

ZTTY

EMS 智能微电技术

EMS Intelligent Micro-electric Technology

使用说明书
User's Manual

ZTTY696-ABS
腹部锻炼
Abdomen Workout
腹部健身器
ABS Gym

ZTTY696-BODY
身体锻炼
Body Workout
身体健身器
Body Gym

EMS 智能微电塑身仪

EMS Intelligent Micro-electric Body Shaping Device

All-round Pad
My will power let be do better

1. 本使用说明书对 ZTTY696 生效。
1. This manual is valid for ZTTY696.
2. 本使用说明书由 ZTTY 品牌出版，
2. This use's manual is published by ZTTY Brands,
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重要的安全预防措施及警告
Important Safety Precautions and Warnings

	<p>使用前，请务必仔细阅读安全注意事项，正确安全地使用本产品。此处所列注意事项是为了避免给您及他人的安全带来危害或造成财产损失，让您能够正确并安全地使用本产品。</p> <p>Before use, please read the safety precautions carefully and use the product correctly and safely. The precautions listed here are to avoid endangering the safety of you and others or causing property damage, so that you can use this product correctly and safely.</p> <p style="text-align: center;">【免责声明】 [Exception From Liability]</p> <p>因火灾，地震 暴乱，恐怖袭击以及由于事故，疏忽使用不当等造成的损坏，本公司将不承担任何责任。</p> <p>Our company will not be responsible for any damage caused by fire, earthquake, riots, terrorist attacks, accidents, negligent use, etc.</p>
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本使用说明书中使用的安全符号

Safety Symbols Used in This Manual

	<p>表示潜在的危險情况，如果不避免，可能导致死亡或严重伤害。</p> <p>Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.</p>
	<p>表示潜在的危險情况，如果不避免，可能导致严重伤害和产品损坏。</p> <p>Indicates a potentially hazardous situation which, if not avoided,</p>

	could result in serious injury and equipment damage.
	表示潜在的危險情况，如果不避免，可能会对用户造成轻微或中度伤害，或产品和其他财产的损害。 Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user, or damage to the device or other property.

简介

Introduction

1. 感谢你购买 ZTTY696 以锻炼你的肌肉。
1. Thank you for purchasing ZTTY696 for your muscle solution.
2. 在首次使用产品之前，请仔细阅读完整的使用说明书，并放在方便的地方或与产品一起存放以备今后参考。
2. Please read the complete manual carefully before using the device for the first time, and keep this use's manual in a convenient place or store with device for future reference.
3. ZTTY696 是一个 EMS 智能微电塑身仪。
3. ZTTY696 is an EMS intelligent micro-electric body shaping device.

EMS 说明

EMS description

EMS 具有低频率并且可以直接用于肌肉群组。EMS 被广泛用于增强肌肉，塑身以及改善运动表现方面。

EMS has a low frequency and can directly work on muscle groupings. EMS is being widely used in muscle strengthening, body toning, and improving sport performance.

EMS 运作

EMS operation

电子脉冲通过健身贴发送讯号以被动方锻炼肌肉。EMS 通过你的皮肤发送舒适的脉冲，刺激肌肉区域的神经。当你的肌肉接收到这个信号时，它会像在体育锻炼期间那样自然地收缩和弯曲和体育锻炼一样，当脉冲停止时，肌肉也会松弛。

Electronic pulses are sent through electrode pads to passively exercise the affected muscle. EMS sends comfortable impulses through your skin that stimulates the nerves in the treatment area. When your muscle receives the signal, it contracts and flexes naturally, as it would during physical exercise. When the pulse ceases, the muscle relaxes.



A The EMS should be applied to normal, healthy, clean and dry skin of adult.

注意：EMS 适用于成年人正常、健康、清洁且干燥的皮肤。

Please note: The EMS should be applied to normal, healthy, clean and dry skin of adult.

请注意：切勿将水凝胶贴放在头部，面部，心脏，胸部，眼睛，口腔，性器官上面或脊柱或骨性隆起上方。

Please note: Never place the gel pads on the head, face, heart, chest area, eyes, oral cavity, sexual organs or over the spine or bony premises.

我可以使用多久？

How long can I use the device?

根据个人锻炼需求，建议每天使用 1-3 次，初次使用时请调低强度，慢慢适应后可逐渐加大强度。如果你长时间佩戴它，请检查水凝胶在你皮肤区域的位置，以确保你的皮肤不会疼痛。

According to individual exercise needs, it is recommended to use the product for 1-3 times a day. Please reduce the intensity when using the product for the first time, and gradually increase the strength after slowly adapting. If you wear it for longer periods, please check your skin where the gel pads have been placed to ensure your skin does not become sore.



DANGER

This stimulator must not be used in combination with the following medical devices:

危险：

Danger:

此产品不得与以下医疗设备结合使用：

This product must not be used in combination with the following medical devices:

- 内部移植的电子医疗设备，如心脏起搏器。
- Internally transplanted electronic medical devices, such as pacemakers.
- 电子维生设备，如呼吸器。
- Electronic life-support equipment, such as respirators.
- 附着在人体上的电子医疗设备，如心电图仪。
- Electronic medical devices attached to the body, such as electrocardiographs.
- 将此产品与其他电子医疗设备一起使用可能会导致错误操作这些设备。
- Using this product with other electronic medical devices may cause erroneous operation of those devices.

