Portable HIFM

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, 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.

HIFM beauty muscle instrument has one treatment handle, and can be placed in the abdomen, buttock, upper arm (biceps, triceps), thigh and other parts. 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.

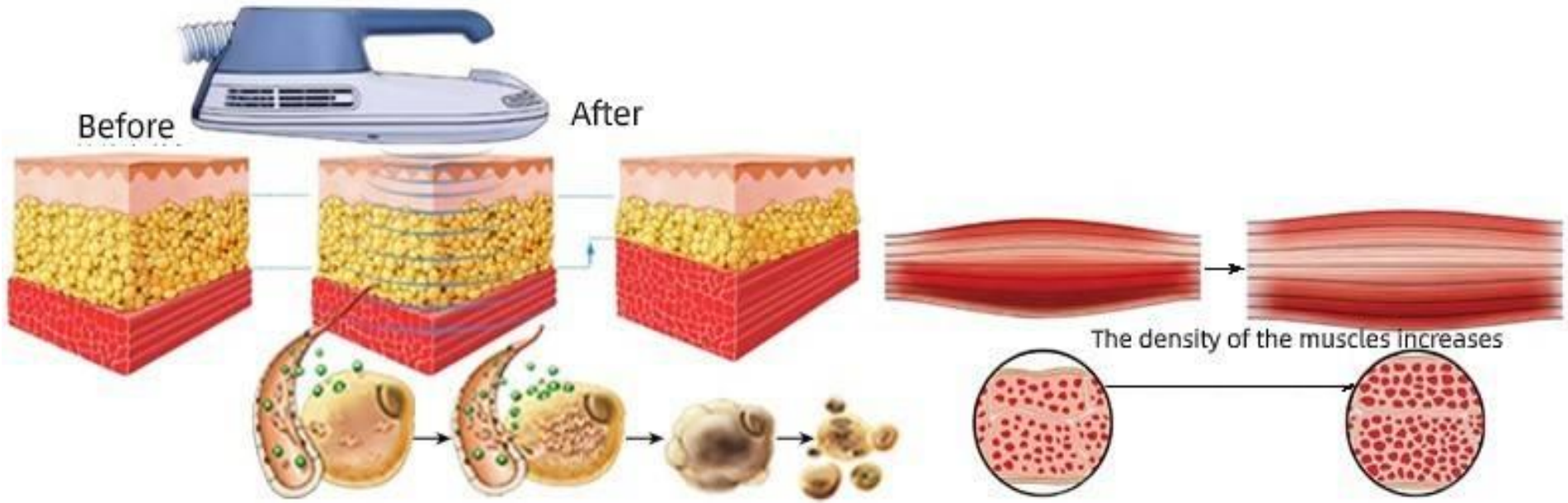
The device is non-invasive, safe and painless, no radiation, no side effects, no need for anesthesia, you can be thin when lying down, it can tighten muscles and lose weight, there is no discomfort during the treatment, and there is no need for a recovery period after the treatment.

Second、Working principle

HIFM beauty muscle instrument uses non-invasive HIFM technology to release high-frequency magnetic vibration energy through treatment handle 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.

Third、Instructions

1、Installation: align the handle with the handle socket on the back of the device and place it on the rack; insert the power cord into the socket on the back of the device, turn on the power, turn on the power switch, and the device will start up immediately.

