



EMS MOBILE® – USER MANUAL

EMS MOBILE® HOME EDITION

WELCOME **to the EMS MOBILE® community!**

We are delighted that you have chosen our high-quality EMS MOBILE® HOME System for electrical muscle stimulation, which lets you look after your body and your health any time, anywhere.

The EMS MOBILE® HOME System is a high-quality device developed with a great deal of expertise and know-how. Thanks to its varied, goal-oriented programmes, it is equally suitable for beginners and professionals. By combining the functional SUIT, PowerBox and EMS MOBILE® HOME App, you can pair many different activities with electrical muscle stimulation.

This user manual shows you, as a customer and user of this innovative EMS MOBILE® HOME System, step by step how to use it and which safety instructions to follow. Should you still have any questions, please email info@ems-mobile.de.

The entire EMS MOBILE® team hopes you enjoy your EMS MOBILE® activity, whether at home, outdoors, on holiday or on a business trip!







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1. SAFETY INSTRUCTIONS

1.1 General information

The EMS MOBILE® HOME System, which is based on highly efficient electrical muscle stimulation (EMS), was developed as a training and fitness device for private use. It is not a medical device.

Please read this user manual completely and carefully before first use. Personal injury and damage to property can only be ruled out, and dangerous situations avoided, if the system is handled correctly and properly. If these instructions are not followed, EMS MOBILE® accepts no liability for any resulting damage. In such cases, the warranty also becomes void. Before each use, make sure that your EMS MOBILE® HOME System is free from damage. If you notice anything unusual, please contact your seller or rental provider immediately.

Wash your EMS MOBILE® SUIT only with the detergents we recommend. This is the only way to ensure the long-term durability and functionality of the suit. Use only the supplied charging cable to charge the PowerBox. Only this cable ensures safe and proper charging.

Training with the EMS MOBILE® HOME System must only take place in a dry environment. Avoid areas with high humidity or situations in which you could come into contact with water (e.g. rain, bathtubs, pools).

All liability is excluded if the safety instructions are not observed. You use the EMS MOBILE® HOME System at your own risk.

1.2 Risks and contraindications

Although no cardiac arrhythmias have occurred to date in connection with training with an EMS MOBILE® HOME System, the law requires us to point out a potential residual risk. Training with the EMS MOBILE® HOME System must not be carried out if cardiac arrhythmias are present, as life-threatening situations can arise.

The EMS MOBILE® HOME System must not be used if one absolute contraindication or several relative contraindications are present. Using it despite existing contraindications can lead to minor injuries or even death. We expressly point out that no activity with the EMS MOBILE® HOME System may be carried out if any of the contraindications listed applies. If in doubt, consult a doctor before using the EMS MOBILE® HOME System.



Absolute contraindications:

- Acute illnesses, bacterial infections or inflammatory processes
- Recent surgery (< 2 months)
- Arteriosclerosis, arterial circulatory disorders
- Stents or bypasses in place for less than 6 months
- Untreated high blood pressure
- Diabetes mellitus
- Pregnancy
- Electrical implants such as pacemakers
- Tumours or cancer
- Bleeding disorders, bleeding tendency (haemophilia)
- Neurological disorders, epilepsy or multiple sclerosis
- Abdominal wall or inguinal hernias
- Cardiac arrhythmias

Relative contraindications:

- Acute back pain without a diagnosis
- Acute neuralgia, herniated discs
- Implants (prostheses)
- Diseases of the internal organs (esp. kidneys)
- Cardiovascular diseases
- Epilepsy (seizure-free for more than 12 months)
- Motion sickness
- Large fluid accumulations in the body, oedema
- Open skin injuries, wounds, eczema, burns
- Varicosis, varicose veins
- Currently under the influence of alcohol, drugs or intoxicants
- Taking medication

1.3 Damage

If you find damage to any of the components, you must not use the EMS MOBILE® HOME System!

To prevent damage to the material or cables, you should handle the system with exceptional care. This means: never use the EMS MOBILE® HOME System in wet conditions. Do not pinch or kink the cables, and do not place heavy objects on them. In addition, do not expose the system to direct sunlight or high temperatures for long periods (except during outdoor use). Protect it from dirt, dust, small children and pets.

