

# **EMS wet Vest User Manual**

**Please read this manual before performing any operation!**

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## 一、 Warning and Safety Guidelines

Gugeer recommends that you consult your doctor before starting this or any other fitness program.

The text marked with a symbol in this manual indicates a situation that, if not avoided, may cause minor or moderate injury to the user or damage to the equipment.

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

- Make sure the device is professionally inspected before use to avoid accidents caused by loose parts, broken parts or battery failure. If the energy box control box or electrode sheet is found to be abnormal (such as poor contact, heating, etc.), stop using it immediately and contact after-sales.
- It is prohibited to disassemble or modify the equipment privately. Unauthorized repairs may cause circuit short circuit or functional failure, increasing safety hazards.
- Fitness clothes need to be cleaned regularly to avoid bacteria from sweat and sebum. It is recommended to wash gently by hand with a neutral detergent after each use to avoid machine washing or drying to damage the conductive material.
- If multiple people share the equipment (such as rental scenarios), ensure that it is thoroughly disinfected before use to prevent the spread of pathogens.

## 二、 Safety Guidelines

**Please review the following list of questions carefully. If you answer "yes", "maybe", or "I don't know" to one or more of the following questions, you should not use this 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 an abdominal or inguinal hernia?
7. Have you had surgery recently?
8. Have you recently experienced acute trauma or fractures?
9. Have you been diagnosed with epilepsy or other neurological conditions?
10. Have you experienced nerve damage that caused a loss of feeling 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 febrile illness?
14. Do you have cancer?

15. Do you have any pain or joint involvement?
16. Do you have any muscle cramps?
17. Do you experience muscle tissue loss or muscle atrophy?
18. Do you have a tendency to bleed internally (bleed) after trauma or fractures?
19. Are you around electronic monitoring equipment (e.g., heart monitor, EKG equipment)?
20. Are you under 18 years of age?

### **三、 Contraindications**

**The following are contraindications, indicating that the Gugeer Training System should not be used in certain situations:**

- Do not use the Gugeer Training System if you have a pacemaker (artificial heart pacemaker), implanted defibrillator, or other implanted metal or electronic device. Such use may cause electric shock, burns, electrical interference, or death.
- Do not use the Gugeer Training System during menstruation or on a pregnant uterus.

The safety of using an electric muscle stimulator during pregnancy has not been established.

- Do not use the Gugeer Training System if you are experiencing an extreme muscle strain or trauma, or if you are experiencing a muscle strain condition such as rhabdomyolysis.
- Do not use the Gugeer Training System if you have been diagnosed with any heart problems or conditions.
- Do not use the Gugeer Training System if you have insufficient blood supply (ischemia) to your lower extremities or severe blood circulation disorders.
- Do not use the Gugeer Training System on abdominal or inguinal hernias.

### **四、 Precautions**

**Here are the precautions that Gugeer recommends you review before using the Gugeer training system:**

- Use with caution if there is a tendency for internal bleeding after trauma or fractures.
- Use with caution if muscle contractions may interfere with the healing process after acute trauma or fractures or recent surgery.
- Consult your doctor before using the Gugeer training system if you have been diagnosed with epilepsy or other neurological disorders.
- Use with caution if nerve damage causes loss of sensation in a part of the body.
- If you experience muscle tissue loss or muscle atrophy, muscle spasms, or muscle-related pain or joints, consult your doctor before use.
- If you have persistent pain, consult your doctor before use.
- If you need muscle rehabilitation, consult your doctor before use.

- If you suspect any heart disease, consult your doctor before use. The device may cause fatal heart rhythm disturbances in susceptible people.