不要在这些条件下使用此产品：

Do not use this device under these conditions:

- 如果你拥有心脏起搏器，活性植入式除颤仪，或其他植入式金属或电子设备。这样使用可能会导致触电，烧伤，电气干扰或死亡。
- If you have a cardiac pacemaker, active implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.
- 与维生医疗电子设备一起使用，如人工心脏，人造肺或呼吸器。
- Together with a life-supporting medical electronic device such as an artificial heart, lung or respirator.
- 在有电子监控设备的情况下（例如，心脏监视器，ECG 警报器，其在电刺激设备使用时可能无法正常操作）。
- In the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use.
- 在裸露的伤口或皮疹上，在肿胀，充血，感染，发炎区域或皮肤溃烂区（例如静脉炎，血栓性静脉炎，静脉曲张）或在癌症病变的顶部或附近区域。
- On open wounds or rashes, over swollen, red, infected, inflamed areas, or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins); or on top of, or in proximity to, cancerous lesions.
- 在缺乏正常知觉的皮肤区域。
- Over areas of skin that lack normal sensation.
- 在头部的两侧，因为对大脑刺激的影响是未知的。
- On the opposite sides of your head since the effects of stimulation of the brain are unknown.

以下人群并不适用：

Do not use on these individuals:

- 孕妇，因为怀孕期间电刺激的安全性尚未确定。
- Pregnant women, because the safety of electrical stimulation during pregnancy has not been established.
- 儿童或婴儿，因为该产品尚未通过儿童使用评估。
- Children or infants, because the product has not been evaluated for pediatric use.
- 无法表达自己的想法或意图的人。
- Persons incapable of expressing their thoughts or intentions.

在这些活动期间请勿使用本产品：

Do not use this product during these activities:

- 沐浴或淋浴。
- Bathing or showering.
- 沉睡。
- Sleeping.
- 驾驶，操作机器或电刺激可能使你受伤的任何活动。
- Driving, operating machinery or any activity in which electrical stimulation can put you at risk for injury.

以下人士使用本产品前请务必咨询医生，否则可能引发事故或皮肤，身体方面的问题。

The following people must consult their doctor before using this product, otherwise, it may cause accidents or skin or physical problems.

- 过敏体质者
- Allergic constitution patients
- 皮肤有知觉障碍或异常（感染，皮炎或伤口等）者
- People whose skin has perceptual disturbance or exists exceptional situation (infection, dermatitis or wound)
- 血液循环障碍患者
- People with disturbance of blood circulation
- 正在服药者
- People who are taking the medicine
- 恶性肿瘤患者
- Malignant tumor patients
- 感觉脑神经异常者（癫痫等）
- People with abnormal sensory cranial nerve (epilepsy, etc.)
- 因糖尿病等导致的高度末梢循环
- High peripheral circulation caused by diabetes etc.
- 障碍所引起的知觉障碍者
- Perceptually handicapped caused by handicapped diseases
- 发热 38℃ 以上患者
- Patients with a fever above 38 °C
- 需静养者
- Patients who need convalesce
- 脊椎骨折，扭伤，肌肉拉伤等急性（疼痛性）疾病患者
- Patients with acute (pain) diseases such as spinal fractures, sprains, and muscle strains
- 骨质疏松等骨质异常患者
- Patients who have osseous abnormality, such as osteoporosis
- 血压异常者
- People with abnormal blood pressure
- 肤质不适合使用水凝胶者
- People whose skin is unfit for using gel pads
- 明显感觉身体异常者
- People who obviously feel abnormality in body
- 正在医疗机构接受治疗的患者
- Patients who are receiving treatment at medical institutions

关于水凝胶的警告和注意事项：

Warnings and precautions regarding the gel pads:

- 将水凝胶放在正常，健康，干净，干燥的皮肤（成人）上，因为它可能会破坏皮肤的愈合过程。
- Apply pads to normal, healthy, clean, dry skin (of adult patients) because it may

otherwise disrupt the healing process.

- 经过使用后，如果你的皮肤出现刺激或红肿症状，则不要继续刺激皮肤的该区域。
- If you experience any skin irritation or redness after a session, do not continue stimulation in that area of the skin.



NEVER APPLY THE PADS TO:

永远不能将水凝胶用于：

Never apply the gel pads to:

- 头部或脸部的任何部位。
- The head or any area of the face.
- 咽喉的任何区域，因为这会造成严重的肌肉痉挛，导致呼吸道关闭，呼吸困难，或对心律或血压的造成不利影响。
- Any area of the throat because this can cause severe muscle spasms resulting in closure of the airway, difficulty breathing, or adverse effects on heart rhythm or blood pressure.
- 同时，胸腔的两侧（横向或前部和后部），或整个胸部，因为电流的引入可能会造成心律紊乱，这可能是致命的。
- Both sides of the thorax simultaneously (lateral or front and back), or across your chest because the introduction of electrical current may cause rhythm disturbances, which could be lethal.



