



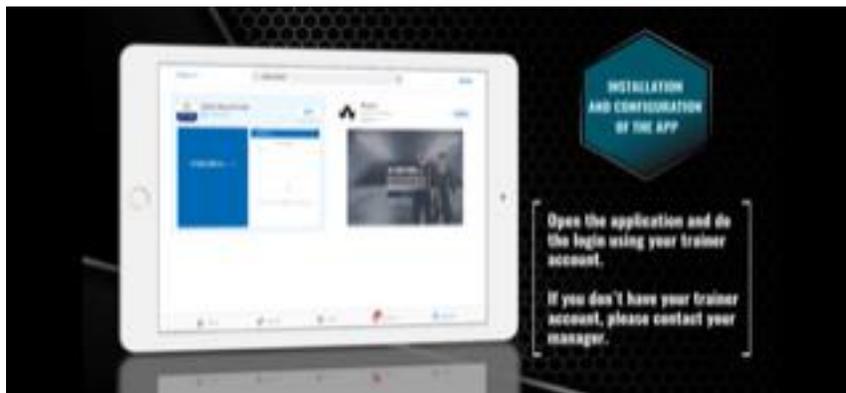
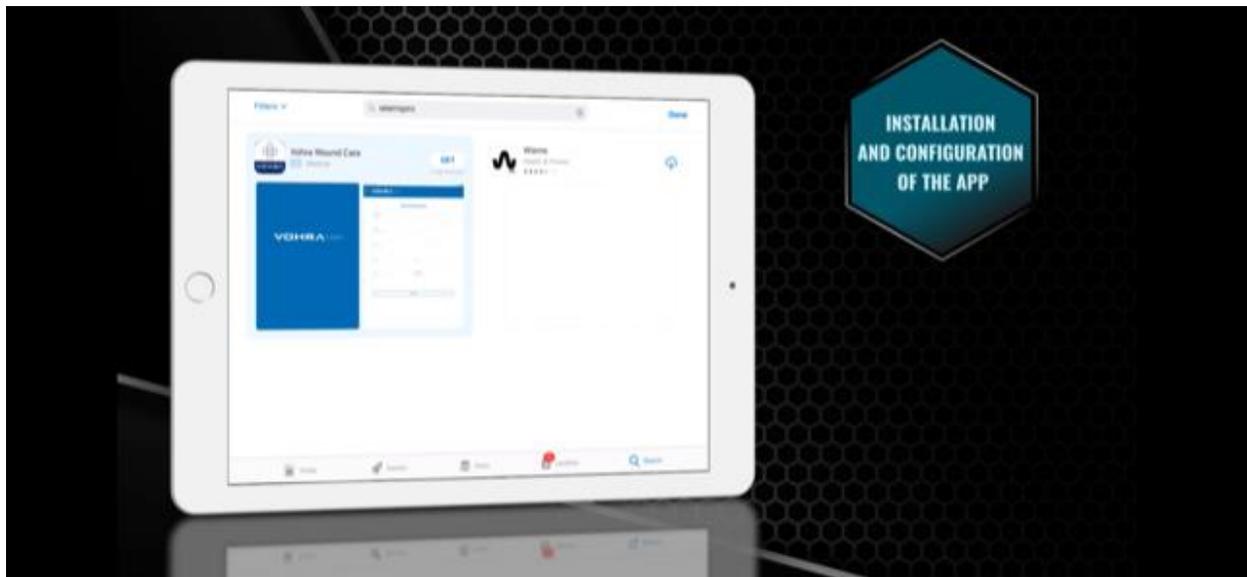
BodStim™

