



WIEMS PRO
DEVICE USER GUIDE



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INTRODUCTION

Wiemspro has created a wireless **wave generator device** that makes it possible to add EMS to any training methodology (except water activities) - without any physical limitations or trailing wires. It is also incredibly **simple to use**.

Read this manual carefully, along with the specific manuals for Wiemspro Suits, Cables, and the App to ensure **correct and safe use of the Wiemspro system**.

In order to master all the technical aspects of both software and hardware and to maximise the benefits of adding EMS to your clients' training **it is necessary to obtain the Wiemspro certification**. Contact your authorized Wiemspro distributor for details.



This device is specifically designed for:

- Personal training sessions with individuals
- Group training sessions
- Indoor use
- Outdoor use (Do not get the device wet or use it in the rain)

⚠ It is important that anyone who handles the device has the appropriate certification and knowledge.

DESCRIPTION OF THE DEVICE

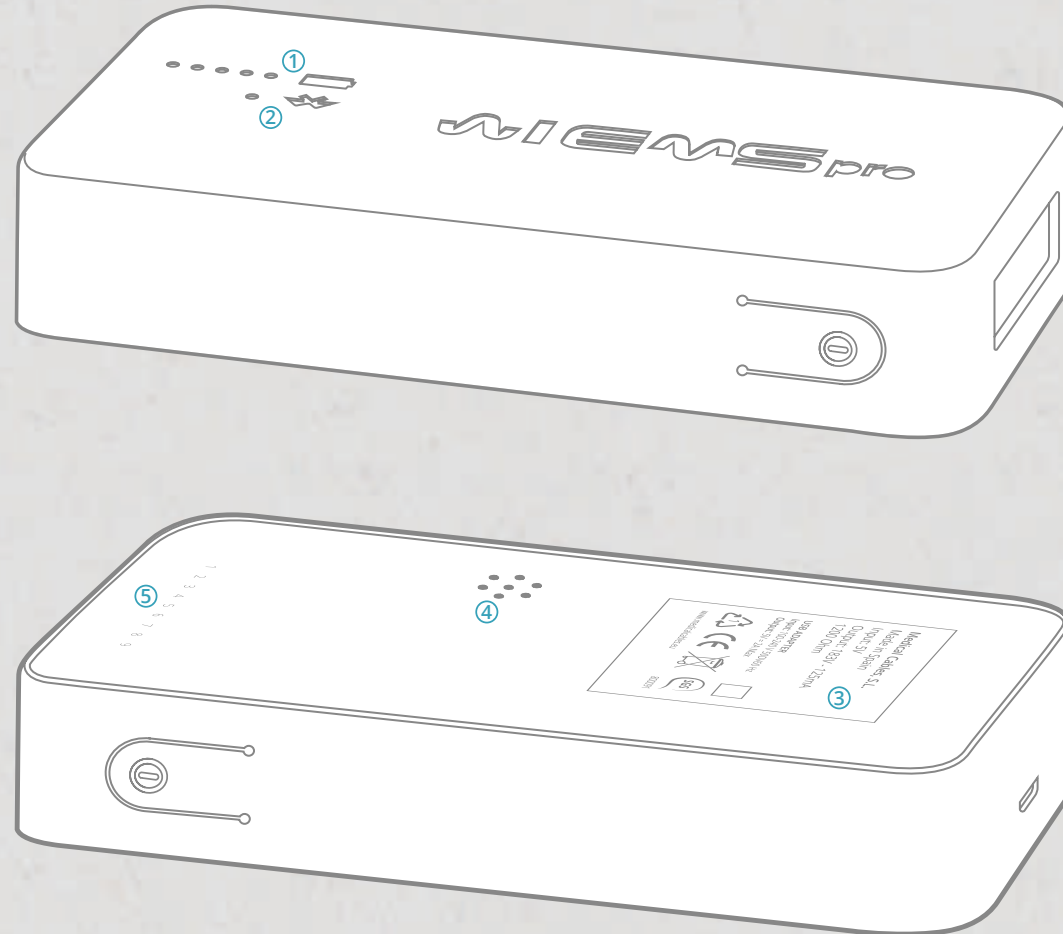
The Wiemspro device is rectangular shaped with rounded edges. It has the following physical characteristics:

- **Weight:** 300g
- **Dimensions:** 16.5 x 8 x 3cm

It is compact and lightweight and comfortably carried in the suit while you exercise - indoors or outdoors.

