



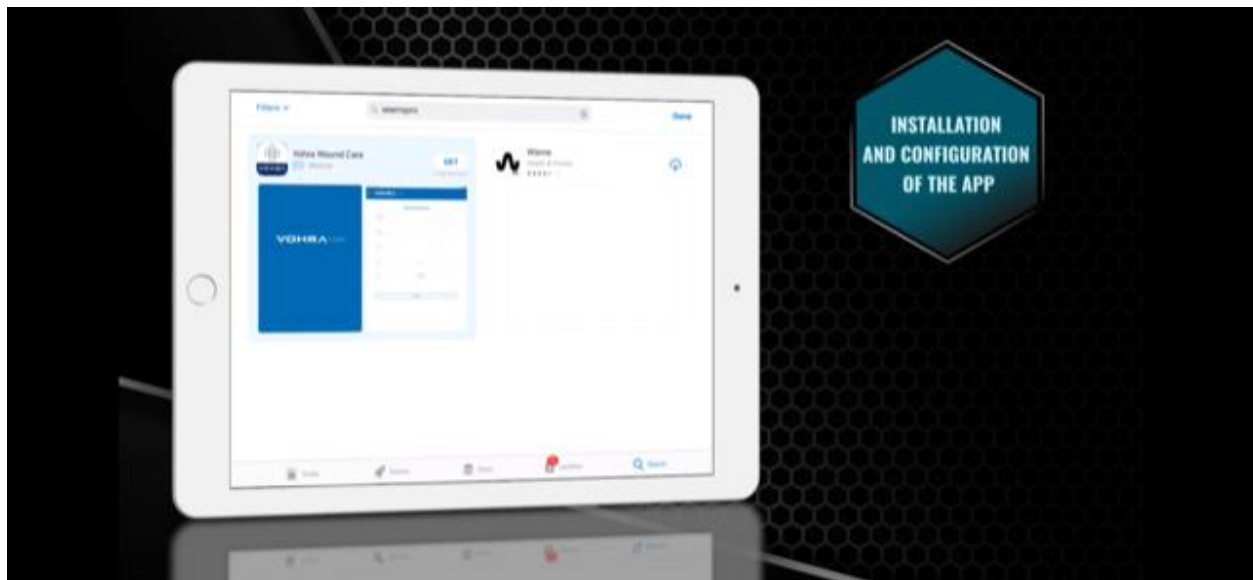
BodStim™

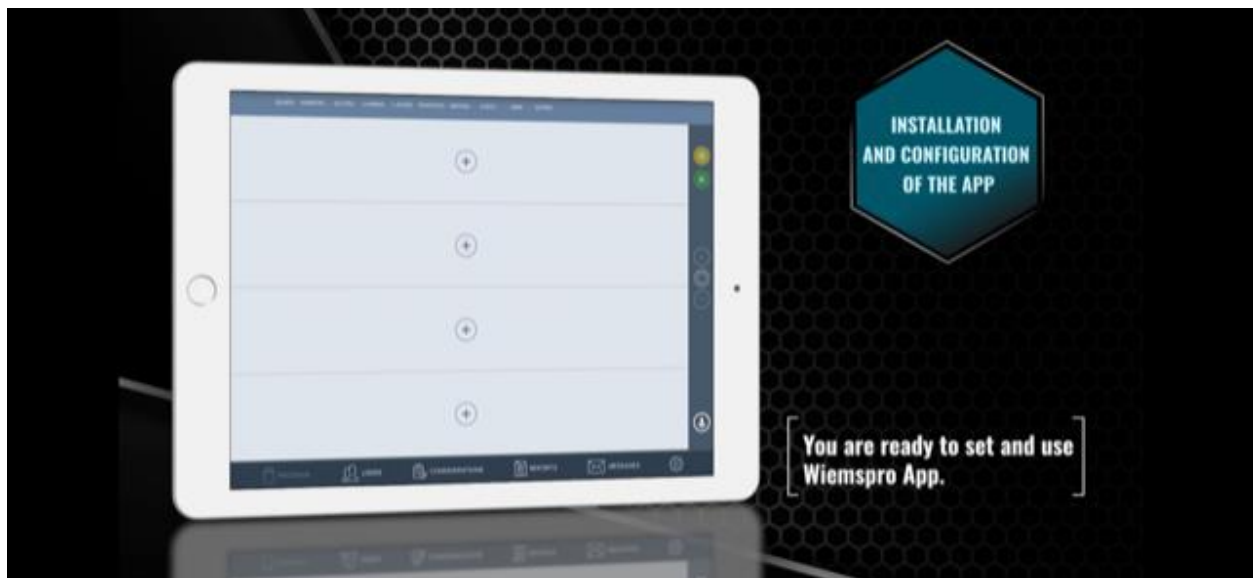
Pictorial Instructions for Set Up and Use

