and can simultaneously activate most muscles. The body has a very high energy requirement during training, so make sure your body stores enough carbohydrates before you do any intense training. A high-carb meal two to three hours before training can meet this need. In addition, the body must be adequately supplied with fluids. Drink 500ml of water before and after the training to balance the fluid loss during training.

Effects of training on blood values

Beware: training using the upper power limits of the AWI Powersuit, especially during the initial period, could result in a significant increase in creatinine and myoglobin levels, byproducts of muscle breakdown. Even in healthy people, high levels of these biochemicals can burden the kidneys. EMS beginners must pay attention to careful use of the equipment, increasing the load and intensity slowly and allowing adequate recovery time between trainings.

After an initial adaptation period of 8-10 weeks, once a week, the body will have adapted to the load, by which time the EMS training compares to regular muscle training in terms of creatinine and myoglobin content. Do not be tempted to 'overdo' it. More is not always better. Muscle growth takes place during rest between training and therefore the body should be given the necessary rest. For better recovery and stimulation of muscle tissue, drink high-protein energy drinks, such as protein shakes. After each training, you should rest and not complete more training programs to ensure the best recovery and avoid overtraining.

General information

4.1 Explanation of terms

Programs

Programs are the 'presets' defined as settings that are based on various parameters such as the pulse times, pulse width, pause time etc. which generate a pulse within the desired intensity range that is specific to the selected workout.

While the program is running, the desired pulse will be emitted for the previously selected duration. This makes it possible to engage in "freestyle" training.

Pulse intensity

Currents in the range of thousandths of an ampere (mA) are used in EMS.

The pulse intensity determines the degree of recruiting the nerves and muscle fibers.

The stronger the pulse, the stronger the contraction. Everyone reacts differently to the current intensity, so it must be regulated individually depending on the respective current sensitivity.

Pulse duration

The pulse duration specifies the time in seconds (s) or milliseconds (ms) in which a current flows and holds the muscle in shortened (contracted) condition.

Pulse frequency

The pulse frequency is specified in Hertz (Hz). The pulse frequency specifies how many individual pulses per second act on the muscles during the contraction phase.

Thereby, each pulse results in a muscle contraction. The number of muscle contractions is increased by increasing the pulse frequency.

- 7Hz: Improved blood circulation and metabolic activation
- 85Hz: Optimum stimulation of targeted muscles
- 100Hz: Tension relief and pain relief

Pulse width

The pulse width describes the time duration of a single pulse. The longer a single pulse lasts, the deeper it penetrates the tissue and increases the recruiting of the motor units.

Pulse rise

The pulse rise specifies in which time a current pulse increases to its maximum values.

Pulse fall

The pulse fall specifies in which time a current pulse decreases to its minimum values.

Pause time

The pause time is the time in seconds or milliseconds in which no current flows.

The recommendations for an optimum pulse-pause ratio fluctuate between 1:1 and 1:5.

Guide values for general strength training provide:

- A good recovery between the individual contractions.
- High performance for each individual contraction.

Before training**5.1 About your body**

Make sure you have no health problems, no contraindications, and are hydrated.

If you have health problems, please communicate with your doctor before you start training.

1. Training must be supervised by well-trained personnel.
2. If you have difficulty breathing or vertigo symptoms, please stop exercising.
3. Don't hold your breath while exercising.
4. Warm up prior to beginning training session.
5. In winter or colder climates our skin can become dry, so spray a small amount of water on the electrodes to enhance conductivity.

5.2 Suitable training suit

909		xxs	xs	s	m	l	xl	xxl	xxxl	
	Height	150-165	165-170	170-175	175-180	180-185	185-190	190-195	195-200	
	Weight	50-60	60-70	70-75	70-80	80-90	90-100	100-110	110-120	
	suits Length	93	94	95	96	97	98	99	100	
	A\Bust	81	85	89	93	97	101	105	109	± 5
	B\ Waist	73	77	81	85	89	93	97	101	± 5
	C\ Hips	81.5	85.5	89.5	93.5	97.5	101.5	105.5	109.5	± 5
	D\ Legs	43	44	45	46	47	48	49	50	± 5
	E\Arms	29	30	31	32	33	34	35	36	± 5
LEN UNIT: cm Weight unit: kg										

Always choose a training suit that fits your body snugly without straps. If in doubt about the correct size, a tighter fit is preferable to a looser fit for two reasons:

1. If the suit is too loose the electrodes will have reduced conductivity as skin contact will be minimized, and
2. Secondly many people who use the suit become slimmer, so a slightly smaller size is recommend. However, the package contains detachable compression straps for the thighs and upper arms and waist, to make sure you have a close fit under any circumstances.