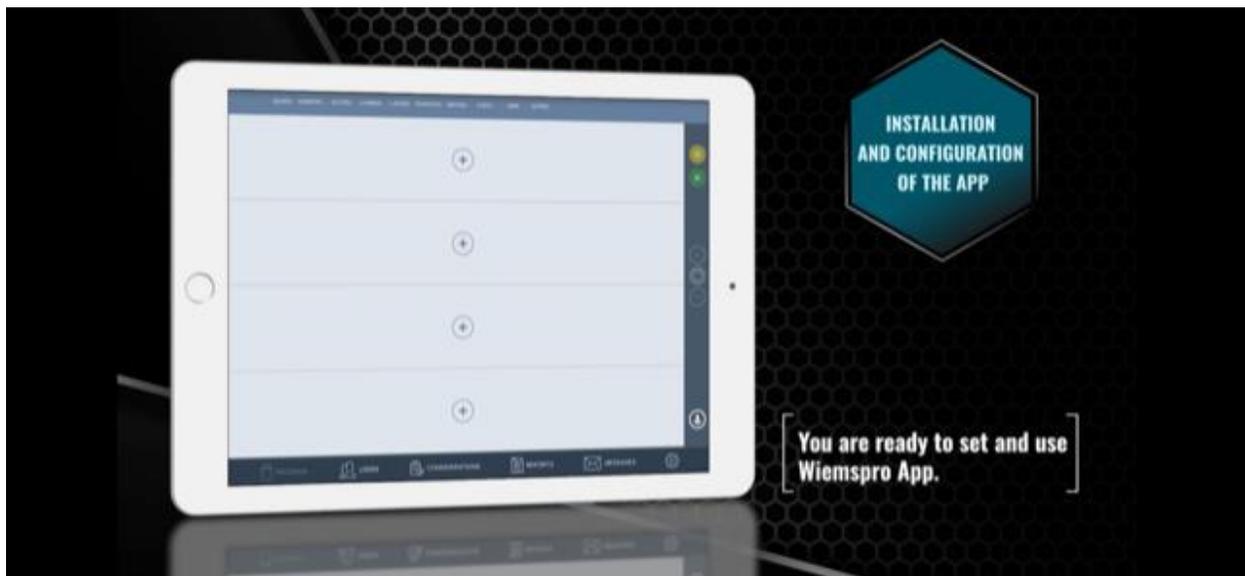
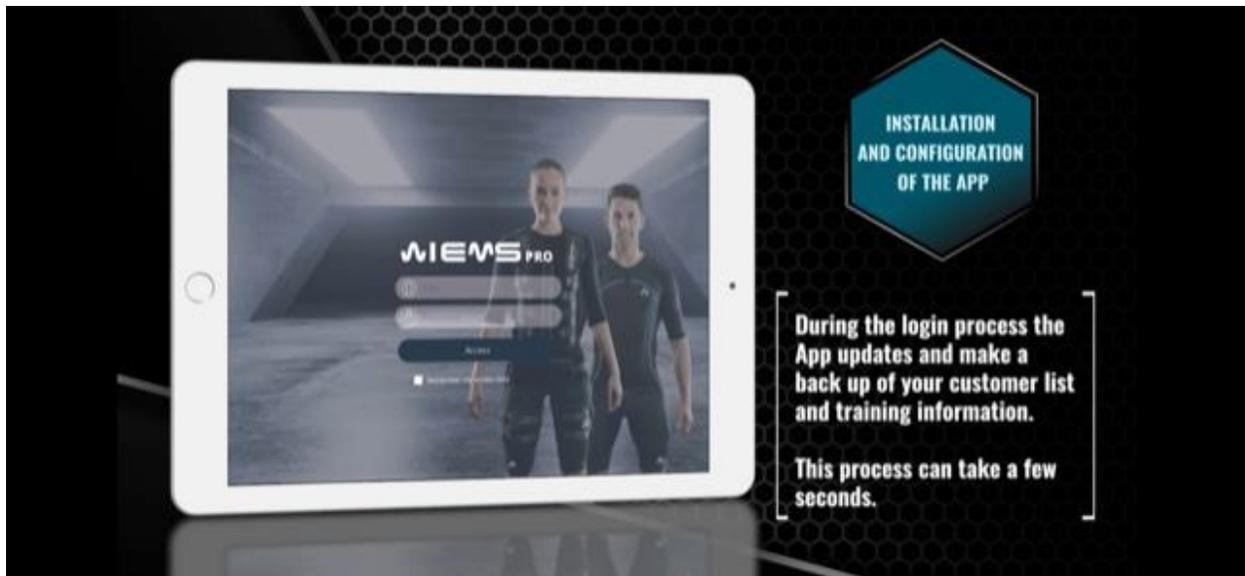
Pictorial Instructions for Set Up and Use