The built-in wave generator has the following technical specifications:

- Wave intensity: 1-125 mA
- Frequency: 1-100 Hz
- 1200 Ohm
- Output voltage: 183V
- Battery type: Lithium Polymer



FRONT AND BACK ELEMENTS:

- 1 Battery indicator
- 2 Bluetooth connection indicator
- 3 Technical specifications
- 4 Audio output
- 5 Serial number

EXTERNAL COMPONENTS OF THE WIEMSPRO DEVICE

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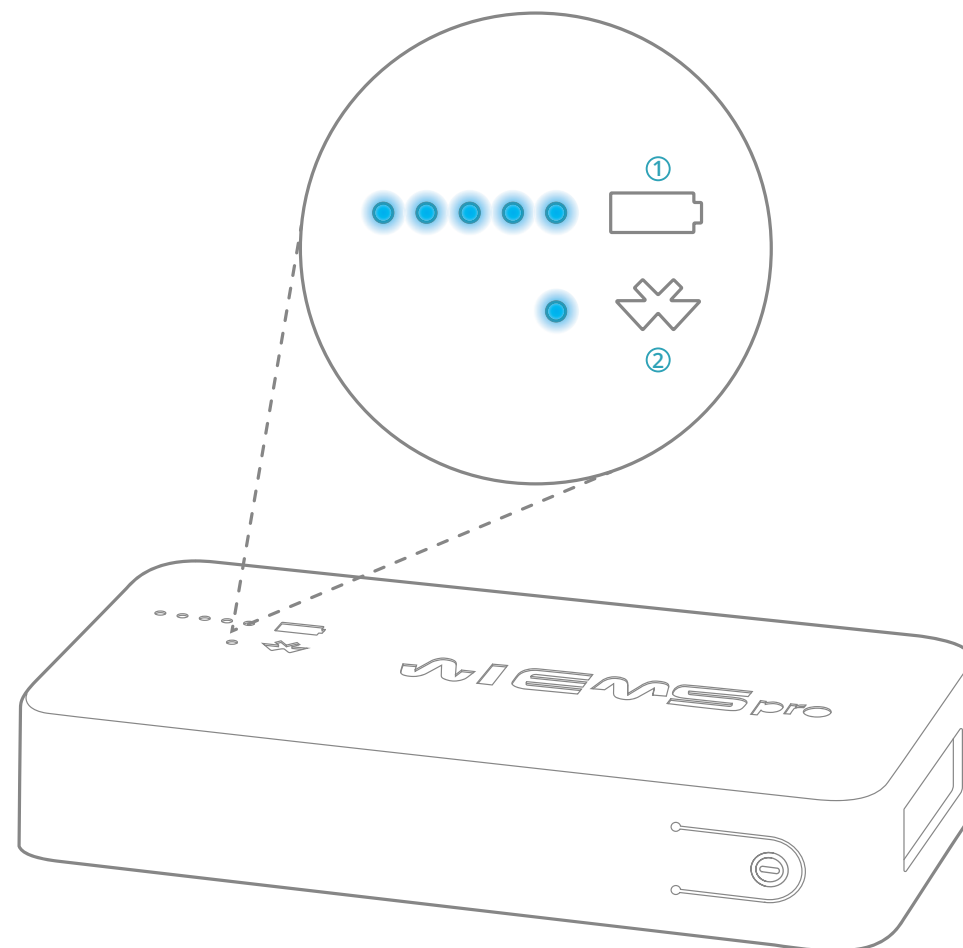
BATTERY INDICATOR AND BATTERY MAINTENANCE

The battery indicator is comprised of 5 blue LEDs with a **battery symbol (1)** embossed into the casing above them. When the battery is fully charged all the LEDs show; as the battery drains they will turn off one by one.

