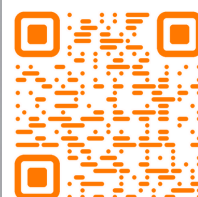


BOD**STIM**

User Manual



Introducing BodStim

What's is BodStim?

BodStim uses Electro-Muscular Stimulation (EMS) to zap your muscles into action. A sleek bioelectric stimulator sends low-voltage pulses through electrodes in the suit, mimicking your brain's signals to contract muscles. Ready to make electricity your gym buddy? Combine BodStim with exercise and you can generate up to 40% more muscle force.

BodStim works up to nine muscle groups at once, helping to define and tone, boost circulation, and your metabolism. BodStim is the only suit with patented stimulation sequences designed to trigger the release of Klotho and Follistatin, two proteins associated with muscle growth and possibly longevity. Think of it as "charging your Klotho levels" in a full-body suit.

We are running clinical studies to explore how BodStim might help beyond workouts, such as muscle recovery and increased performance.

Features and benefits



Bioelectrical stimulation regenerates and heals the body.



Enhances exercise recovery and repair of injuries.



Tightens and repairs skin by enhancing muscle, while promoting weight loss.

What's in the Box

BodStim Personal



- 1 zippered top
- 1 pair of shorts or
- 1 pair yoga style pants

Wireless Electrical Muscle Stimulation (EMS) Device



Seamlessly charge your EMS unit



Connect EMS unit using Bluetooth 4.0



Connect EMS unit using Bluetooth 4.0

Step-by-step Instructions

App Setup

1. Download the BodStim app.



BodStim
Sports



2. Create an account/login and follow app instructions.



Sign Up

Login

3. Choose your goals and custom your workout.

Suit Setup

4. Turn suit inside out. Get electrodes wet adding a few sprays of water on each electrode using a spray bottle or damp towel.

5. Put the wetsuit on, being careful not to pull on the cords.

6. Open up bottom of top electrodes and fold down into pants. Check all electrodes are located on muscles, not on joints.

Step-by-step Instructions

Connect stimulator to suit

7. Hit power on button on side of stimulator. Blue lights will flash indicating connection.

8. Put the device into mesh pocket and Connect to suit using Plug&Play system.


9. Connect each small connector using the color guide. training type.

Load program and start

10. Click "Start now" under selected training type.

11. Hit power on button on side of stimulator. Blue lights will flash indicating connection.

12. Press any green, Go Start button.



Trainings Type

BODSTIM PROTOCOL


Bodstim training protocol

Level Advanced


Main goal Sports performance


Duration 01h 23s

Start now



Devices

 **Setting Devices...**

 **EMS Device**

Click to select a device

No selected

Protocol Instructions

1st Phase: 5 minutes “warmup”

1. Start with low intensity muscle contraction at about 7Hz/3Hz (30 seconds on, 15 seconds off).
2. Each muscle group should have an intensity of 10 to 15 mA.
3. You should be feeling a tingling feeling and that is how you know it is working.

2nd Phase: 15 minutes “classic”

1. The second phase is for all muscles and should be increased to a higher intensity for a full muscle contraction program. Set the intensity to about 21 Hz (6 seconds on, 4 seconds off).
2. Do this program in conjunction with any aerobic or muscle based exercise of your choice. Examples include: stair master, treadmill walking or running, pull ups, sit ups, jumping jacks, boxing bag.
3. Each muscle group should have an intensity of 10 to 30 mA, so you should be feeling muscle contractions.

Protocol Instructions

3rd Phase: 35 minutes “Klotho”

1. In the third phase, it is time to do non-contraction muscle stimulation at about 20Hz (25sec on, 5sec off).
2. There should be an intensity of 10 to 15 mA.
3. There should be a tingling feeling.

4th Phase: 5 minutes “Follistatin”

1. In the final phase, this is a non-contraction muscle stimulation at about 100Hz (10sec on, 1sec off).
2. There should be an intensity ranging from 10 to 15 mA.
3. You should be feeling a tingling feeling.

