ERIKIN EFD SMART

User Manual

Important: Please Read the User Manual before starting Operation of the Device

www.erikinco.com

1. First start with the power box and APP

1.1 Charging the power box

 Before you can start the workout, you must download and install the ERIKIN EFD SMART APP from Google Play Store or IOS APP Store.

 Before using the device for the first time, you must charge the battery in the power box for at least 3 hours. To Charge the device, simply plug the supplied USB Cable into the power box and a suitable USB socket. The power box indicator will light up blue when charging; it will turn green once the battery is full charged.

1.2 Download and Install the APP

1.2.1: IOS Installation: If you have I-Phone or I-PAD, you can search ERIKIN EFD SMART APP on the App store, can directly download and install the APP.

1.2.2: Android Installation: If you have smart phone with the android system, you can directly download "ERIKIN EFD SMART" app and install it from the Play Store. We can also send the Android "ERIKIN EFD SMART" App to you by email. After that, you can download the App to your smart phone.

1.2.3: Explanation of the App and data privacy

 You can save as many profiles as you like on any device. To do this, assign a user name and password. The user name can e.g. be "sample name" or "muscle workout" or "fitness 1". The password consists of text and at least one number (e.g. 123456). In accordance with the GDPR, your data will only be saved on your device. Therefore you have to register e.g. separately on IPhone, IPAD or other Android smart phone. The app saves the last used settings under the respective logged in user name. You can save as many profiles as you like!

2. How to operate the APP

 Before switching on the device, confirm the Bluetooth is already switched on in the phone or I-pad.
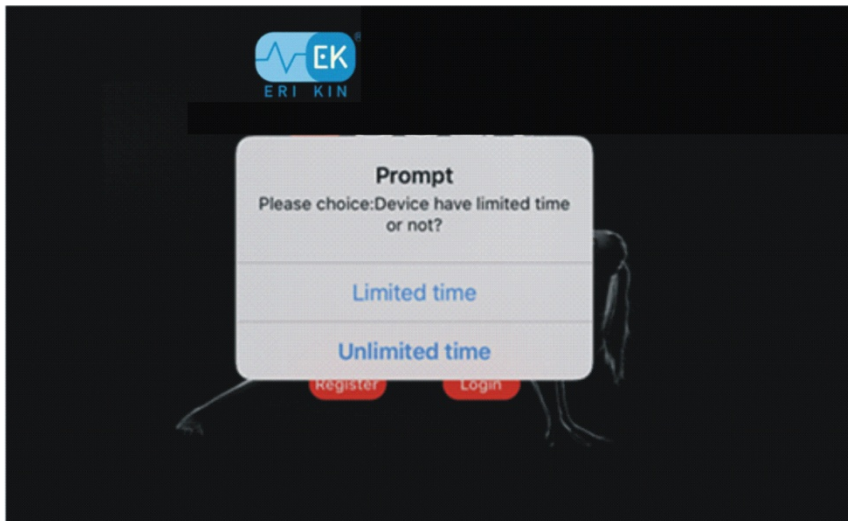
  (Setting--Bluetooth---Switch on)