During the training session the LEDs provide electrical stimulus feedback to help you maintain control (see page 12, 'Device behaviour during training', for more information).

⚠ The battery of the Wiemsprom device has a self-protection feature while prevents complete drainage and potential damage of the battery. When the device has displayed only two LEDs on the battery indicator for some time, or when it goes from two LEDs to one, the device will turn off (even though some charge remains) in order to protect the battery and maximise the battery life.

If this occurs, it is important that you do not force the device to keep working: charge it before continuing in order to prevent damage.



BLUETOOTH CONNECTION INDICATOR

Next to the battery charge indicator LEDs, there is a single blue LED with a **Bluetooth symbol (2)** embossed on the casing above (2).

This light will turn on when the device and App are paired. Even when you are not training using the system, the light should remain on while the device and App are active. If the light turns off it indicates that there is a connection error between the device and App. (See page 15, 'Troubleshooting guide', for more information.)

STORAGE AND TRANSPORTATION OF THE DEVICE

The Wiemspro device is packaged specifically to best protect it while not in use. Retain the original packaging in order to safely and securely store your device.

We also recommend that you transport the device in the original packaging to protect it from blows or falls.

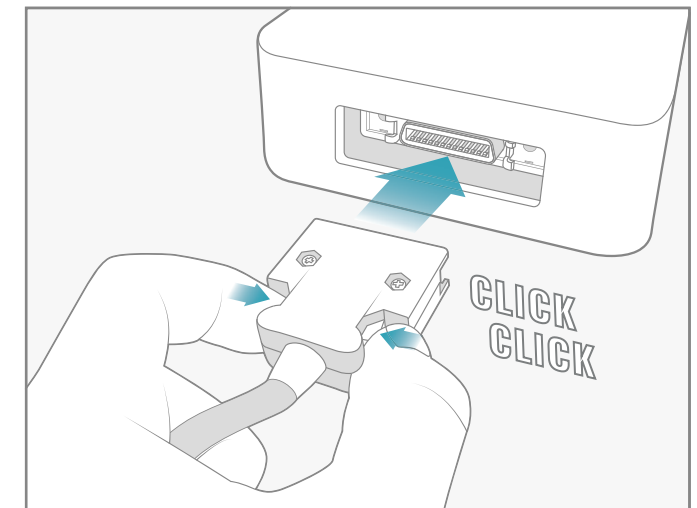
Store the device in a cool, dry place away from sources of fire, heat, or moisture.

CONNECTOR PLUG AND CABLES

At the opposite end of the device from the mini USB port, you will find the port for connecting the suit cables. It is very **important to ensure that this connection is correct** and secure: correct electrical conductivity to the electrode depends on a secure and stable connection to the device.

It is necessary to use the push buttons on the male piece (cable) for both the connection and disconnection.

When you insert the cable connector into the connection socket you should hear a faint click which indicates that the connection is correct and secure. Note that it is **not necessary to apply a lot of force in order to correctly connect the cables.**

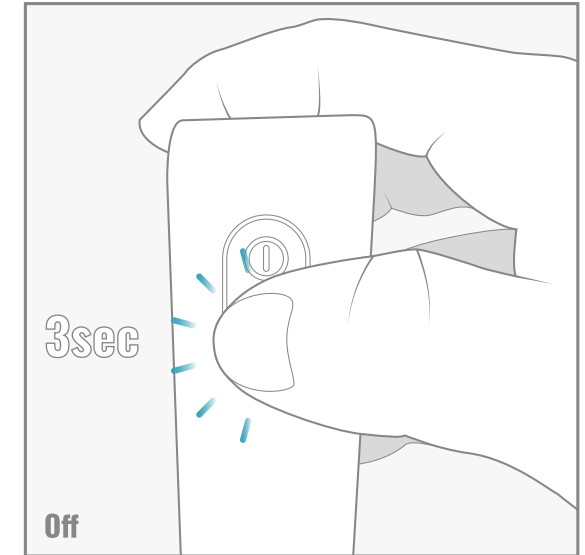
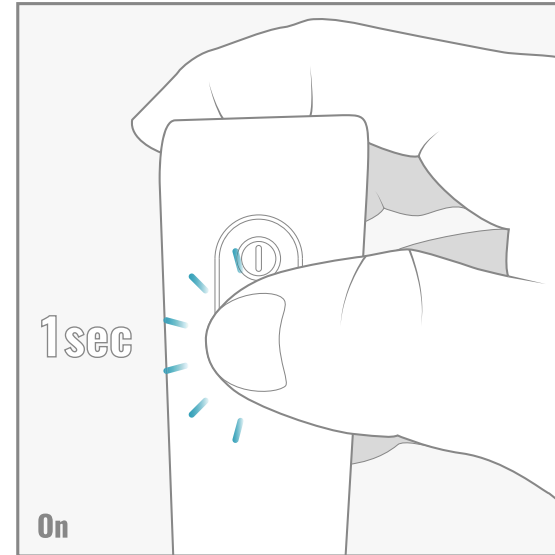


