



# HIFEM

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

## One、 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, HIFEM beauty muscle instrument, which uses the most advanced (HIFEM) high-intensity focused magnetic vibration technology, directly stimulates motor neurons, so that the body's muscles continue to expand and contract ( This kind of contraction cannot be achieved by your usual exercise or fit exercise ) 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 muscle strengthening, 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.

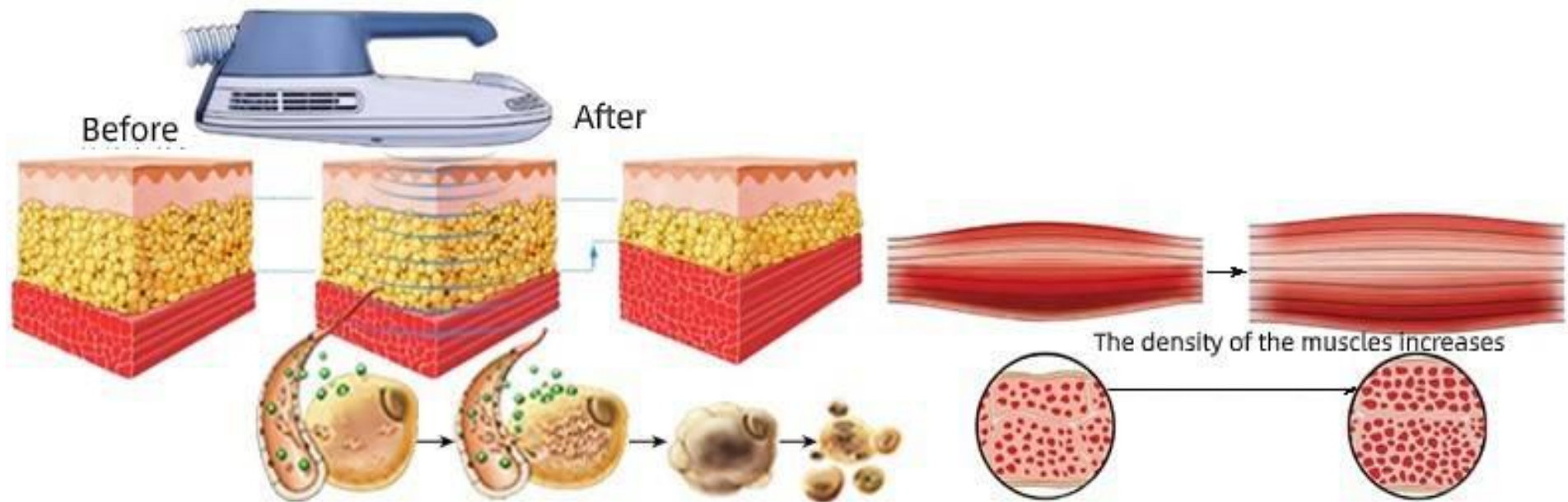
HIFEM beauty muscle instrument has two treatment handles, which support independent and synchronized work; The treatment parameters of both handles can be adjusted independently; it can be operated by two persons at the same time, and can be placed in the abdomen, buttock, upper arm (biceps, triceps), thigh and other parts alone or 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 is an innovative reform equipment."HIFEM " 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.

## **Two、 Working principle**

HIFEM beauty muscle instrument uses non-invasive HIFEM technology to release high-frequency magnetic vibration energy through two large treatment 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 100% limit muscle contraction of HIFEM technology 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, HIFEM beauty muscle instrument can strengthen and increase muscles while achieving the effect of reducing fat.

## Three、 Advantage

- 1、 It can set different muscle training modes.
- 2、 Dual handles independently control the energy output, the handles support independent and synchronized work; the treatment parameters of both handles can be adjusted independently; it can operate two persons at the same time, suitable for men and women.
- 3、 It's safe and non-invasive, non-current, non-hyperthermia, and non-radiation, and no recovery period.
- 4、 No knife, no injection, no medicine, no exercise, no diet, Just Lying down can burn fat and build muscle, and reshape the beauty of lines.
- 5、 Saving time and effort, only lying down for 30 minutes = 30000 muscle contractions (equivalent to 30000 belly rolls / squats)
- 6、 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.
- 7、 It's non-invasive, and the process is easy and comfortable. Just lie down and experience it like

a muscle is sucked up.

- 8、 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.
- 9、 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.
- 10、 The cooling system of water circulation prevents the treatment head from generating high temperature, which greatly improves the stability of energy output.

## Four、 It is 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 (HIFEM) 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.

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

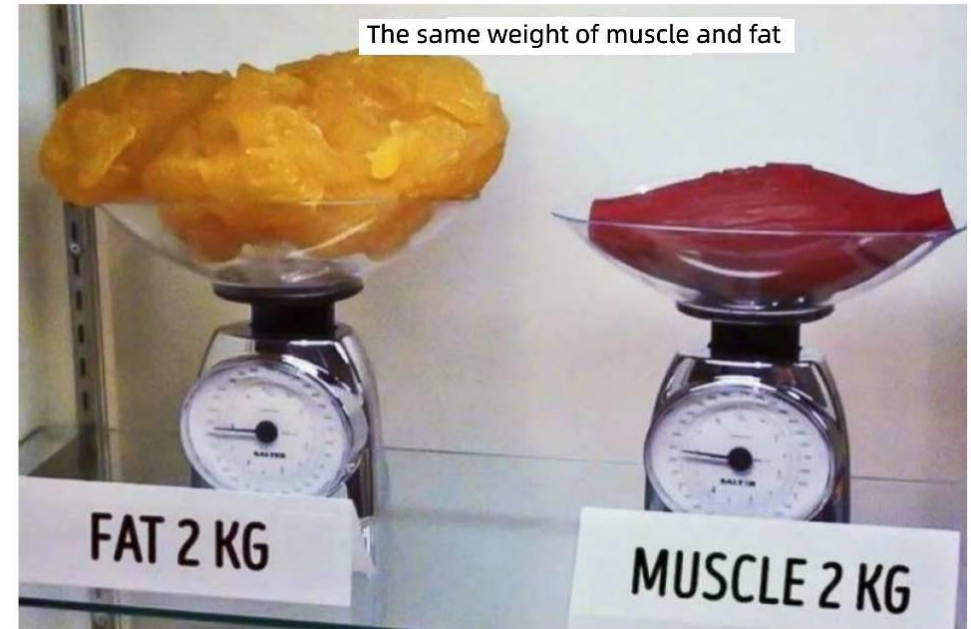
### **The more muscles, the faster fat burning**

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

## Six、 Methods of building muscle & burning fat:HIFEM



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, HIFEM can effectively increase muscle by 16% and reduce fat by 19% 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.