3、Accessories

Applicable to abdomen and hips

Standard 1 pc handle

Standard a set of bandage

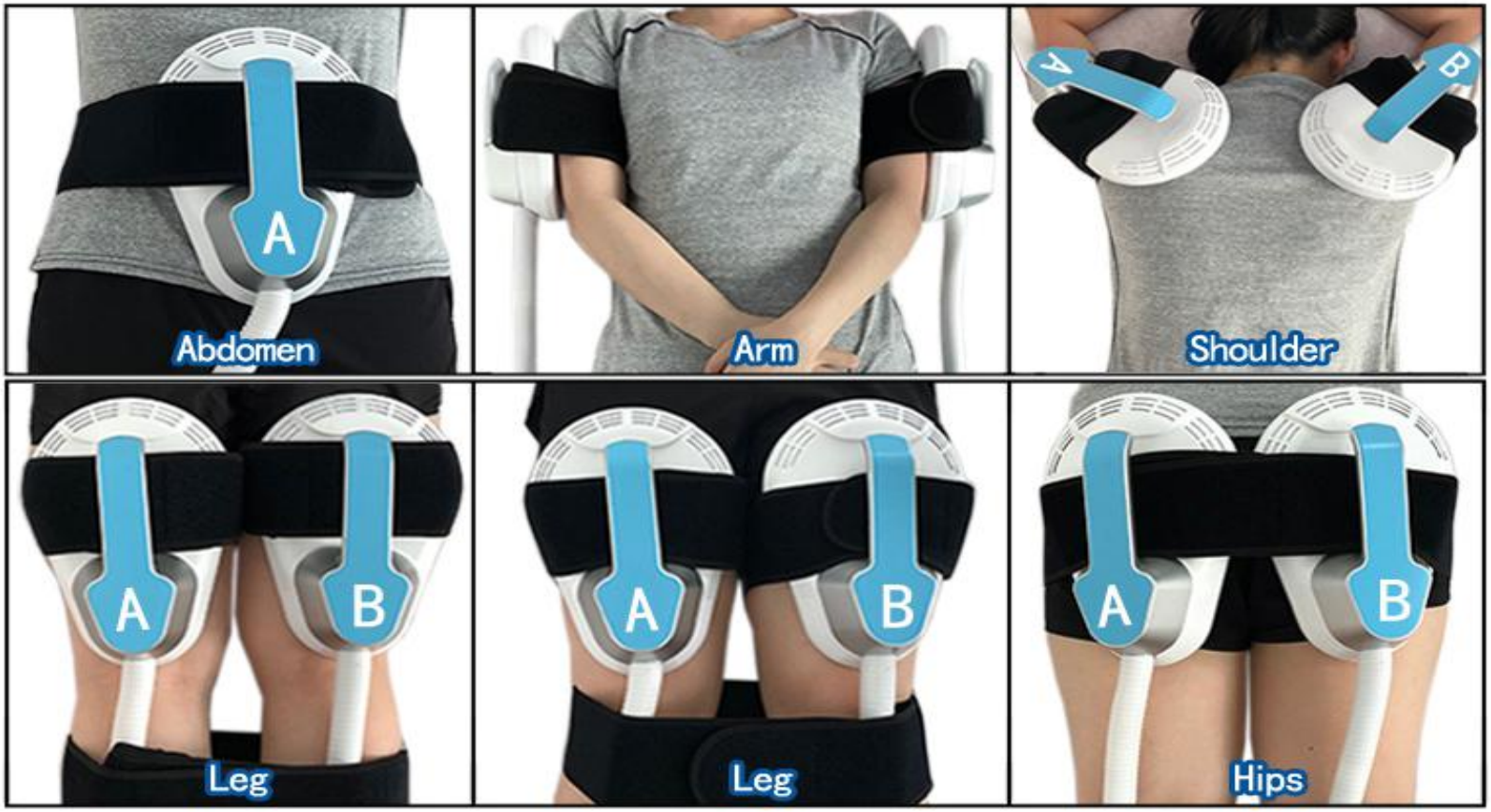
Applicable to thighs and arms

Optional handle

Strap with optional handle

Fourth、Operating position

1、HIFM diagram of Operation position



2、Be careful to avoid obvious positions of ribs and bones

3、It’s recommended to operate one part for 30 minutes.

4、Before operation, the metal objects worn on the body must be removed, and metal objects on the clothes must also be avoided.

5、Before operation, fasten the bandage, insert the handle into the bandage and fix it, and pay attention to the close position of the working head.

6、Adjusting the energy intensity before starting the operation. The treatment starts from low intensity and gradually improves, and slowly improves according to the comfort of customers.

7、Note: if the customer doesn't feel anything during the operation, the energy intensity can be appropriately strengthened, and the degree of strengthening can be asked whether the customer accepts it.