CAUTION

WARNINGS AND PRECAUTIONS REGARDING THE PADS

警告：关于水凝胶及健身贴警告和注意事项

Caution: warnings and precautions regarding gel pads and the gel pads

- 请勿弯曲或折叠，因为可能无法发挥正常作用。放置在提供的收纳板上，然后在不使用时将其储存在收纳袋中。
- Do not bend or fold because the pads may not function properly. Place it on the supplied pad panel and store it in the pouch when not in use.
- 不要将药膏或任何溶剂涂抹到于**水凝胶及健身贴**或皮肤上，因为这样会使无法发挥正常作用。
- Do not apply ointment or any solvent to **gel pads and the pads** or to your skin because it will keep the pads from functioning properly.
- 水凝胶已经预先进行固化，并会粘附在你的皮肤上。
- The pads are already pre-gel pads and will adhere to your skin.
- **水凝胶及健身贴**不应该互相接触。
- **Gel pads and the pads** should never touch each other.
- 确保健身器连接良好且**水凝胶及健身贴**固定在你想要使用的身体部位上，否则该使用可能无效。

- Make sure the gym is well connected and **gel pads and the pads** are fixed on the body part you wish to use, or the use may not be effective.



不要以这种方式使用你的于水凝胶及健身贴：

Do not use your gel pads and the pads this way:

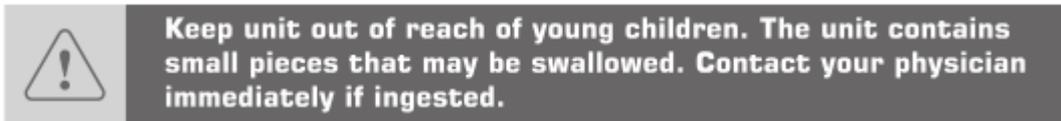
- 当放置在皮肤上时，不应相互接触。
- Pads should not touch each other when placed onto your skin.
- 不要放在你的脊椎或脊骨上。
- Do not place on your spine or backbone.
- 不应接触任何金属物体，例如皮带扣，项链或其他金属制成的珠宝。
- Pads should not touch any metal object, such as a belt buckle, necklace or other jewelry made from metal.
- 不应同时放在双脚的脚掌上。
- Pads should not be placed simultaneously on the soles of both feet.
- 不应同时放在双腿的小腿上。
- Pads should not be placed simultaneously on the calves of both legs.
- 水凝胶只供一个人使用，不要与其他人共用。这可能会导致皮肤刺激或感染。
- Pads are intended for use by one person. Do not share pads with another person. This may cause a skin irritation or infection.
- 在健身器开启时，请勿放置或重新放置水凝胶。
- Do not place or relocate the pads while the gym is on.
- 在移动或更换水凝胶位置之前，请务必关闭电源。
- Always turn the power off before removing or changing the pad location.
- 每次使用后都不要将水凝胶留在皮肤上。
- Do not leave the pads on the skin after each use.

使用时的注意事项：

Caution while using the product:

- 如果**本产品**未能正常运行或你感到不适，请立即停止。
- If **the product** is not functioning properly or you feel discomfort, immediately stop using it.
- 除本使用说明书中所述情况之外，请勿用于任何其他目的。
- Do not use for any other purpose except as described in this manual.
- 使用过程中请勿拉动健身贴或健身器电极扣。
- Do not pull on the electrode snap of the pad or gym during the use.
- 佩戴手表等电子设备时请勿使用**产品**，否则可能会损坏。
- Do not use **the product** while wearing electronic devices such as watches as this may damage the product.
- 不要弯曲。
- Do not bend.
- 不要将电池投入火中。电池可能会爆炸。

- Do not throw the batteries into a fire. The batteries may explode.
- 水凝胶及健身贴的尺寸，形状和类型可能影响电刺激的安全性和有效性。仅使用专为 ZTTY696 系列健身器设计的 ZTTY 品牌健身贴及水凝胶。
- The size, shape and type of **gel pads and the pads** may affect the safety and effectiveness of electrical stimulation. Use only ZTTY brands gel pads and the pads designed specifically for ZTTY696 series gym.



将产品放在幼儿接触不到的地方。该产品包含可能被幼儿吞下的小块。如果摄入，请立即联系你的医生。

Keep the product out of reach of young children. This product contains small pieces that may be swallowed. Contact your physician immediately if ingested.

可能的不良反应：

Possible adverse reactions:

- 请勿长时间在一个区域使用该健身贴（最多 3 次/天），否则该区域的肌肉可能会酸痛疲惫。
- Do not use the pads on one region for extended periods of time (up to 3 times/day), or muscles in that region may become exhausted and sore.
- 在皮肤刺激电极的下方区域，你可能会会有皮肤刺激和灼伤症状。如果你在使用时遇到不良反应，应停止使用该产品并咨询医生。
- You may experience skin irritation and burns beneath the stimulation electrodes applied to your skin. You should stop using the product and consult with your physician if you experience adverse reactions from using the product.