## **五、 Warnings and Safety Measures**

**Here are general warnings and safety measures that you should review before using the Gugeer Training System:**

- Use the Gugeer Training System only with the base layer provided.
- The Gugeer Training System is for adult use only.
- Do not wear the suit on a body part for which it is not designed, such as wearing the armband on the calf.
- During training, do not touch the inside of the suit or the snaps with your hands. If the suit needs to be adjusted, stop training first and then make the adjustment.
- No modifications to the Gugeer Training System equipment are allowed.
- Do not charge while the Energy Box Control Box is connected to the suit.
- Stimulation should not be performed near metal. Remove all jewelry, body piercings, belt buckles, or any other removable metal products or devices from the stimulation area.
- Stimulation should not be applied over the neck (particularly the carotid sinus nerve), especially in patients known to be sensitive to the carotid sinus reflex.
- Stimulation should not be applied over the neck or mouth. Severe spasms of the neck or airway muscles may occur, and the contraction may be strong enough to close the airway or cause breathing difficulties.
- Although the Gugeer Training System is designed to prevent the current from passing through the chest (transthoracic), please note that stimulation should not be applied within the chest to prevent the current from reaching the heart, which could cause irregular heartbeats (arrhythmias).
- Stimulation should not be applied over the head or any area where it could cause electrical stimulation to pass through the head (transcerebral). The effectiveness of stimulating the brain has not been established.
- Stimulation should not be applied over swollen, infected, or inflamed areas (e.g., phlebitis, thrombophlebitis, varicose veins).
- The long-term effects of chronic electrical stimulation have not been established.
- Stimulation should not be applied over or near cancerous lesions.
- Do not stimulate muscle groups if you have any concerns about comfort or safety.
- Do not use the Gugeer Training System if connected to any electronic monitoring device (e.g., heart monitor, EKG device). These devices may not function properly when using electrical stimulation.
- Do not use the Gugeer Training System in water or in a humid environment (sauna, spa, etc.).
- Do not use the Gugeer Training System in oxygen-rich areas (e.g., where there are

oxygen tanks).

- Do not use the Gugeer Training System while driving, operating machinery, riding a bicycle, or doing any activity where electrical stimulation could injure yourself or others.
- Do not apply stimulation while sleeping.
- Keep the Gugeer Training System device and its accessories out of the reach of children and pets.
- Do not use the Gugeer Training System for animals.
- Do not allow any foreign matter (soil, water, metal, etc.) to enter the Energy Box Control Box.
- Do not tamper with the suit or Energy Box Control Box (e.g., try to open them).
- Sudden temperature changes may cause condensation inside the Energy Box Control Box. Use only after the temperature returns to normal.
- Do not overexert yourself during electrical muscle stimulation training. Any training should be performed at a level that is comfortable for you.

## 六、 Adverse Reactions:

- Some people with very sensitive skin may experience redness or irritation under the pad after receiving electrical muscle stimulation. Usually, this redness is completely harmless and disappears quickly. Avoid starting training until the redness is no longer visible. If redness persists, stop using the Gugeer Training System and consult your doctor.
- Some people may experience headaches and other painful sensations during or after training. If this occurs, a doctor should be consulted and training should be discontinued until cleared by the doctor.



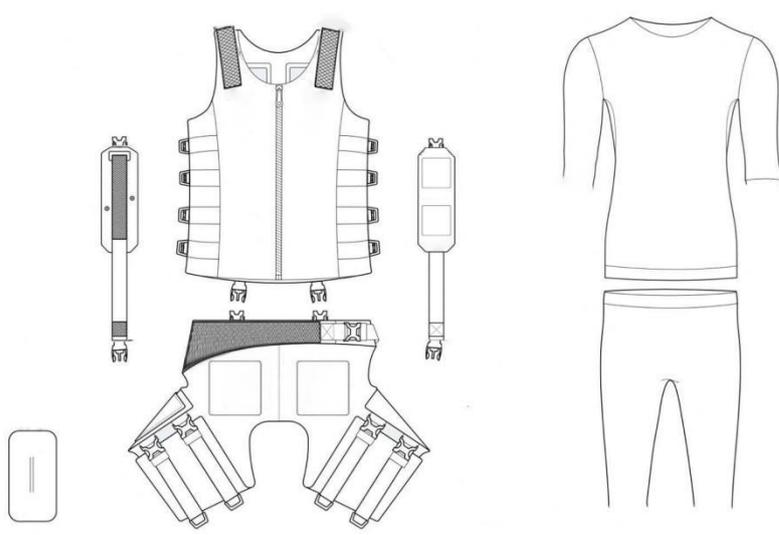
**CAUTION:** If you experience adverse reactions, please stop using Gugeer EMS products immediately and consult your doctor

## 1. Overview and Accessories Range

### 1.1 Accessories Range

The Gugeer training system consists of three main components: the suit, the energy box and the base layer.