ON-OFF BUTTON

The device has a single on-off button, located on one side, with an ON logo embossed. **Press and hold for a second to power on the device.** You will see the battery indicator light up and adjust automatically to indicate the current battery charge level. The Bluetooth connection light will only activate when the device and App are linked.

To turn off the device, press and hold the power button for 3 seconds.

Note that the person wearing the device can safely turn it off at any time to end the electrical stimulus. This makes it possible to maintain safety in unforeseen situations that may arise when carrying out activities away from the trainer (a fall from a bicycle, an ankle injury when running, etc.)



USE OF THE WIEMSPRO DEVICE

02

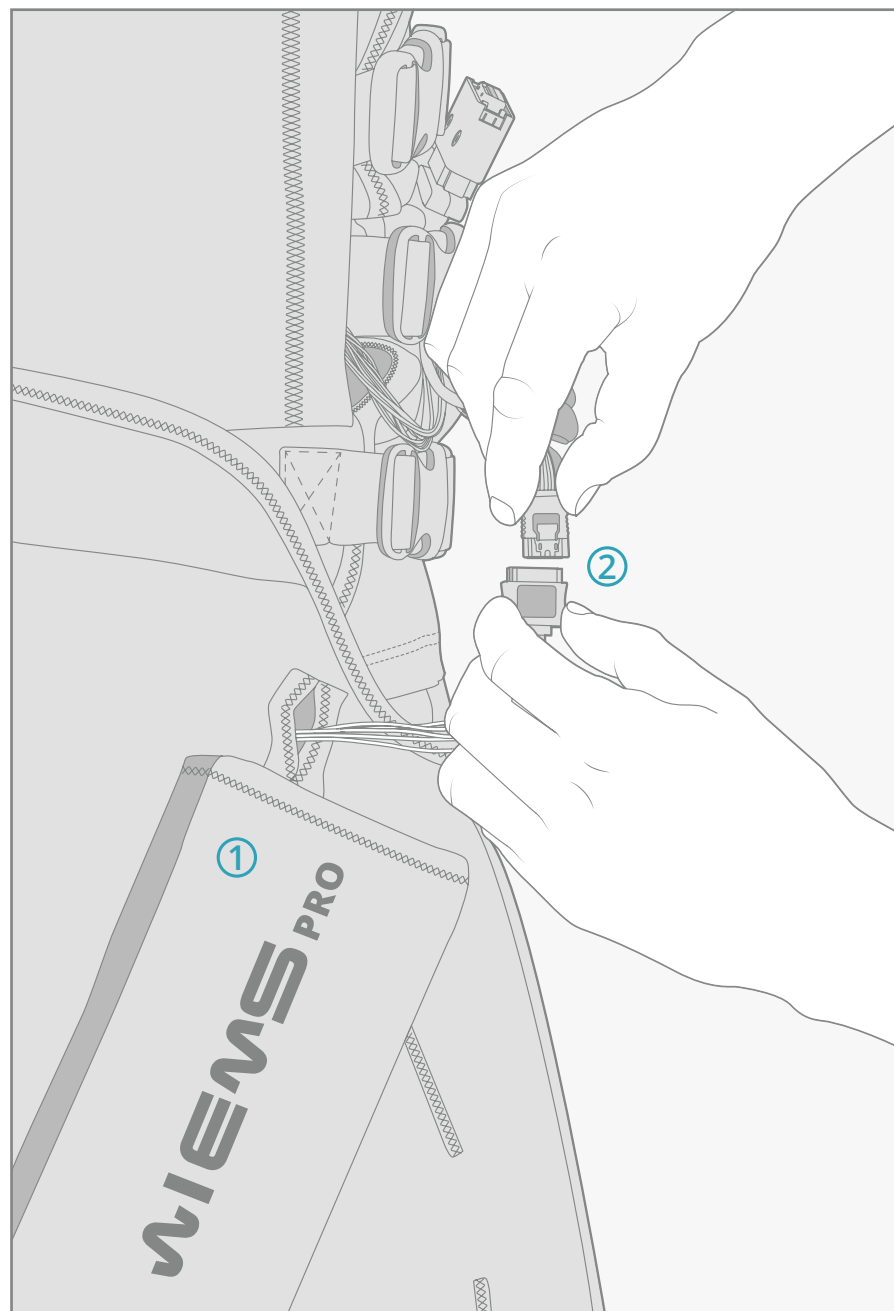
CLIENT PREPARATION

Once the client has been fitted out in the “underwear” and suit, insert the device into its bespoke pocket **(1)** within the suit, connect the cable securely **(2)**, and ensure that both the device and the cover are securely fastened to the client.

In order to begin the training session, you should select **3 items**: client/s, program/s and device/s. We remind you that when you turn on a device and it is paired with our App, its serial number is highlighted in bold in the list of available devices (see section “START A TRAINING SESSION” pg.15 of the manual of the Wiemspiro App).