Fifth、Precautions

1、Don’t operate head, neck/carotid artery, wealth bag position,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、After the end of the operation, try to eat again after 1 hour (drink more water and eat food with high protein content).

Sixth、Contraindications

Those people with the following conditions cannot receive treatment：

▲Use with caution if there is a wound on the skin. Use it after the wound recovers.

▲The project should avoid menstruation, pregnancy and lactation；

▲Women close to menstruation should use it with caution, which may lead to early menstruation or abdominal spasm.

▲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.

Seventh、Interface introduction

Check whether the connection of the instrument is normal. Turn on the power of the instrument and press the power switch of the host. The machine will start immediately and the startup interface will appear.

Figure 1:Startup interface

Figure 2:Mode selection

Figure 3:Setting information interface

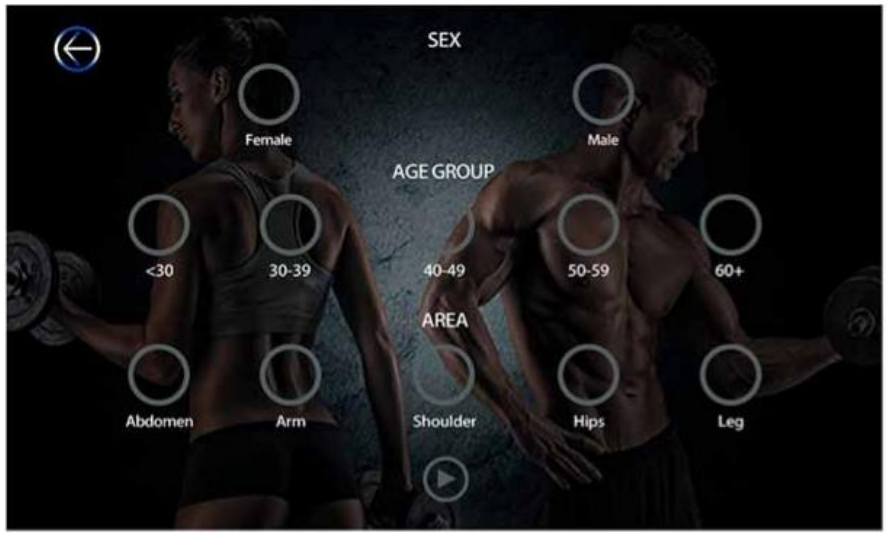
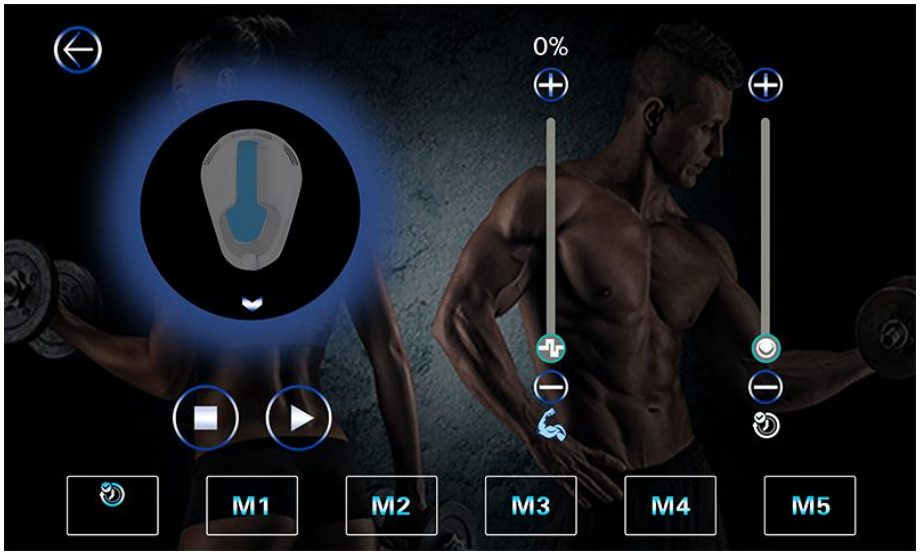


Figure 4 :Auto interface



Introduction to auto work interface of HIFM(Figure 4):

• 【 】 Working time of the current frequency stage (after 1 minute countdown, it will automatically jump to the next frequency stage to work)

• In the automatic mode working interface, there are 5 working modes:

【M1】： Beginner basic training 【M2】： Adaptation training.