This section will introduce these three components:

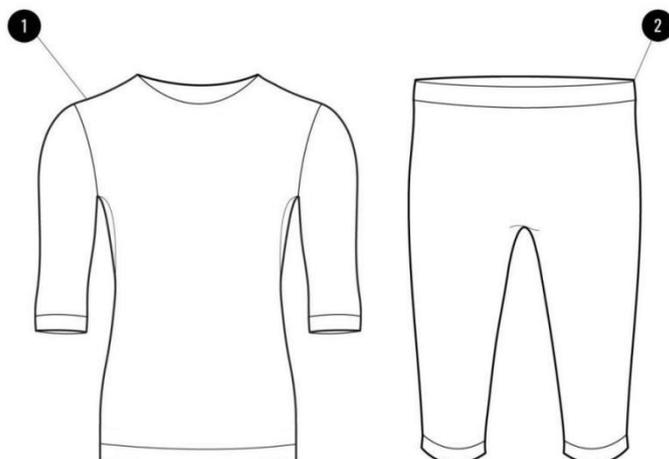


The suit delivers pulses directly from the connected energy box to all your major muscle groups.

The suit consists of three separate components: vest, shorts and armbands.

### 1.2 Base Layers

The base kit consists of a shirt and a pair of shorts. They are designed to be worn under the kit during training and should be in direct contact with your skin.



①Base Layer

②Shorts

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

### **1.3 Energy Box**

Battery capacity: 5000ma

Charging interface: Type-C

Input: DC5V/1A

## **2. Usage Guide**

- 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 device 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 box 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 box control box: Turn on the energy box 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.

**2.1 For detailed tutorials, please click the link below to jump to our**

**YouTube to view**

**Wearing tutorial:**

<https://www.youtube.com/shorts/njQLcTqBjTM>

## **3. Instructions for Use**

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 adjust your fitness clothing so that it fits snugly but is still comfortable.

### **3.1. Install and launch the Gugeer App**

The Gugeer App is an application that controls and manages your Gugeer training system workouts.



**To install the app, use this method:**

**Open the browser on your Android phone or tablet and copy our installation link to download.**

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

**After successfully installing the Gugeer App, open it and enter the training interface to start your training.**

### **3.2. Prepare your suit**

Before starting this step, make sure you have filled your spray bottle with water (we recommend warm water for convenience) to the maximum water line and pumped it about 20 times.



**CAUTION:** Always inspect your suit and base layer for rips, tears, or any other type of damage. If damage is present, replace the damaged suit or base layer. Do not use the suit or base layer when damaged.

**3.3. To prepare your suit for exercise, follow these steps:**

#### **3.3.1 Steps to prepare for the split vest:**

- ① Put on your base layer.
- ② Lay the vest and shorts on the floor.
- ③ Attach the vest to the shorts using the included buckles



④ Open the vest and shorts to reveal the pad.



⑤ Lay the armband on the floor with the pad facing up.

⑥ For each pad on the vest, shorts, and armband, do the following:

A. Place the nozzle directly on the pad and press down, keeping the nozzle 5~10CM away from the pad at all times. Turn the spray nut all the way to the right to set the spray mode to atomization;

This is the best setting for wetting the pad.



- B. Pull the trigger to start spraying.
- C. Continue squeezing the nozzle on the pad in a Z-shaped pattern.
- D. Press the pad with your fingers to ensure correct wetness. You should observe water flowing onto the pad surface with very little pressure.



**CAUTION:** Pads must be sufficiently soaked with water. This can be tested by placing a finger on the electrode and pressing down. Water should come out of the pad with little pressure.

### **3.3.2 Steps to prepare for the one-piece vest:**

- ① Put on your base layer.



