

# THE MERIDIAN EXERCISE INSTRUMENT

USER MANUAL



AWESOME HEALTH

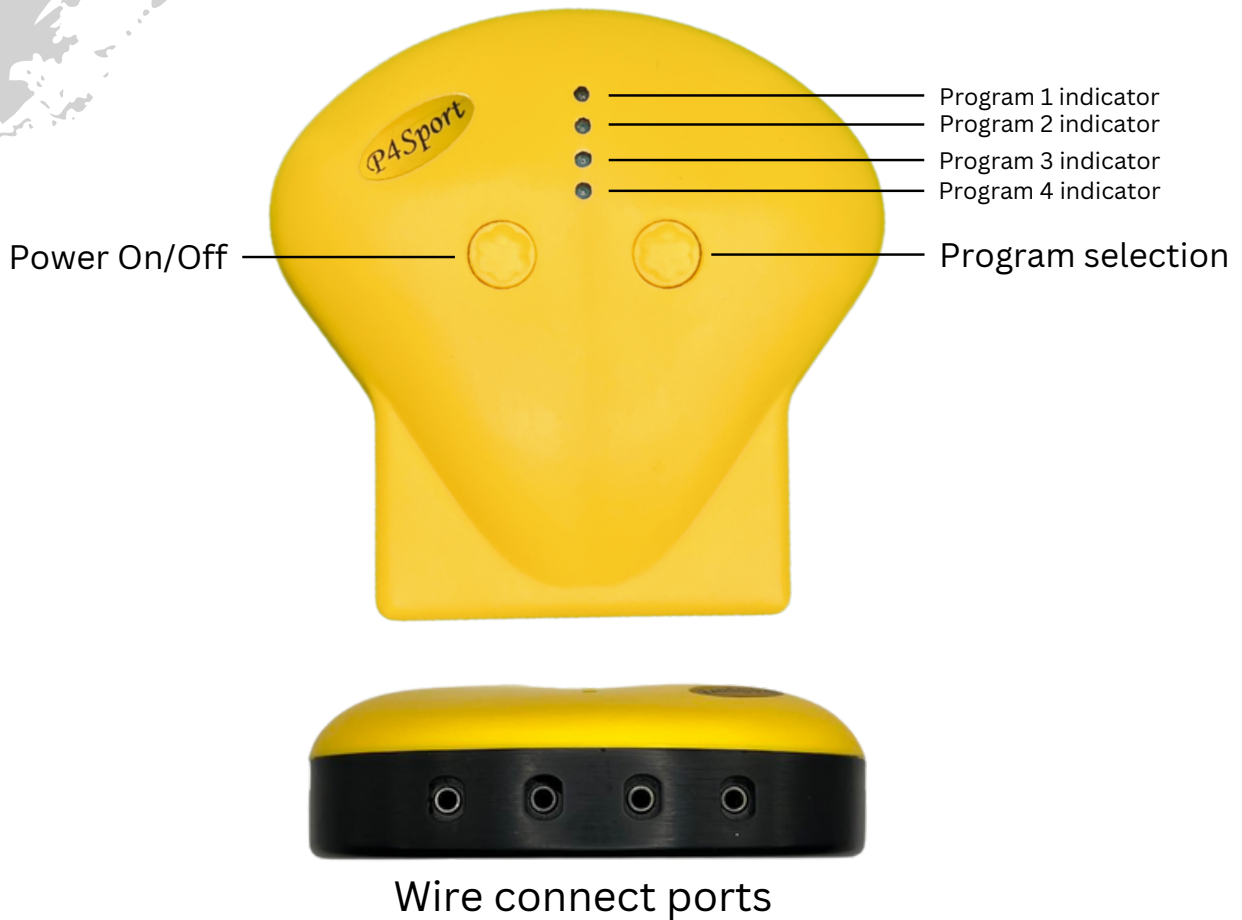
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# User Manual Preface

Through the preset programs of Meridian Exerciser, it can help you have the most ideal body shape, achieve the best exercise effect, consume excess fat in the body and maintain a good physical condition, and also help the body adjust its endocrine system, balance hormones, delay aging, prevent muscle weakness, and achieve the effect of muscle strengthening and uplifting.

In addition, the Meridian Exerciser also provides a unique program that can relieve pain. Anytime, on any occasion, your muscles can relax and recover from intense and busy work. You can also use this portable Meridian Exerciser to improve lymphatic circulation, detoxify and relieve edema. It packs so many functions into one, in effect, you've brought home a fitness studio, a beauty salon, and a physiotherapy center all in your hand.



The Meridian exerciser instrument consists of a micro-current frequency output device, a conductive patch attached to the skin, and a wire connected to the conductive patch. When the micro-current pulse of the meridian exerciser instrument is on, the indicator light on the instrument will flash.