Any damage must be reported to your seller/rental provider, who will then decide how to proceed.



2. HOW EMS WORKS AND ITS EFFECTS

2.1 How electrical muscle stimulation works

The EMS MOBILE® SUIT has special built-in dry electrodes that transmit bioelectrical impulses. These stimulate all muscle groups at the same time and make exercises considerably more intense than conventional training, as they also reach the deep muscle layers. Put simply, EMS acts as an amplifier of the body's own natural principle: with every normal movement, the brain sends bioelectrical signals to the muscles via motor nerves to trigger a muscle contraction. The muscles tense – and movement becomes possible. With electrical muscle stimulation, however, this impulse is triggered not by the brain but by the EMS MOBILE® HOME System. For the muscle, it makes no difference how the command to contract was generated. EMS therefore acts like an external turbo for the natural principle of movement.

EMS can be combined with static and dynamic exercises as well as with everyday movements or your favourite sport.

2.2 Effects of electrical muscle stimulation

Better posture, stronger back

An imbalance in the postural muscles of the back, abdomen and pelvic floor is widespread and often leads to discomfort. EMS can activate and effectively train these often hard-to-reach muscle groups in a targeted way. Regular EMS training can noticeably help relieve back pain in particular, a “common complaint”. At the same time, compensatory postural problems are reduced, leading to better posture and greater mobility in the long term.

Correcting muscular imbalances

EMS enables the targeted activation of individual muscle groups. This is particularly important when muscular imbalances need to be corrected. Sitting at a desk for long periods, for example, often leads to shortened chest muscles combined with weakened shoulder and back muscles.

Maximum strength and endurance

Untrained people can only voluntarily activate about 40 to 70% of their existing strength potential. EMS reduces this strength deficit between maximum and absolute strength, as the stimulation synchronises and activates the motor units much more effectively. At the same time, EMS also demonstrably and noticeably improves strength endurance.



Muscle building (hypertrophy)

The gains in maximum strength from EMS described above are essentially based on an increase in muscle mass. An increase in the circumference of the chest, arms and legs can often be noticed after just a few training sessions.

Weight and fat reduction

EMS supports a lasting reduction in body weight and body fat: the increased metabolic activity during training and for many hours afterwards leads to high energy consumption. At the same time, building lean muscle mass over the long term significantly increases the basal metabolic rate.

Improved sports performance

EMS is ideal for building sport-specific strength in a targeted way, improving the quality of muscle contractions and correcting muscular imbalances. In competitive sport in particular, where numerous technically and tactically demanding training sessions have to be completed, EMS also offers a time-saving and effective alternative to conventional strength training.

Gentle on the musculoskeletal system

In EMS training, the training intensity is generated not by heavy weights or dumbbells but by targeted electrical muscle stimulation. This makes training much gentler on the joints and puts considerably less strain on the musculoskeletal system.



3. DESCRIPTION OF THE EMS MOBILE® HOME SYSTEM

The EMS MOBILE® HOME System includes:

- EMS MOBILE® PowerBox, USB charging cable, case
- EMS MOBILE® HOME App unlimited licence
- EMS MOBILE® dry-electrode SUIT, laundry bag, carry bag
- Waist/chest straps



3.1 EMS MOBILE® PowerBox

The EMS MOBILE® PowerBox is the heart of the EMS MOBILE® HOME System. Via the electrodes, it supplies the energy needed for electrical muscle stimulation. The PowerBox connects via Bluetooth to the EMS MOBILE® HOME App, which is used to control it.

Depending on the training intensity, the PowerBox battery lasts for at least 5 training sessions of 20 minutes each. We recommend charging the PowerBox after about 5 training sessions so that it is always ready for use. The 2,000 mAh Li-ion battery can also be charged in between without being damaged.

Before first use, the battery must be charged for at least 3 hours. To avoid damage, use only the supplied USB cable and the 220 V mains adapter. While charging, the PowerBox indicator lights up blue; when the battery is fully charged, the indicator turns green.