【M3】： Initial training. 【M4】： advanced training

【M5】： Professional training.

Each mode contains 6 different frequency automatic switching. The first minute of each mode is warm-up.

• Setting the intensity, ranging from 8% (weak) to 100% (strong),Click [-] and [+] to adjust.

【 】： HEFM handle strength.

Setting intensity before operation,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 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.

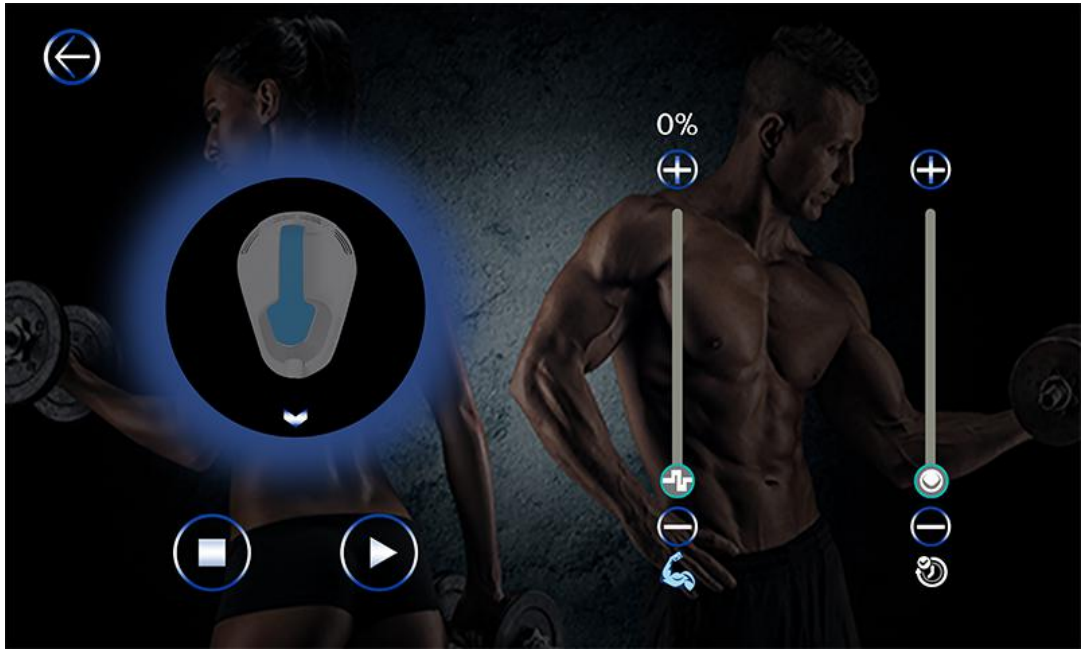
Note: Click [-] and [+] to adjust parameters when the device is in a paused state.

Similarly from Figure 2 to Figure 3 → Manual work interface(Figure 5)

Figure 5 :Set frequency interface

Frequency 1-3 （after setting the frequency, click ▶ to enter the working interface）

Figure 6 :manual work interface



Introduction to manual work interface of HIFM(Figure 5&Figure 6):

• Setting the frequency F1-F3,the range as below：3HZ (weak) to 150Hz (strong); click【+】and 【-】to adjust the output frequency.

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

cycled in sequence.

The recommended parameters are 50Hz for F1, 5Hz for F2, and 150Hz for F3.

• Setting the intensity, ranging from 8% (weak) to 100% (strong),Click [-] and [+] to adjust.

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• Click “ ” to start.if you need to pause， please click“ ”

Click “ ” to return to the previous interface.

Eighth、Recommended treatment frequency and interval

★Em-sculpt：4-6 times as a course of treatment, once every 2-3 days, one part once every 30 minutes，Generally, 6-8 treatment courses are set for card opening, and good results can be obtained. The best effect is 2-4 weeks after the treatment. To break down fat and increase muscle mass, patients need to be patient. Usually after 4-6 treatments, muscle mass increases by about 16%, while fat can be reduced by 19%.

Ninth、Daily maintenance

1、The instrument must use a plug with a grounding pin, and ensure that the power socket of the instrument is well grounded.

2、The power supply used should be consistent with the specified power supply value marked on the machine, otherwise the machine may not work or even burn out the main board parts of the machine.

3、Ensuring that the power supply is stable and adapted. If the local power supply voltage is unstable, it's 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.

4、When using the instrument, please keep away from the wall and keep a 30cm space around the instrument for heat dissipation.

5、The instrument is a high-precision electronic instrument, please don’t place the instrument in a high temperature and humid environment.

6、The instrument uses an LCD touch screen. When tapping, try to tap with your fingertips instead of sharp objects.

7、Don’t use alcohol or corrosive solvents to clean the host and handle to avoid damage.

8、When using accessories, try to handle them gently, and don’t drop them by gravity to avoid damage to the handle.

9、When in use, the cord hose of the handle avoids extreme bending and damage

10、 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%.

11、When the instrument is not in use, please turn off the power, then unplug the power plug, and place various accessories of the instrument. If possible, cover the instrument with a dust cover.

12、 It's strictly forbidden to disassemble and modify the equipment without authorization.

13、If the equipment fails, it should be shut down immediately, please contact us.

Tenth、FAQ

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

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

①Women who need to gain muscle and change their shape-buttocks, waistcoat line, to show women a graceful posture.

②Men who need to gain muscle and change their body-gain muscle, especially sculpted chocolate muscle.

③People who need to lose weight-suitable for both men and women, more suitable for busy

office workers

④Those people who need to lose weight quickly-brides,models, actors, etc.

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

2、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.

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

A: HIFM 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.

4、How is the feeling to do HIFM 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.

5、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.

6、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 HIFM 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.

7、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.

8、Is the thick fat layer not suitable for HIFM beauty muscle instrument?

A: HIFM 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.

9、When can I use this instrument after postpartum?

A: it is recommended to use it after one month of natural birth and three months after caesarean section. The separation of abdominal muscles can quickly help strengthen and repair rectus abdominis.

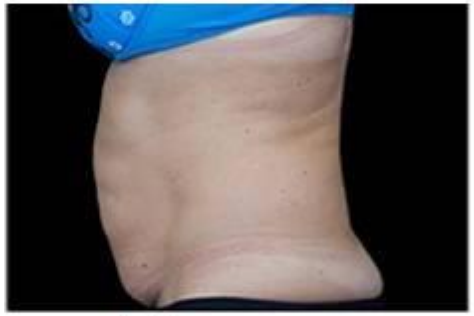
Eleventh、Clinical cases

Before

After the fourth treatment

Before

After the fourth treatment



Before

8 weeks after the fourth treatment

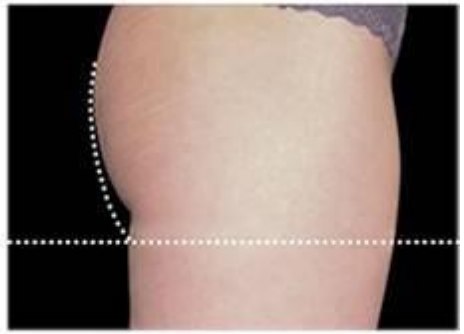
Before

12 weeks after the fourth treatment

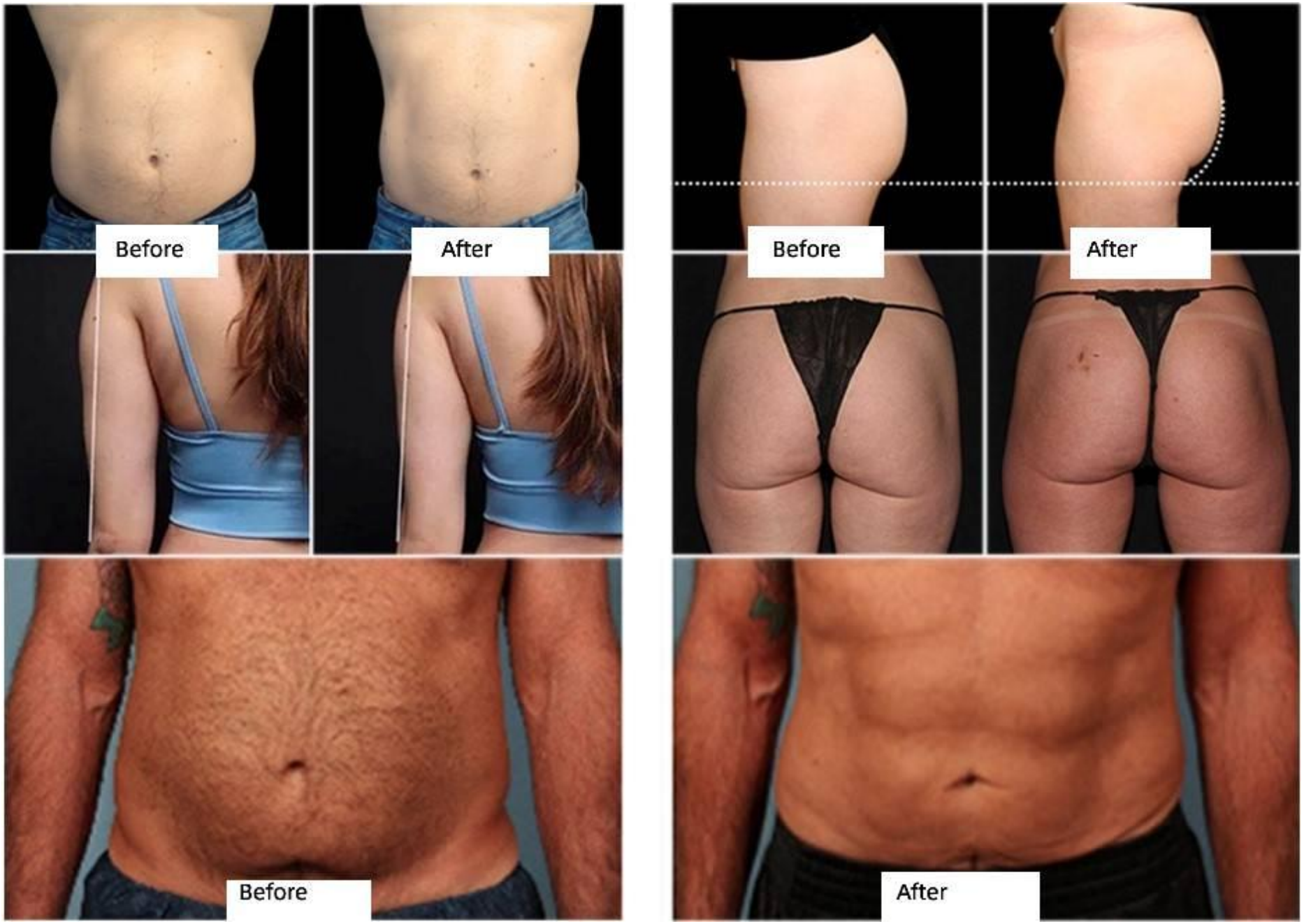
Before

8 weeks after the fourth treatment

Before



4 weeks after the fourth treatment


Before
After
Before
After
Before
After

Twelfth、 Technical specifications

Product name	HIFM Beauty muscle instrument（Portable）
Magnetic vibration intensity	7 Tesla
Input voltage	AC110V-230V
Output power	300W-1500W
Output power	3-150HZ
Fuse	10A
Size of flight shipping Case	45×35×30cm
Gross weight	About 9.8kg