②Lay the vest flat on the floor with the pad facing up, and spray water on each pad as follows:

A. Place the nozzle directly on the pad and press down, keeping the nozzle 5~10CM away from the pad at all times. Turn the spray nut all the way to the right to set the spray mode to atomization;

This is the best setting for wetting the pad.



B. Pull the trigger to start spraying.

C. Continue squeezing the nozzle on the pad in a Z-shaped pattern.

D. Press the pad with your fingers to ensure correct wetness. You should observe water flowing onto the pad surface with very little pressure.



**CAUTION:** Pads must be sufficiently soaked with water. This can be tested by placing a finger on the electrode and pressing down. Water should come out of the pad with little pressure.

### 3.4. Putting on your suit

Instructions for putting on the suit are provided below.



**CAUTION:** Guger recommends that you only wear the provided base layer underneath the suit during your workouts to achieve maximum efficacy.

### 3.4.1 Steps for wearing a split vest:

①Put on the prepared vest and shorts and zip up the vest.



②Wrap the belt around your waist and secure it with the Velcro. Then connect the buckle and tighten the strap again as needed.



③Loop the leg strap around each thigh and secure each buckle.



- ④ Tighten the leg straps of the shorts, making sure the front pad is in the middle.
- ⑤ Tighten the D-rings of the vest side straps starting from the bottom to ensure good compression. If necessary, lift the rings to loosen the side straps.



- ⑥ Pull down both shoulder straps at the same time to tighten the vest so that it fits your body perfectly.



- ⑦ Loop the armbands around the middle of your upper arms, making sure they sit over the bottom layer and that the padding is tight but comfortable.



**CAUTION:** Over-tightening of the arm straps may lead to pinching the skin.

### **3.4.2 Steps for wearing a one-piece vest:**

① After putting on the one-piece vest, zip it up.



② Wrap the belt around your waist and secure it with Velcro. Then connect the buckle and tighten the strap again according to the required width.



③ Wrap the leg strap around each thigh and buckle each buckle. And tighten the leg strap of the shorts, making sure the front leg electrode pad is in the middle.



④ At the same time, adjust the overall straps to tighten the vest so that the vest can fit your body completely. The width needs to be adjusted without affecting your activities.



⑤The final wear is shown in the figure below.





**CAUTION:** Over-tightening of the arm straps may lead to pinching the skin.

### 3.5. Choose your workout

Open the gugeer app on your Android phone or Android tablet and access the gugeer workout library.



**CAUTION:** If this is your first time, Gugeer recommends you start using low-intensity settings before progressing to higher intensities to familiarize yourself with the sensation.

### 3.6. Pairing the Energy Control Box

The Energy Control Box uses Bluetooth to communicate with the app. Before using the Energy Control Box in your workout, pair it with your Android phone or Android tablet. To do this, make sure your device is close to the Energy Control Box and has Bluetooth and positioning turned on.



A. Press and hold the power button until you hear a beeping sound and the light turns on. Click Gugeer APP.



B. Click + at the bottom of the app to connect to the energy box. Make sure the Bluetooth of your Android phone or tablet is turned on.



C. Select the energy box with the same number as your energy box, and click until you hear a beeping sound from the energy box and the light bar flashes. This means that pairing mode is activated.



D. Our program has 12 built-in training modes. You can choose a mode that suits you to start training.



E. Use the cable aviation head to align with the card slot and tighten the nut to firmly connect the cable to the energy box.



F. After pairing your Android phone or Android tablet with the Energy Box, you can store the Energy Box Control Box. Place the Energy Box Control Box in your shorts pocket during exercise.



## **4. 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 place.
- 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 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.

## **5. Troubleshooting**

- o The energy box control box cannot be turned on: connect the charger and try to turn it on after charging for 30 minutes.
- o The App cannot pair the energy box control box: make sure the energy box control box is turned on and follow the steps to re-pair.
- o Training suit contact problem: check the base layer, electrode pad wetness and connector connection.
- o Weak stimulation or discomfort: check electrode pad wetness and training suit tightness.

## **6. Warranty**

**For the latest warranty information, please visit:**

<https://www.gugeer-emstraining.com/>