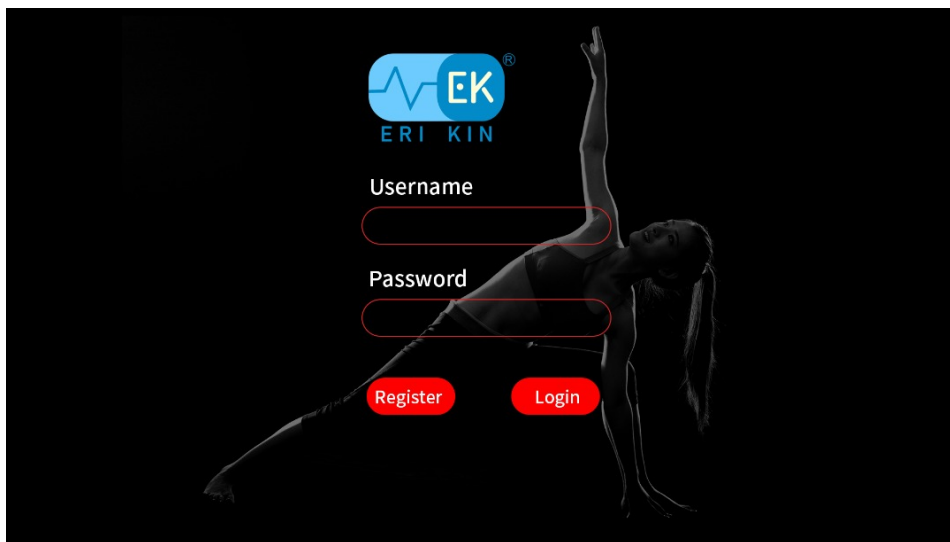### 2.1 Click on ERIKIN EFD Application

2.2 User name and Password

If you have newly installed the app on a device, to log in for the first time, click on "Register".

If you download the APP from IOS system, before "Register" you should click on "Unlimited time".
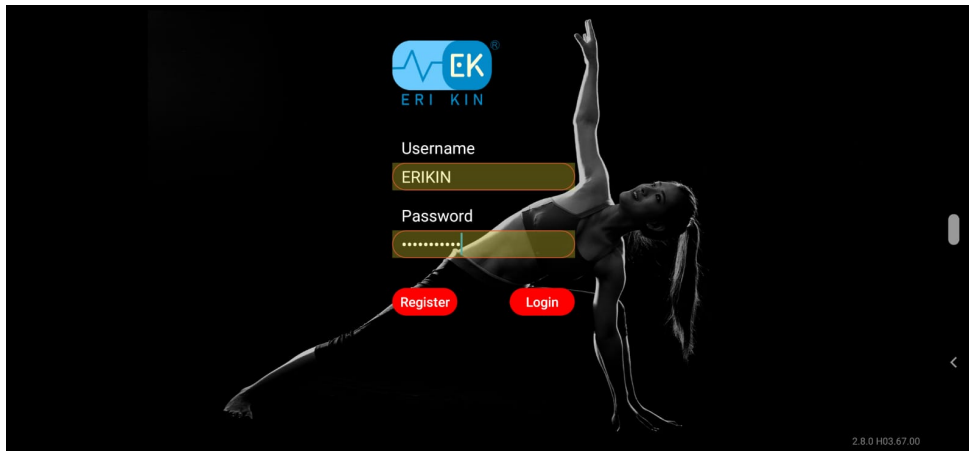(Limited time is the first version).
Android system: do not need to do this step.

You will now be asked to enter the following data:

    ----User name
    ----Password
    ----Confirm password

At last, you have to confirm the term of use.
After entering the data, click the "confirm" button.

2.3: Register Success

Since, Your registration was successfully done. You can use these access details to load your saved data later.

Once you have registered for the first time, you only have to enter your username and password each time you start the App. Then click on "log in" and the APP will start.

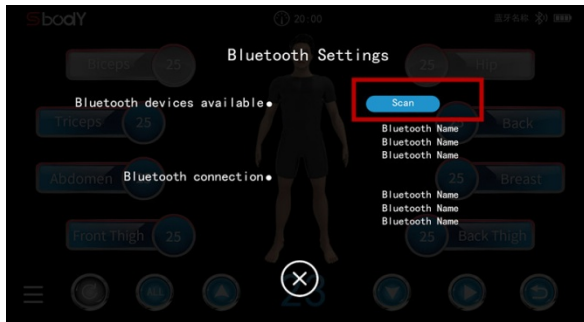## 2.4: Establishing a Bluetooth connection:

A connection between the App and the power box is established when there is a Bluetooth connection. To establish a Bluetooth connection, Please click at the "Bluetooth name" at the top right for the first time
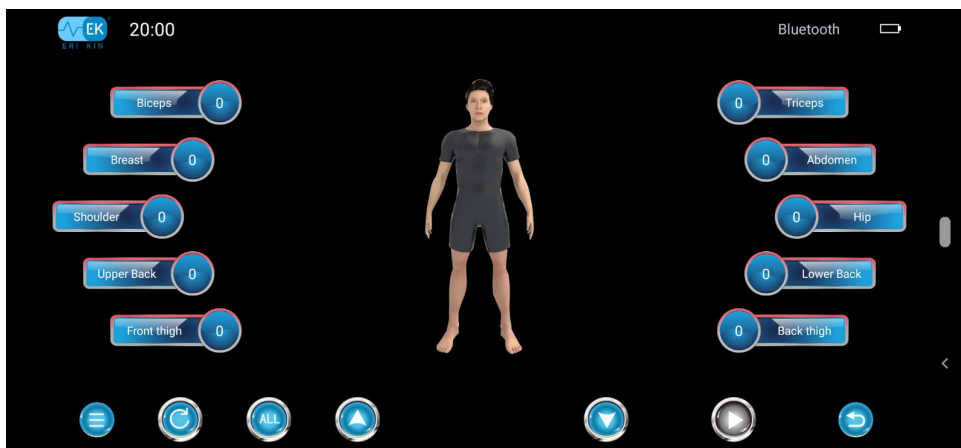
To establish the Bluetooth connection, please click on "Scan".

You will be given a list nearby Bluetooth devices.

Please select EK EFD, so that a connection to the power box is established.

Requirements for you to establish a Bluetooth Connection:

- ---The power box must be charged and switched on. If this is the case, the blue led will be on.
- ---Switch on the power box by pressing the button (The small depression) for 2 seconds. The led will go on.
- ---The app must be authorized to know your location details in order for the Bluetooth signal to be processed correctly. It's for device connection only and location data is not stored in app. You will not find the power box within your Bluetooth-Setting of your mobile; it works with Bluetooth low energy (BLE).
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3. Navigation and settings for the EFD Impulses
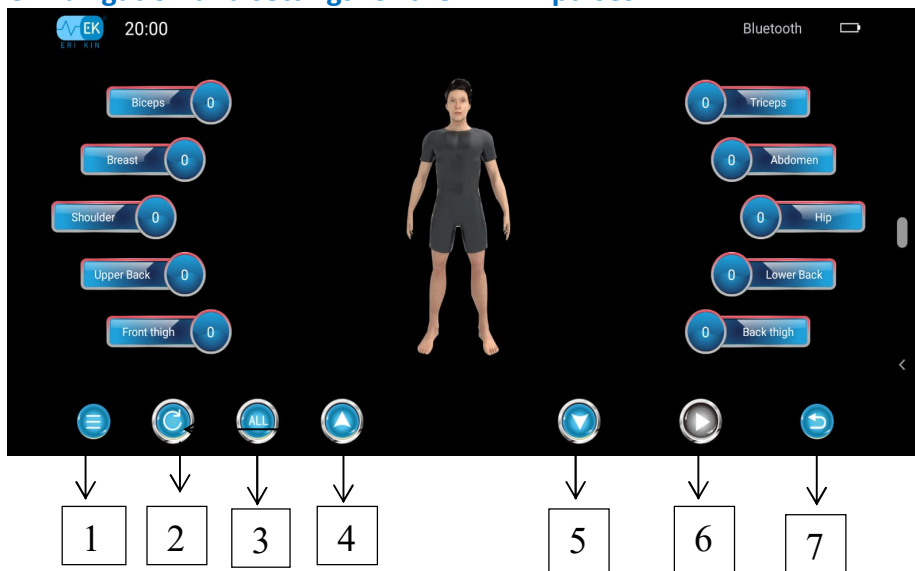
Please note: the numbers 1-7 are used in the description below to refer to the buttons.