STEP 1 = Install APP



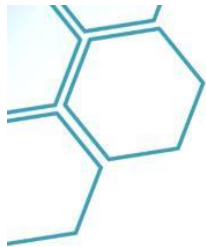
SELECT WIEMS OR WIEMSPRO in App Store and download





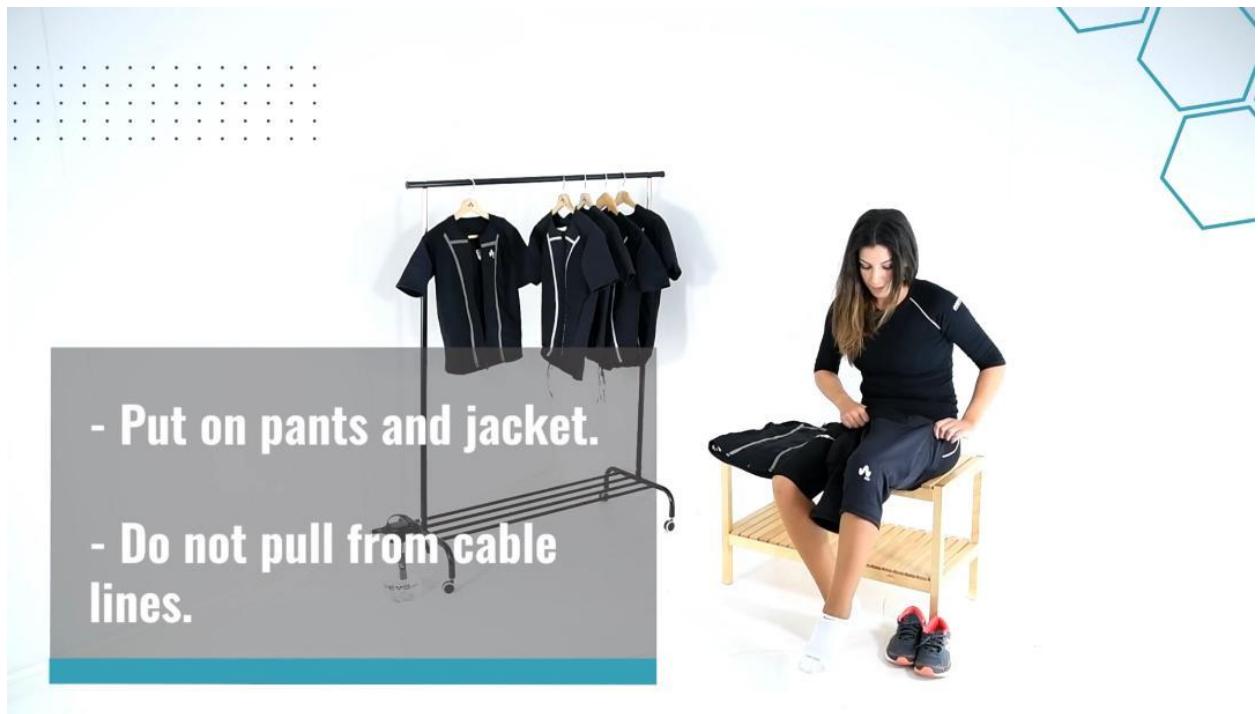
***NOTE > MAKE SURE
LOCATION SERVICES ON
iPAD IS TURNED ON.***