Instructions for Use

Operation and Function

Adjust the intensity 3 different ways:

1. Snap back bar on top right corner move right to increase intensity on all electrodes in 10% increments.
2. Push (+) to move intensity up and (-) to move down on right middle side of screen.
3. You can adjust intensity on each electrode individually by moving each muscle intensity bar as marked.

Best performance practices

For best practices:

- Always use the BodStim wet/damp
- Drink water before wearing to assist in muscle contractions
- ONLY wear TWICE a week
- Limit total time to 60 minutes each use

Do's and Don't

Do's

- Consult with your specialist before joining our training programs
- Follow all recommended guidelines for usage

Don't

- Use this product if
 - you have a pacemaker
 - are pregnant
 - have cancer
 - history of epilepsy

Troubleshooting

Common FAQ

What is the EMS device?

The EMS device is the bioelectrical stimulation unit that provides controlled and safe waveforms. These stimulations offer enhanced performance all within a small compact device that lasts up to 8 hours after a full charge.

How do I ensure all the electrodes are working?

If you need help calibrating electrodes you should first ensure all electrode surface area is making full contact with the skin. Check that all electrodes have even water application. Once device is connected, ensure all cables are connected and increase the intensity in increments.

How should I clean the suit?

Your suit is fragile compared to normal clothes, so it is best to hand wash your suit in the sink/shower. Wash by turning inside out and allowing to soak in cold water and mild detergents. Once finished, always hang dry. Note your suit does not have to be washed after each use.

What devices and operating system is compatible with the BodStim app?

Compatible with iOS 12.1 or later.

Troubleshooting

Common FAQ

How should I store my BodStim suit between uses?

Between uses, your BodStim should airdry out to decrease washes between use and extend its life without degradation. For best practice, always disconnect all connectors after use. Hang dry your suit in a well ventilated area allowing it to air out. Once dry you can hang up your suit or store it back in the box for next use.

I am having trouble connecting my device to bluetooth?

If having trouble connecting the device to bluetooth, please disconnect the unit from bluetooth and reconnect following the guidelines above. If still having trouble, ensure EMS unit is fully charged before contacting customer service.

How do I pair my EMS unit with my iphone/ipad.

The EMS unit can be paired with either the iphone/ipad using the steps provided above in pages 4 through 5 of the user manual. If not pairing successful please try the troubleshooting steps. If still unsuccessful please contact a member of the team using customer support.

Safety Information

Experiencing Redness

If you have localized redness or small burn-like marks under electrodes this is likely due to increased blood flow, skin sensitivity, or prolonged use. Redness is typically temporary and should resolve within a few hours after stimulation ends.

Stinging feeling

A stinging sensation during use may indicate that the electrode is not making full contact with the skin or that the intensity is too high. Ensure electrodes are wet, properly placed, fully adhered, and that the skin is clean and dry.

Hot electrodes

If electrodes feel hot during use, it may be due to poor contact with the skin, dried-out gel, or damaged electrodes. Always check that electrodes are in good condition, properly applied, and replaced as recommended. Discontinue use if electrodes become uncomfortably warm.

Customer Support



Legal and Disclaimer

Medical Disclaimer:

The BodStim suit is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease. Always consult with a licensed healthcare provider before beginning any new physical or therapeutic regimen.

Use at Your Own Risk:

Users assume full responsibility for the use of the BodStim suit. The manufacturer and its affiliates are not liable for any injury, discomfort, or adverse reaction resulting from improper use, or failure to follow protocol.

Compliance:

This product complies with applicable safety and electronic standards for consumer wearables. It has not been evaluated or approved by the FDA for clinical therapeutic use.

Modification and Tampering:

Any modifications to the BodStim system, including electrode configurations or firmware, void all warranties and may pose safety risks.

Intellectual Property Notice:

BodStim™ is a proprietary design. All content, technology, and branding are protected under applicable copyright, trademark, and patent laws.