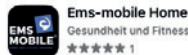
3.2 EMS MOBILE® HOME App

3.2.1 Installation and app overview

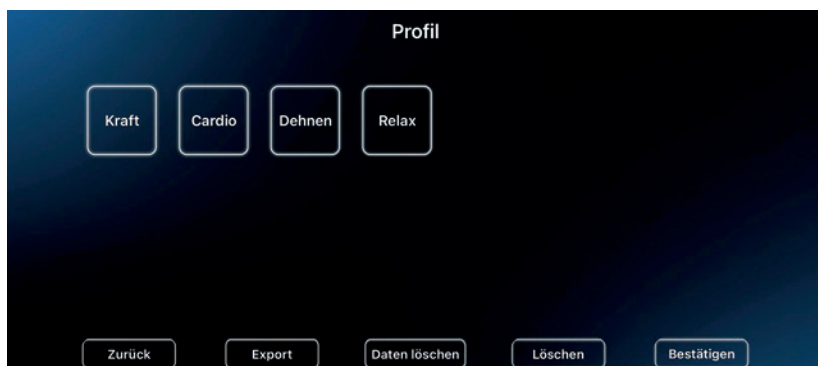
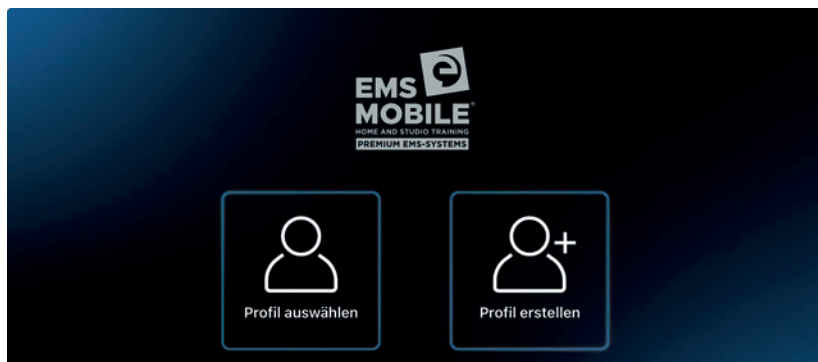
For your EMS MOBILE® activity, install the EMS MOBILE® HOME App. You can find it in the App Store or Google Play Store.



It's best to search for "EMS-mobile home".



After downloading and launching the EMS MOBILE® App on your smartphone or tablet, tap the EMS MOBILE® logo. You go straight to the profile overview. Under “Profil auswählen” (select profile) there are already four training profiles: Kraft (strength), Cardio, Relax and Dehnen (stretching). Tap “Profil auswählen” to start your chosen training. To create more individual profiles, see section 3.2.5.



Select a profile and tap “Bestätigen” (confirm). You will then reach the main menu, which shows the settings of the selected profile and the impulse strengths from your last training session. In the main menu, you connect to the PowerBox and start or stop the stimulation. You can also adjust the intensity of the individual electrode pairs here. You will find a detailed explanation in section 3.2.3.





The menu icon at the bottom left takes you to the parameter menu, which lists all available training programmes and their respective settings. You will find more details in section 3.2.4.



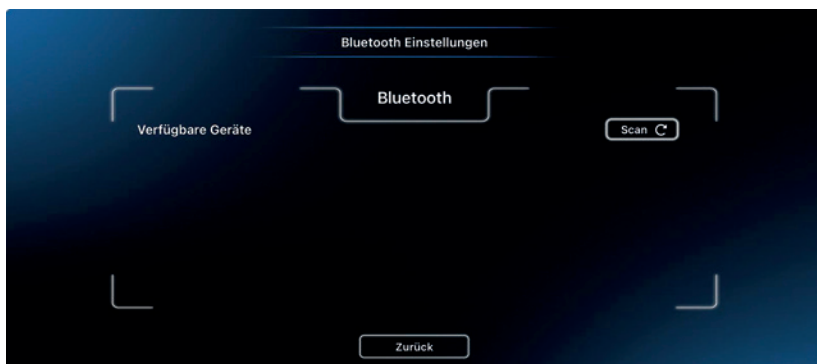
The app is clearly structured and intuitive. Once you have completed the following steps, you will quickly get the hang of using it.



3.2.2 Setting up the Bluetooth connection

To set up the Bluetooth connection to the PowerBox, first make sure that Bluetooth is enabled in your device's settings. Then switch on the PowerBox by pressing and holding the recess below the LED for approx. 2 seconds. The PowerBox is ready for use as soon as the LED lights up green or blue.

You can now connect your smartphone or tablet to the PowerBox. To do this, tap "Bluetooth" at the top right of the app's main menu. A new page opens. Select "Scan" there to search for available devices. You will then see a list of all Bluetooth devices nearby.



Select the device named "EM_Training_xx" from the list and tap "Verbinden" (connect). The PowerBox is successfully connected when you are automatically returned to the main menu and the name of your PowerBox, "EM_Training_xxx", appears at the top right.

Note: The PowerBox does not appear in your device's normal Bluetooth settings because it connects via Bluetooth Low Energy (BLE).



3.2.3 Controlling the EMS impulses in the main menu

In the main menu, you can start your training programme, set the intensity of the individual electrode pairs and switch individual electrodes on or off. The following description, together with the corresponding illustration, explains what the symbols mean:

- 1 Parameter menu
- 2 This sets the selected (blue) muscle groups to ZERO.
- 3 This activates or deactivates all muscle groups.
- 4 This raises the selected muscle groups marked with a blue circle by one level. They can be set from level 0 to 100.
- 5 Clicking here lowers the selected muscle groups marked with a blue circle by one level.
- 6 This is the start and pause button.
- 7 Clicking a muscle name switches that muscle group on (blue) or off (grey).
- 8 This is the PowerBox battery indicator.
- 9 This shows the training time, which starts at 20 minutes here and counts down.
- 10 The small blue dots on the body illustration represent the activated muscle groups – you can deactivate or reactivate them by clicking the name of the muscle.



3.2.4 Training programmes explained

In the main menu, tap the menu icon (1) at the bottom left to open the parameter menu. Here you will find all training programmes with their initial settings. You can adjust the parameters using the + or – buttons. However, we recommend not making any changes!



The individual training programmes of the EMS MOBILE® HOME System are described below, including their objectives, recommended settings and instructions for use.

Muscle building (Muskelaufbau)

As the name suggests, this programme is used for controlled muscle building, in particular activating the large-volume white muscle fibres. The impulses work at a frequency of 85 Hz and a pulse width of 350 µs, effectively strengthening the muscles without heavy training weights putting strain on joints, ligaments or tendons. Muscle building training should be done no more than 2 times a week, with at least 2 days' rest in between.

The programme can be combined with both static and functional exercises/workouts. The Virtual Coach App contains many activities and training plans. Small training equipment can also be used. In static exercises, you tense your muscles during the impulse phase and relax them during the pause. You can also use the EMS suit with the muscle building programme on strength training machines. Here, you should stimulate the supporting muscle groups rather than the muscle being trained directly. With pull-ups, for example, the arms and upper back are only lightly stimulated, while the abdomen, lower back and legs are activated to stabilise the entire core and allow proper form.



Toning (Straffung)

The toning programme trains the red endurance muscles and stimulates the metabolism. Activating the slow-twitch muscle tissue supports fat loss and increases muscle definition. The programme is ideal for improving circulation, metabolism and muscle tone. The training frequency is 7 Hz with a pulse width of 350 μ s, and the impulse is delivered continuously without a pause.

The toning programme is ideal for combining with endurance exercises such as walking, jogging, cycling or training on cardio machines. It can also be used to warm up before muscle building training. Thanks to its gentle continuous impulse, the programme is also excellent for yoga, Pilates or everyday activities such as housework and gardening. You will find numerous training plans for this in the Virtual Coach App.

Fat burning (Fettverbrennung)

The fat burning programme combines the benefits of the muscle building and toning programmes. During the active phase, you train your maximum strength at 60 Hz, while in the passive phase ("impulse pause") circulation and metabolism are stimulated at 7 Hz. This specifically targets both types of muscle fibre in one programme.

The fat burning programme is particularly suitable for cardio activities such as running, walking, stepper training or cycling. If your focus is more on toning than on muscle building, the programme can also be used in combination with muscle building workouts.

Relaxation (Entspannung)

The relaxation programme produces gentle muscle twitches and supports muscle recovery and faster regeneration. It can also be used to restore function after illness. You do not need to actively tense your muscles during training. With a training frequency of 100 Hz and a pulse width of 150 μ s, tension is released and the muscles are supplied with nutrients.

The relaxation programme can be used for 5–10 minutes after an intense workout or for 10–30 minutes after a strenuous day, at moderate intensity, sitting or lying down.



Stretching (Dehnen)

The stretching programme supports your static stretching exercises, separated into the posterior and anterior muscle chains. During the 30-second impulse phase, you hold the stretched position, and the 15-second impulse pause gives you time to prepare for the next exercise or the other side of your body. With a frequency of 120 Hz and a pulse width of 350 μ s, the programme loosens the connective tissue so that the muscles can be stretched even more effectively.

You will find special workouts for this programme in the Virtual Coach App. You can also do this training at stretching stations.

Fascia (Faszien)

In addition to the muscles, the fascia programme also stimulates nerve pathways and can therefore help relieve pain and be used for muscle tension. The impulses work at a frequency of 120 Hz and a pulse width of 400 μ s, promoting circulation and strengthening the connective tissue. We recommend doing the fascia programme lying down, as the horizontal position improves blood circulation and supports lymphatic drainage. The focus here is not on muscle building but on promoting circulation. Additional muscle strain from movement should be avoided.

The programme can also be used to support stretching exercises, to improve mobility and further loosen the connective tissue.

Explosive strength (Schnellkraft)

The explosive strength programme mainly stimulates fast, glycolytic muscle fibres, which are particularly important for developing strength and shaping the body. The impulses work at a frequency of 85 Hz and a pulse width of 350 μ s. The powerful onset of the impulse can intensify explosive strength training – for example in sports such as tennis, golf or football. The programme can also be used in combination with classic muscle building exercises.

Individual (Individuell)

In this programme, the parameters – impulse frequency, pulse width, impulse duration, pause and training duration – can be set freely according to your personal preferences or therapeutic recommendations.

Caution: We recommend this programme only for trainers or users with many years of EMS experience, as incorrect settings can lead to overloading.



3.2.5 Export options

In addition to the parameter settings, your training times are saved for each profile, so you can analyse your EMS MOBILE® activities at any time. To do this, open the profile overview, select the profile you want to view and tap “Export”. The download is then saved to your device’s storage location, e.g. iCloud Drive.

3.3 EMS MOBILE® SUIT

The EMS MOBILE® SUIT is needed to transmit the impulses. It has 20 dry electrodes positioned on the following muscle areas: triceps, biceps, chest, upper back, middle back, lower back, abdomen, buttocks, front thighs and back thighs. The SUIT is available in sizes 3XS to 4XL. Choose a size that fits closely so that the electrodes sit snugly against your body. The suit is worn directly on bare skin, and the electrodes should be placed directly over the muscles to be stimulated. They do not need to be moistened, as close skin contact ensures optimum current transmission.

For the electrodes to reliably transmit the impulses to nerves and muscles, a thin film of moisture on the skin is required. For some people, wearing the SUIT for 2–3 minutes before training is enough; others need to move around for 5 minutes before the impulse strength can be increased. If there is no film of moisture, you may feel a slight, unpleasant prickling on the skin. In this case, reduce the impulse strength for the affected muscle group and do a few star jumps or squats before increasing the intensity again. Heavy body hair or very dry skin can impair stimulation. It helps to lightly moisten your skin or the electrode pads with a damp cloth or water from the supplied spray bottle before putting on the SUIT.

The EMS MOBILE® SUIT is closed with the zip at the back. To do this, pull the attached cord, close the zip and secure it with the hook-and-loop fastener so that it cannot open by itself.

If the suit does not fit perfectly in some places, use the supplied hook-and-loop straps to press it firmly against your skin there too.

To connect the PowerBox to the SUIT, proceed as follows:

First hook the PowerBox onto the plate on the suit using the two small tabs at the top, then press it down gently until it clicks securely into place. Make sure the PowerBox sits flush against the suit. Finally, pull the hook-and-loop strap tight to ensure a firm and secure hold.



After training:

Remove the PowerBox from the SUIT and put it back in the supplied case. Then unzip the SUIT and take it off. Afterwards, wash the SUIT according to the washing instructions or, alternatively, hang it on a clothes hanger to dry.

3.4 Quick start guide

For your first training session, go through each of the following steps:

Before training:

- Fully charge the PowerBox with the supplied charger until the LED lights up green.
- Before first use, wash the EMS MOBILE® SUIT in the laundry bag according to the washing instructions.
- Install the EMS MOBILE® HOME App on your smartphone or tablet.

Training:

- Drink enough: Have at least an extra 400 ml of water.
- Put on the SUIT: If your skin is dry, lightly moisten the electrodes with the spray bottle or put on the SUIT approx. 10 minutes before training.
- Attach the PowerBox to the SUIT.
- Switch on the PowerBox: Press the small recess below the LED.
- Enable Bluetooth: Make sure Bluetooth is switched on in your device settings.
- Open the EMS MOBILE® HOME App.
- Select a training profile to match the activity you are doing.
- Set up the Bluetooth connection: In the main menu, click "Bluetooth" at the top right, then select "Scan", choose the device you want and tap "Verbinden" (connect)
- Set the impulse strength to 0: Tap the circular arrow at the bottom centre.
- Deactivate muscle groups: If you do not want to stimulate a muscle group, tap the bar with the muscle name. The bar's outline turns white and the impulse strength of these muscles is not changed.
- Start the programme: Tap the start icon at the centre left.
- Increase the impulse strength: Use the white arrow at the top left until the desired strength is reached.
- Lock muscle groups: Tap the white number next to any muscle group that should no longer be increased. The outline turns white and the impulse strength of these muscles stays the same.





4. TRAINING ADVICE AND RECOMMENDATIONS

The EMS MOBILE® HOME+ System offers a highly effective and time-efficient way to build muscle. It can generate stimulus intensities higher than those of conventional training methods. For this reason, some important conditions must be observed during training.

4.1 Preparing for training

- **Physical condition:** EMS training should only be done when you are in appropriate physical condition.
- **Fluids:** Make sure to increase your fluid intake before, during and after training.
- **Nutrition:** Eat a balanced meal containing protein, carbohydrates and healthy fats approx. 2–3 hours before training. After training, replenish your glycogen stores with a meal rich in protein and carbohydrates. Wait approx. 30 minutes before eating again.
- **Warm-up:** Prepare your muscles for the upcoming exertion. We recommend a 5–10-minute warm-up, e.g. walking or jogging on the spot. This improves the conductivity of the impulses and the energy supply in the muscles.

4.2 Training routine

- **Training duration:** The training duration depends on the training programme. At a frequency of 85 Hz, the training time should not exceed 20 minutes.
- **Increasing intensity:** Avoid overexertion in your first EMS sessions. Start with a shorter training duration (approx. 12–15 min) and an adapted intensity.
- **Training frequency:** For EMS beginners, one session per week is sufficient in the first 8–10 weeks. Positive adaptation can only be achieved with sufficient recovery.
- **Stopping if unwell:** If you feel unwell, are ill or have technical problems, training must be stopped immediately. If necessary, consult a doctor or, in the event of technical faults, contact your seller.
- **Activities:** The EMS MOBILE® HOME+ System offers numerous training options.
- **Avoid wet conditions:** Training must not take place in damp environments (e.g. rain) in order to avoid safety risks.



4.3 Training examples

Functional training combined with EMS

- Trains the whole body (muscles, tendons, ligaments)
- Focuses on learning and performing the movement
- Based on stabilising the body and especially the core muscles
- Can be supported with various training equipment

Outdoor training combined with EMS

- Outdoor EMS activity can be done alone or in groups
- Jogging, walking or full-body exercises
- Exercise intensity is varied using body weight, terrain or everyday objects
- Motivation through variety

Stretching combined with EMS

- Reduces muscle tone
- Speeds up the removal of metabolic waste products
- Specifically intensifies the stretch in individual muscle groups
- Promotes relaxation and thereby improves mood

Strength training on machines

- Improved posture, as the supporting muscles are also stimulated
- Same benefits as functional training

Everyday activities such as housework/gardening combined with EMS

- Saves time and boosts motivation, as two activities can be done at the same time
- Improved posture during the activity, as all muscles are engaged

EMS lying down

- Building strength during functional recovery after surgery or after a strenuous day
- Faster muscle regeneration, better circulation and lymphatic drainage with the relaxation and fascia programmes

Workout plans and plenty of ideas for EMS activities can be found in the EMS MOBILE® Virtual Coach App. They are part of the EMS MOBILE® support programme developed by experts. If you do not have access yet, please contact Coach@ems-mobile.de.



5. WASHING AND CARE INSTRUCTIONS

Remove the PowerBox from the EMS MOBILE® SUIT after each use, or at the latest before any cleaning or washing! To do this, first open the hook-and-loop fastener and then pull the PowerBox upwards. You can then put it back in the case.

Cleaning the PowerBox:

The PowerBox must only be cleaned with a soft cloth.

Washing the SUIT:

The EMS MOBILE® SUIT can be washed either by hand or in a washing machine. For machine washing, observe the following:

- Close the zip and all hook-and-loop fasteners first
- To protect the SUIT, place it in the supplied laundry bag.
- Wash the SUIT on a delicate/gentle cycle at max. 30 °C and spin at max. 400 rpm.
- **Important: Only wash your EMS MOBILE® SUIT with the following detergents: Ecover, Provilan or Frosch. This is the only way to guarantee the durability of your suit.**
- Never use corrosive solvents/abrasives, disinfectants, fabric softener or detergents with additives such as chlorine or bleach.
- The washing symbols inside the EMS MOBILE® SUIT should also be observed!

Drying the SUIT

- Never dry the EMS MOBILE® SUIT in a tumble dryer and never expose it to direct UV radiation. This can damage the material.
- Simply hang the SUIT on a clothes hanger – ideally with the electrode pairs facing outwards – and leave it to air-dry.

6. TECHNICAL DATA

PowerBox	
Bluetooth version	> 4.0
Power supply/current	5 V, USB C
Battery	3.7 V, 2,000 mAh Li-ion



7. DISPOSAL AND RECYCLING

The following information only applies if an EMS MOBILE® HOME System was purchased. Rented EMS MOBILE® HOME Systems must always be returned to KörperExklusiv Sports KG.

The EMS MOBILE® SUIT and the PowerBox contain electrical components. Electronic devices are recyclable materials and do not belong in household waste. At the end of its service life, dispose of the product in accordance with the applicable legal regulations. By doing so, you fulfil your legal obligations and help protect the environment.

All countries of the European Union have collection points for recycling electrical and electronic equipment. You can obtain information about these collection points from your local waste disposal authority or from the retailer where you purchased this product.

Information on the safe removal of batteries or accumulators: If you want to dispose of the PowerBox, you can remove the battery by loosening the 4 cross-head screws on the back under the film and unplugging the battery.

Warning:

- Make sure that the battery is completely discharged.
- Carefully remove the battery or accumulator.
- The battery or accumulator and the device can now be disposed of separately.

8. WARRANTY

You receive a 2-year warranty on defects in materials and workmanship. The warranty is valid in all countries where the EMS MOBILE® HOME System is officially sold.

The warranty does not cover damage caused by improper or negligent handling.



9. COMPANY INFORMATION

Trademarks

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Subject to errors and misprints, changes to the product in the interest of technical progress and changes to the design.

Wishing you fun and success with your
EMS MOBILE® Home System.

YOUR EMS MOBILE® TEAM







EMS MOBILE® – USER MANUAL

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