Once everything is ready you can begin your training program. It is essential to **explain to the user how to turn off the device** by himself before beginning to work with the Wiemspiro system.

To avoid potential safety issue or problems related to the passage of electric current or electromagnetic field, the person in charge of the equipment **must verify that the user is not carrying metallic or electrical objects** during the use of the Wiemspiro equipment: Mobile phones, rings, pendants or any other similar item are not allowed during the use of Wiemspiro equipment.



⚠ ATTENTION: In order to use the Wiemspiro device it is necessary to complete the Wiemspiro Certification Course. If you don't own such certificate, please contact Wiemspiro S.L. and ask for information about its training, dates, location and attendance conditions. Wiemspiro S.L won't be responsible under any circumstances of any personal or physical harm that may be caused by the Wiemspiro device if used by people without the Wiemspiro Certificate.

HUMAN BEHAVIOUR WHILE USING THE EQUIPMENT

The coach or manager must be attentive to the operation of the team and the status of the user(s) at all times.

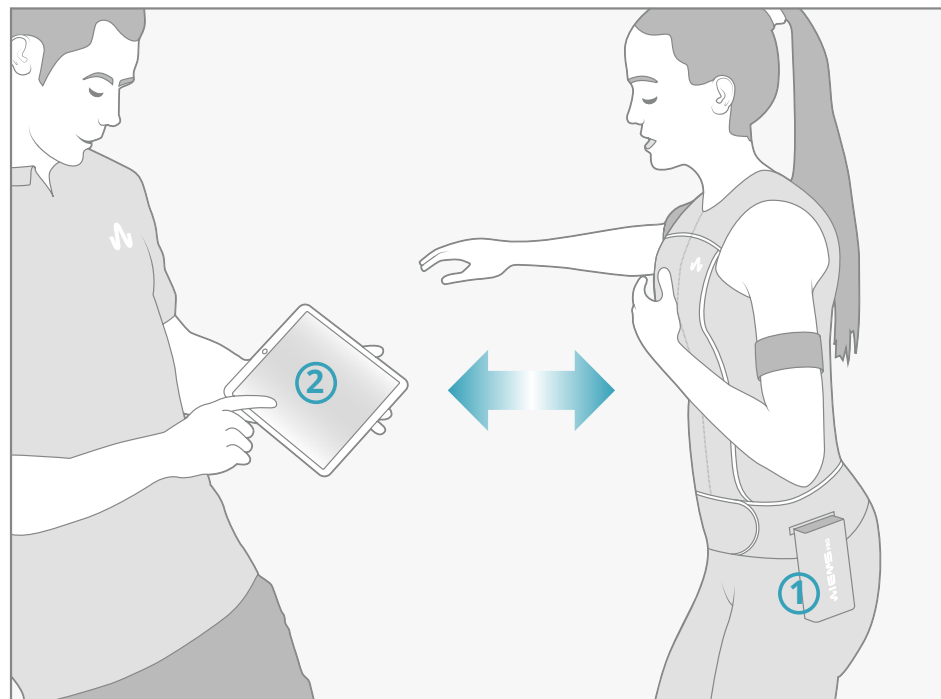
Once you have confirmed that all the components are placed correctly, you must **calibrate the channel intensity for each of the channels (i.e. users) that make up the group or team**. During calibration, it is necessary that the coach and users maintain verbal and visual communication within a distance that allows physical contact, if necessary.