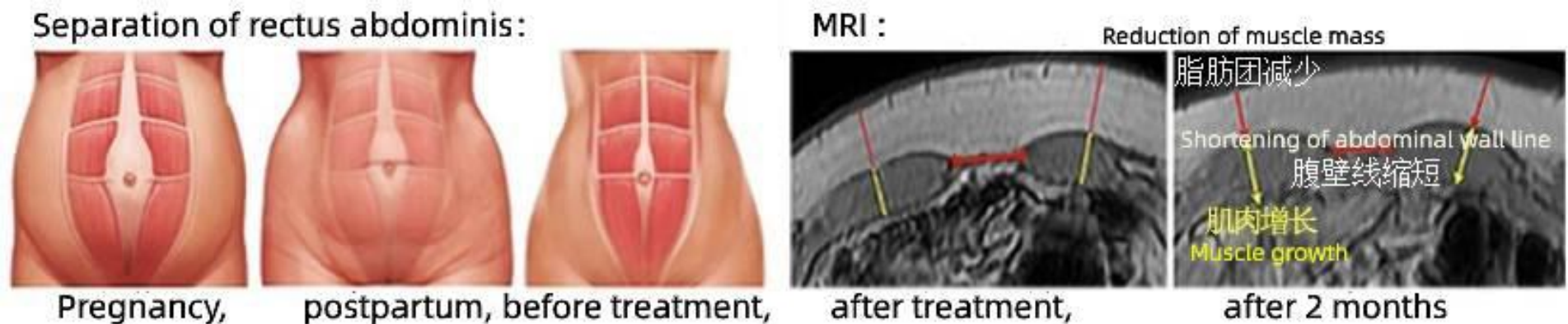
3、Exercise strengthens the core muscle group, including the abdominal muscles of the large core group (rectus abdominis, external oblique muscle, internal oblique muscle, transverse abdominal muscle) and gluteus major muscle in the small core group. The core muscle group can protect the spine, maintain 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.

## **Seven 、 HIFEM technology—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



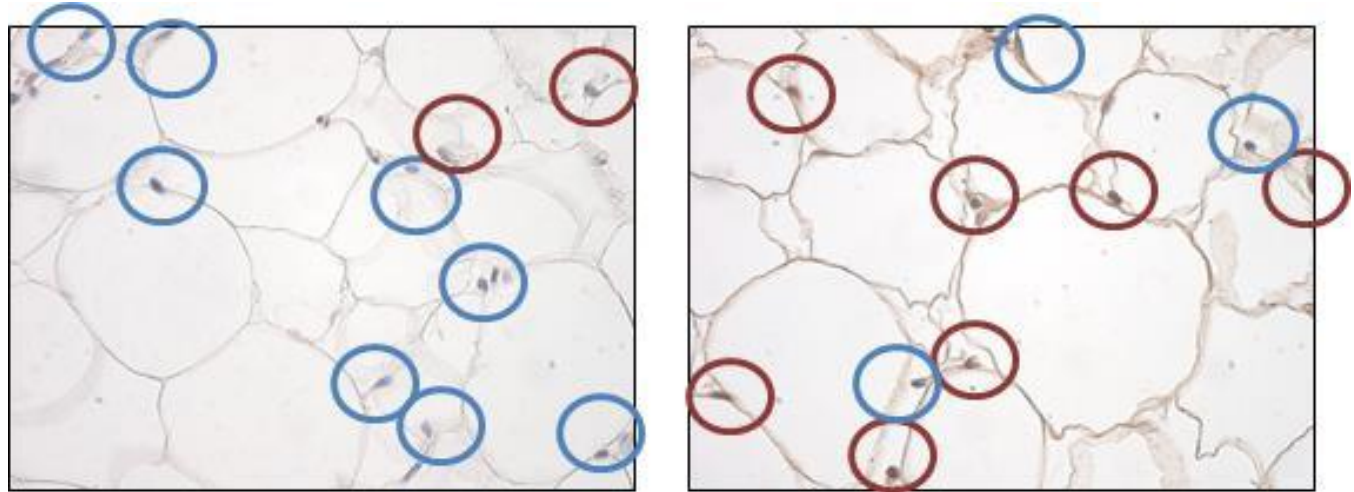
research confirmed that after the HIEMT treatment, the separation of rectus abdominis was reduced by an average of 11%, while fat loss was reduced by 19% and muscle growth was 16%. It is the perfect solution for mothers to lose weight and maintain health after delivery.

## Eight、 Non-invasive HIFEM technology- Safety and effectiveness

《Induction of adipocyte apoptosis: Safety and mechanism evaluation of non-invasive HIFEM technology in pig model》

92%

At 8 hours after treatment, the apoptosis index 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 HIFEM treatment》