The clothing size chart is just a snapshot. Choose a smaller size if the suit seems to fit but still loose. However, if the suit is too tight, you need to choose a larger size.

5.3 How to wear the training suit

The training suit consists of 54% poly-complex amide, 36% polypropylene and 10% elastomer. Its specially designed fabric is a multiway stretch which doesn't lose elasticity over time and fits well with the human body. Each training suit is fitted with 20 electrode pads.

5.3.1 Unzip the training suit first

5.3.2 Put on the suit from bottom to top, like a swimsuit or wetsuit

5.3.3 If your suit has a back zipper, hold the tab with one hand and pull up the zipper with the other.

5.4 How to connect the energy box to the training suit

It is magnetized and snaps into place. Ensure the indicator light on the energy box is upward facing and tighten the Velcro strap to hold it in place.

How to use the AWI Powersuit for training

1. Total training time
2. Bluetooth
3. Intensity
4. Pattern selection
5. The main switch
6. Reinitialize
7. Intensity of the whole part

Total training time: by default, is 20 minutes (countdown). During training, you can increase or decrease time. Once the default training time of 20 minutes has passed, all settings are reinitialized to 0. This function prepares the system for the next training session.

Bluetooth: select the appropriate Bluetooth connection

Intensity: You may increase or decrease the intensity of each set of electrodes between 0% and 100% in 1 step increments. If the intensity selection panel is greyed it is 'off' and needs to be turned on first by tapping the center of the relevant button on the app to turn it blue or active. Select the muscle group you need to adjust and adjust the intensity scale, starting at the lower levels and increasing gradually.

Pattern: select the expected pattern or training mode.

Main switch: stop or start the output of the electrical pulse of the device.

Reinitialization: all values of the software are reset to 0. You can activate individual muscle groups by tapping the relevant button and turning it blue. You may then increase or decrease the intensity of all active electrodes by a step value of 1. You can also control all active electrodes simultaneously using the 8 channel 'ALL' button, which increases or decreases all active ones by the same amount by a step value of 5, from 0 - 35. From 35 - 99 the step value for the 'ALL' button is 1. Click the value of each part and adjust the work value of each part according to the actual situation.

6.2 Selection control of inside page

Pulse time: Define the duration of the pulse transmission

Pause time: Define the pulse pause time

Working time: Total training time

Pulse frequency: The pulse frequency is specified in Hertz (Hz). The pulse frequency specifies how many individual pulses per second will act on the musculature during the contraction phase. Each pulse results in a muscle contraction. Muscle contractions are strengthened by increasing the pulse frequency.

- 7Hz: Improved blood circulation and metabolic activation.
- 85Hz: Optimum stimulation of started musculature.
- 100Hz: Tension relief and pain relief.

Pulse width: The pulse width describes the time duration of a single pulse.

6.3 Six patterns or training modes

Pattern 1 – FAT BURN

The fat burn pattern is designed for those who want to lose weight, increasing muscle ratio and reducing body fat through muscle formation and metabolic activation.

Set parameters

Frequency: 65HZ

Pulse width: 360us

Pulse time: 4S/4S

Ramp up: 0.4S

Ramp down: 0.4S

Working time: 20min

Pattern 2 - STRENGTH

The strength pattern is used to build muscle, which largely stimulates type 2 fast fibers, stimulating muscle and strength. At the same time, it will promote the increase of basal metabolic rate, thus increasing the heat combustion.

Set parameters

Frequency: 85HZ

Pulse width: 360us

Pulse time: 4S/4S

Ramp up: 0S

Ramp down: 0S

Working time: 20min

Pattern 3 - CARDIO

Cardio pattern helps to improve cardiopulmonary capacity while eliminating accumulated metabolites and greatly improving blood circulation. It's also an effective way to improve skin condition.

Set parameters

Frequency: 7HZ

Pulse width: 360us

Pulse time: 1S/0S

Ramp up : 0S

Ramp down: 0S

Working time: 20min

Pattern 4 - RELAX

Relax or massage pattern is used by the body to relax, reduce stress and promote the blood circulation of tissues, conducive to the excretion of metabolic waste. It also releases endorphins, the feel-good chemicals.