The coach or manager operating the training must keep the iPad in hand or in a structure designed to securely support it that is within reach.

Despite the possibility to use the device outdoor and without any distance limit, it is highly recommended to **keep always eye and verbal contact during the use of the Wiemspro equipment**.

It is very important to **place the device over the user in an easy to reach spot** in case he/she needs to turn it off at any moment.

As shown in image, if using a suit without an integrated pocket, the device is held tightly in a specific sleeve against the waist of the user (1). The iPad must always be within range and control of the person operating of the equipment (2).



PHYSICAL ELEMENTS OF THE WIEMSPRO SYSTEM

There are a number of elements that make up the Wiemspro system, **each with its own manual**. The Wiemspro Certification Course explains in detail all forms of use and interaction with them.

These physical elements are as follows:

- Wiemspro Device
- Wiemspro Suit and Cables
- Wiemspro App

Each of these elements has its own documentation on use and maintenance.

Consult all manuals before using the Wiemspro equipment.

DEVICE BEHAVIOUR DURING TRAINING

At the start of training (and each time it restarts after a pause) the device will emit 3 beeps, one per second. This is a “countdown” signal to indicate the exact moment when the training program starts.

The device will emit an electrical stimulus with the characteristics that you have set using the Wiemsprom App (see Parameters of personalised training section of the App Manual, page 18). **The battery indicator LEDs will flash during the emission of the electrical stimulus and will remain solid during the rest period.** This allows the trainer to quickly determine which phase the device is in without the need to look at the iPad.

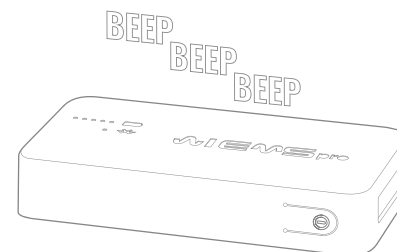
PLEASE NOTE: the device emits a faint sound while emitting electrical impulses. Do not worry if its volume or duration changes depending on the programme chosen or the controlled intensity.

END OF TRAINING

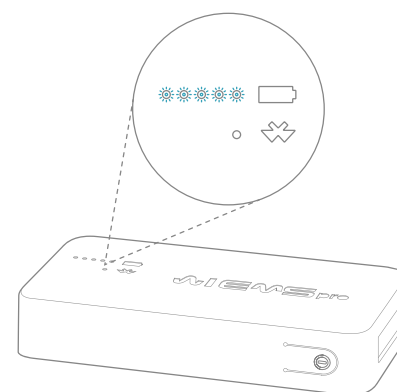
Once training has finished it is important to remove the device correctly:

- First, turn the device off.
- Gently disconnect the cuit cables jack from the device using the small side buttons that the male connector has for that purpose.
- Keep the device in the original packaging in a place where it is protected from water.
- Confirm its charge level and charge if necessary.

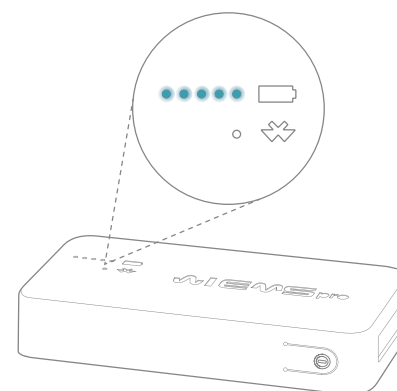
After this, the rest of the elements will be removed in the reverse order they were placed, cleaned and stored in a timely manner.