**19%**

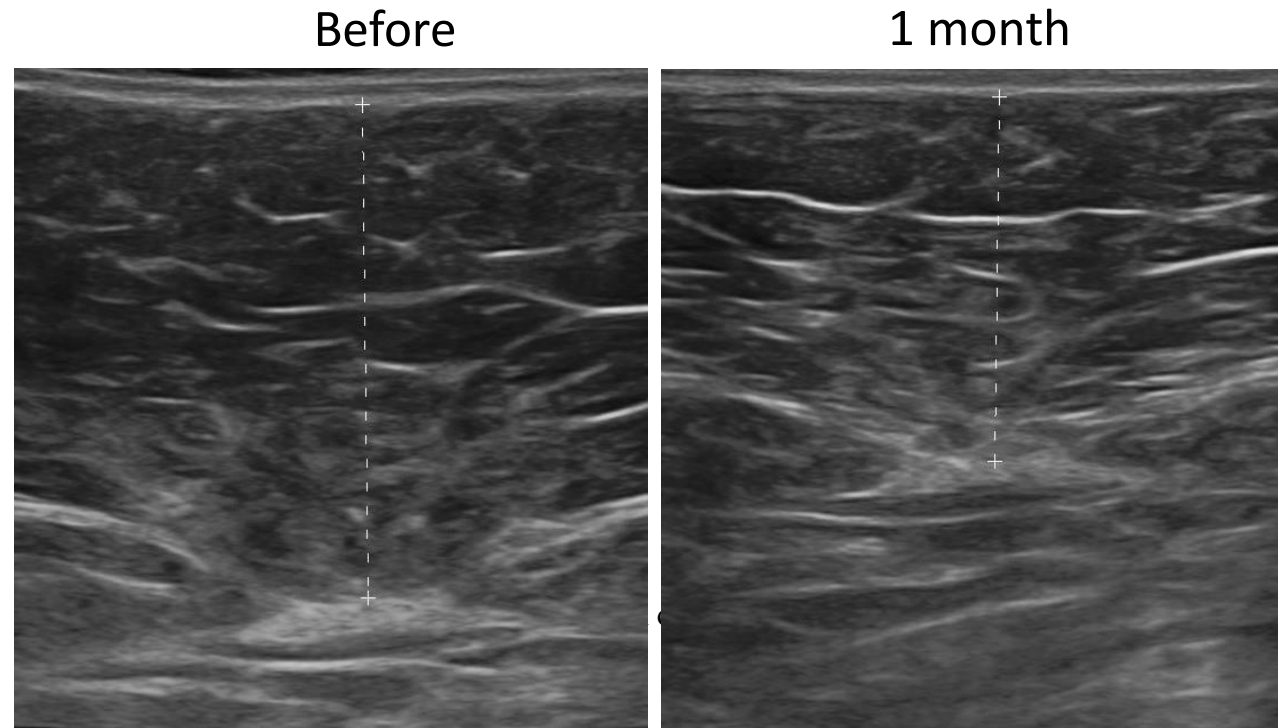
19% reduction in average fat

**4.4 mm**

The fat layer was reduced by 4.4 mm

**91%**

91% of treatment satisfaction



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

**4.17 cm**

Waist circumference reduced by 4.17 cm

**19%**

fat reduced by an average of 19%



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

**16%**

The average muscle thickness increased by 16%

**11%**

The average improvement of rectus abdominis was 11%



Before

After

Before

After



《MRI: Synchronize fat and muscle effects》

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

**3.6 cm**

Waist circumference reduced by 3.6cm

**18.6%**

fat reduced by an average of 18.6%

**15.4%**

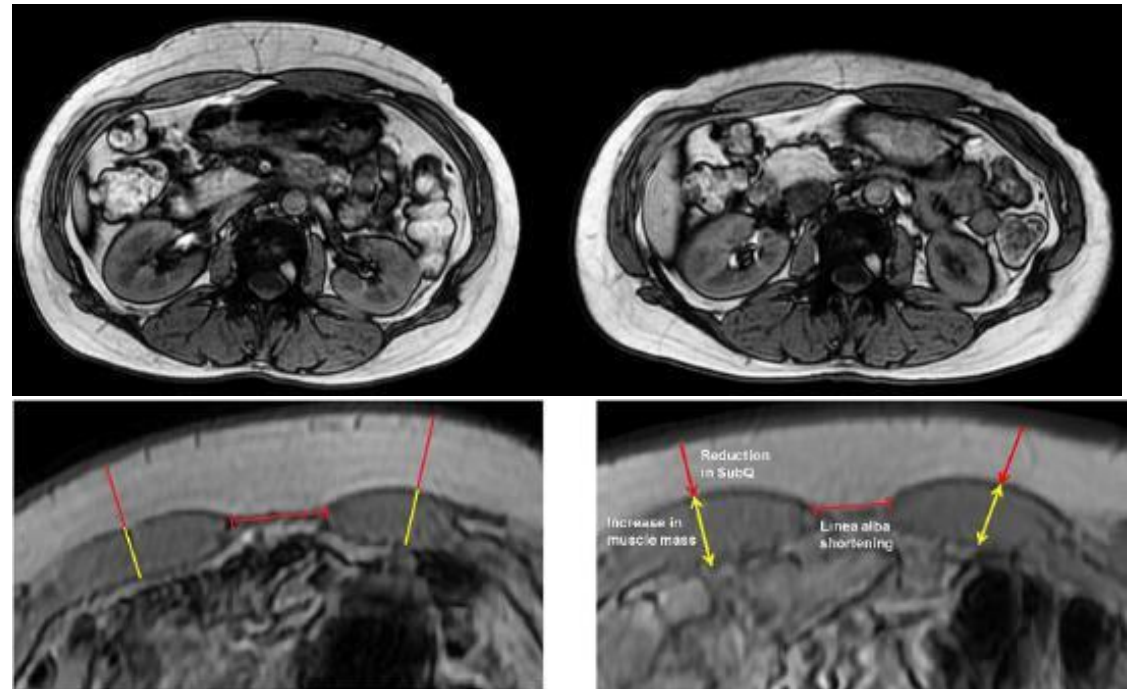
The average muscle thickness increased by 15.4%

**10.4%**

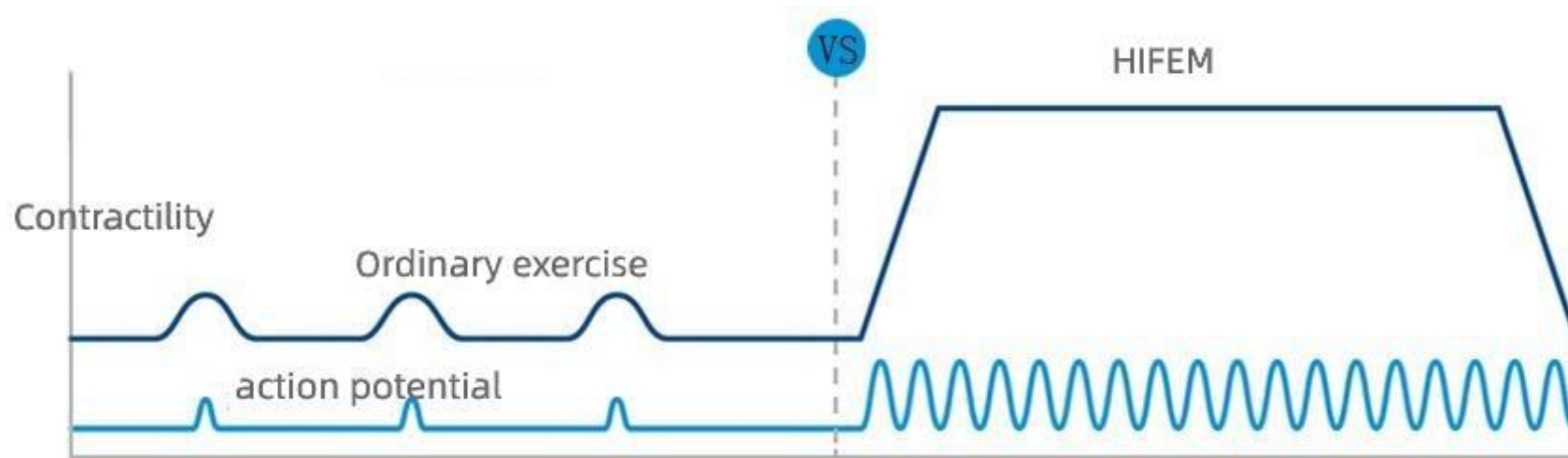
The average improvement of rectus abdominis was 10.4%

Before

Two months later



## Nine 、 HIFEM "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 is difficult to achieve muscle gain in a short period of time
- Using HIFEM 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 muscle gain.

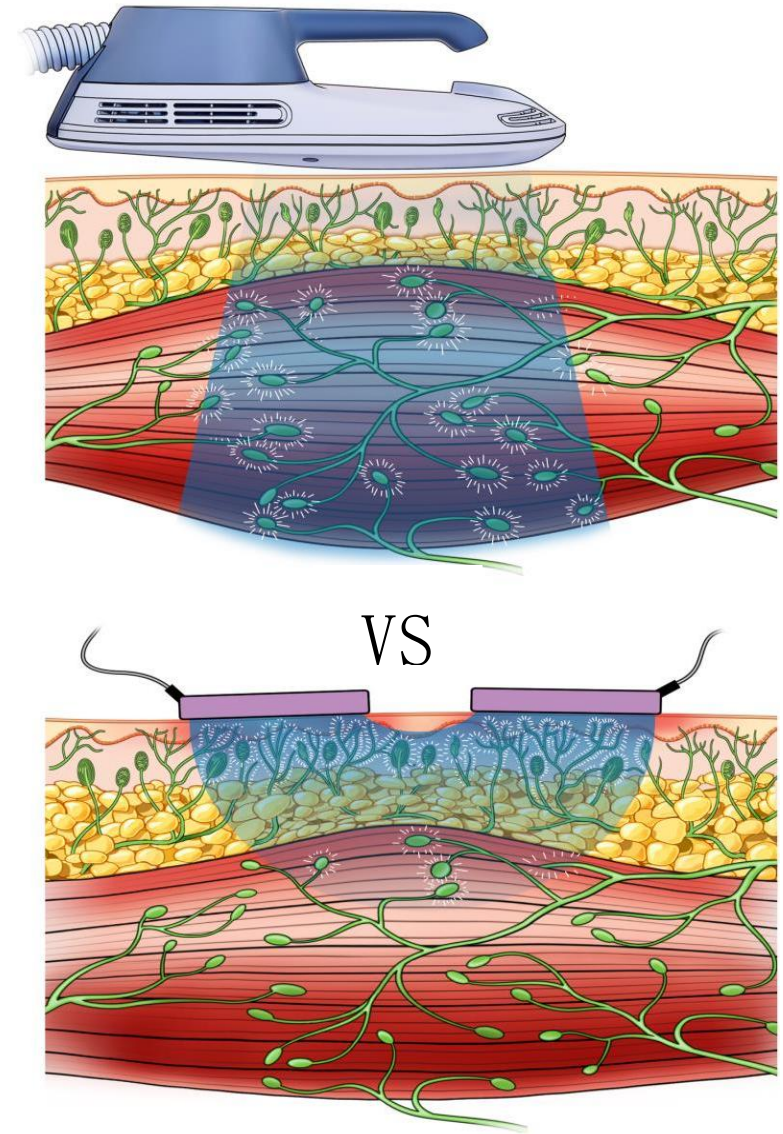
# Ten、HIFEM VS EMS

## HIFEM

- The effective penetration depth of HIFEM is 8cm, covering the whole neural network and driving the contraction of the whole muscle layer;
- 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>HIFEM VS EMS</b>		
	<b>( HIFEM )</b>	<b>(EMS)</b>
<b>Treatment intensity</b>	The electric field is generated in the subcutaneous muscle tissue without contact with the medium.	Electric current is passed directly through the skin and need to contact the medium (gel pad). Electrodes are usually disposable.
<b>Penetrability</b>	HIFEM has 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, HIFEM suitable for all types of customers.	Suitable for thin patients. The superficial current cannot reach the muscles of patients with medium fat layers.
<b>Physiological response</b>	The effects of fat apoptosis and "super muscle exercise" are never achieved by	Feeling a slight tingling or contraction, equivalent to mild

	physical exercise.	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 solutions	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-energy comfort treatment.	The intensity is low due to the risk of pain and burns.
Treatment risk	The treatment is completely painless. HIFEM does not 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.



## **Eleven、 Daily maintenance**

### **1、 Water injection**

- In order to facilitate the transportation and transshipment of the equipment, the manufacturer shall drains all the water in the equipment before transportation. Pure water must be injected before the equipment is used.
- There are labels on the back of the instrument, which are water injection hole and overflow hole according to the label. First screw out the sealing cap of the water injection hole and overflow hole, plug the funnel water pipe into the water injection hole, pour the pure water from the funnel until there is water overflowing from the overflow hole, and then screw on and tighten the sealing cap.

### **2、 Water exchange and drainage**

- When using the equipment, remember that the water in the equipment must be drained out during transportation
- In order to extend the service life of the equipment, it is recommended to change the water once a month, and to ensure that the water quality in the instrument is good, to avoid the growth of bacteria and prevent the waterway from being blocked; when the instrument is used frequently, it is recommended to change the water once every 15 days before continuing to use it. .

- How to change the water? Draining water before changing water. **Method of draining water :** Screwing out the sealing cap of the drain hole of the equipment, and the water in the equipment will flow out automatically. Screwing on and tightening the sealing cap after the water is completely discharged. **Method of adding water :** Plug the funnel pipe into the water injection hole and start adding water until the water flows out from the overflow hole, indicating that the water is full.
- Note: when draining water, put the working handle on the handle bracket.
- Note: The water can be filled and discharged only when the machine is turned off and the power is cut off.

### **3、 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.
- 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.



- Do not 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.
- Do not 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.
- If it is not used for a long time or when it is being transported, please screw out the sealing cap of drain hole to drain the water.
- It is 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.

## Twelve、 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.
- 2、 **Warm tips! For the first time, it must be filled with water before starting up. Never work without water!**
- 3、 Insert the power cord into the rear interface of the device and connect the power supply; turning on the power switch, and the device will start up immediately. It needs to be started up for 2-3 minutes before operation.

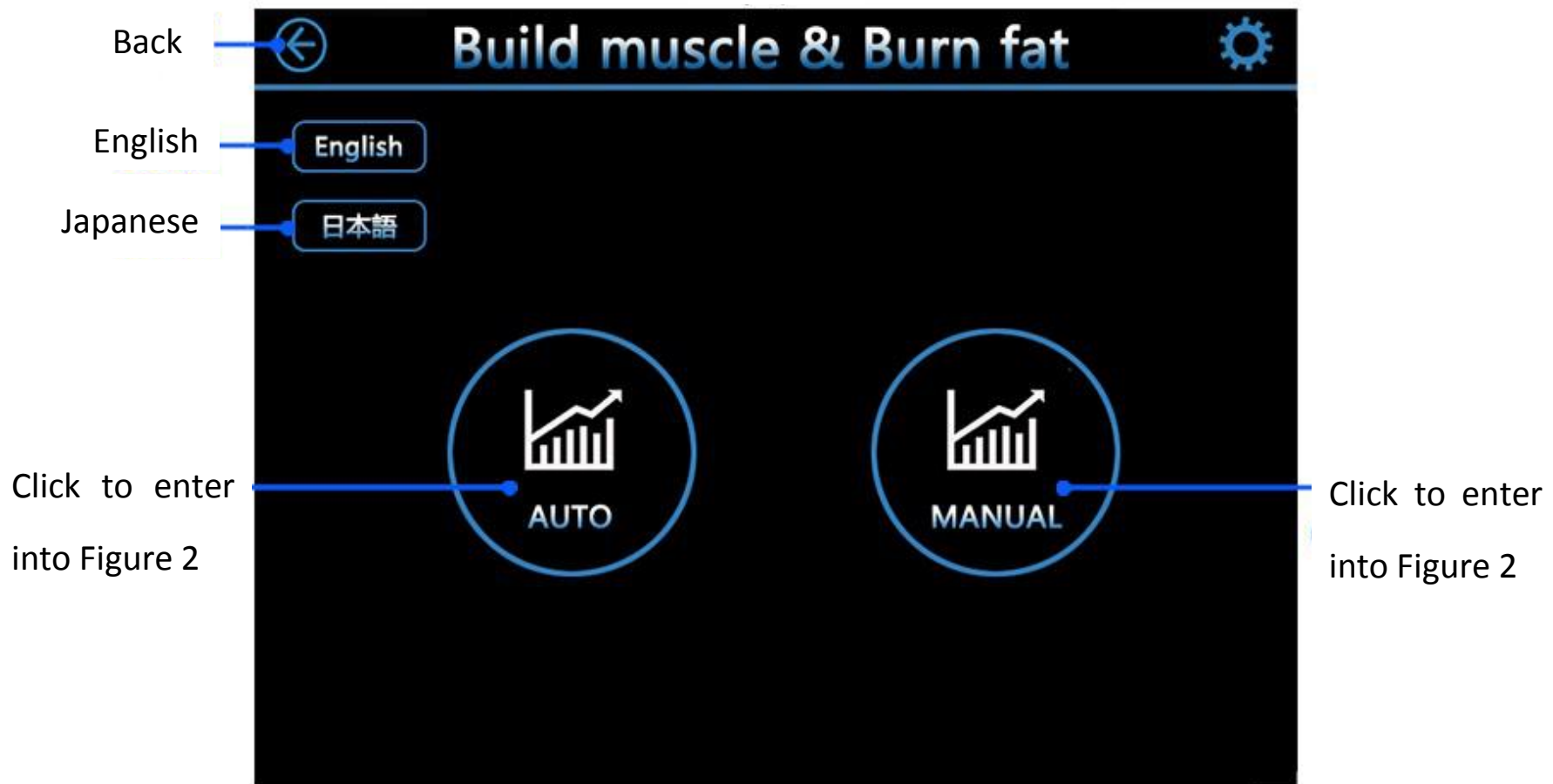


## Thirteen、 Interface introduction

1、After the device is started, enter into the language/mode selection interface (Figure1 as below)

- select the language (English or Japanese); then select automatic mode or manual mode

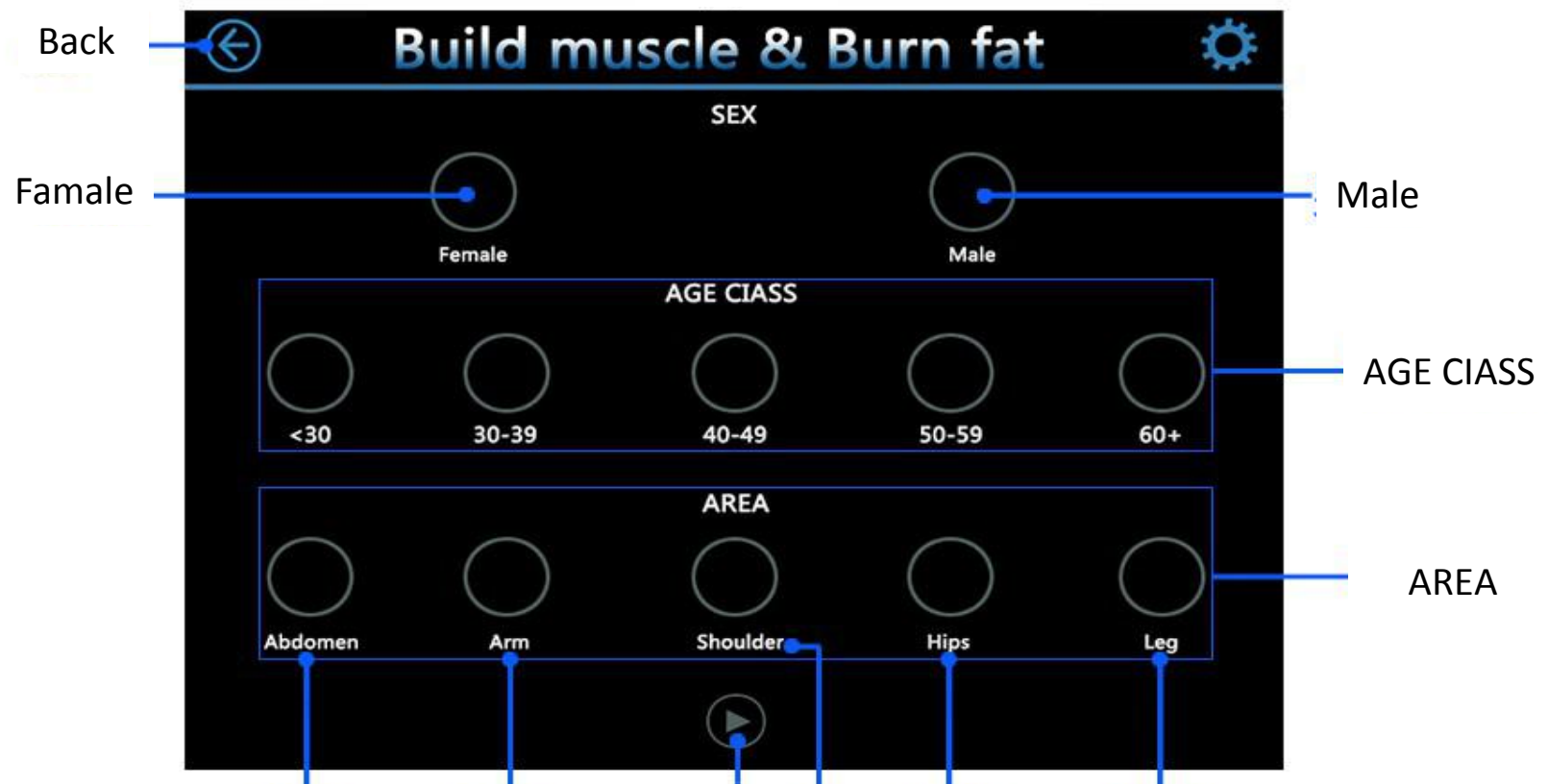
Figure 1



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 the working interface.

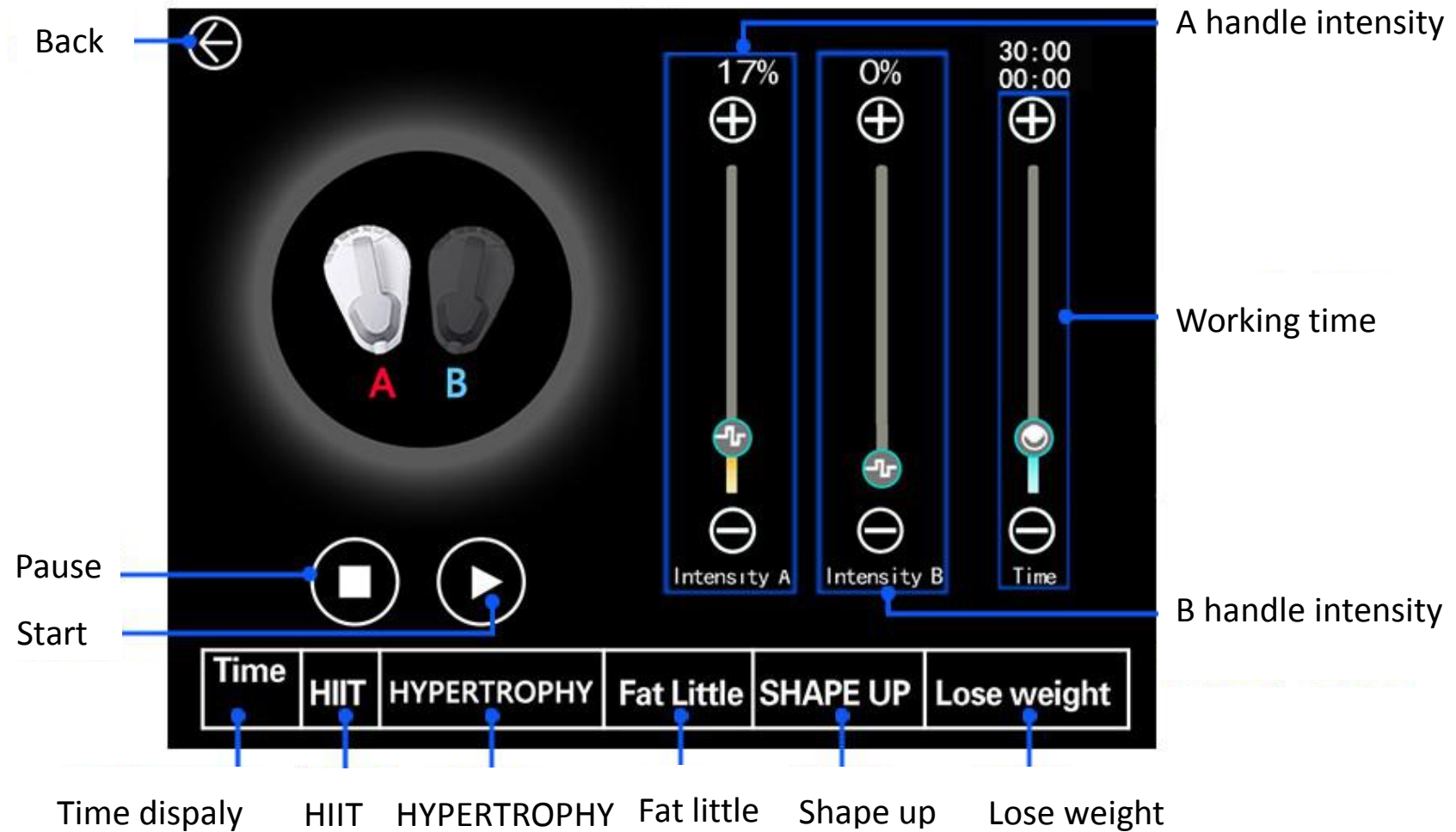
Figure 2



Enter into working interface

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

Figure 3



(Figure 3) Introduction of automatic working interface:

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

【HIIT】 : Training;      【HYPETRORHY】      【Fat Little】

【SHAPE UP】      【Lose Weight】

- Setting the intensity, rang from 1% (weak) to 100% (strong)





【Intensity A】 : A handle intensity, click 【-】 and 【+】 of intensity setting to adjust.

【Intensity B】 : B handle intensity, click 【-】 and 【+】 of intensity setting to adjust.

The treatment starts from low intensity, and should be gradually increased according to the patient's tolerance.

- Setting the working time. The default working time of system is 30 minutes, click 【+】 and 【-】 to adjust. The time range can be adjusted from 1 to 60 minutes, and the operation of each part

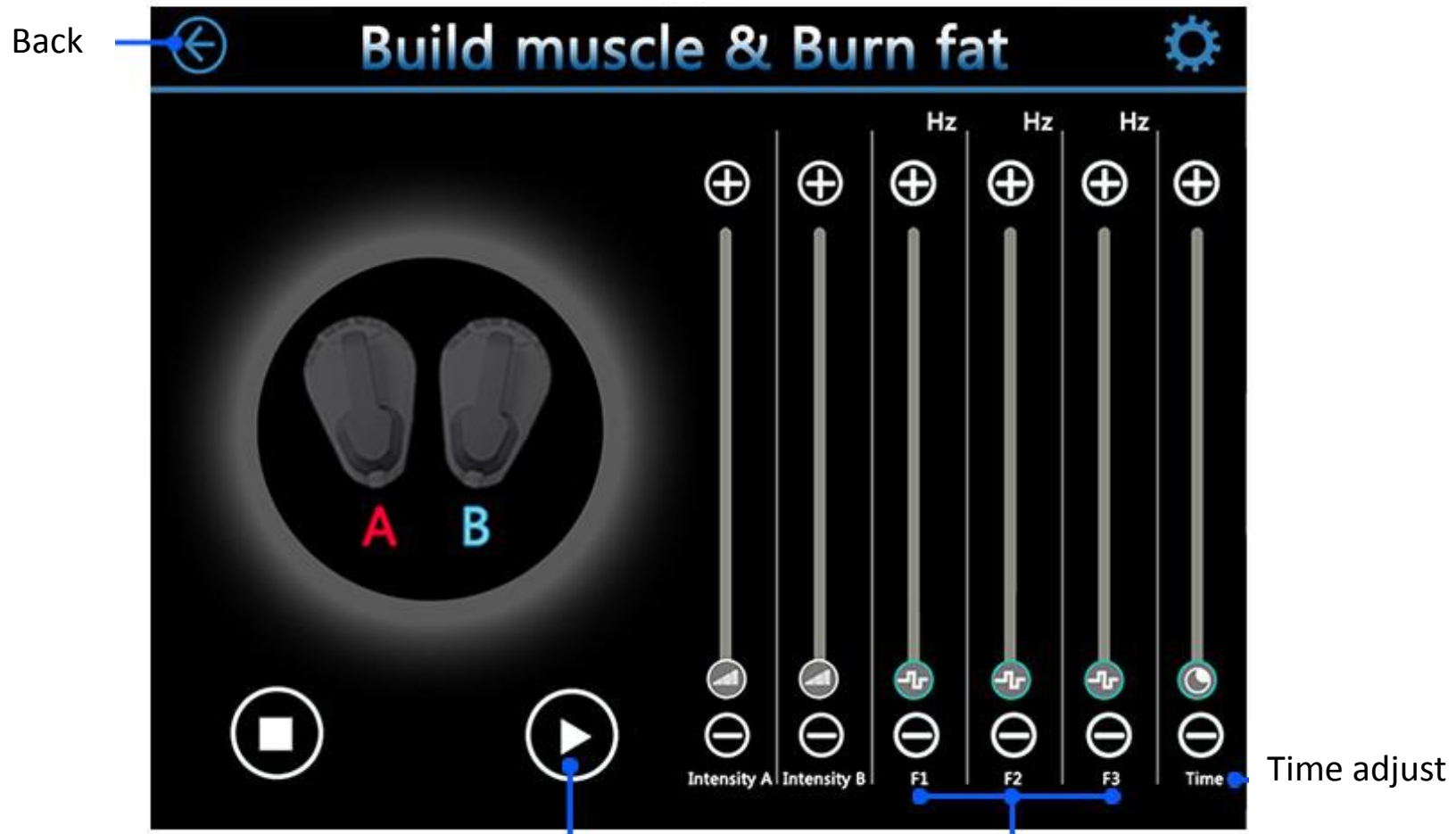
is about 30 minutes.

- Click “” to start, if you need to pause, please click “”, click “” to return to the previous interface. **Note:**  **"Background settings" is only applicable to manufacturers, users should not modify the background settings.**



4、 According to the automatic selection in Figure 1, click in Figure 2 to enter the automatic working interface (Figure 4).