PRODUCT STRUCTURE

内容物及数量

Components and Quantity

ZTTY696 系列包含以下组件：

ZTTY696 series includes the following components:

App 程序 ZTTY(CN)	App Program ZTTY(CN)
腹部健身器 (ABS)	ABS Gym
身体健身器(BODY)	Body Gym
腹部健身贴	ABS Pad
身体健身贴	BODY Pad
水凝胶	Gel Pads

USB 充电线	USB Cable
使用说明书	Use's Manual
收纳板	Pad Panel
收纳袋	Pouch

ZTTY696 系列组件说明:

Descriptions of ZTTY696 series components:

Front of unit 手机前图 Front of phone	App 操作屏幕显示 Display of App operation
Front of unit 健身器前图 Front of gym(ABS/BODY)	ON/OFF 开/关
Back of unit 健身器后图 Back of ABS/BODY gym(ABS/BODY)	电极输出扣 Sockets
Side of unit 健身器侧图 Side of ABS/BODY gym(ABS/BODY)	Micro USB 充电口 Micro USB Port
Front of unit 健身贴前图 Front of pad	Sockets 电极输入扣 ABS Pads 腹部健身贴 Sockets 电极输入扣 Body Pads 身体健身贴
Back of unit 健身贴后图 Back of pad	Electrode 电极输出
Front & Back of unit 水凝胶前后图 Front & Back of gel pads	Electrode 电极输出

BATTERY INFORMATION

电池信息

Battery information

电池的注意事项

Notes for battery

- 请勿更换健身器的电池。电池是内置的，用户不可更换。
- Do not replace the gym's battery. It's built-in and not user replaceable.
- 使用随附的 USB 充电线为健身器充电。
- Use only USB cable that comes with the product to charge the gym.

充电方式

Charging methods

- 将 USB 充电线连接到计算机上的 USB 端口，将 USB 充电线的另一端连接到健身器。
- Connect USB cable to the USB port on the computer and the other end of the cable to the gym.
- 当健身器充电时，红灯点亮，当充电完成时，红灯熄灭。
- When gym is charging, the red light blinks and turns off when charging is complete.
- 充电时不能使用。
- The gym is not activated when charging.
- 充满电后，请拔下 USB 充电线以免损坏。
- When the gym is fully charged, please remove the USB cable to avoid damage.



WARNING

健身器的警告

Warnings regarding the gym

- 不要试图打开该健身器。如果处置或处理不当，内置的电池可能对环境对人体产生不良影响。
- Do not attempt to open this gym. If not treated or disposed properly battery contained may have bad influence to environment and human body.
- 请勿拆卸你的健身器。
- Do not disassemble your gym.
- 请勿使用腐蚀性清洁剂清洗健身器。
- Do not use a corrosive detergent to clean your gym.
- 请勿将健身器放入洗碗机，洗涤剂或烘干机中进行清洁/烘干。
- Do not put your gym in the dishwasher, washing machine or dryer for cleaning/drying.

- 请勿将健身器暴露在极端高温或低温环境中。
- Do not expose your gym at extremely high or low temperature environment.
- 请勿在桑拿浴室和蒸汽浴室内使用该健身器。
- Do not use the gym in the sauna and steam bath.
- 请勿将健身器长时间暴露在直射阳光下。
- Do not place your gym prolonged exposure to the direct sunlight.
- 请勿将你的健身器接近明火。请勿将置于火中，否则可能导致电池爆炸。
- Do not make your gym near open flames. Do not place it in a fire may cause the battery to explode.

INSTRUCTION FOR GEL PAD

水凝胶的用法说明 Instructions for gel pads

水凝胶属于消耗品。在下列情况下，请更换水凝胶：

Gel pads are consumable item. Please replace the gel pads when the following situations:

- 产品打开一个多月后或使用超过 30 次（从皮肤上取下）。
- After opened more than one month or the frequency of the use (remove from the skin) for 30 times.
- 粘合力降低，粘合表面（凝胶表面）干燥，任何难以去除的凹陷或污垢。
- Adhesion decrease, adhesive surface (gel side) dry, any depression or dirt that's hard to remove.

当使用水凝胶时，请注意下列事项：

When use the gel pads, please note the following:

- 将其放置于阴凉潮湿的地方，避免阳光直射，光线温度和湿度。
- Keep it in cool and dark place, avoid direct sunlight, light temperature and humidity.
- 请勿将水凝胶随意放置或与不清洁物品一起放置。这可能会弄脏水凝胶，导致粘附性降低并降低电刺激以及引起疼痛或灼伤。
- Do not place the gel pads arbitrarily or keep with unclean items. This may cause a dirty gel pad that results in the adhesion decreasing and lowering the electrical stimulation and cause pain or burns.
- 根据维修频率，皮肤状况，储存条件等，水凝胶在使用 20 至 25 次后可能会脱落。如果保养良好，使用的时间会更长。
- Depending on the frequency of maintenance, skin condition, storage condition, etc., gel pads may fall off after 20 to 25 times of use. Gel pad will last longer if

it's well maintained.

- 如果不小心将其粘在衣服上，请勿强行将水凝胶撕掉。将粘附水凝胶衣服的背面浸泡水中就可以轻松去除水凝胶。
- Do not forcibly tear off the gel pads if accidentally stuck it to clothing. Soak the back side of the clothing that has the gel pads stuck to can easily remove the gel pads.

水凝胶维护：

Gel pads maintenance:

- 如果水凝胶因灰尘而难以粘住，请按照以下说明进行维护。
- Please follow the following instructions for maintenance if the gel pads hardly sticks due to dirt.
- 使手指湿润并擦拭水凝胶粘合表面以清洁污垢。
- Dampen your finger and wipe the adhesive surface of gel pads to clean the dirt.
- 水凝胶之后，将水凝胶粘合表面朝上放置在阴凉，通风良好的地方，使其自然风干。
- Once gel pads is drained, place the adhesive surface of gel pads side up in a cool, well-ventilated place to dry naturally.
- 自然风干直到表面没有水分，然后将其附在收纳板上。
- Dry naturally until there is no water on the surface, and then attache it to pad panel.