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

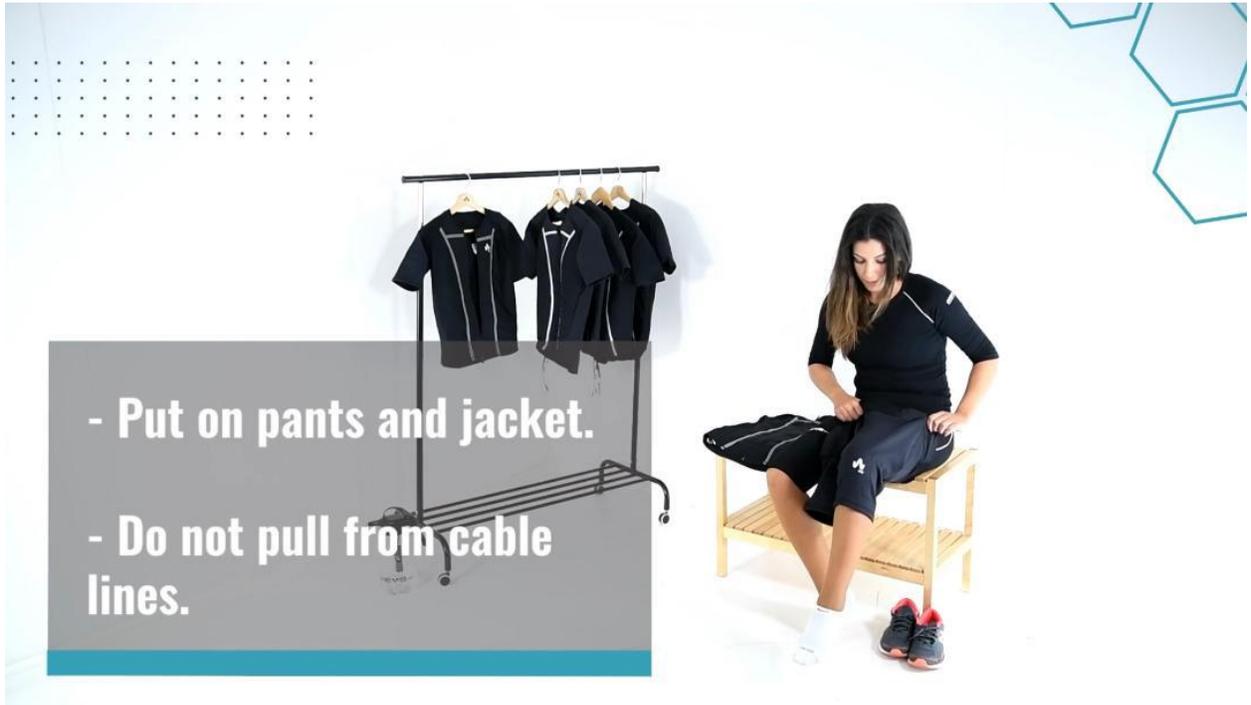


Hang both jacket and pants
inside out both to start
wetting all electrodes





WET ALL ELECTRODES ENOUGH USING A SPRAY BOTTLE



- Put on pants and jacket.
- Do not pull from cable lines.

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.



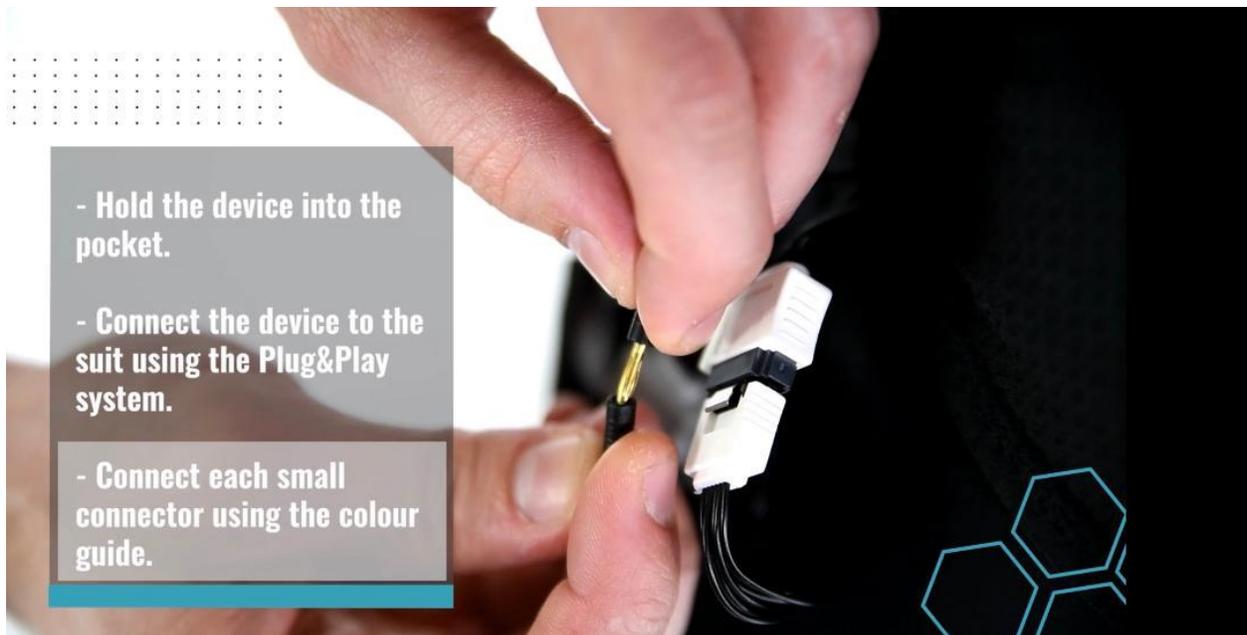
Check all electrodes are located on muscles, not on joints (ex sleeve twisted)





- 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

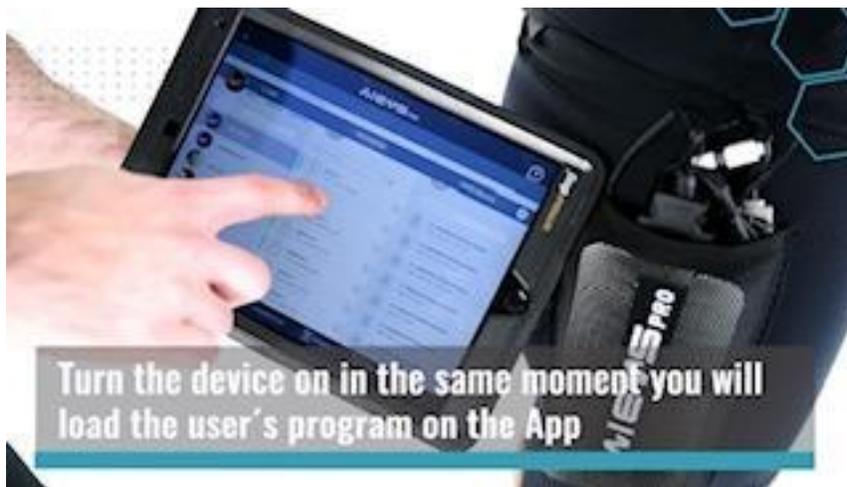
One of these at a time in this order.

1. WARM UP 5 MINUTES

2. CLASSIC 15
MINUTES

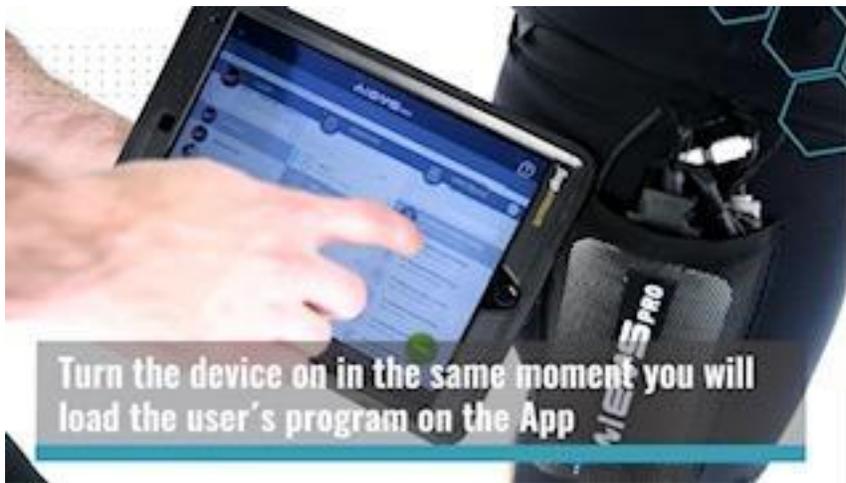
3. KLOTHO 35
MINUTES

4. FOLLISTATIN 5
MINUTES



Turn the device on in the same moment you will
load the user's program on the App

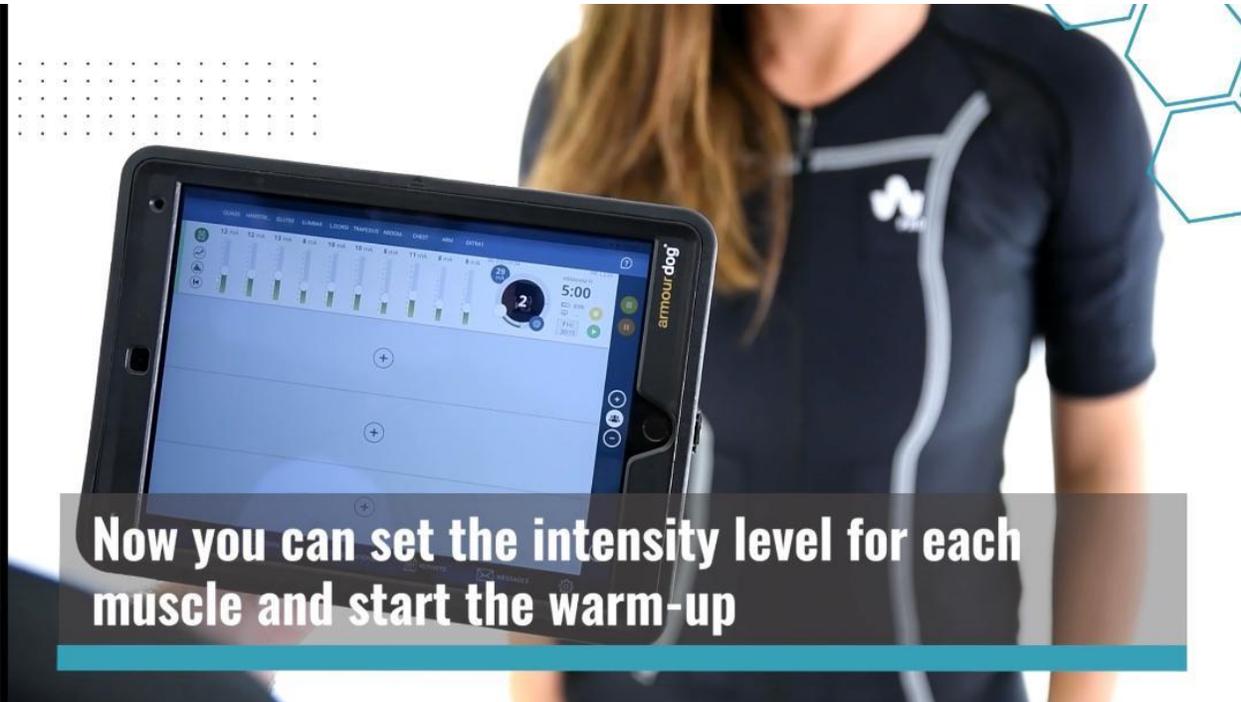
SELECT TOP ACTIVATION SELECTION ON RIGHT SIDE OF SCREEN

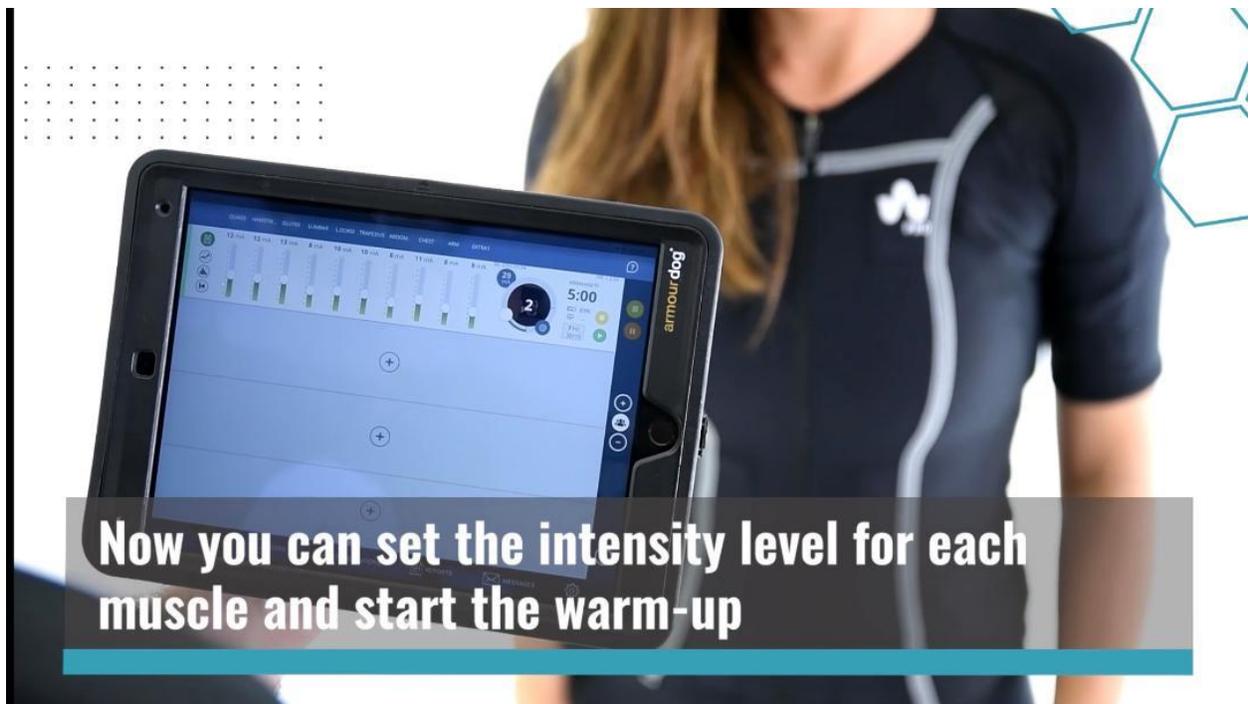


**PRESS ANY GREEN
GO START
BUTTON ON SCREEN
DOES NOT MATTER
WHICH ONE**



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

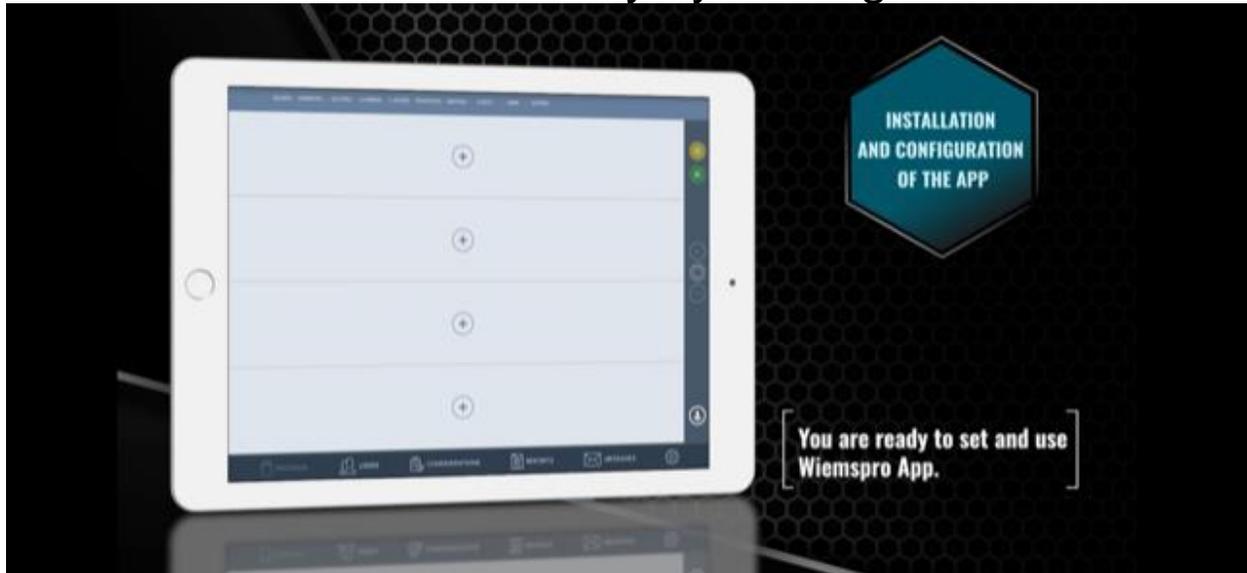




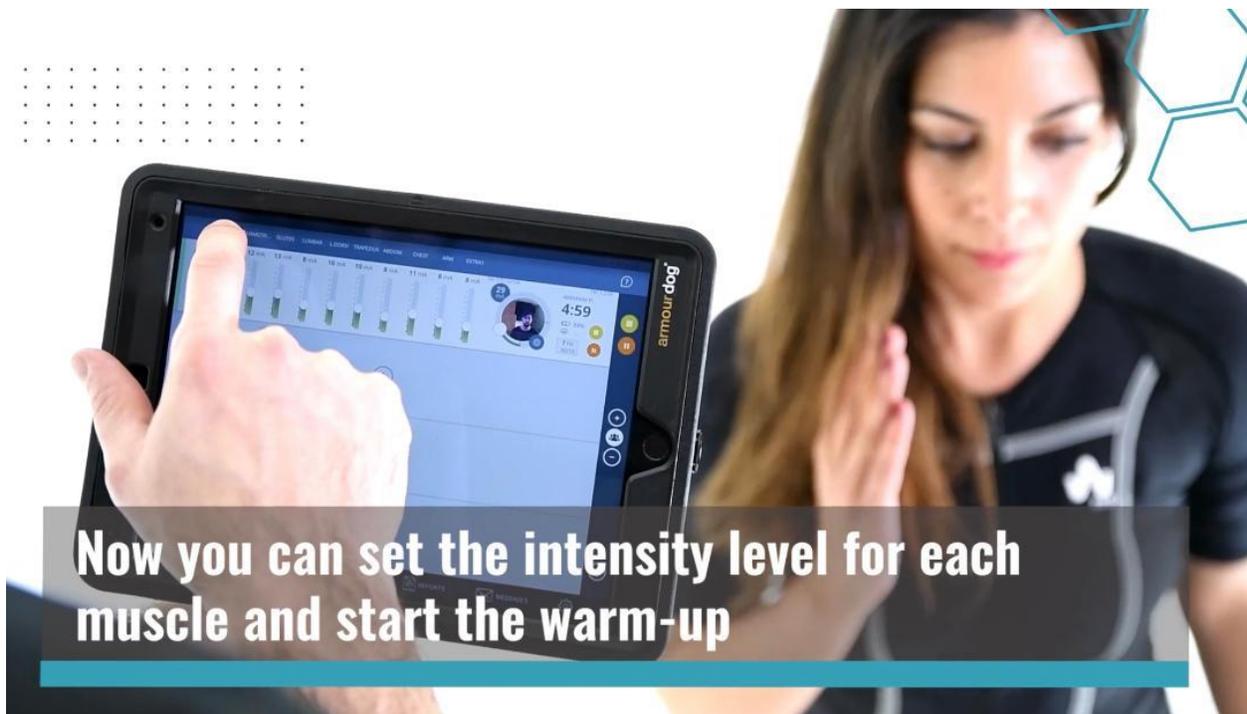
ADJUST INTENSITY 3 METHOD CHOICES

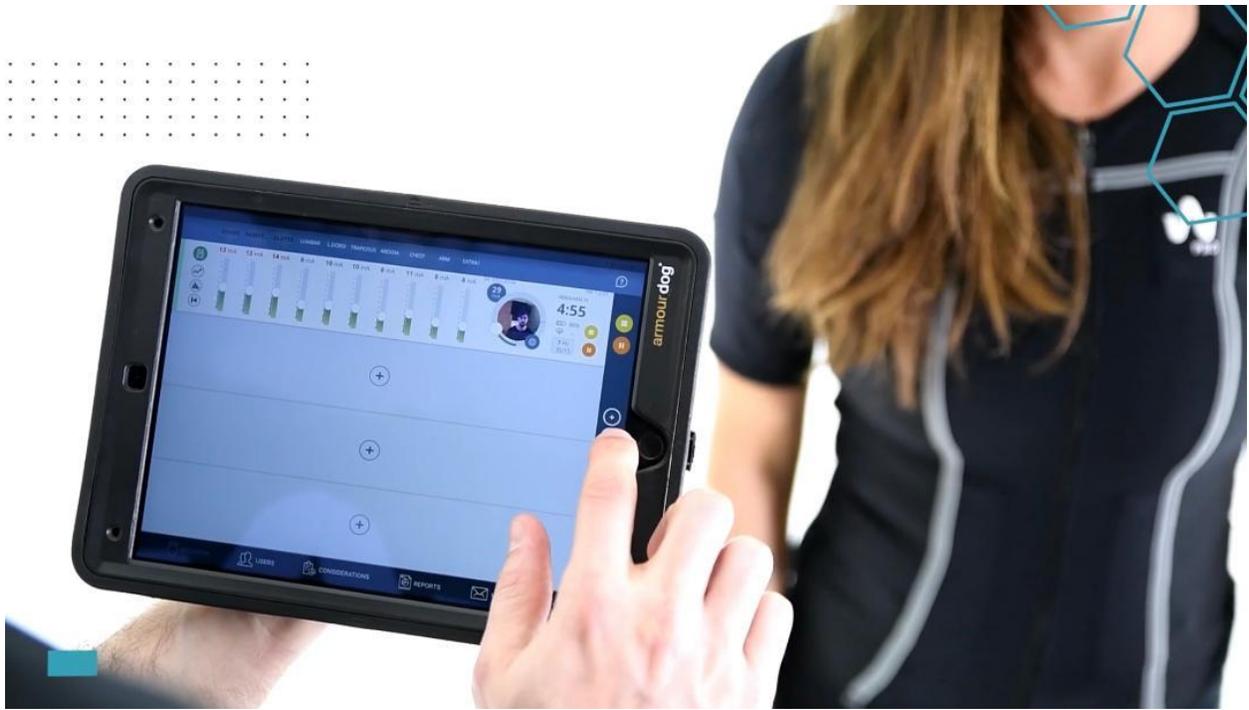
1. Snap back bar on top right corner move right and it moves intensity up on all electrodes evenly 10% increments.
2. Push + button to move intensity up and - minus button to move down on right middle side of screen.

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

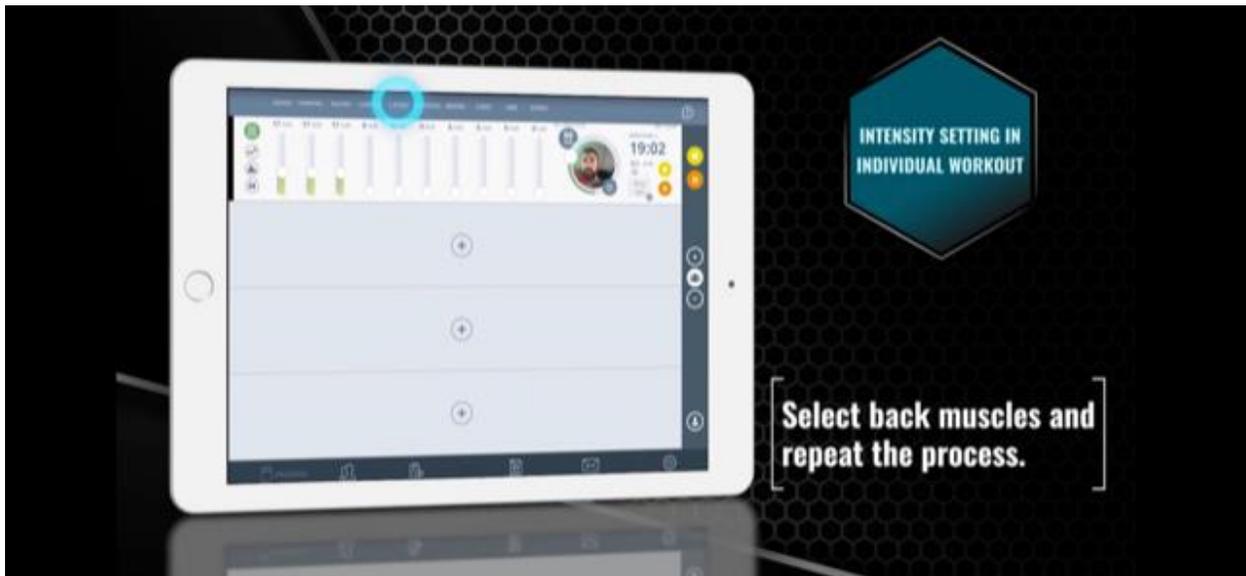
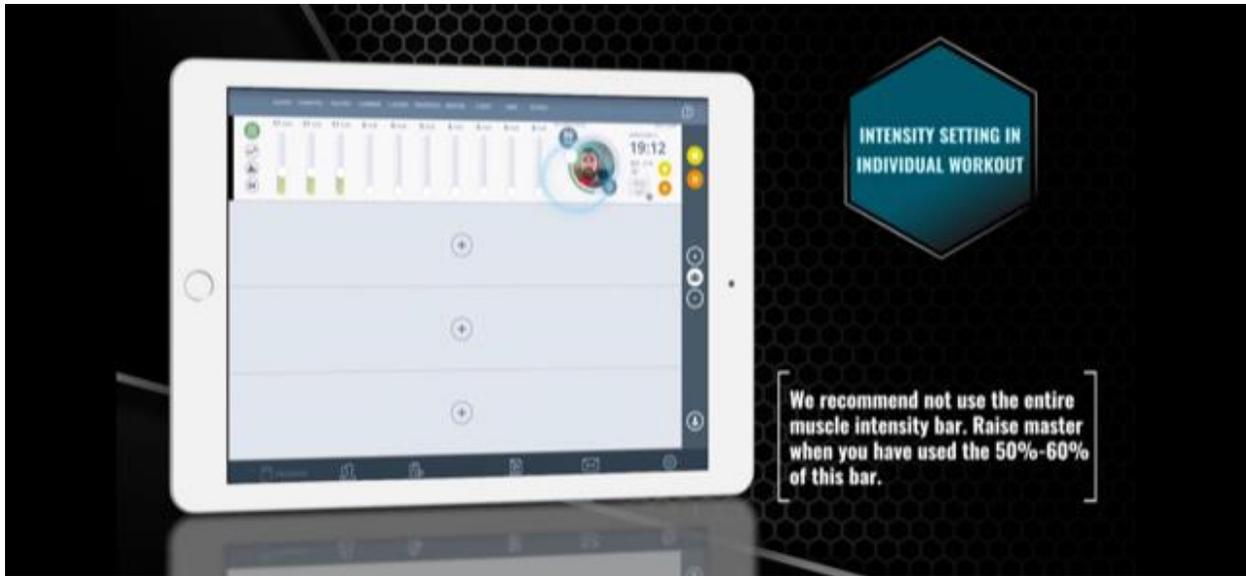


vidual labelled by muscle intensity bars.











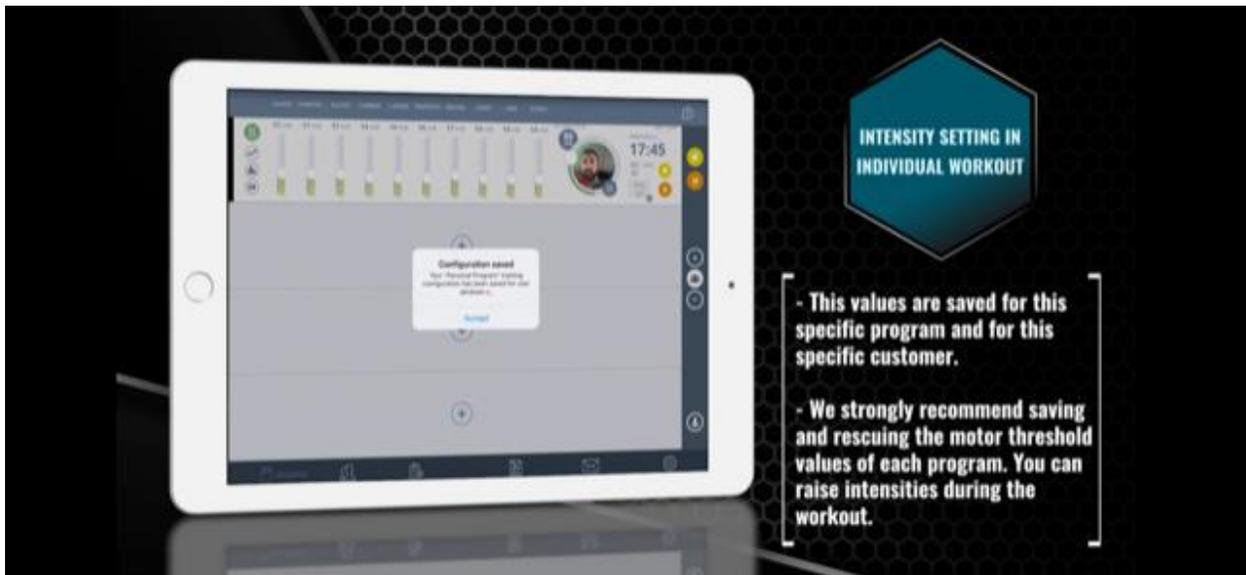
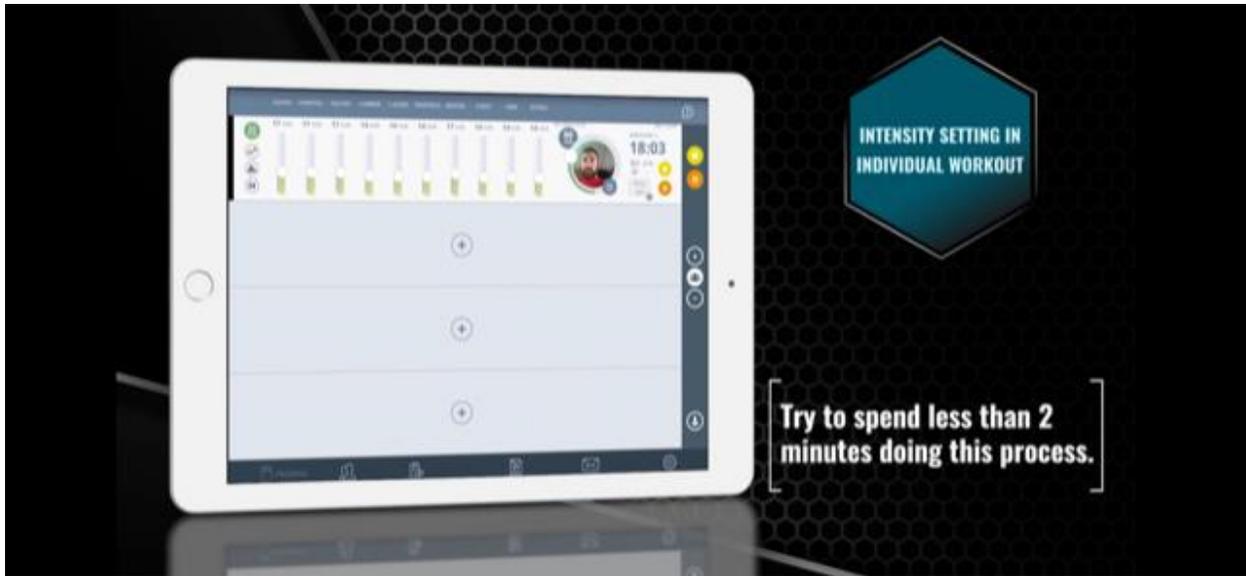
**INTENSITY SETTING IN
INDIVIDUAL WORKOUT**

**Select abs muscles and
repeat the process.**



**INTENSITY SETTING IN
INDIVIDUAL WORKOUT**

**Select chest and arms
and repeat the process.**





**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).