Start



Stimulus emission



Resting period

BATTERY CHARGING

Once you have plugged in the charger and connected it to the device **a small red LED will turn on** in the battery indicator. Once the battery is charged the red LED will switch off.

The device may also be charged while powered on. In this case the blue LEDs of the charge indicator will flash during the entire charging process. Once the battery is charged the lights will remain solid.

The Wiemspiro device uses a lithium polymer battery.

⚠ ATTENTION: The Wiemspiro device should not be thrown away due to the batteries and other technical components. If you have questions about how to dispose of this product, please contact the manufacturer.

WHO CAN USE THE WIEMSPRO SYSTEM

This system is designed to be handled and controlled by qualified fitness personnel only; normally a Personal Trainer with an official qualification.

Any use by unqualified persons is not advised.

Do not use the Wiemspiro System on yourself; one person must not control and receive the electrical stimulation by themselves. Of particular note – **the “arms” and comprising muscle groups must never be used by the person controlling the device** since it could limit their ability to move them as desired and render them unable to stop the stimulus.

INTENDED USE

Wiemspiro intended to **stimulate healthy muscles** in order to improve or facilitate muscle performance. The Wiemspiro system is **not intended to be used in conjunction with therapy or treatment of medical diseases or medical conditions of any kind**. None of the Wiemspiro training programs are designed for injured or ailing muscles and its use on such muscles is contraindicated.

Wiemspiro is a machine with electronic muscle stimulation based on EMS technology. Regarding its use, the device is specifically **designed as an addition to other sports and for training muscles. It must be used for only healthy muscles and clients**, not for rehabilitation purposes.

Wiemspiro electrical impulses allow the triggering of action potentials on motoneurons of motor nerves (excitations). These excitations of motoneurons are transmitted to the muscle fibers via the motor endplate where they generate mechanical muscle fiber responses that correspond to muscle work. Depending on the parameters of the electrical impulses (pulse frequency, duration of contraction, duration of rest, total session duration), different types of muscle work can be imposed on the stimulated muscles..

PRECAUTIONS DURING THE USE OF THE WIEMSPRO SYSTEM

- Do not use the Wiemspro system in the rain or in the aquatic environment. Do not get the device wet.
- Protect from water or sweat that may be present in an environment of normal use.
- Do not touch or grasp the cables at their ends at any time.
- Do not touch or remove the electrodes at any time.
- If you notice any unpleasant, painful or unusual sensation, please stop using the equipment and do not reuse it until the problem is completely solved.
- Do not use the Wiemspro system on people who have not passed a health questionnaire or people who have any of the specific contraindications indicated in the safety section.
- Do not add or remove any part of the Wiemspro system to or from a person while it is in use.
- In case of any incident related to electric current, stop the device immediately.

⚠ There is a high risk of a serious accident if these indications are not followed. According to ISO 14971 - N / A (R32) you are responsible for the consequences of not following these safety rules.

DEVICE MAINTENANCE

To keep the device in perfect condition the user should periodically check that:

- The casing has not been broken or damaged due to blows or falls.
- No loose parts that sound when shaking or using the device.
- The battery life does not decrease significantly.
- All integrated LEDs of the device are functioning.
- The main plug is firmly fixed in position.
- Cleaning: use a very slightly damp cloth with soapy water. Do not use harsh chemicals. It is very important to ensure that no water or moisture enters the light, sound or connection holes.

VERY IMPORTANT- DANGER!

- Never open or attempt to disassemble the Wiemspro device. In case of any concerns or repair, contact the manufacturer or distributor.
- If the battery needs to be replaced, it is possible, but only under specific conditions and always by the same manufacturer. Do not open the device or attempt to replace its power source.
- No part or element of the Wiemspro device is designed to be changed or repaired by the user. Do not open the device or try to change any of its parts.
- Do not try to incorporate new elements into the device or to the rest of the equipment (extra power sources, cables or unofficial electrodes, etc.).