重要的是：

Important:

不要长时间或经常维修水凝胶，这可能会损坏粘合表面，并导致其寿命缩短。

Do not prolonged or frequently maintain the gel pads or this may damage the adhesive surface, resulting in shortened life.

INSTRUCTION FOR ATTACHING GEL PAD

附着水凝胶的说明

Instruction for Attaching gel pads



Do not use damaged, deteriorated, dirty gel pad or may result in burns.
Make sure all of the electrodes are connected to the gel pads.
If the electrode is in direct contact with the skin, it can cause pain or burns.

请勿使用损坏，变质，脏污的水凝胶或否则会导致灼伤。

确保所有电极都连接到水凝胶上。

如果电极与皮肤直接接触，可能会导致疼痛或灼伤。

Do not use damaged, deteriorated, dirty gel pads or may result in burns.

Make sure all of the electrodes are connected to the gel pads.

If the electrode is in direct contact with the skin, it can cause pain or burns.

- 不正确使用水凝胶，可能会导致水凝胶与皮肤的粘附性下降，并且使其不能

正常工作或过度消耗，从而缩短寿命。

- Incorrect usage of gel pads may lead to a decline of gel pad adhesion to skin, and not function properly or excessive consumption that shortened life.
 1. 从袋子中取出水凝胶。
 1. Take the gel pads out of the bag.
 2. 从黄色薄膜上取下。
 2. Remove the gel pad from the yellow film.

INSTRUCTION FOR GEL PAD

水凝胶的说明

Instruction for gel pads

- 将黄色一面粘附在电极上。确保它能够紧密贴合且不留任何气泡。如果存在任何气泡，请从透明薄膜顶部按压水凝胶以排出空气。
- Attach the yellow side on the electrode. Make sure it's closely attached without any air bubble. If any air bubbles, press the gel pads from the top of transparent film to exhaust air.
- 一旦水凝胶紧紧贴在健身贴上，请将薄膜（透明）剥落。
- Once gel pads is tightly attached to the pads, peel off the film (transparent).
- 在更换新的水凝胶之前，请勿剥离附着在电极上的水凝胶。
- Do not peel off the gel pads attached to the electrode before replacing new gel pad.

INSTRUCTIONS FOR PEELING OFF THE GEL PAD

剥落水凝胶的说明

Instruction for peeling off the gel pads

- 滚动剥离水凝胶。
- Roll to peel off the gel pads.
- 彻底清除电极上的残余部分。
- Thoroughly remove the remaining on the electrode.
- 取下水凝胶之前关闭健身器，否则可能会导致疼痛或烧伤。)
- Ensure the gym is turned off before removing the gel pads, or this may result in a pain or burn.

MAINTENANCE

维护

Maintenance

- 水凝胶贴在收纳板上。

- Attach the gel pads to the pad panel.
- 请勿弯曲或避免将每个水凝胶连接在一起。
- Do not bend the gel pads or avoid attaching each gel pads together.
- 请勿强行压水凝胶在收纳板上，否则可能会损坏水凝胶表面。
- Do not forceful press the gel pads on the pad panel or this may damage the surface of gel pads.

重要的是： 保持收纳板清洁无污染。

Importance: Keep the pad panel clean.

REMOVE THE PRODUCT FROM YOUR BODY

从你的身体上移除该产品

Remove the product from your body

- 在将产品从身体上移除之前，请务必关闭电源。
- Always turn the power OFF before peeling the product off your body.
- 尽可能减少接触水凝胶表面。
- Touch the surface of gel pads as little as possible.
- 在产品使用完毕后，将产品放回收纳代中。如果灰尘或污垢粘在水凝胶上，它可能就不再具有粘贴作用，电刺激也可能会减弱或你可能会感到疼痛或灼伤。
- After use, put the product back into the pouch. If dust or dirt sticks to the gel pads, it may not stick properly anymore, and the electrical stimulation may weaken or you may feel pain or get burned.
- 如果皮肤上留下任何水凝胶，请将其彻底擦拭干净。如果依附在你的身体上，它们可能会使你的皮肤变得粗糙。
- If any gel pads left on your skin, wipe them off completely. If you leave it sticking to your body, they may make your skin rough.

Correct Way

正确的方法 Correct Way

如图所示，握住健身贴两侧并将其慢慢剥离。

As shown in the diagram, hold the pad by both sides and slowly peel it off.

Incorrect Way

错误的方法 Incorrect Way

剥离时，请勿过度用力拉动部分区域。否则可能会损坏健身贴。Do not pull with excessive force of hold only one part when peeling off. Doing so may damage the pad.

USE INFORMATION

使用说明

Use information

第 1 步：清洁皮肤

Step 1: Cleaning of skin

从使用区域修剪去多余的毛发。用肥皂和水冲洗该区域，并完全干燥。

Clip excess hair from the use area. Wash area with soap and water, and dry completely.

第 2 步：健身器的准备

Step 2: Preparation of the gym

健身器连接到健身贴正面电极输入扣，将水凝胶粘附在健身贴的背面电极，将其按压到位。

The gym is connected to the frontal sockets of pads. Stick the gel pads to the back plate of pads and press it in place.