Set parameters

Frequency: 100HZ

Pulse width: 160us

Pulse time: 1S/1S

Ramp up: 0S

Ramp down: 0S

Working time: 20min

Pattern 5 - PROFESSIONAL

The professional pattern is more conducive to professional training by adding a ramp up and ramp down option. The system makes the pulse curve rise and fall gently. The frequency is the same as for STRENGTH

Set parameters

Frequency: 85HZ

Pulse width: 360us

Pulse time: 1S/1S

Ramp up : 4S

Ramp down: 4S

Working time: 20min

Pattern 6 - VIP

All training parameters in VIP pattern are fully customizable, including frequency, pulse width, ramp up, etc. These parameters can be modified as professionals and EMS expert trainers deem necessary. It is not advised to change these parameters without professional knowledge, and therefore **we recommend most people stick to the presets for FAT BURN, CARDIO, STRENGTH, AND RELAX**

Set parameters

Frequency: 85HZ

Pulse width: 360us

Pulse time: 2S/2S

Ramp up: 3S

Ramp down: 3S

Working time: 20min

6.4 Start the program

- 1 - Install APP from the App store or Google Play - AWI (Advanced Wearables Inc) app
- 2 - Turn on power on the controller/battery pack (Green light on)
- 3 - Register using telephone number and password, and enter it to log in
- 4 - Enter the home page, click EMS icon
- 5 - Click scan and select bluetooth from the energy box controller for your suit

6 - Bluetooth is connected successfully when both lights are on

7 - Tap the bluetooth connection to enter pattern selection

8 - Select the corresponding training pattern or mode and start training

6.5 Close the program

1 - After finishing your training, the following steps are required to shut down the device:
stop the training

2 - Turn off the receiver

3 - Log out of the app

After training

7.1 About the body

At the end of a workout, the muscles must rebuild their fibers to regenerate, so the body must absorb more nutrients.

To get better results, consider the following Suggestions:

1. Reduce or stop using alcohol.
2. Eat more protein, vitamins and minerals to help your body meet your muscle needs.
3. Reduce your sugar intake.
4. By increasing physical activity such as walking, climbing stairs, etc. to help eliminate toxins from the natural and lymphatic drainage

7.2 How to maintain the training suit

An antimicrobial layer has been applied to the surface of the electrodes. The suit may be either hand or machine washed using a maximum water temperature of 30°C. Do not use fabric softener. Do not tumble dry. Line dry only in a well-ventilated space

Once dry, it may be used again. If necessary, use ISOPROPANOL 70% to disinfect the electrode pads.

All components, except the control unit, need to be inspected periodically and replaced if necessary. Only when the equipment is in good condition can the AWI Powersuit be used optimally.

NOTICE

Material damage may occur from incorrect cleaning

Packing and storage

8.1 Delivery inspection

Inspect the delivery for completeness and transport damage immediately on receipt.

Proceed as follows in the case of externally recognizable transport damage:

1. Do not accept the delivery or only accept it with reservations.
2. Note the extent of damage on the transport documents or on the delivery note of the carrier.
3. Submit a complaint.

Report every defect as soon as it is detected. Damage compensation claims can only be made within the applicable complaint deadlines.

8.2 Storage of the packages

Store the packages under the following conditions:

1. Do not store outdoors.
2. Store in a dry and dust-free location.
3. Do not expose to aggressive media.
4. Protect against direct sunlight.
5. Avoid mechanical shocks.
6. Storage temperature: 15 to 35°C.
7. Relative humidity: max. 60%.

In the case of storage for longer than 3 months, check the general condition of all parts and the packaging regularly. If necessary, renew or replace preserving agents.

8.3 Handling packaging materials

Dispose of packaging materials in accordance with the applicable statutory regulations and local regulations.

NOTICE

Environmental hazard from incorrect disposal

Packaging materials are valuable raw materials, which in many cases can be re-used or recycled for other uses. Environmental hazards can be caused by incorrect disposal of packaging materials. Dispose of packaging materials in accordance with environmental

regulations. Comply with locally applicable disposal regulations. If necessary, outsource the disposal to a special company.

Technical data

Project	Parameter
Equipment weight	150g
Equipment size	96*65*29mm
Period of use	1 year
Battery capacity	2650mAh
Charging rating	DC5V— Must be a standard 5V charger
Battery voltage	3.8V
The output voltage	0-50V DC square wave
Output frequency	1-120Hz
Output pulse width	1-500us
Operating temperature and humidity	10℃ -40℃ ,30%-85%RH
Transport and storage temperature and humidity	-40℃ ~55℃ ,10%RH~93%RH
Operating pressure	860-1060hPa
Transportation and storage pressure	500hPa~1060hPa