The meridian exerciser instrument has four output poles connected with 8 conductive patches by wires. Lines can independently control the intensity of stimulation.

The four lights in the middle position represent four different functions and can be selected as program functions.

# Instruction

## Ready to use:

- ① Make sure the instrument is turned off, and stick the patch on the area needed;
- ② Connect the cable to the patch and insert it into the instrument. There is an adjuster on the cable to adjust the strength of the force;
- ③ There are 2 buttons on the front of the instrument. Long-press the left button to turn on/off the instrument. When you see the light, it means it is on, you can use the button on the right to select any one of the four programs you want within 5 seconds. If it exceeds 5 seconds, the instrument locks in one of the programs, and you must turn off and restart it if you want to switch functions.
- ④ If you want to end the program early, you can long press the left button to turn it off and pull out the connecting wire from the patch.

Meridian exerciser can provide the following four functional programs

1. Facial Beauty;
2. Enhanced Exercise;
3. Muscle tightening, lifting, chest strengthening;
4. Pain Relief;

You can select any functioning program through the program selection button. (Select the function program within 5 seconds after pressing the left button)

When the battery indicator light flashes, it means the built battery needs to be charged.

# Instruction

## End program:

- 1.The four programs are timed through each independent program control. When you hear the continuous beep of the instrument, it means that the instrument has stopped. The Meridian Exerciser does not automatically terminate the power supply, so after each use, be sure to turn off the switch button, otherwise, the power will continue to be consumed.
- 2.Pull the wires out of the conductive sticker.
- 3.Remove the conductive sticker, and stick the sticker back on the protective film to prevent it from drying out. Not necessary to pull the leads out of the Meridian Exerciser.
  - If the conductive sticker becomes dry or dirty, it loses the stickiness of the skin and reduces the conductive performance. At this time, you can gently wipe the surface with a damp cloth and water. If the conductive sticker is too old, it must be replaced.

## Warning:

- Pregnant women should use this device under the guidance of a doctor.
- Person with heart disease or epilepsy who use this meridian exercise device must be monitored by medical staff.
- Incorrect stimulation on the front of the neck can cause adverse reactions.
- Stimulation across the brain and heart can cause significant discomfort.
- Please place the device out of the reach of children. Do not immerse the Meridian Exerciser in water.
- Person whose cancer is in the metastatic stage should not use it.
- Person using cardiac assist devices should not use the instrument.

# Meridian Exerciser's Programs

The Meridian exerciser instrument provides the optimized micro-current stimulation of organic tissues, and its functions are as follows

- Facial lifting, wrinkle removal;
- Promotes lymphatic circulation, detumescence, and detoxification;
- Firms tighten, and lift muscles;
- Body shaping, breast enhancement;
- Increases muscular endurance and speeds up metabolism;
- Promotes blood flow to the stimulated area;
- Improves micro-circulation;
- Relieves muscle pain;

## **Program 1: Facial Beauty**

For the stimulated parts of the face, it can enhance the vitality and tightness of the facial muscles, make blood circulation smooth, replenish collagen, restore the elasticity of the skin, improve the muscles, delay the relaxation of the facial muscles and eliminate dark circles, restore cell viability. Please use the mask for this program.

Duration: The ideal usage time is 15 minutes. Can be repeated once or twice

Treatment schedule:

We recommend that you do this procedure once a day for the first month and then 4-6 times a month to maintain the effect or whenever you feel the need to tighten or lift your facial muscles, or to relieve eye fatigue and eliminate dark circles. You can use it anytime.

Beauty application:

This program produces 25 continuous electron beams, the pulse frequency varies between 45 and 120 Hz, and the duration of each pulse is between 60 and 140 milliseconds (duration of 15 minutes).

Professional training is required when using it on the face and neck.

# Meridian Exerciser's Programs

## **Program 2: Strengthening Exercise**

Simulate body muscle workouts to increase muscle endurance, and strength, burn excess fat and stay in good shape.

The patch can be placed on any muscle of the body that needs to be exercised (except the eyes, neck, throat, and reproductive organs)

Duration: The program time is preset to 90 minutes.

This program keeps you in ideal shape and prevents muscle loss, and is also a good adjunct to all kinds of physical exercise.

usage count

Used as a muscle building to burn excess fat to keep in shape, multiple times a day are recommended (depending on what you want to achieve).

For major musculature exercises, two to four times a day is recommended to increase the intensity of the training.