第 3 步：放置水凝胶

Step 3: Placing the gel pads

- 撕下水凝胶放置在皮肤上，将水凝胶固定在锻炼区域。
- Tear down the gel pads and place it on the skin, and fix it on the exercise area.
- 按压以确保粘附。
- Press to ensure adhesion.
- 水凝胶时可替换的。
- Gel pads are replaceable.
- 粘贴水凝胶，使它们彼此不重叠。
- Stick to the gel pad and make them separate.

第 4 步：下载 APP

Step 4: Download APP

扫描二维码或者直接到（App Store 或者 360 应用市场）下载 ZTTY(CN)。

Scan QR code or directly download ZTTY(CN) from (APP Store or 360 Application Market)



iOS 8.0 及以上系统

iOS 8.0 system and above



Andriod 4.3 及以上系统

Andriod 4.3 system and above



第 5 步：开始使用

Step 5: Starting to use

1. 通常是一台腹部健身器，两台手臂健身器同时使用（如图）。
1. Under normal conditions, a ABS gym and two Arm gyms are used simultaneously (as shown in the following figure).
2. APP 安装完成后，打开手机 APP 直接进入警示页面，有警示信息状况的用户请勿使用本产品。
2. After the installation of APP, open the mobile phone APP directly into the warning page. Users who has warning information status must not use this product.



3. 进入用户列表页面，点击右上角的“+”进入用户信息界面，填写好个人信息后点击右上角保存（注：用户信息最好真实有效，不添加用户不能进行后续操作）。
3. After entering into users list interface, click “+” at top-right corner to enter user information interface, and fill out personal information and click the save key at top-right corner (note: user information should be authentic and effective, and the subsequent operation can not be conducted without adding user information).



4. 然后点击右下角设置：阅读使用引导>购买->协助>关于>百科>凝胶贴的警告和预防措施等。

4. Then click the setting at the bottom right corner: read the use guidance >purchase> assist > as regards > encyclopedic knowledge > cautions and precautions of gel pads.



5. 点击训练计划可以设置训练的时间/提醒等（注：训练计划操作：Android 系统使用长按操作，iOS 系统使用左滑。另因 Android 系统原因，训练计划到达时间后可能并不会执行，请用户谅解）。

5. Click training program and set the time/warning of training (note: operation of training program: long press for Android system and swiping left for IOS system. In addition, due to reason of Android system, training program may not be executed after arrival time. Please the user understand this procedure.)



6. 健身贴放置在需要锻炼的部位，轻按健身器电源键打开二个手臂健身器(BODY)，一台腹部健身器(ABS)。

6. Place the pads in the needed area and press the power button of the gym to open two body gyms (BODY) and one ABS gym (ABS).

7. 点击训练首页：开始训练进行蓝牙搜索，界面弹出来搜索到的 ABS/BODY 后，分别对应 ABS（腹部健身器）BODY（手臂健身器）点击(设备上打勾,再次点击可取消)再点左上角的返回（首次联接需要时间稍久）。

7. Click training interface: carry out training and Bluetooth search. After ABS/BODY displays on the screen, separately click (tick on the displayed equipment and cancel the operation by re-clicking) corresponding ABS (ABS gym) and BODY (BODY gym), and then click the return at the top left corner (The first connection takes a little longer time).



8. Enter training settings, there are 2 types of modes, 4 types of relaxing modes and 6 types of fitness modes, select the needed mode and start timing training, click start training, enter working strength interface.

8. After entering training setting, 2 types of model programs can be selected: 4 types of relaxing models and 6 types of bodybuilding models. Select the needed model and start timing training. Click starting training to enter working strength interface.



9. In the working strength interface, select strength level 1~100. For the first time, please set a lower strength, and please adjust the other strength after adapting to low strength. The control mode includes strength adjustment of arm & ABS gym, single strength adjustment, and single abdominal strength adjustment.

9. Select Level 1~100 strength on the working strength interface. For the first time, please set lower strength, and please adjust the other strength after adapting to low strength. The control mode includes strength adjustment of arm & ABS gym, single strength

adjustment of arm and single strength adjustment of abdomen.



注意事项:

Notes:

1. 定时结束，APP 自动停止和健身器自动关机。在 APP 界面下，健身器重新开机后，点击工作按钮会自动连接健身器，再次点击后可以按之前状态进行训练。
1. After the timing completes, App automatically stops and the gym automatically shuts down. Under the APP interface, after the gym is restarted, clicking on the work button will automatically connect to the gym, and after clicking again, you can conduct exercise according to the previous condition.
2. 使用中手动强制关机,电量低自动关机,连接不当后，APP 会弹框提示“设备连接断开”。
2. After forced shutdown by manual, auto power-off due to low power, even poor connection, App will show “connection break of equipment”.
3. 健身贴从身体上剥离后，APP 会弹框提示“设备无负载”。
3. After the pads are peeled off from the body, App will display “no loading of equipment”.
4. 健身贴从身体上剥离时请务必先关闭电源。
4. After the pads are peeled off the body, please shut down the power supply first.

健身贴位置:

Position of pads:

- 请先擦去使用部位的汗液后再贴附于所需的身体部位。
- Wipe off the sweat from the area of use before attaching it to the desired body part.

维护和注意事项:

Maintenance and cautions:

- 请一直使用提供的收纳袋。
- Always use the pouch provided.
- 请勿使用任何化学品清洁产品。如果你需要清洗，请使用无毛湿布进行擦拭。
- Do not use any chemical to clean the product. If you need to clean the product, wipe with a damp, lint-free cloth.
- 请勿将水凝胶暴露在直射阳光下。
- Do not expose the gel pads to direct sunlight.
- 保持水凝胶清洁。
- Keep the gel pads clean.