STEP 2 = GET SUIT ELECTRODES WET AND PUT SUIT ON



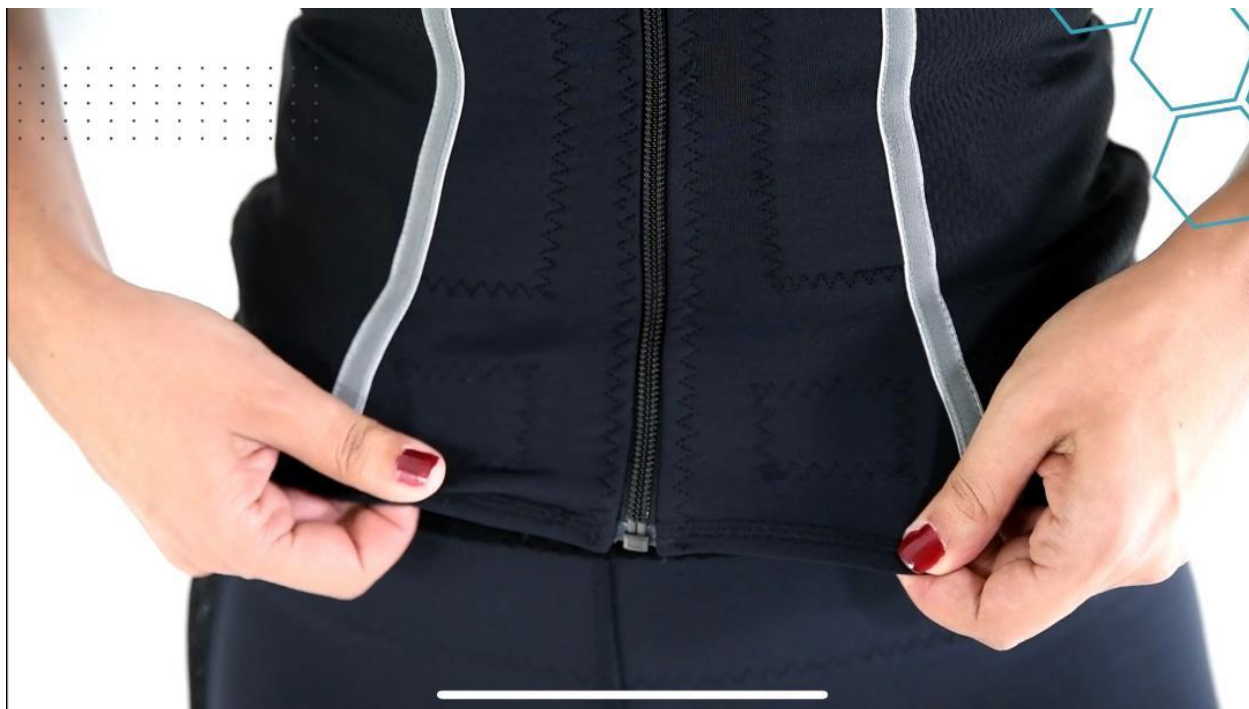
Hang both jacket and pants
Inside out both to start
wetting all electrodes





OPEN UP BOTTOM
OF TOP
ELECTRODES AND
FOLD DOWN INTO
PANTS





**Check all electrodes are located
on muscles, not on joints
(ex sleeve twisted)**

**STEP 3 = CONNECT
STIMULATOR TO
SUIT**

**HIT POWER ON
BUTTON ON SIDE
OF
STIMULATOR. BLU
E LIGHTS SHOULD
FLASH ON SIDE OF
DEVICE INDICATOR**

THERE IS BATTERY POWER.



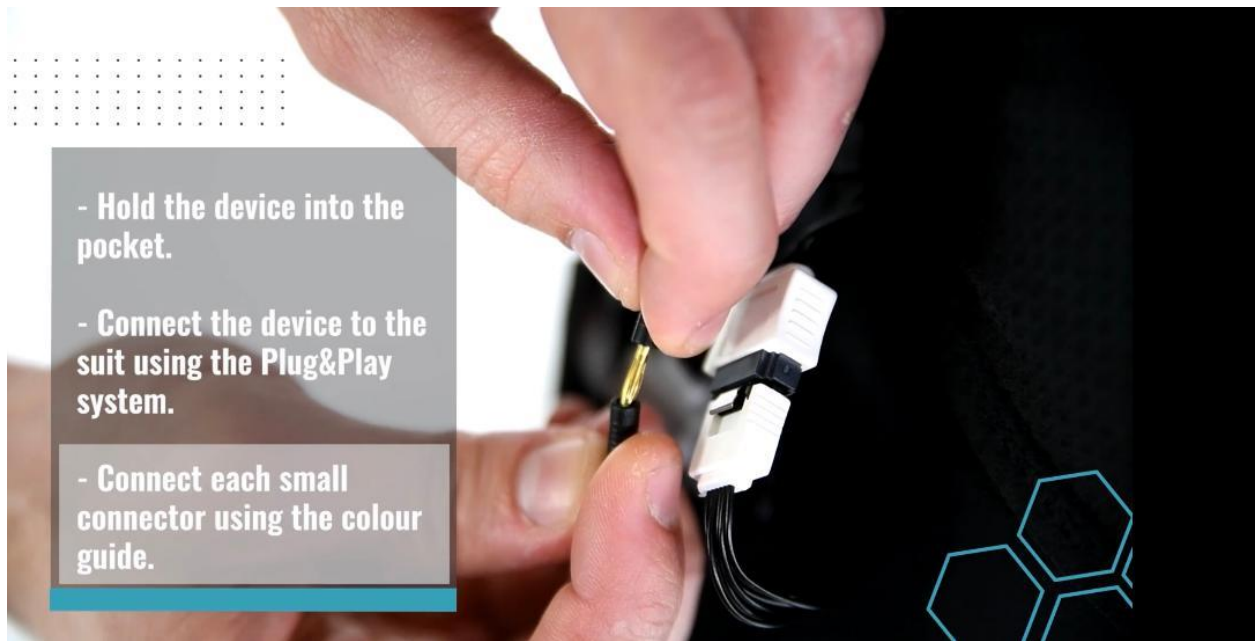
Check all electrodes are located on muscles, not on joints (ex sleeve twisted)





- Hold the device into the pocket.
- Connect the device to the suit using the Plug&Play system.
- Connect each small connector using the colour guide.





STEP 4 = LOAD PROGRAM AND START STIMULATION ENHANCED WORKOUT

SELECT YOUR USER NAME ON LEFT SIDE OF SCREEN



**SELECT YOU AS
USER ON LEFT
SIDE OF SCREEN**



SELECT PROGRAM IN CENTER OF SCREEN

One of these at a time in this order.

1. WARM UP 5 MINUTES

2. CLASSIC 15
MINUTES

3. KLOTHO 35
MINUTES

4. FOLLISTATIN 5
MINUTES



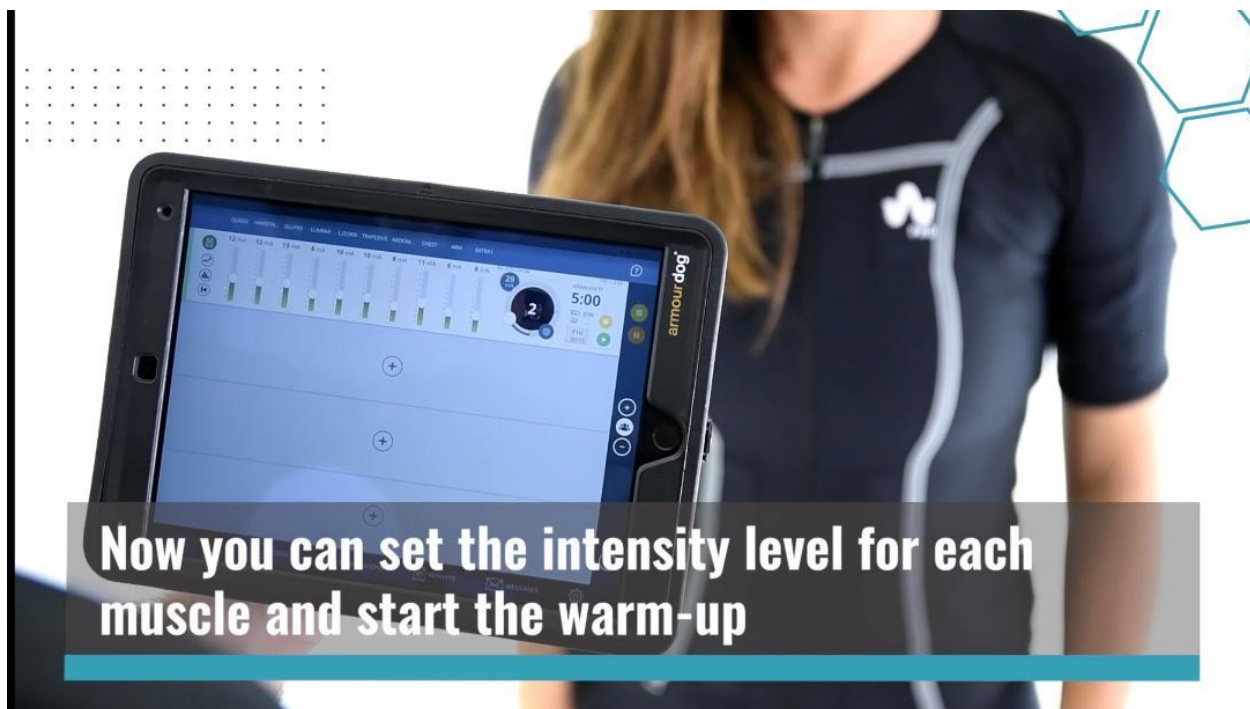
SELECT TOP ACTIVATION SELECTION ON RIGHT SIDE OF SCREEN

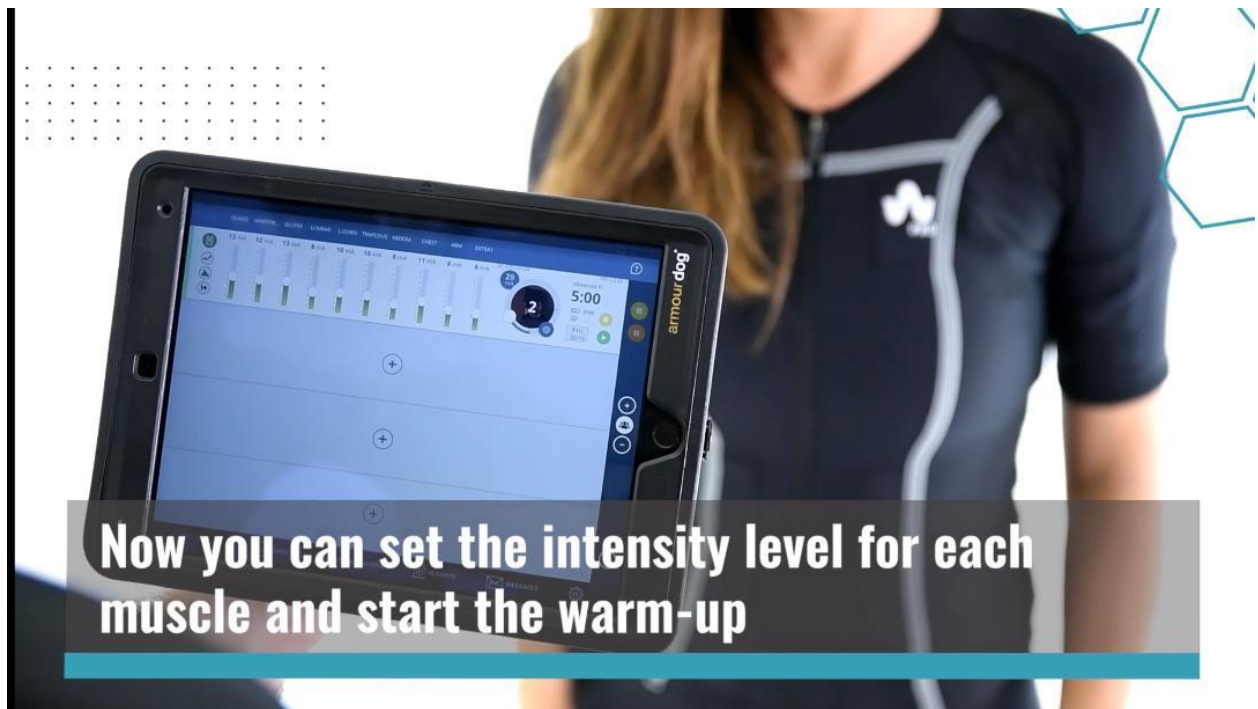


**PRESS ANY GREEN
GO START
BUTTON ON SCREEN
DOES NOT MATTER
WHICH ONE**



**AFTER HITTING
GREEN GO START
BUTTON THERE
WILL A 5 SECOND
COUNTDOWN
BEFORE
STIMULATION
BEGINS**

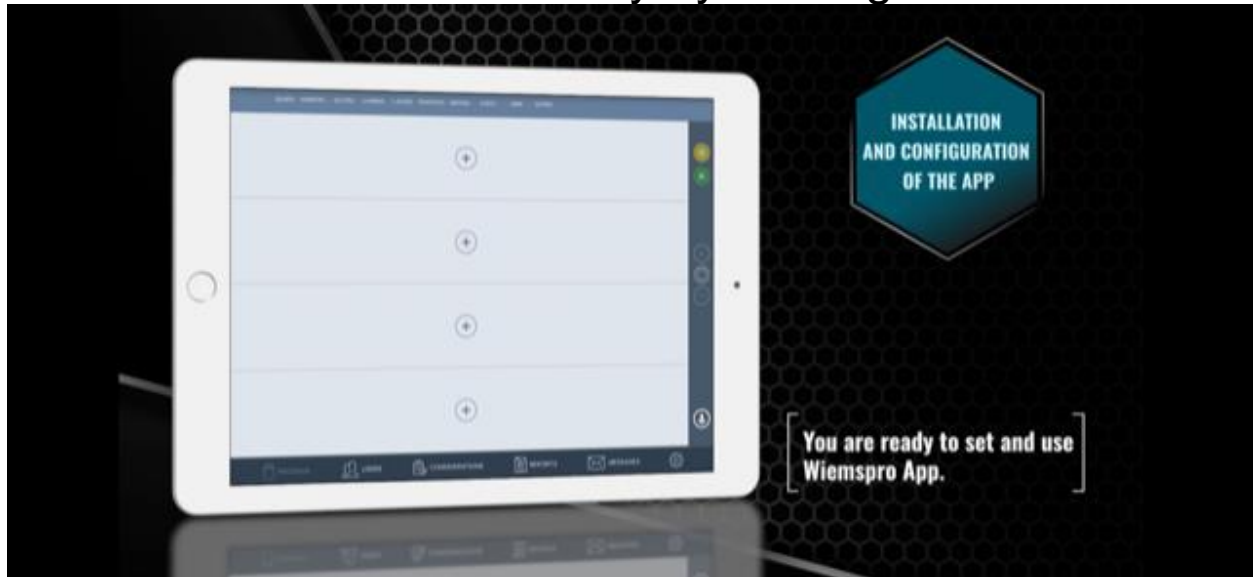




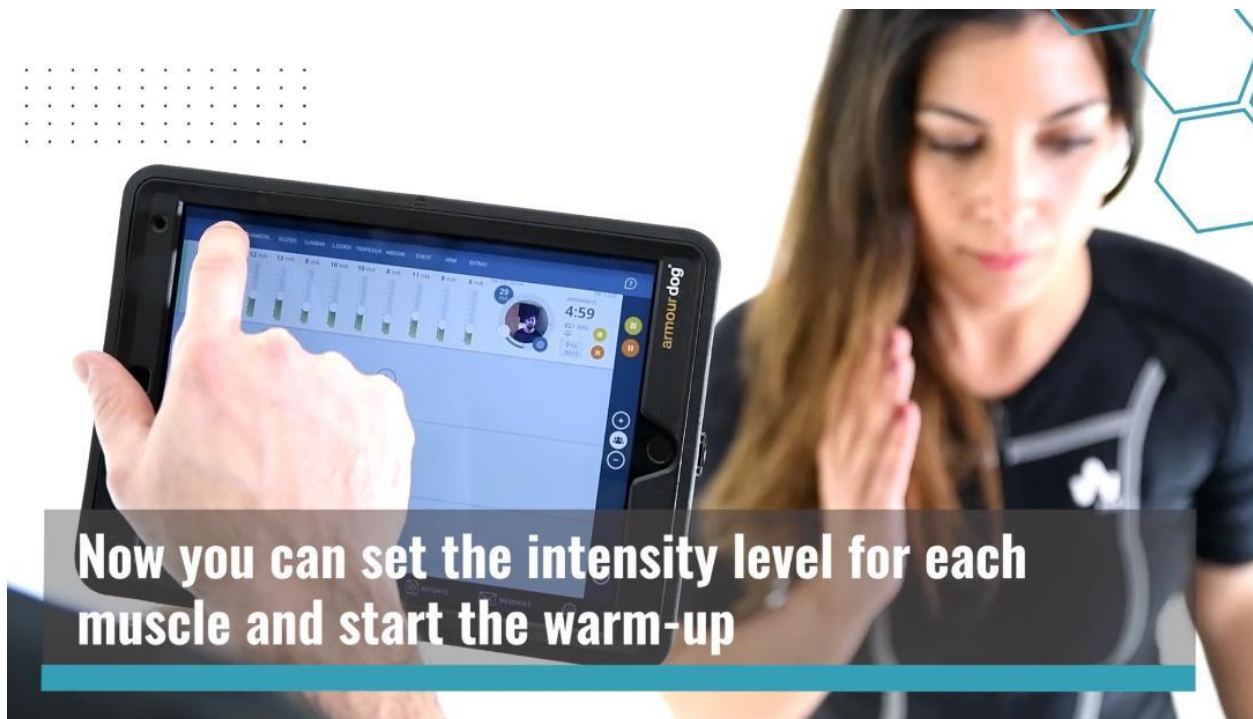
ADJUST INTENSITY 3 METHOD CHOICES

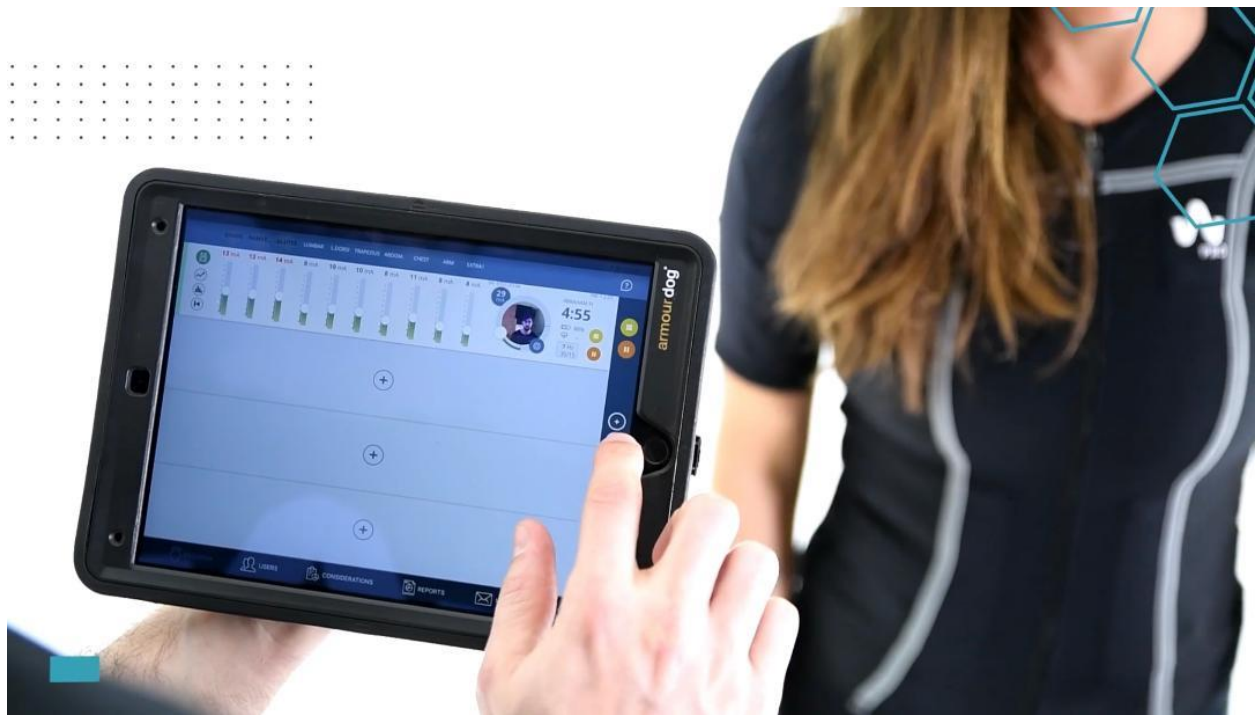
1. Snap back bar on top right corner move right and it moves intensity up on all electrodes evenly 10% increments.
2. Push + button to move intensity up and - minus button to move down on right middle side of screen.

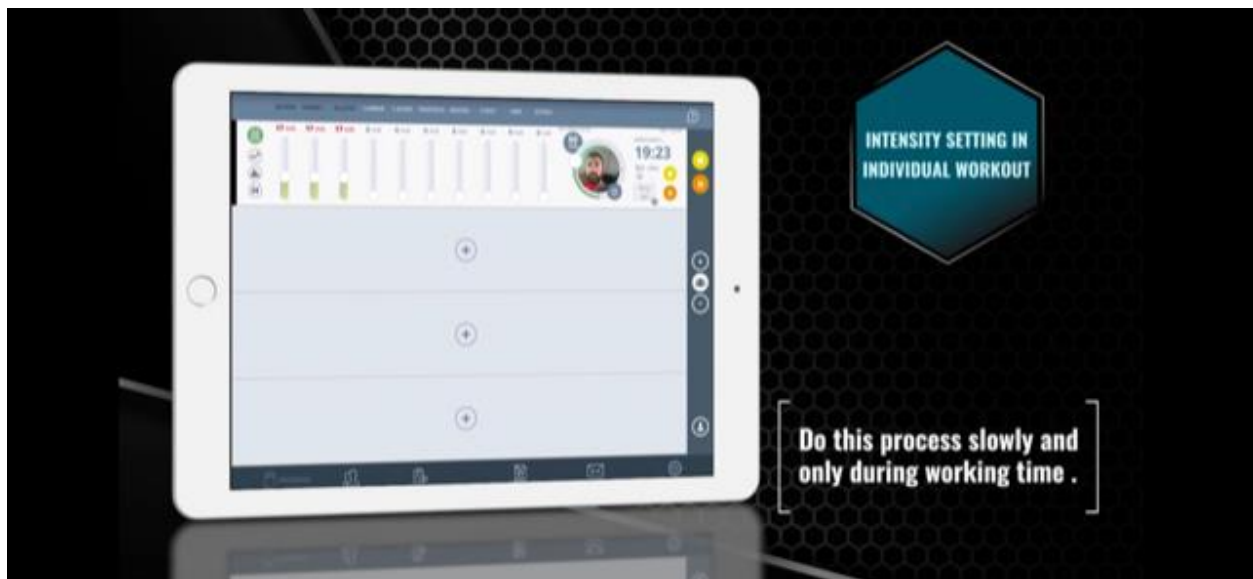
3. You can adjust intensity on each electrode individually by moving indi



vidual labelled by muscle intensity bars.

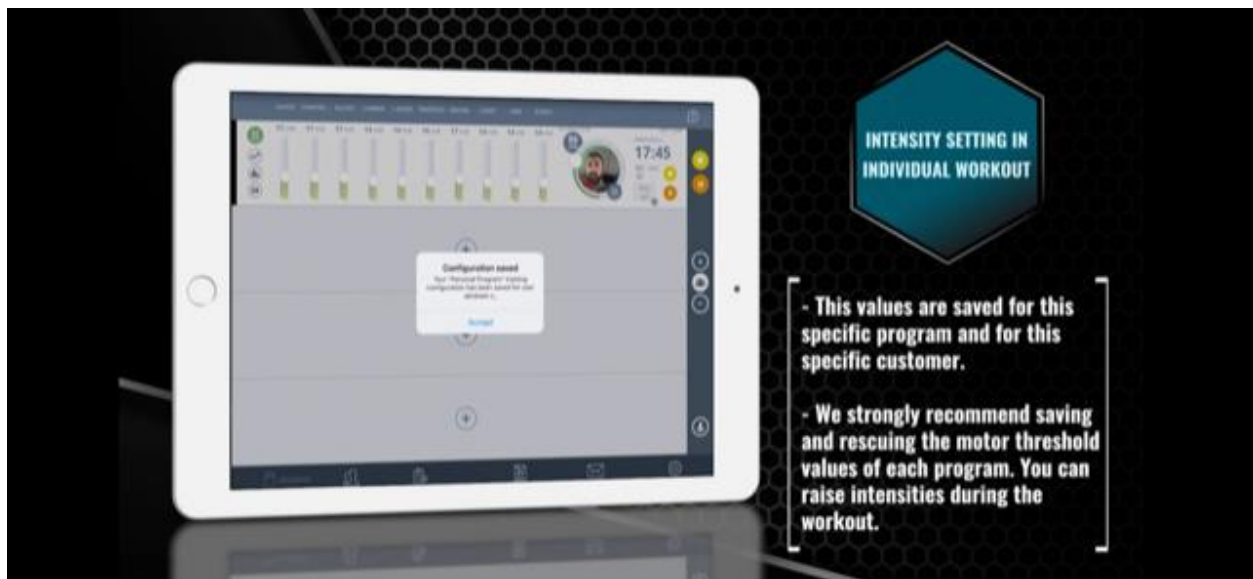














INTENSITY SETTING IN INDIVIDUAL WORKOUT

- To rescue values in the next session, touch the jacket icon before start the program.
- Rescue intensity values are not allowed when the program is running (play).