The procedure is divided into three stages:

1. Relieving fatigue (endurance), the stimulation pulse of the meridian exerciser instrument changes once every 3 minutes, repeated 20 times, the frequency is 20 times, and the frequency is 10-83HZ. (duration 60 minutes)
2. The strengthening stage includes a series of 52 alternate muscle contraction and relaxation stages, each contraction lasts 9 seconds, the frequency is 50HZ, and the pulse duration is 40-180 milliseconds. Each 3-minute ramp was followed by a maximum contraction intensity of 6 seconds, with 21 seconds of fine relaxation time between contractions, with a frequency of 40-180 milliseconds during relaxation (duration 26 minutes).
3. In the calm and relaxation stage, the maximum pulse duration is 180 milliseconds, which is similar to the pulse in the first stage, but the frequency is once every 2 seconds (duration 4 minutes).



# Meridian Exerciser's Programs

## **Program 3: Muscle Tightening, Lifting, and Chest Strengthening**

Application :

Prevents sagging buttocks and breasts and relaxation of chest and limb muscles. Used to enhance the elasticity of the muscles at the stimulation site and improve the shape of the chest.

Duration: Treatment time is set to 20 minutes.

Times of use :

This procedure is recommended once or twice a day, or whenever you need a certain area of muscle tightening and a butt and breast lift.

The procedure is divided into three stages :

- 1.The warm-up phase of the 15-second ramp, after which the frequency adjustment per second is between 45 and 125 Hz, and the pulse duration is between 10 and 140 milliseconds (duration 5 minutes).
- 2.The working stage includes 40 muscle contractions, 30 intermittent contractions, and 10 thick relaxation stages. The pulse duration is between 40-80 milliseconds. Each time first lasted 2 seconds, and the stimulation frequency was 70HZ. Each pause time is 2 seconds and the 12-second fine relaxation period. The average stimulation frequency was 10 Hz, and the pulse duration ranged from 103 to 108 ms (duration 5 minutes).
- 3.Calm down and relax. Contains 10 muscle contraction and relaxation phases. Each contraction lasted 12 seconds and the stimulation frequency was 64 Hz, with 9 seconds of conditioning stimulation and 3 seconds of ramps. There was a 48-second fine relaxation period between each contraction, and the average stimulation frequency was 10 Hz. The pulse duration ranged from 40 to 180 milliseconds. (duration 10 minutes).

# Meridian Exerciser's Programs

## **Program 4: Pain Relief**

Application :

Used to control muscle discomfort, relieve fatigue, relax muscles and increase blood circulation. For pain relief, the placement of the patch is slightly different from the placement of muscle movement stimulation. Generally, it is placed directly on the painful area, except for the head and throat.

Duration: The scheduled program is 40 minutes and can be used repeatedly.

Times of use :

Use it anytime you need pain relief or tension relief and muscle cell rejuvenation.

This procedure is divided into three stages :

- 1.The beginning is a 15-second ramp, and then the frequency adjustment per second is between 45 and 120 Hz, and the pulse duration is between 60 and 140 milliseconds. During this phase, there will be a gradual loss of pain sensation (duration 16 minutes)
- 2.In the pain control stage, 10 pulses are sent per second, and the frequency is between 4.5 and 83.5HZ to achieve the effect of pain relief, which is equivalent to the effect of analgesics and synthetic endorphins. (duration 8 minutes).
- 3.The interaction stage includes continuous pulses of 83.3HZ with a duration of 160 milliseconds, and a non-stimulation interval of 96 milliseconds between pulses, each lasting 250 milliseconds. (duration 16 minutes)

# Patch maintenance

## How to use, clean, and maintain the patch:

- Do not stick to the damaged skin, there will be a tingling sensation.
- Generally, it is pasted on the part that is close to the distance, symmetrical, or similar to the bearing capacity. If the distance is too far and the bearing capacity gap is large, a good therapeutic effect will not be achieved.
- The patch is a pair of positive and negative electrodes that should be placed close to each other, on the left and right, or up and down. It should not be placed as one piece on the front of the chest and one piece on the back, and it should not traverse the heart, which will cause severe issues.
- Gently wipe the patch with a wet towel in warm water after each use, and clean out the foreign matter. Then disinfect it with alcohol spray, dry it and stick it on a plastic sheet for the next use. (If the patch is too wet, the gel will come off,)
- Do not let the water get wet to the electrode hole when cleaning, to prevent the copper sheet from oxidizing and affecting the conductivity.
- If the patch is too wet or too dry, it will affect the use. The patch should be put away in a suitable dry and wet state. If the patch is too dry during use, you can use it after dipping some water on the patch.
- The patch should be stored in a cool place. If plan not to use it for a long time, it can be stored in the refrigerator to avoid mold.

# Technical parameter

Channel: Four independent channels that individually control the intensity of each stage's output.

Output :

Current waveform (during treatment) asymmetrical bidirectional pulse

Voltage waveform (open circuit) low voltage two-phase symmetrical square wave

Maximum voltage per pulse (open circuit)  $45VP \pm 10\%$

Maximum output rate with 5000HMS load, RMS voltage 4V

Pulse intensity  $80mA \pm 10\%$ , maximum pulse duration  $M200 \pm 10\%$

Power: 9V alkaline battery

Control keys :

Each channel has a disconnect switch and an intensity control button, and the change program button selects one of the 4 programs in the memory.

Indicator :

Four blue indicators show output, one program selection indicator, and one low battery indicator.

Warranty :

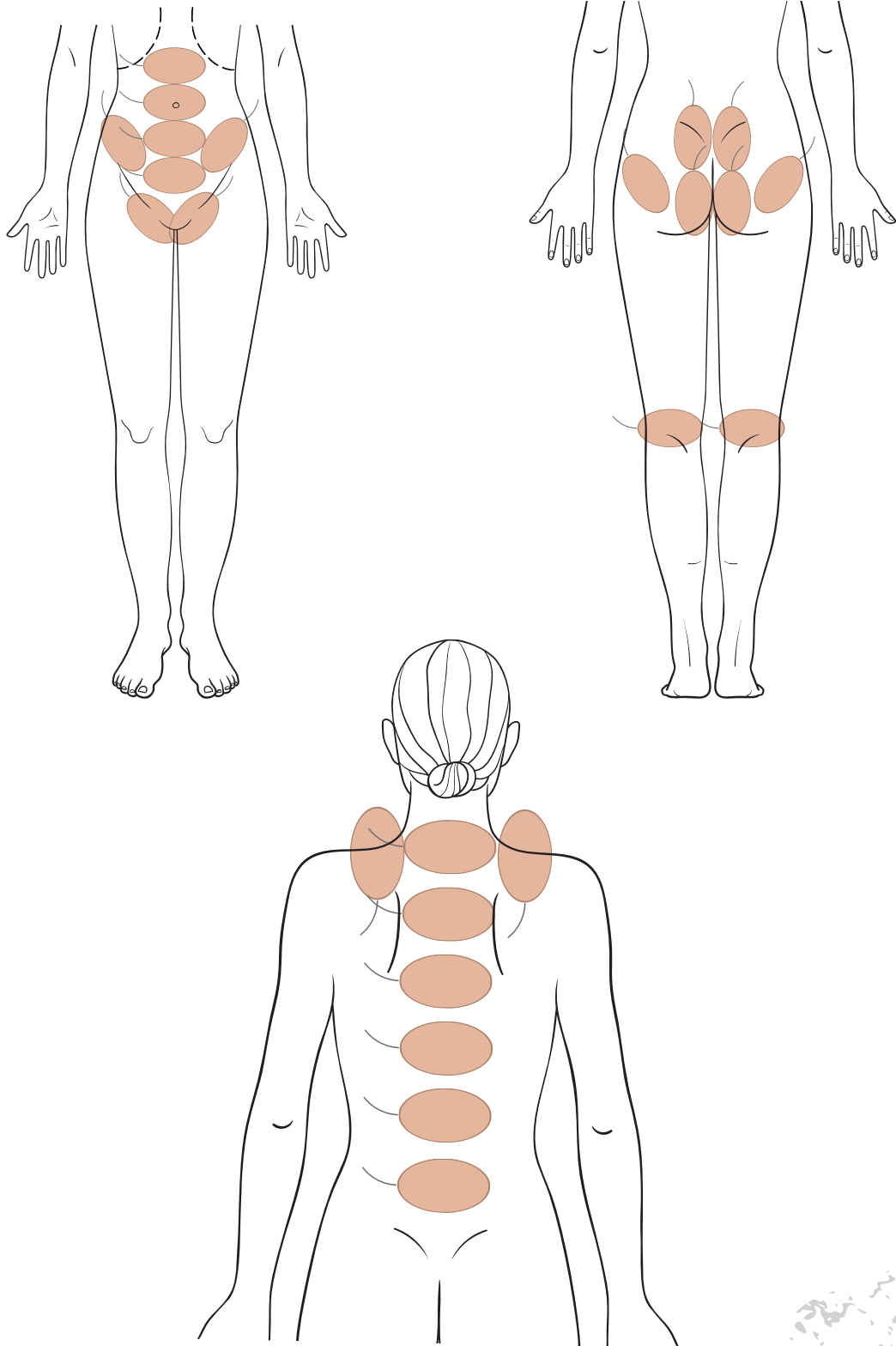
If malfunctioning occurs, Meridian Exerciser can be replaced for free within two years (except for man-made damage, and the loss of accessories is not covered by the warranty), and is not responsible for shipping cost.

Important Notes

The Meridian Exerciser complies with the European national safety standard IEC 60601-2-10 and the American safety standard ANSI/AAMI NS4.

Due to continuous improvement, Meridian Exerciser reserves the right to change the above specifications without prior notice.

# Patch schematic





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