处理:

Disposal:

请按照各地区相关规定进行废弃。

Please dispose the waste according to the regulations of each region.

储存:

Storage:

- 其安全存放在儿童触碰不到的地方。
- The product should be stored safely and out of the reach of children.
- 将产品存放在阴凉干燥的地方，温度为 50°F-104°F (10° C~40° C)，30%RH-85%RH。
- Store the product in a cool and dry place, 50°F-104°F (10° C~40° C); 30%RH-85%RH.
- 保护其免受灰尘和湿气的侵害。
- Protect them against dirt and moisture.
- 如果水凝胶不再粘附你的皮肤或损坏，你应该更换新的水凝胶。
- If the gel pads no longer stick to your skin or the gel pads are broken, you should replace them with new pads.

注意: 设计和规格如有变更，恕不另行通知。

Note: Design and specifications are subject to change without notice.

技术规格

Technical Specifications

型号 Model	ZTTY696	FCC ID:	2AQQ6ZTTY696
类型 Type	APP 控制 EMS 智能微电塑身仪 EMS intelligent micro-electric body shaping device controlled by the phone	控制方式 Control mode	手臂&腹部健身器 Arm & ABS Gym 单独手臂 Single Arm Gym 单独腹部
输入 Input	DC5V, 1A	输出 Output	最大 30mA(负载 10KΩ) Max 30mA (load 10KΩ)
电源 Power supply	3.7V 直流电, 锂电池 DC3.7V, Li-poly	自动无负载关闭时间 Automatic load-free shut off time	直到低电压报警自动关机 Automatic shutdown until low voltage alarm
输出强度等级 Level of output intensity	1-100 级 Level 1-100	运行条件 Operating conditions	50°F -104°F (10°C~40°C), 30%RH-85%RH
模式程序 Model program	放松模式 4 种 Relaxing model: 4 types 健身模式 6 种 Bodybuilding model: 6 types	储存和运输条件 Storage and Transportation conditions	50°F -104°F (10°C~40°C), 30%RH-85%RH
计时器 Timer	10~60 分钟手动选择 10~60 minutes for Manual selection	健身器 (长*宽*高) Gym (L*W*H)	39*37*12.5 毫米 39*37*12.5mm
自动计算器 Automatic calculator	消耗热量 Cal Calorie consumption (Cal) 消耗脂肪 mg Fat consumption (mg)	重量(克) Weight (G)	13 克 13G

电池的使用寿命 Service life of battery	电池使用寿命：300 次完全 放电/充电周期，容量降至 80%以下 Battery Service Life: 300 Full discharge/Charge cycles before capacity drop below 80%	健身贴材料 Materials of pads	PU,PET,导电银浆 PU, PET, Conductive silver paste
工作范围 Working range	2 至 3 米 2~3m	外壳材料 Housing material	ABS+PC,PC
收发转换器频率 Frequency Rx/Tx	2.4GHZ	原产地 Country of origin	中国 China
通过认证 Certified	CE RoHS FCC UN38.3   执行标准 GB4706.1-2005 GB4706.10-2008 Executive Standard GB4706.1-2005 GB4706.10-2008		

故障排除

Trouble removal

如果在采取这些措施后健身器依然无法运行，请联系售后。

If the gym still does not work after these measures have been taken, please contact the after-sales service.

问题 Problem	可能的原因 Possible Cause	可能的解决方案 Possible Solution
APP 无法下载 App can not be downloaded	手机接收讯号不佳 Poor signal reception of phone.	使用强烈或 wifi 讯号重新下载 Use intense wifi signal to download it again.
健身器 无法接通电源 闪红灯 定时没到自动关机 The gym can not be powered on Red lights flicker Automatic shutdown before timing completes	电池电量用完 电池电量低 The battery is out of power. The battery is in low power.	重新给电池再充电 Recharge the battery.
健身器不关机 The gym can not be powered off	健身器不在工作状态 The gym is not in normal working condition.	手动常按电源键 2 秒关机 Press the power button for 2 seconds to power it off.
连接不上 Can not be connected	手机蓝牙没有打开 Bluetooth are closed.	手动打开手机蓝牙 Open the Bluetooth.
扫描不上 Can not be scanned	手机连接偶尔掉码 Code missing when connected with the phone.	不识别属正常现象,重新连接稍做等待或按暂停后重新连接即可 No recognition is normal phenomenon. Reconnect and wait few minutes or reconnect after pause.
自动弹出 Pop up automatically	手机设置蓝牙自动退出 Automatic exit of Bluetooth set by the phone.	设置手机蓝牙一直打开状态 Set the Bluetooth stay in opening condition.
设备无负载 Equipment without loading	水凝胶未能粘附在皮肤上 Gel pads cannot stick to skin well.	重新粘贴水凝胶 Reconnect the pads.