⚠ There is a high risk of a serious accident if these indications are not followed. According to ISO 14971 - N / A (R32) you are responsible for the consequences of not following these safety rules.

TROUBLESHOOTING GUIDE

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PROBLEM	POSSIBLE CAUSE	SOLUTION
The device does not synchronise with the iPad application	<ol style="list-style-type: none"> 1 Lack of connection between iPad and device. 2 Change to serial number of the device. 	<ol style="list-style-type: none"> 1 Check that Bluetooth is activated on the iPad and that the device is switched on. 2 Close the session on the App and turn off the device. Afterwards, start the session again and turn on the device. Restart the Bluetooth on your iPad at this point. <p>If you do not manage to solve the issue, contact the Wiemspro Support department.</p>
No available minutes. (An "x" with a red background may appear in the list of devices)	<ol style="list-style-type: none"> 1 The minutes have run out. 2 Communication error via internet. Connection is too slow. 	<p>FLAT RATE: automatic renewal of minutes. You must have an internet connection on the iPad. Check the internet connection.</p>
Device powers off during training	<ol style="list-style-type: none"> 1 The battery has run out. 2 The battery has been completely discharged. 	<ol style="list-style-type: none"> 1 Check the available battery of the device (it may turn off with 2 lights on the battery indicator). 2 Charge the device. 3 If the battery does not charge, contact the Wiemspro Support department.

The Wiemspro device is very easy to operate and very reliable. Even so, it is possible that special situations may arise during use that require a solution.

PROBLEM	POSSIBLE CAUSE	SOLUTION
There is a piece loose inside.	The chances are that a screw has come loose inside the device.	YOU SHOULD NOT USE THE DEVICE UNDER ANY CIRCUMSTANCES. Do not open the device under any circumstances. Please contact the Wiemspro Support department.
The device connector moves and the cable comes loose easily.	The connection area of the cable has been damaged or loosened.	Do not open the device under any circumstances, call the Wiemspro support department.
My device does not charge/I do not see when my device is charging.	The red charge light has been damaged or is not seen clearly.	Charge with device switched on. If the blue lights flash, it means that it is charging. (See page 13).
My device does not switch on.	The device has been stored with the battery fully drained.	If it does not switch on or charge: Damaged battery, call the Wiemspro support department. Remember that you should charge the device each time it turns off (2 lights on indicator)

👁 **REMINDER:** At this point we would like to remind you that the Wiemspro device is designed to turn off before the battery is completely drained. That is why the device may possibly turn off when one or two lights on the battery indicator are switched on. This is not an error, please charge the device and do not force it to keep working. If you do, the battery could be completely drained which could damage it.

SAFETY

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SAFETY MEASURES

- In case of emergency or incident, stop the electrical impulses by pressing the “STOP” button, or by lowering the “MASTER” of the user to 0.
- Do not use the device without first performing a health/fitness test. If in doubt, consult a medical practitioner.
- Do not use the Wiemspiro equipment with metallic objects on the skin or in the pockets (jewellery, keys, watches, etc.) This avoids electromagnetic hazards.
- Stop the operation of the device and the person showing signs of health problems.

⚠ IMPORTANT SECURITY NOTE!

- This product requires training to be used correctly.
- There is an electrical risk. Take all appropriate precautions. Do not let children or people with the necessary training use the device.
- Outdoor use is not allowed when there is a risk of rain, or when there is rain.
- Do not wet the device or submerge it in water.

CONTRAINDICATIONS

It is strictly forbidden the use of the Wiemspiro System in case of:



Pacemaker



Pregnancy



Epilepsy



Cancer

You should check with your specialist or doctor in case of:

- Circulation problems
- Hernia in abdominals or groin
- Neurological disorders
- Bleeding tendency
- Irritation of the skin, burns or wounds (never apply electrodes to them).
- Metabolic Syndrome (Diabetes, Hypertension, Obesity)
- High levels of uric acid
- Metabolic alterations and pathologies of metabolism
- Inflammatory pathologies