1. Menu
2. Set selected (Blue) muscle groups to Zero
3. Select all muscle groups
4. Moves the selected muscles (Marked in blue) up one level adjust from 0 to 100
5. Moves the selected muscle (Marked in blue) down one level
6. Start/Pause (Turn blue as soon as the Bluetooth connection is established)
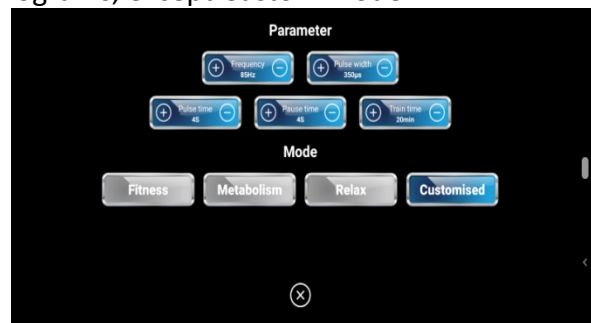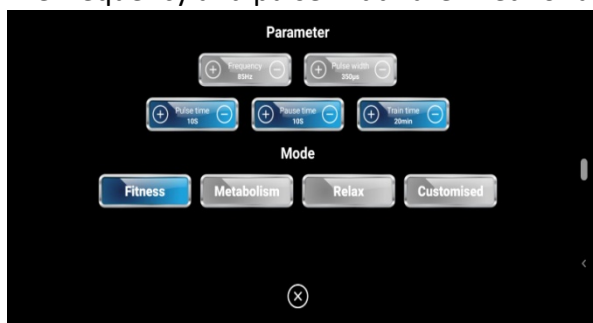7. Log out, save settings.
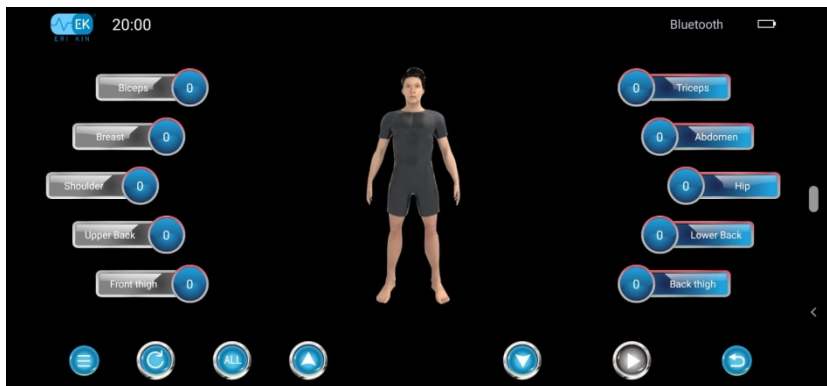
The power box battery indicator is at the top right.
The workout time is shown at the top left. Here it start at Timer 20:00 minutes and counts down.

3. Basic Settings

You can set the pulse time, pause time and train time for each mode.
The frequency and pulse width are fixed for all programs, except Custom mode.

You can access the basic setting by clicking on menu (1) on the start screen.
Once you have made your settings, Press "Confirm" to return to the main screen.
The Parameter can be set up as follows:
◎Total time: Set the total workout time;   1-40 minutes
◎Pulse time: Defines the duration for which a pulse will be emitted; 1-30 seconds
◎Pause Time: Defines the time between the pulses;   0-30seconds
◎Frequency: The pulse frequency in Hz indicates how many single pulses will be emitted per contraction phase; 1-120Hertz
◎Pulse width: Defines the length of an individual pulse;   50-400μs
◎Intensity adjustment: Each channel's intensity can adjust alone; 0-100 level
The parameters already have default settings stored. If you would like to change the parameters, you can vary them by clicking on "+" or "-" accordingly.

5. Starting the Workout
Main Screen
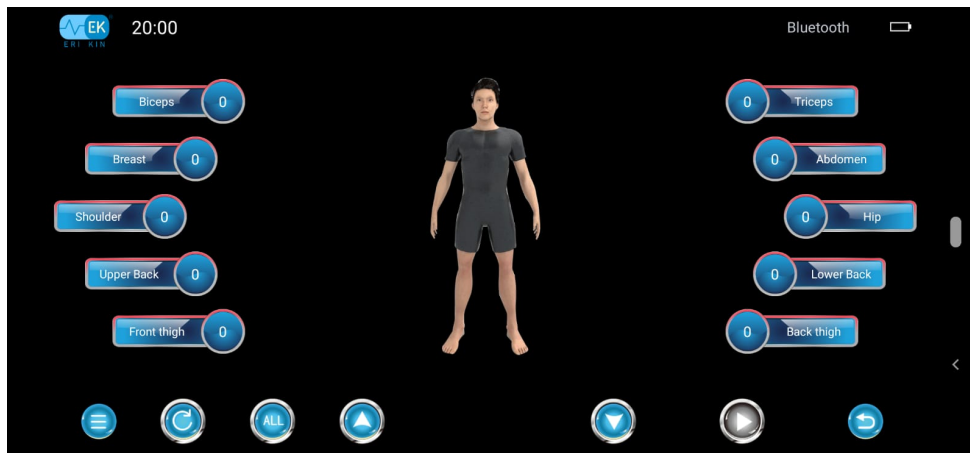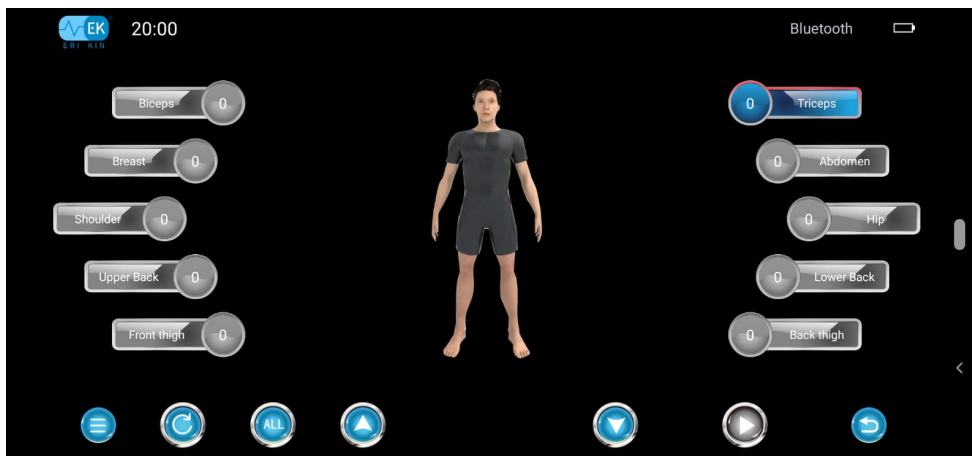

When starting your workout, all muscle groups will be set to 0 and highlighted in blue. (In Gray color shown not selected)
You can now set the impulses for all muscle groups highlighted in blue simultaneously by pressing on "4" or "5" in the strength /weakness setting from 0 to 100.

To individually adjust individually muscle groups, please process as follows;
Step 1: Click at"ALL", and all muscle groups will be deselected (and will then display in the Grey)
Step 2: Click on the appropriate number for the muscle group to be changed --- it will now turn blue and will be activated for controlling (here the muscle group "triceps"). Now click"4" or "5" so that the impulse is increased /decreased accordingly. The triceps muscle group was increased with "4" level 12.
Step 3: The "Triceps" can be deselected again by clicking on the number "12"again (the"12" now displayed in Grey)
Step 4: If you want to control the other muscle group individually, processed in the same way as "triceps".
Step 5: You can undo the de-selection of the muscle groups by pressing "ALL" button. All muscle will now be displayed in blue again and can therefore be controlled.

6. Explanation of the app based on practical example

◎ At the beginning, enter your username and password and confirm your entries by pressing "Login". You will now see the start screen.

◎ Next, activate the power box by pressing lightly on the notch in the middle. The power box is activated when the LED lights up bright blue.

◎ Connect the power box to the suit. Make sure that you first hook the power box onto the panel on the suit with the two small lugs at the top and then lock it in place by pressing it gently downwards. The power box must strap onto the suits with a very close fit. Sometime needs a bit effort to adjust the power box unit into the hooks.

◎ Finally, pull the Velcro tight. Make sure that the power box is held firmly in place.

◎ Now, establish a connection between your mobile device and the power box. To do this; click on the" Bluetooth" in the top right corner of the APP main screen and then click on "Scan". The Bluetooth devices that are available nearby will be displayed. Select" TMPXXX" for the power box and click the "Connection". You can tell when a connection to the power box has been successfully established because you will see the Bluetooth symbol on the top right of the start page. The charging status of the power box will now be shown next to it on the right, the LED of the power box blinking.

◎ Now go to the settings.
First choose a workout mode. To do this, press 1, this will take you to the basic settings. In the practical example shown here, the "Fitness" mode is chosen by marking the appropriate selection. You can set the "Pulse time", "Pause time" and "Train time" by using "+"/"-". For example, select the following parameters"Pulse time 4 s", "Pause time 2 s" and "Train time 20 min". Then leave the basic settings by pressing "Confirm".

Second, now that you have set up the workout mode, you can change the pulse intensity of each muscle group on the start screen. To begin with, all muscle groups will be set to "0" and display in blue. If you already have warmed up, click on"6" so that the electrodes are activated with the set intensity and you can feel the subsequent changes. Otherwise, warm up first. Pressing "4" increases the values of all muscle groups marked in blue, pressing "5" decreased them. If the intensity of a muscle group is sufficient for you, simply click on the number highlighted in blue next to the muscle group, which will turn it Grey. The pulse intensity of this muscle group will now no longer be changed by pressing the "4"/ "5" buttons. The other muscle groups (highlighted in blue) will continue to be able to be adjustable accordingly. Continue until the intensity for all muscles has been set. A muscle group that is displayed in Grey can be rest at any time by clicking on it again, which will turn it blue again.

Third, if you want to stop the workout session during the workout time, simple click on the "6" again and the workout session will be paused. The pulse intensity of individual or all ("3" button) muscle can be changed during this pause or during workout. We recommend that you only change

the intensity when the impulses are switched on, as otherwise it is possible for an excessively high intensity to be set during the "pause".

7. ERIKIN EFD Power box

◎ LIGHT. To check machine working or not

◎ SWITCH. Delay design for switch. Avoid turn off / on by accident

Make sure that you first hook the power box onto the panel on the suit with the two small lugs at the top and then lock it in place by pressing it gently downwards. The power box must strap onto the suits with a very close fit.

8. EFD Power Suit

◎20 pieces electrode pads activate 350 muscle groups on body
◎One Piece type for easy to wear and take off
◎Silicon with conductive cloth material for electrode
◎Comfortable feeling

Power suit material:
Black, nylon Leica, specifications: 60 ', nylon 84%, spandex 16%

Electrode pads material:
Silicone, conductive cloth

Before the workout
Always pay attention to the correct size. In order for the electrodes of the power suit, to better transfer energy through your skin to your nerves and muscles, an extremely thin film of moisture is required on your skin. For some people, it is enough to simply wear the suit 2-3 minutes to get the skin under the electrode warm and moist, while some people have to do 5 minutes of jumping jacks, pushups or sit-ups to get skin moist with thin layer of sweat, before the intensity of impulse can reach to optimum.

Slip-resistant shoes
 Always wear sport shoes with slip-resistant sole for the workout.

9. ERIKIN EFD Power Suit; Putting on and Taking off

1) Choose the right size, so that the electrodes lie close to your body.

2) The power suit is put on directly over your bare skin, without underwear or other sport clothing.

3) The electrode do not need to wetted.

4) If you have lot of body hair or skin is very dry, you can slightly moisten the skin at these point with a cloth, or put little gel on the electrode.

5) The EFD power suit is done up using the zip on the back. Simple close the zip using the attached cord and connect it to the Velcro.

6) According to the situation, to use the stretch strap to tighten the arm, waist and thigh electrodes and fasten well.

7) After dressing standard workout suit: Neatly aligned, fully fit the body; fasten well, no obviously discomfort.

8) After finished workout, open the zip and get out off the power suit. If electrodes are sticking to your body due to sweat, don't pull it hard, and instead at first gently separate the electrode from your body before removing the suit.

10. After the Workout;

1) Hang the power suit on a clothes hanger for drying.

2) Danger of material damage: Incorrect cleaning can cause material damage
Never use the following cleaning materials: Synthetic cleaning agents, Solvents, Chlorides, Polishing agents, Washing/polishing agents, Aerosol sprays.

3）The electrodes are not resistant to chemical cleaning .

4）Do not exceed a temperature of 30°C.

5）Do not use any fabric softeners and bleaches

6）Do not dry in a dryer

7）Do not iron or treat with steam

8）Do not spin-dry

9）Do not wring out

10）Observe washing symbols

11）The electrode surface have an anti-bacterial layer .The individual electrode and the electrode vest can be cleaned as required .Proceed as follows for this:
Wash the suit by hand at a maximum water temperature of 30°C
Hang the suit on a clothes hanger and let it dry in a well-ventilated place.
Notice: The connector plug should be protected well.

Precautionary Note: (Daily use is not recommended for any age. Recommended use is every 2nd day for light users and every 3rd day for heavy users)