刺激无力或无法感受任何刺激 Stimulation weak or cannot feel any stimulation	水凝胶干燥或变脏 Gel pads are dried out or dirty.	更换新的水凝胶 Replace with new gel pads.
	水凝胶未能很好地粘附在皮肤上 Gel pads cannot stick to skin well.	重新粘貼水凝胶 Reconnect the pads.
刺激度使人不舒服 Stimulation is uncomfortable	强度太高 Intensity is too high.	降低强度 Decrease intensity.
	是根据使用说明书操作的吗? Is the product being operated according to the manual?	在使用前请检查使用说明书 Please check the manual before use.
皮肤变得红肿和/或你感觉到刺痛 The skin becomes red and/or you feel a stabbing pain	每次在相同的地方使用水凝胶。 Use the gel pads on the same site every time.	重新更换位置放置水凝胶 Re-position the gel pads.
	水凝胶不能正确地粘附在皮肤上 The gel pads are not sticking to the skin properly.	确保水凝胶正确地放在皮肤上 Ensure the gel pads are securely placed on the skin.
	水凝胶变脏 The gel pads are dirty.	更换新的水凝胶 Replace with new gel pads.
	水凝胶的表面损坏 The surface of the gel pads is scratched.	更换新的水凝胶 Replace with new gel pads.

WARRANTY

保修和售后服务

Warranty and After-sales Service

为了保护消费者的权益提供更好地服务，我公司严格按照国家颁发的相关法律法规规定公司的售后服务制度。

To protect consumers' rights and interests and provide better service, our company will formulate the after-sales service system in strict accordance with the relevant laws and regulations issued by China.

1. 消费者在购买我公司的产品时应完整填写保修卡内容。

1. Consumers should completely fill in the content of warranty card when they purchase our products.

2. 服务期限：我公司产品自出售日起 7 日内正常使用时若出现故障，消费者可以选择退换货，维修等服务。消费者购买我公司产品后，一年内若出现非人为损坏的故障可免费维修。对于不满足免费更换或免费保修服务条款的消费者，我公司提供技术服务，但产品更换零件产生的材料费由消费者承担。

2. Service life: If the products of our company break down during normal use within 7 days from the date of sale, consumers can choose changing or refunding products or maintenance and other services. After the consumers purchase our company's products, if there is a failure caused by non-human damage within one year, it can be repaired free of charge. For consumers who do not meet the free replacement or free warranty terms of service, our company will provide technical services, but the material costs incurred by the replacement parts of the products are borne by the consumers.

3. 保修起始日以购买时经销商开出的发票或收据为准。

3. The start day of warranty is based on the invoice or receipt issued by the dealer at the time of purchase.

4. 有下列情况之一者不能享受“三包”服务：

4. One can not enjoy the “Three Guarantees” service under any of the following circumstances:

1) 一切人为因素损坏及非正常工作环境下使用，不按照说明书使用或者未依据说明书指示的环境使用所造成的故障及损坏等。

1) The failure and damage caused by any human factors, usage under abnormal work environment, usage not in accordance with instructions, or usage under the work environment that is not designed by the manual.

2) 未经本公司同意，用户私自拆卸，修复，改装产品等。

2) Without the consent of the company, the user will disassemble, repair and refit the product without permission.

3) 购买我公司产品后因不良运输造成的损坏。

3) Damages caused by the poor transportation after purchasing the product of our company.

4) 因其它不可抵抗力（如火灾，地震，水灾，雷击，异常电压）造成的损坏。

4) Damages caused by any other force majeure (such as fire, earthquake, flood, lightning strike, abnormal voltage.)

5) 因正常使用造成的折旧，磨损，破裂及浸染等。

5) Depreciation, wear, rupture and impregnation caused by normal use.

6) 不属于本公司的产品（如假冒产品）。

6) Products that do not belong to the company(such as counterfeit products).

7) 不能出示有效的购物凭证，保修卡等。

7) Customers who can not offer valid shopping evidence, warranty card etc.

5. 本产品包含的健身贴，水凝胶及包装配件属于消耗品，并不在保修范围内，一经开封使用不可退换。

5. The pads, gel pads and packing accessories included in the product belong to consumables. They are not within the scope of warranty, and can not be replaced once opened.

问题没有得到妥善解决，请致电或来函本公司售后服务部，我们将在最短时间内帮你解决问题。

If the problem has not been properly solved, please call or write to our after-sales service department, and we will help you solve the problem in the shortest possible time.

FCC Statement

1. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference.

(2) This device must accept any interference received, including interference that may cause undesired operation.

2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

售后服务联系资料

Contact information of after-sales service

江西征途体育用品有限公司

Jiangxi Zhengtu Sports Goods Co.,Ltd.

售后地址: 江西省鹰潭市余江县工业园区

Service address: No.1 Zhengtu Road, Industrial park, Yujiang, Yingtan, Jiangxi

邮政编码: 335200

Postal code: 335200

售后热线: 0701-5680070

Service Line: 0701-5680070

售后邮箱: zhouming5579@126.com

Service E-mail: zhouming5579@126.com

售后 QQ: 2853379366

Service QQ: 2853379366

售后保修卡

Warranty Card

本卡为用户享受售后服务重要凭证，产品维修或退货时，请把本卡与货品一并寄回我公司指定地址。

This card is an important certificate for users to enjoy after-sales service. When the products needs to be repaired or returned, please send this card together with the products back to our designed address.

产品名称: EMS 智能微电塑身仪

Product name: EMS intelligent micro-electric body shaping device

产品型号: ZTTY696

Product model: ZTTY696

购买店铺名称:

Name of Store:

订单编号:

Order number:

购买日期:

Date of purchase:

事故原因及处理说明:

Accident causes and processing instructions: