

Dry Suit User Manual

Please read this manual before performing any operation!

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1.Gugeer Training System Safety Instructions

This product is not a medical device, please use it with caution.

1.1 Safety check before use

1. Ensure that the equipment is professionally inspected before use to avoid accidents caused by loose parts, damage or battery failure. If the energy control box or electrode sheet is abnormal (poor contact, heat, etc.), stop using it immediately and contact after-sales.
2. It is prohibited to disassemble or modify the equipment privately. Unauthorized repairs may cause circuit short circuits, functional failures, and increase safety hazards.

1.2 Cleaning and Usage Specifications

1. Cleaning and maintenance: Clean fitness clothes regularly and wash them gently by hand with neutral detergent. Avoid machine washing and drying to prevent damage to the conductive material.
2. Sharing by multiple people: If multiple people share (such as rental scenarios), ensure thorough disinfection to prevent the spread of pathogens.

1.3 Safety Guidelines (Screening of Contraindicated Populations)

Please review the following list of questions. If you answered “yes,” “maybe,” or “don’t know” to one or more of these questions, you should not use the device:

1. Do you have a pacemaker, implantable defibrillator, or other implanted metal or electronic device?
2. Are you pregnant?
3. Are you experiencing extreme muscle strain or trauma or muscle strain conditions such as rhabdomyolysis?
4. Have you been diagnosed with any heart problems or diseases?

5. Do you have insufficient blood flow (ischemia) or severe blood circulation disorders in your lower extremities?
6. Have you been diagnosed with abdominal or inguinal hernia?
7. Have you had surgery recently?
8. Have you experienced acute trauma or fractures recently?
9. Have you been diagnosed with epilepsy or other neurological diseases?
10. Have you experienced nerve damage that caused loss of sensation in a part of your body?
11. Do you have persistent pain?
12. Do you need muscle rehabilitation?
13. Do you suspect you have any heat illness?
14. Do you have cancer?
15. Do you have pain or involvement in your joints?
16. Have you ever had muscle cramps?
17. Have you ever experienced muscle tissue loss or muscle atrophy?
18. Have you been prone to internal bleeding (bleeding) after trauma or fractures?
19. Have you been around electronic monitoring devices (e.g., heart monitors, EKG devices)?
20. Are you under 18 years of age?

1.4 Contraindications

The Gugeer training system should not be used in the following situations:

1. Have a pacemaker, implantable defibrillator or other implanted metal/electronic device that may cause electric shock, burns, electrical interference or death.
2. Do not use in the uterus during menstruation or pregnancy. The safety of using an electric muscle stimulator during pregnancy has not been determined.
3. Experiencing extreme muscle strain, trauma or muscle strain conditions such as rhabdomyolysis.

4. Diagnosed with heart problems or conditions.
5. Inadequate blood supply (ischemia) to the lower limbs or severe blood circulation disorders.
6. Abdominal hernia or inguinal hernia.

1.5 Precautions

1. Use with caution if there is a tendency for internal bleeding after trauma or fracture.
2. After acute trauma, fracture or recent surgery, muscle contraction may interfere with healing, so use with caution.
3. If you are diagnosed with epilepsy or other neurological diseases, consult a doctor before use.
4. If nerve damage causes loss of sensation in parts of the body, use with caution.
5. If there is muscle tissue loss or muscle atrophy, muscle spasm, or muscle or joint pain, consult a doctor before use.
6. If there is persistent pain, consult a doctor before use.
7. If muscle rehabilitation is required, consult a doctor before use.
8. If you suspect you have heart disease, consult a doctor before use, as the device may cause fatal heart rhythm disorders in susceptible people.

1.6 Warnings and safety measures

1. Equipment usage specifications

- For adult use only.
- Do not wear the suit in a non-designed area (e.g., armband on calf); do not touch the inside of the suit or snaps during training, and stop training if adjustments are required.
- Modification of the device is prohibited; do not charge the energy control box while it is connected to the training suit.

2、 Stimulation area taboo

- Do not use stimulation near metal, in the neck (especially the carotid sinus nerve), in the neck or mouth, in the chest, on the head or where electrical stimulation penetrates the head, in swollen/infected/inflamed areas (such as phlebitis, etc.), or over or near cancerous lesions.

3、Environmental and scene taboos

- Do not use in water, in humid environments (sauna, spa, etc.), in oxygen-rich areas (such as next to oxygen tanks), while driving/operating machinery/riding a bicycle, or while sleeping.

4、Other safety matters

- Keep the device and accessories out of reach of children and pets; do not use on animals.
- Prevent foreign matter (soil, water, metal, etc.) from entering the energy control box; do not tamper with the set or the energy control box (such as trying to open it).
- Sudden temperature changes may cause condensation in the energy control box, so use it again after the temperature returns to normal; do not use excessive force during electrical muscle stimulation training, and perform it at a comfortable level.

1.7 Adverse Reactions

- For those with sensitive skin, redness or irritation may occur under the pad after electrical stimulation. This is usually harmless. Avoid training until the redness disappears. If it persists, discontinue use and consult a doctor.
- Headaches and pain may occur during or after training. Consult a doctor if this occurs and stop training until approved.



CAUTION: If you experience adverse reactions, please stop using Guger EMS products immediately and consult your doctor

2. Packing List

The Gugeer training system consists of 3 parts: functional clothing, energy control box, and Gugeer training system App.

The system has 10 control channels, which can exercise the muscle groups of ten parts of the body simultaneously or independently.

Upper limbs: biceps, triceps, chest, back, waist, shoulders

Lower limbs: front thigh, back thigh, buttocks

1.1 Training suit

Style 1: Jumpsuit

Note: To achieve the best training effect, do not wear anything under the base layer.

The single-layer jumpsuit contains 20 conductive electrodes that cover most of the muscle groups of the human body. It will be thinner and more body-shaping, suitable for personal use

Single-layer jumpsuit



Energy control box



Style 2: Two-piece drysuit

Note: For optimal training results, do not wear anything under your base layer.

Split clothes dryer



Energy control box + charger



2.2 Energy control box

Energy control box parameters :

Product name	EMS Smart training control box
Device weight	200g
Device weight	115*30*90mm
Use period	5 Year
Battery capacity	5000mah
Charge rating	The dcsv must be a standard 5V charger
Battery voltage	DC5V/1A
Output voltage	<=160V or <=100V
Output frequency	1-120Hz
Output pulse width	50-400us
Operating temperature and humidity	10°C-40°C,30%-85%RH
Transportation and storage temperature and humidity	-40°C~55°C,10%RH~93%RH
Access agreement	Bluetooth access



3.Usage Guidelines

- **Applicable people and uses:** Suitable for adults, used to stimulate healthy muscles to improve or promote muscle performance, not for the treatment of diseases.
- **Preparation before use:** Install gugeer App on Android phone or Android tablet; Check whether the equipment parts are damaged, prepare some warm water or cold water to wet the electrode pads; Put on the base layer and soak the electrode pads of the training suit.
- **Wearing equipment:** Put on the vest and shorts of the training suit in turn, adjust the waist belt, leg strap, shoulder strap, wear the arm strap and connect the arm connector, put the energy control box into the shorts pocket and connect it.
- **Select training mode:** In the training library of gugeer App, select the appropriate mode according to the training mode, difficulty level, etc.
- **Pairing and connecting the energy control box:** Turn on the energy control box pairing mode, confirm the connection in the device Bluetooth settings, and start training after the connection is successful.
- **Training process management:** The training interface can view information such as the remaining time, current and next exercises, and overall intensity, and can also adjust the stimulation and intensity of all or individual muscle groups, and pause or resume training.

4. Instructions

Before you start exercising with the gugeer training system, you must first install and configure the gugeer app on your Android phone or Android tablet, and make sure the device's Bluetooth and positioning are turned on. Adjust your training suit so that it fits snugly but is still comfortable.



Open the settings of your Android phone/
Android tablet and go to Bluetooth.
Make sure Bluetooth is turned on



Open the settings of your Android phone/
Android tablet and turn on positioning.
Make sure the positioning function is turned on



Open the Gugeer training system

4.1 Installation of Gugeer training system

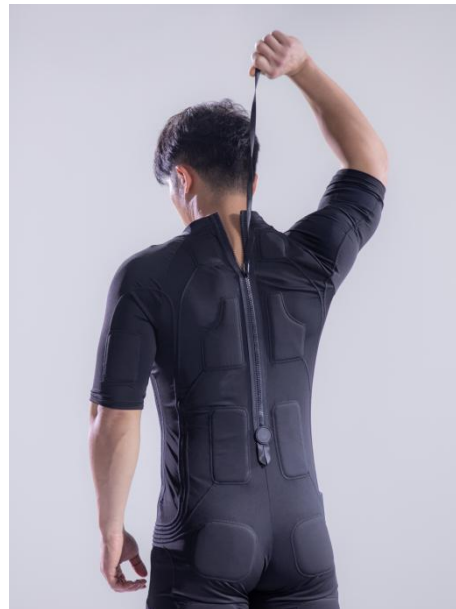
Gugeer App is an app that controls and manages your Gugeer training system workouts. Open the browser on your Android phone or Android tablet and copy and paste our installation link to download

Download link: <https://xemsplus.com/gugeer3.apk>

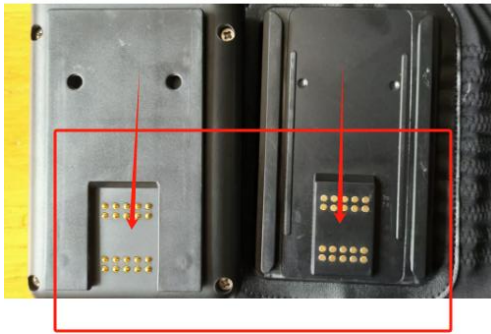
After successfully installing Gugeer App, open it and enter the training interface to start the next step

4.2 Style 1: Jumpsuit

1.Zip up your clothes after putting them on



2.Insert the energy control box into the card slot on the bottom plate of the garment in the same direction, and long press the switch of the energy control box to turn on the energy control box.



4.3 Style 2: Fashionable two-piece suit

Put on the clothes and make sure they are comfortable.

1. Connect the cables of the top and shorts.



2. Tighten the metal nut of the cable connection.



1. Note that the two trapezoidal interfaces are in the same direction.



4. Tighten the two tightening screws on the cable head



5. Press and hold the switch button of the control box



6. Put the control box into the belt bag to fix it



7.



5. Cleaning

Maintenance and Care

To carry out this task, the suit should be put in washing bag before washing in laundry in order not to be damaged. 1 The lycra and electrodes have fabric that can suffer wear due to the accumulation of mineral salts, We recommend that the suit be immersed in cold water to extract the mineral salts that accumulate in the fabric after training (It is recommended to eliminate the accumulation of salts once every two weeks). 1 It is recommended to clean delicate areas when you finish training to avoid the spread of bad odors and bacteria in the fabric. Wash with neutral soap or an antibacterial product sprayed or sprayed in the armpit and pants areas, allowing them to dry in a ventilated area (at least every 3 or 4 workouts). 1 Don't drying and bleach in order not to damage the pads under high temperature

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- Don't drying and bleach in order not to damage the pads under high temperature



6. Storage and maintenance

Gugeer has the following recommendations for storing and caring for your training system:

- Please store your suit in a cool, dry, well-ventilated area.
- When not in use, keep the energy control box in the provided carrying case.
- If you plan not to use the energy control box for a long time, it should be fully charged every three months.
- Do not pack the suit or base layer for a long time when the suit or base layer is wet (for example, after training or washing), as mold and bacteria may accumulate.
- After each use, wash the base layer with ordinary detergent. The base layer is designed for use in a domestic washing machine.

- Always let the suit air dry naturally. Do not put the suit in the dryer, otherwise it will damage the suit.
- Wipe the training suit connector and energy control box control box with a dry cloth.
- Do not open or modify your gugeer training system. This is considered tampering with the device and the manufacturer will be exempted from any responsibility related to the warranty and possible dangers to the operator or user.

7. Troubleshooting

- Energy control box cannot be turned on: Connect the charger and try to turn it on again after charging for 30 minutes.
- App cannot pair with energy control box: Make sure the energy control box is turned on and re-pair according to the steps.
- Training suit contact problem: Check the base layer, electrode pad wetness and connector connection.
- Weak stimulation or discomfort: Check the electrode pad wetness and the tightness of the training suit.

8. Warranty

For the latest warranty information, visit
<https://www.gugeer-emstraining.com/>.