Figure 4



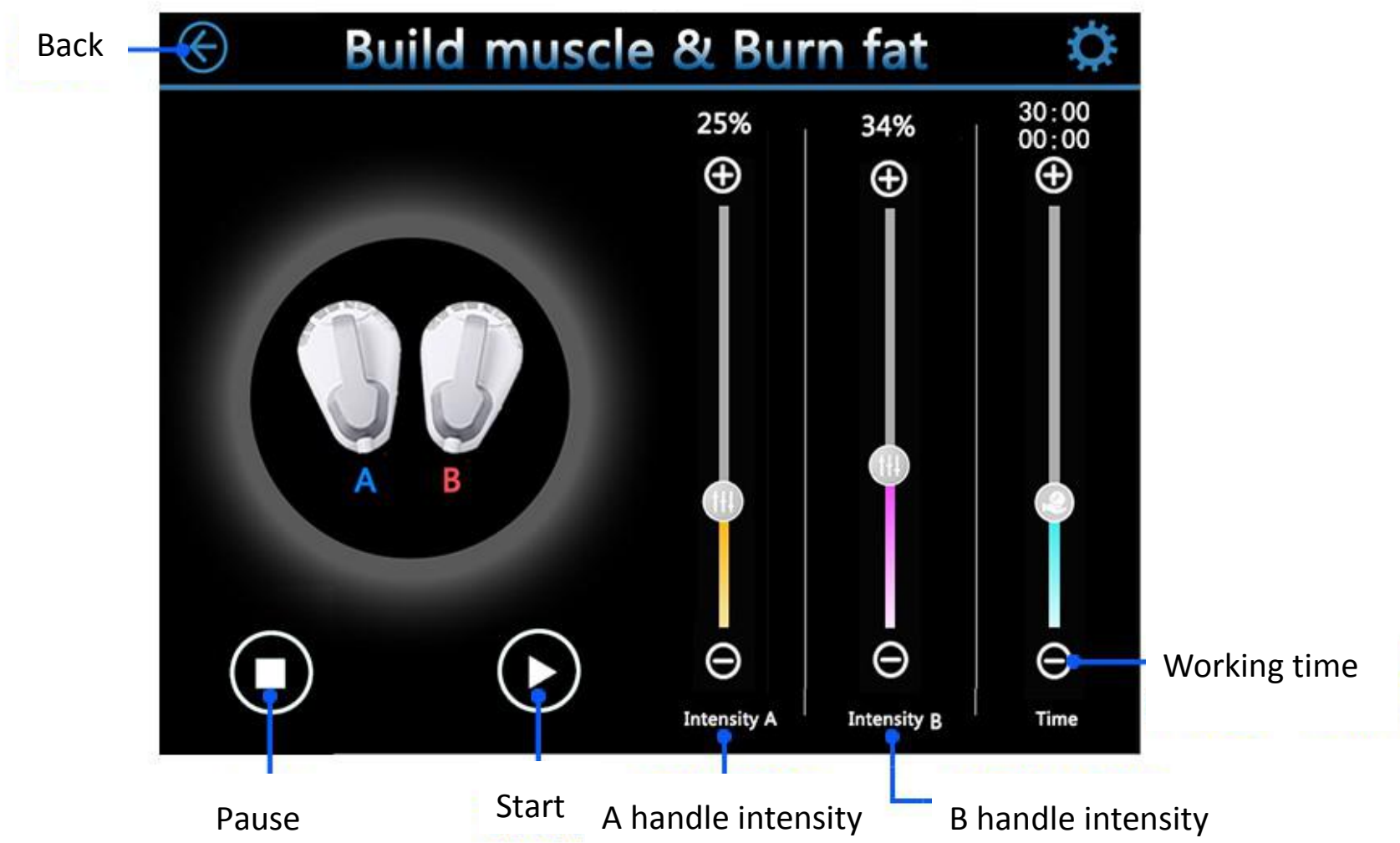
enter to next interface  
(click into figure 5)

Frequency regulation

Time adjust

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

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 100Hz (strong);

**【F2】** : The intensity range is 3HZ (weak) to 63Hz (strong);




**【F3】** : The intensity range is 3HZ (weak) to 30Hz (strong);

- Setting the intensity, rang from 1% (weak) to 100% (strong)

**【Intensity A】** : A handle intensity, click **【-】** and **【+】** to adjust.

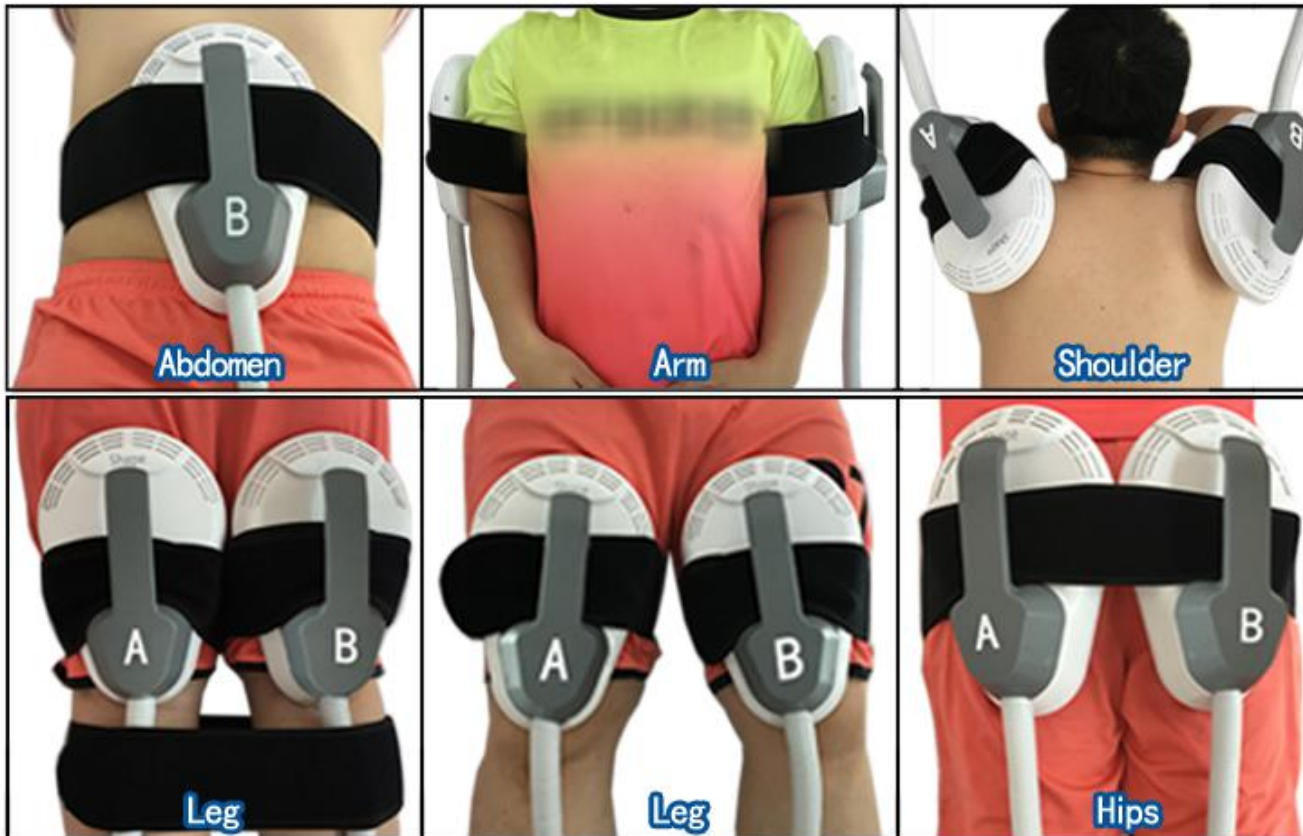
**【Intensity B】** : B handle intensity, click **【-】** and **【+】** to adjust.

The treatment starts from low intensity, and should be gradually increased according to the patient's tolerance.

- Setting the working time. The default working time of system is 30 minutes, click **【+】** and **【-】** to adjust. The time range can be adjusted from 1 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.

## Fourteen、 Operating position

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



## **Fifteen、 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、 The healer should not carry any metal objects.
- 4、 Don't be full during treatment, and treat at least 1 hour after meals.
- 5、 The operation site and treatment probe should be dry without water.
- 6、 The operating energy varies from person to person and increases gradually from low energy.
- 7、 The total operating time of a day does not exceed 1.5 hours, and one part does not exceed 1 hour.
- 8、 Do not put any electronic products or metal objects on the instrument during operation.
- 9、 Don't eat or enter water during operation
- 10、 After the end of the operation, try to eat again after 1 hour (drink more water and eat food with high protein content).
- 11、 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.

## Sixteen、FAQ

### 1、 Who is suitable for HI-FEM beauty muscle instrument?

This technique can provide beneficial muscle tightening for most people. Five groups are sorted out

- ① Women who need to gain muscle and change their shape-buttocks, waistcoat line, to show women a graceful posture.
- ② Men who need to gain muscle and change their body-gain muscle, especially sculpted chocolate muscle.
- ③ People who need to lose weight-suitable for both men and women, more suitable for busy office workers
- ④ Those people who need to lose weight quickly-brides,models, actors, etc.



⑤ Postpartum mother (Separation of rectus abdominis) — Improve the shape of the abdominal muscles and shape a flat abdomen

**2、 Is there a difference in the effect of abdominal treatment with one or two treatment heads? How should we choose?**

A: It is recommended that all patients use two treatment heads at the same time. Both treatment heads must be in full contact with the skin, and not hover sideways or extend beyond the treatment area. This will ensure that all abdominal muscles are treated and activated. Using one treatment head at a time is only recommended for patients with small care sites. Both therapies are equally effective.

**3、 Will it melt fat while lifting the hips?**

A: Many studies have confirmed that the metabolic activity of buttock fat is lower than that of abdominal fat. Because of this, it will not dissolve fat when treating buttocks.

**4、 Is the depth of energy penetration safe? Will it affect the internal organs?**

A: HIFEM technology has existed for decades, and its safety has been proven by dozens of studies. The only tissue that responds to energy is motor neurons, so it has no effect on other tissues including organs.

**5、 How is the feeling to do HIFEM beauty muscle machine? Will it hurt?**

A: The process is painless and noninvasive. There is no need for anesthesia. The feeling during the treatment is the same as that of your muscles during intense exercise.

**6、 How long will a course of treatment take? How long will it take effect?**

A: 4 times for a course of treatment, interval 2-3 days to do once, generally open a card set 6-8 courses of treatment, which can get good results. The best results are in the 2-4 weeks after the treatment. To break down fat and increase muscle mass, patients need to be patient. Usually after 12 treatments, muscle mass increases by approximately 16% and fat can be reduced by 19%.

**7、 How long will the effect last?**

A: The effect can be maintained for one year after 6 courses. But some people may need additional treatment to achieve the best results. If you have a course of treatment every 2-3 months, you can maintain a better and best condition. At the same time, customers can visit the store multiple times.

### **8、 How long does it take ?**

A: There is no need for manual operation, and the automatic mode of calcination is set, and it only takes 30 minutes each time.

### **9、 Does the magnetic energy of this instrument have radiation? Is it safe?**

A: The movement of human muscle is driven by magnetic vibration energy, not by electromagnetic radiation. Radiation on the human body feel hot, but our HIFEM beauty muscle instrument is not hot at all when it works in the human body. It emits less radiation than our regular cell phones. We also specially made a test report for it, which proved that its radiation range is within the national safety electrical appliances ! If so, this technology will not be certified by the US FDA and used in foreign hospitals.

### **10、 Is the thick fat layer not suitable for HIFEM beauty muscle instrument?**

A: HIFEM technology can penetrate 8 cm below muscle layer. However, if the patient's fat is thick, the energy may not be able to penetrate into the muscle tissue thoroughly, so it is difficult to make the muscle contract and achieve the therapeutic effect.

### **11、 Can it be combined with other body care treatments?**

It can be combined with some non-traumatic fat-removing care, such as various fat-reducing equipment, to eliminate more fat. In addition, it can be combined with some postpartum repair care to improve the health and physical problems of postpartum women.

# Seventeen、 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

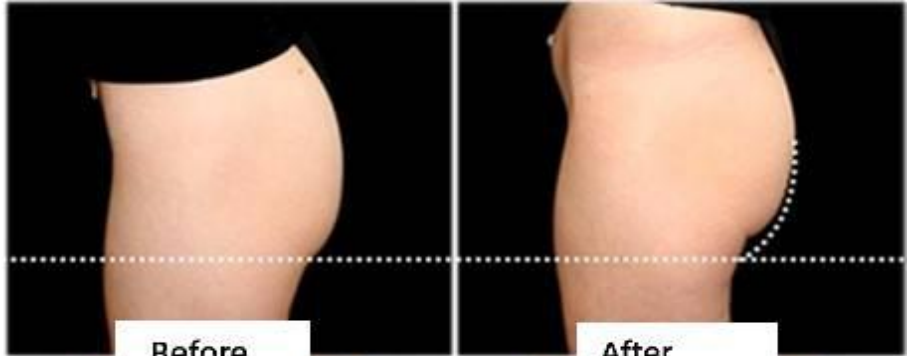
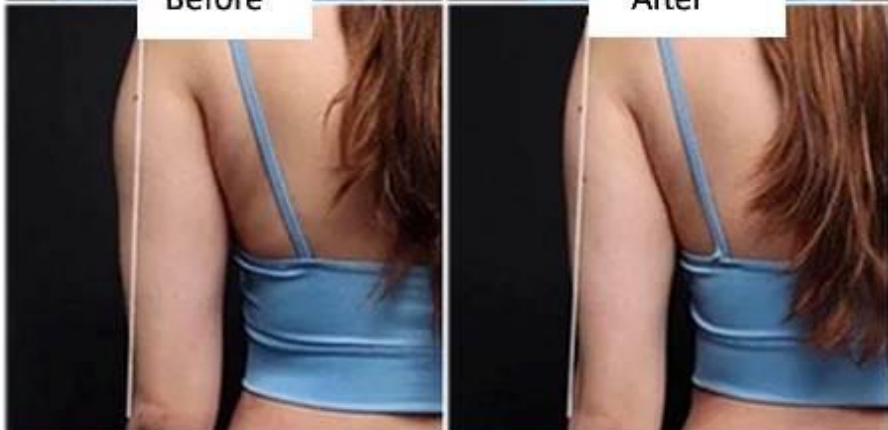
After





Before

After



Before

After



Before



After

## **Eighteen、 Technical specifications**

Product name	HIFEM Beauty muscle instrument
Magnetic vibration intensity	7 Tesla
Input voltage	AC110V-220V
Output power	300W-4500W
Output power	1-100HZ
Fuse	20A
Size of flight shipping Case	55×68×117cm
Weight	89kg