



USER MANUAL

Visionbody User Manual

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WIRELESS EMS SYSTEMS



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Visionbody strongly recommends all users of a Visionbody System to carefully read the User Manual including the contraindications, precautions, safety measures, warnings, symbol glossary, and instructions before start using it.

INTRODUCTION

This User Manual serves as a guide to the optimal handling, installation, operation, and maintenance of a Visionbody System. Please read carefully before starting your journey with the Visionbody System. The User Manual should be referred to throughout the use of the Visionbody System. We recommend you always have a legible and readily available copy when using the Visionbody System. Copies of this User Manual can be downloaded for free from the Visionbody website at www.vision-body.com.

All components of a Visionbody System should be well maintained. They should be thoroughly checked, before every training, to ensure they are in proper working condition, as described in this User Manual. This will ensure the longevity of a Visionbody System. The proper handling, installation, operation, and maintenance of a Visionbody System is the sole responsibility of its owner.

Do not operate any Visionbody System if there is a possibility of damage to the system. If system damage is a possible concern, refer first to the “Troubleshooting” section of this User Manual. If troubleshooting does not resolve the concern, please contact the relevant Visionbody Technical Support team. (See Section on Registration and Support of this User Manual).

Users of a Visionbody System are advised to know their limits, and not take risks beyond their personal capabilities, comfort level and training experience, and use the Visionbody System according to the User Manual.

TERMINOLOGY

Term	Refers to
Visionbody	The Visionbody trademark name, Visionbody®, which has been registered in the U.S. and certain other countries.
Visionbody System	» Any part making up a Visionbody component. » Any individual component of a Visionbody System, including but not limited to the Visionbody Box, a Visionbody garment (e.g., Visionbody Powersuit, Visionbody PowerPants, Visionbody PowerVest), the Visionbody Software, the Visionbody Personal Application, and the Visionbody User Manual. » Any Visionbody System as a whole.
Owner	The person or company who registered against a specific Visionbody component and/or Visionbody System.
User / Users	Any individual or individuals, who handle, operate, use, or ensure the maintenance of any component of a Visionbody System.

SYMBOL GLOSSARY

Standard Titles

1. Symbols for use in the labeling of medical devices.
2. Medical devices – Symbols to be used with medical device labels, labeling and information to be supplied.
3. Medical electrical equipment - Part 1: General requirements for basic safety and essential performance.
4. Graphical symbols for use on equipment.

Symbol	Symbol Title	Description	Standard Reference
			Designation Nr.
	Consult Instructions For Use	Indicates the need for the user to consult the instructions for use.	EN 980, Clause 5.18
			ISO 15223.1, Clause 5.4.3
			IEC 60601-1, Table D.1, Symbol 11
			ISO 7000-1641
	Follow instructions For Use	Signifies the instruction manual must be read before starting work or before operating equipment or machinery.	IEC 60601-1, Table D.2, Symbol 10
			ISO 7010-M002
	General Warning	Signifies a general warning to a situation, where a potentially hazardous condition could result in serious injury or death.	IEC 60601-1, Table D.2, Symbol 1
			ISO 7010-W001
	Caution	Indicates the need for the user to consult the instructions of use for important cautionary information such as warnings and precautions, which for a variety of reasons, cannot be presented on the medical device itself.	EN 980, 1, Clause 5.11
			ISO 15223-1, Clause 5.4.4
			IEC 60601-1, Table D.1, Symbol 10
			ISO 7000-0434A
	General Prohibition Sign	Signifies a prohibited action.	ISO 7000-P001
	Battery, General	Indicates a battery powered device.	IEC 60417-5001B
			ISO 7000-5001B
	Temperature Range	Indicates the temperature limits to which the medical device can be safely exposed.	EN 980, Clause 5.17.3
			ISO 15223-1, Clause 5.3.7
			ISO 7000-0632
	Humidity Range	Indicates the range of humidity to which the medical device can be safely exposed.	ISO 15223-1, Clause 5.3.8
			ISO 7000-2620
	Maximum Altitude	Indicates that the appliance is intended to be usable up to a maximum altitude of 3,000 meters (9,842 feet).	IEC 60417-6343
	Atmospheric Pressure	Indicates the acceptable lower and upper limits of atmospheric pressure.	ISO 15223-1, Clause 5.3.9
			ISO 7000-2621

Symbol	Symbol Title	Description	Standard Reference
			Designation Nr.
	Keep Dry	Indicates a device, which needs protection from moisture.	ISO 15223-1, Clause 5.3.4
			ISO 7000-0626
	Keep Away From Sunlight	Indicates a medical device, which needs protection from light sources.	IEC 60417-0624
			ISO 7000- 0624
	Type BF Applied Part	Indicates a type of BF applied part.	IEC 60601-1, Table D.1, Symbol 20
			IEC 60417-5333
	Class II Equipment	Indicates that the equipment is meeting the safety requirements specified for Class II equipment according to IEC 61140	IEC 60601-1, Table D.1, Symbol 9
			IEC 60417-5172
	Catalogue / Model Number	Indicates the manufacturer's catalogue number so that the medical device can be identified.	EN 980, Clause 5.10
			ISO 15223-1, Clause 5.1.6
			ISO 7000-2493
	Do not use if package is damaged	Indicates a medical device, which should not be used if the package has been damaged or opened.	ISO 15223-1, Clause 5.2.8
			ISO 7000-2606
	Manufacturer	Indicates the medical device's manufacturer.	EN 980, Clause 5.12
			ISO 15223-1, Clause 5.1.1
			ISO 7000-3082

Symbol	Symbol Title	Description	Standard Reference
			Designation Nr.
	WEEE	Indicates separate collection for waste of electrical and electronic equipment as well as batteries, which are not to be disposed of in municipal waste. The black line indicates goods, which have been placed on the market after 2005.	WEEE Directive, Article 11(2)
			EN 50419:2005
			IEC 60417-6416
			ISO 7000-6418
	FCC Marking 21 CFR Part 15	Indicates a device, which meets FCC requirements per 21CFR Part 15.	21 CFR Part 15

	Date Of Manufacture	Indicates the date the medical device was manufactured.	EN 980, Clause 5.6
			ISO 15223-1, Clause 5.1.3
			ISO 7000-2497
	Serial Number	Indicates the manufacturer's serial number so that a specific medical device can be identified	EN 980, Clause 5.5
			ISO 15223-1, Clause 5.1.7
			ISO 7000-2498

Symbol	Symbol Title	Description	Standard Reference
	Do not dry clean / chemically clean	Indicates a garment, which cannot be safely dry clean without damage	ISO 3758:2012 Textiles Care Labeling Code Using ASTM D5489-18 Standard Guide for Care Symbols for Care Instructions on Textile Products
	Do not hand wash	Indicates a garment, which should not be hand washed.	
	Washing Temperature / Wash cold max 30	Indicates a garment which should be washed cold with maximum temperature of +30 degrees Celsius / +86 degrees Fahrenheit.	
	Reduce Spin Speed	Indicates the spin speed should be reduced.	
	Do not bleach	Indicates a garment, which cannot be safely bleached without damage.	
	Do not use fabric softener or fragrance products	Indicates fabric softeners or fragrance products cannot be used when washing the garment.	
	Do not wring	Indicates a garment, which cannot be wrung without damage.	
	Do not tumble dry	Indicates a garment, which cannot be safely tumbled dried without damage.	
	Natural dry	Indicates a garment, which should dry naturally.	
	Drip dry	Indicates drip drying is allowed in the natural drying process.	
	Flat dry	Indicates flat drying is allowed in the natural drying process.	
	Hang to dry	Indicates a garment, which can be hung to dry.	
	Shade dry	Indicates a garment, which should be dried in a shaded location.	
	Do not iron	Indicates a garment, which cannot be safely ironed without damage.	
	Do not steam	Indicates a garment, which cannot be safely steamed without damage.	

SAFETY



First consult a physician before initial training with any Visionbody System.



Read in full the contraindications and precautions in this User Manual which are also presented in Visionbody Software and the Visionbody Personal Application before their initial training, as well as before every subsequent training with a Visionbody System. Failure to do so may result in possible injury, life threatening situations, or even death.



CONTRAINDICATIONS



Do not use the Visionbody System of any of its components if you:

- » Are pregnant. The safety of power muscle stimulators for use during pregnancy has not been established.
- » Have any open skin condition, irritation, or injury, especially in the areas where the Visionbody System electrodes may be placed.
- » Have an artificial pacemaker, implanted defibrillator and/or any other implanted electronic device.
- » Have been diagnosed with or suspect you have epilepsy or seizures.

PRECAUTIONS



Consult a physician before using the Visionbody System if you:

- » Feel unwell or have a fever.
- » Are menstruating.
- » Are using a pregnancy control coil mechanism or are 6-8 weeks after last use.
- » Have any skin condition, irritation or injury, or if you know that electrical stimulation may cause you to have skin irritation or a hypersensitivity reaction.
- » Have recently had a surgery, especially in cases when muscle contractions may disrupt the healing process.
- » Are experiencing persistent pain of any kind.
- » Are experiencing muscle spasms, joint aches, or muscle loss.
- » Are experiencing any acute muscle strain, trauma, sprain, fracture or other muscle condition, especially if there may be a possibility or tendency to hemorrhage.
- » Have had or are experiencing nerve sensitivity, numbness, or lack of normal feeling in any body area.
- » Have or may suspect you have or have been diagnosed with any heart problem or condition.

- » Have an implanted metal object (e.g., pins, screws, plates, piercings, joints), especially in the areas where the Visionbody System electrodes may be placed.
- » Have had or have any condition, disorder, syndrome, disease, or impediment related to:
 - » Hematological (e.g., blood) problems
 - » Circulatory problems
 - » Metabolic problems
 - » Neurological problems
 - » Orthopedic problems
- » Have had or have any other condition, disorder, syndrome, disease, or impediment, including but not limited to:
 - » Varicose veins
 - » Hernias
 - » Inflammations
 - » Bodily swellings (e.g., lymphedema)
 - » Bodily effusions (e.g., pleura effusion, ascites)
 - » Tumors
 - » Cancer
- » Are under the influence of alcohol and/or drugs.
- » Have had or have any anxiety or phobia towards electricity.

ADVERSE REACTIONS

The Visionbody System may be associated with the following:



Allergic reactions to the accessible materials, although biocompatibility testing carried out regarding skin irritation and sensitivity (ISO 10993-10) as well as cytotoxicity (ISO 10993-5) have shown no adverse reactions.



Skin irritations beneath the electrodes following muscle conditioning sessions.



Headaches and other painful sensations during or following electrical stimulation.



Exercise-associated rhabdomyolysis.



If an adverse reaction occurs, immediately discontinue use of any Visionbody System and seek the medical assistance of a physician right away.

TRAINING PRECAUTIONS



It is extremely important for a user of a Visionbody System to stay hydrated before, during and after a training.



Tip

Still water (i.e., noncarbonated) is the best for hydration.



Electrode placement and stimulation settings should be based on the guidance given in this Visionbody User Manual.



A user of a Visionbody System should not over train. A Visionbody System training is more intense than a traditional training. A 20-minute EMS supported workout is equivalent to 3 to 4 hours of traditional training depending on the type of the activity and its intensity. It is, therefore, highly recommended that a recovery period of at least 48 to 72 hours occurs between Visionbody System training sessions.

MEDICAL REPORTING AND MEASURES

In having its users' best interests at heart, users of the Visionbody System shall confirm that they have been made aware of, have fully read and understood potential risks stated in the User Manual, that they are no way affected by any of the Visionbody contraindications and precautions, and that they have the operational ability to proceed with a respective Visionbody System training.

A Visionbody System will ask for and record a user's confirmation through the Contraindication & Precaution Confirmation screen of their Visionbody Software or the Visionbody Personal Application, depending on the Visionbody System. Each user must log in with their own user profile to ensure their confirmation is recorded against their user profile to gain operational accessibility.

The Contraindication & Precaution Confirmation screen presents information on the contraindications and precautions, which a user must consider before every training with a Visionbody System. The information must be read in full. Should there be a variance in the information presented in the Contraindication & Precaution Confirmation screen of the Visionbody Software or Visionbody User Application, and this User Manual, the information on the Contraindication & Precaution Confirmation screen of the Visionbody Software or Visionbody Personal Application takes precedence.

A user's verbal, written or other form of confirmation will not be deemed legally acceptable to hold any of its subsidiaries or affiliates responsible in any fashion for any consequences resulting from the use of a Visionbody System.

If a user is unclear about any part of the contraindication and precaution information provided in this User Manual or over the Contraindication & Precaution Confirmation screen, they should consult a physician.

If a user declines to confirm the Contraindication & Precaution Confirmation screen, they or their trainer will not be granted access to use of the Visionbody System until such time that they do confirm the Visionbody Contraindication & Precaution Confirmation screen.

Visionbody retains at all times the right to refuse a person's access and use of any Visionbody System should that person decline or fail to disclose information concerning themselves, including their health and medical status, both past and current, and/or provide false statements about their person.



If a user of a Visionbody System experiences any contraindication at any time, whether prior, during or following a Visionbody System training, the user is to immediately cease all use of any Visionbody System and to seek medical assistance. No further training with any Visionbody System should be performed by the effected user until such time they have obtained a signed written medical release form from a current certified physician, which would allow them to confirm the Contraindication & Precaution Confirmation screen. Please refer to the "Liability" section of this User Manual.

SAFETY MEASURES AND WARNINGS



The Visionbody System is only to be used by adults over the age of 18 years.



Keep any component of a Visionbody System out of reach of children and animals.



Users of any component of a Visionbody System are advised to fully read the contraindications and precautions within this User Manual and/or presented over the Visionbody Software or the Visionbody User Application before every training with a Visionbody System. Failure to do so may result in possible injury, life threatening situations, or even death.



Do not apply stimulation:

- » To the head or any area, which may cause an electrical stimulation to pass through the head (transcerebral region) as the effects of electrical stimulation to the brain are unknown.
- » To the regions of the neck, for example over the carotid nerves, particularly when a sensitivity to the carotid sinus reflex is known.
- » To the regions of neck, mouth or nose as severe spasms of the neck or airway muscles may occur and cause breathing difficulties.
- » To the eyes
- » To swollen, inflamed or infected body areas or skin eruptions, e.g., phlebitis, thrombophlebitis, varicose veins, etc.
- » To areas, or in the proximity to, cancerous lesions.



Do not apply stimulation:

- » To a person with any implanted neuro-stimulation device.
- » For sexual stimulation or during any form of sexual activity.
- » While sleeping.



Do not operate or use a component of a Visionbody System when driving, operating machinery, or during any activity in which an involuntary muscle contraction could bring about a risk of injury or death.



Long term effects of chronic electrical stimulation are unknown.



Do not wrap any exposed part of a Visionbody System around the throat or neck area as this may cause strangulation.



Contact injuries may occur. If an injury occurs, immediately stop any training and seek medical attention.



No part or component of a Visionbody System is intended for human consumption. Immediately seek medical attention if swallowed.



The Visionbody System is not intended to be used in conjunction with any therapy or treatment of diseases or medical conditions of any kind. None of the Visionbody System training programs or operational parameters are designed to target injured or ailing muscles. The use of a Visionbody System for such purposes is contraindicated. Certain programs of a Visionbody System may offer a gentle massage function, which may solely be used after a training session to reduce muscle fatigue for training recovery.



The Visionbody System is not designed as a medical device to administer, extract, contain or measure any medicinal substances or human blood derivatives. The use of a Visionbody System for such purposes is contraindicated. As such the Visionbody System does not possess an alarm system.



Do not use the Visionbody System when your body or head is also connected to a high frequency surgical instrument as this could cause skin irritations or burns under the electrodes.



The operation, maintenance, and storage of any component of a Visionbody System should only take place within the following environmental conditions:



» A temperature between +5 degrees Celsius / +41 degrees Fahrenheit and +43 degrees Celsius / +109 degrees Fahrenheit.



» A non-condensing humidity between 5% and 95%.



» An atmospheric pressure between 700 and 1060 hPa.



≥3000m /
9842 feet

» A maximum altitude of 3,000 meters / 9,842 feet.



Sudden temperature changes can affect the function of Visionbody Box. Only use a Visionbody Box once the temperature in the area of operation of the device has returned to the recommended temperature range, stated above.



Do not operate, use, or train with any component of a Visionbody System under the following conditions:

- » Near bodies of water or in water (e.g., showers, bathtubs, hot tubs, paddling and swimming pools, beaches).
- » In water-related weather conditions (e.g., drizzle, rain, mist, fog).
- » In extreme humid locations or environments (saunas, steam rooms).
- » In hydrotherapeutic treatments.
- » In areas of high condensation.

 The safe operation and use of a Visionbody System depends on its proper transport, installation, operation, maintenance and storage by its owner and users.

 Do not operate any Visionbody System if there is a possibility of a system damage. If a system damage is a concern, please refer first to the "Troubleshooting" section of this User Manual. If troubleshooting does not resolve the concern, please the Visionbody technical support team through the contact form on the Visionbody website, www.vision-body.com

 Do not tamper with any component of a Visionbody System.

 No modification to any component of a Visionbody System is allowed.

 Do not use any component of the Visionbody System for any other purpose other than its intended use as described in this User Manual.

 A Visionbody System must only be operated and used with the Visionbody System components referred to in this User Manual. No third-party product part or product, other than the battery needed by the Visionbody Box, which must always conform to the "Battery Maintenance" of this User Manual, may be used with any of the components of a Visionbody System.

 Only the battery type described on page 98 of this User Manual should be placed in the battery compartment of a Visionbody Box.

 Do not charge a Visionbody Box battery while the respective Visionbody Box is still attached to a Visionbody garment.

 Only use the USB charger cable supplied with a Visionbody System to charge a Visionbody Box.

 All precautions should be taken to ensure no liquid, substance, or foreign object (e.g., soil, water, oil, metal, etc.) penetrates any component of a Visionbody System, especially the Visionbody Box, its battery compartment, and its connection plate.

 Do not connect or use a Visionbody System with any other third-party piece of electrical equipment as this may interfere with the normal operation of the Visionbody System.

 All components of the Visionbody System have been tested and found to comply with the limits of a Class B medical device, pursuant to part 15 of the FCC regulations. These limits are designed to provide reasonable protection against harmful interference in residential environments.

 Do not use the Visionbody System near devices, which use RF frequencies (e.g., portable communication equipment, RFID) or unprotected devices, which emit electromagnetic radiation (e.g., metal detectors, EAS), as these may affect components of a Visionbody System. If an unexpected change in the operation of any component of a Visionbody System occurs, immediately end the training session and the Visionbody technical support team through the contact form on the Visionbody website, www.vision-body.com

 All the components of a Visionbody System are to be stored in a safe and secure place. Access and handling of any component of a Visionbody System should be limited to the owner of the respective Visionbody System.



In the event of any malfunction of any component of a Visionbody System, the user should immediately turn the individual component of the Visionbody System or the Visionbody System as a whole off and contact the Visionbody technical support team through the contact form on the Visionbody website, www.vision-body.com



Repairs of any component of a Visionbody System must only be carried out by Visionbody or an authorized Visionbody contractor.



The disposal of any component of a Visionbody System should comply to local waste disposal regulations. No component of a Visionbody System should be disposed of in the regular landfill waste or recycling bins.



All training should be done a safe distance from any objects (e.g., furniture and equipment), which could potentially contribute to a personal injury while using a Visionbody System. It is recommended to remove such items (e.g., weights, benches, coffee tables, chairs, rugs) away from the training area prior to beginning any training session.



All training with a Visionbody System should be performed in a manner to avoid any discomfort, dehydration, overexertion, and injury.



Do not touch the insides of a Visionbody garment during training. If any garment adjustments are needed, first stop the training and inactivate the training program before making any garment adjustments.



Should a user wish to leave an active training session or area for any reason, their respective Visionbody Box should be immediately turned off before they proceed to do so.



Do not use a Visionbody System on animals.



Warning! The temperature of the Visionbody Box during training may reach +50 degrees Celsius / +122 degrees Fahrenheit maximum in the operating temperature range. Be careful when you touch the surface of the Visionbody Box.



Usage of the Visionbody Training System is not permitted in a homecare environment.



Please refer to the “Warranty” and “Liability” sections of this User Manual.

VISIONBODY SYSTEM

DESCRIPTION AND INDICATION FOR USE

The Visionbody System is an over-the-counter device, which is in the forefront of wearable fitness technology and leads the re-conceptualization of the health and fitness industry in the 21st century.

It is a complete wireless (i.e., no cables) system, which uses both electrical muscle stimulation (EMS) and electrical muscle activation (EMA) technologies to provide a streamlined approach to a user's fitness goals, especially regarding body composition, strength, and endurance. Underlying to both these technologies are safe electrical impulses, which stimulate muscle contractions equating to muscle workouts. Workouts, which by customizing the parameter settings of the electrical impulses, such as their sensation level, intensity level, stimulation time, isolated or simultaneous administration and rest period, can help to condition a specific muscle, muscle group or groups.

The Visionbody System is designed to be incorporated into any many types of sports and activities such as Functional Fitness • CrossFit • Circuit Training • Boxing • MMA • Spinning • Running • Tai Chi • Pilates • Yoga • Zumba • Dance • Walking.



The Visionbody System is not intended to be used in conjunction with any therapy or treatment of diseases or medical conditions of any kind. None of the Visionbody System training programs or operational parameters are designed to target injured or ailing muscles. The use of a Visionbody System for such purposes is contraindicated. Certain programs of a Visionbody System may offer a gentle massage function, which may solely be used after a training session to reduce muscle fatigue i.e., for training recovery.

Age Limitation: The Visionbody System is intended to be only used by adults over 18 years.

INDICATION FOR USE

The Visionbody System is an Over-The-Counter device intended to stimulate healthy muscles in order to improve or facilitate muscle performance. It is to be used by adults only.

The Visionbody 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 training programs or operational parameters are designed to target injured or ailing muscles and its use on such muscles is contraindicated.

The Visionbody System's 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 generated 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.

MUSCLE STIMULATION TECHNOLOGIES

Most human movement is stimulated by electrical impulses generated naturally by the body. The same stimulation can be safely artificially generated through modern technologies, such as electrical muscle stimulation (EMS) and electrical muscle activation (EMA).

Electrical muscle stimulation (EMS) uses low electrical frequencies to deliver surface only stimulation. On the other hand, electrical muscle activation (EMA) uses middle electrical frequencies to provide a stimulus direct to the muscle fibers. This stimulus penetrates deeper than a low frequency stimulation to cause the muscle fibers to immediately contract.

The Visionbody System is designed to incorporate the advantages of both electrical muscle stimulation (EMS) and electrical muscle activation (EMA) into a user's fitness regime.

BENEFITS OF THE VISIONBODY SYSTEM

- » Increased results in a shorter period. Two 20-minute workouts per week are equivalent to 4 to 6 hours of traditional workout depending on the traditional activity and its intensity.
- » Wireless (i.e., no cables) training to enable full freedom of body movement and choice of dry training location, both indoors and outdoors.
- » Hygienic, antibacterial, and comfortable stimulation garments designed for single user wear.
- » No wetting of the electrodes with water or gels before training.
- » Individualization of user settings through a choice of training programs, muscle-targeting options, sensation, and intensity levels as well as stimulation and rest times.
- » Choice of individual or simultaneous muscle stimulations to activate up to 90% of a body's muscle fibers.
- » Two-way communication to enable real-time and biofeedback stimulation adjustments.
- » Trainee ratio of 1 to 8 simultaneous users depending on the Visionbody System model.
- » Ongoing research and development.

SYSTEM OVERVIEW

The Visionbody System is a cableless system, designed to reduce hinderances to body movement and operate over wireless Bluetooth, allowing users to enjoy EMS trainings in any dry location, both indoors and outdoors, at any time.

The main components are the Visionbody Box, the Visionbody Software, and the choice of a Visionbody garment, whether a Visionbody Powersuit, Visionbody PowerPants or Visionbody PowerVest, depending on a user's personal choice and needs.

The Visionbody Box is a stimulation device, which delivers a safe low to mid-frequency electrical current to the electrodes in a Visionbody garment.

The Visionbody Software is the operating program which allows a user to control the electrical impulses applied to their muscles by the electrodes in their Visionbody garment. The setting profiles within the Visionbody Software can be completely customized to meet a user's individual fitness needs, abilities, and goals.

The Visionbody User Manual is the essential reference for the optimal handling, installation, operation, and maintenance of a Visionbody System.

The Visionbody garments, which include the Visionbody Powersuit, Visionbody PowerPants, and Visionbody PowerVest, are wearables, which facilitate electrode positioning on a user's skin for applying electrical impulses to a specific muscle, muscle group or muscle groups to induce isolated or simultaneous muscle contractions.

The *myVisionbody* Personal Application is designed for every Visionbody user to track their training activity, to watch training related videos, get tips and tricks and QR code to join to a Pro class. The application is to be installed on a user's iOS device and must be launched imminently before every Visionbody System training session the user wishes to participate in. On logging in with their *myVisionbody* user profile details, a user is asked to confirm the presented Contraindication & Precaution Confirmation screen. Only with their confirmation will they receive a single-use QR code, which can be scanned in by a trainer. Once scanned, this enables the user to participate in the Visionbody System training session.



APPLICATION VERSIONS

There are five (5) different Visionbody Applications, which can be downloaded from the iOS App Store. These are:



Icon / QR code	Edition	Intended for
	myVisionbody Personal	The app is the perfect tracker for every Visionbody user. A one-to-one Visionbody Box and Visionbody Powersuit combination designed for private customers, who wish to train independently.
	Visionbody Legs	A one-to-one Visionbody Box and Visionbody PowerPants combination designed for private customers, who wish to focus on the lower body.
	Visionbody Professional	For fitness studios offering EMS group trainings to 8 people.
	Visionbody ProMaxx	For large gyms offering trainings of more than 20 people at the same time. The number of participants is limitless.
	Visionbody Pro-Athlete	Is a special edition developed for Pro-Athletes to increase strength, endurance and performance and relax, recover muscles after training.



COMPONENT OVERVIEW

Every Visionbody System always consists of the following:

- » Visionbody Box
- » Visionbody Software
- » Visionbody User Manual

In addition, any or all of the following Visionbody garments can be used as part of the Visionbody System:

- » Visionbody Powersuit
- » Visionbody PowerPants
- » Visionbody PowerVest

» Visionbody Box

The Visionbody Box is a stimulation device, which is attached to a Visionbody garment with a magnetic pogo-pin connector. It generates safe low and mid-frequency electrical impulses, which are controlled by the Visionbody Software.

The Visionbody Box is connected to the electrodes within a Visionbody garment and communicates with the Visionbody Software via Bluetooth. The recommended connection range between a Visionbody Box with the iOS device, on which the Visionbody Software is running, is ideally within maximum 50 meters / 165 feet and free of any obstructions.

The status of a Visionbody Box can be identified through its LED indicator lights. A Visionbody Box will automatically stop if it becomes improperly attached to the connection plate of a Visionbody garment, or completely switch itself off if there is no Bluetooth connection for 5 minutes.

  The Visionbody Box is powered by a rechargeable lithium polymer battery (LiPo), type Canon LP-E10 with nominal voltage 7.4V and capacity of 900-1100 mAh. It is advised that no other battery type to be used in the Visionbody Box than the original one that is provided with the box from Duracell.

There is a built-in battery charger inside the Visionbody Box. A standard type-C USB cable is supplied with the system, but no power supply included. A Visionbody System cannot be switched on or used while the battery is being charged.

The typical operation time for a fully charged battery is approximately 6 hours depending on the selected program and intensities. There is a numerical indication of the battery level in the Visionbody Software. A battery's service life can be found in the technical specifications of the manufacturer.

 When not used for longer period, the Visionbody Battery should be removed and stored in cool dry place.



Indicator lights	Inference
Solid high brightness GREEN	The device is switched on and in idle state.
Solid ORANGE	Stimulation is on.
Solid low brightness GREEN	Rest period is on.
Blinking GREEN	Battery voltage is too low.
Pulsating BLUE	There is no Bluetooth connection to the device.
Solid BLUE	The device has an active Bluetooth connection.
Blinking BLUE	The Bluetooth module in the device is in DFU mode and ready for a firmware update.
Alternative GREEN & RED	Firmware update in progress.



Tip
The USB charging cable can be connected to any Apple iPhone adapter/plug.

» Visionbody Software

The Visionbody Software is a unique IOS control application running on Smartphone or Tablet, which controls the Visionbody Box via Bluetooth LE connection. It enables a user (or trainer) to set:

- » The desired training program. The chosen program determines the stimulus, which will be applied to a user's muscles throughout their training session. These muscle groups can be worked either individually or simultaneously.
- » The stimulation sensation level. The level options are low, medium, or high. These levels determine the sensation that the users will feel when their muscles are stimulated by the electrodes in their Visionbody garment. Users should select the level, which accommodates to their own personal body sensitivity and comfort level.
- » The stimulation intensity levels, ranging from 1 to 100%, for each muscle group.
- » The stimulation duration and rest period, which will apply to each muscle groups.

Throughout a training session, the Visionbody Software continuously monitors the conductivity of the user's body. This allows it to advise on whether a user's muscles are sufficiently warmed up for stimulation and ensure any stimulation is performed within safe parameters settings. Alternatively, the heart rate of the user can be measured any time when the training is paused. This is done by the built-in ECG module within the Visionbody Box. The heart rate is calculated based on the user's ECG diagram.

The Visionbody Software operates on mobile iOS devices like iPhone, iPod, and iPad with a minimum operating system of iOS 12.4 or later. It does not work on an iPad mini.

It is recommended to keep the iOS device, on which the Visionbody Software is to run on, always updated. The best way to ensure the iOS device has the latest released edition of the Visionbody Software is to have the app store's automatic update function on.

Further, the iOS device, on which the Visionbody Software is running, should be sufficiently charged. A low battery percentage can cause Bluetooth connection issues.



» Training Programs

The Visionbody Software can offers a choice of up to seven (7) main program groups, which can be applied to a user's training session. A user or trainer is given access to some or all these programs, depending on their Visionbody System edition. The program groups are: Basic (Intro), Continuous, Endurance, Strength, Fat-Burning, Cool Down, Special and Recovery. The chosen program determines the stimulus, which will be applied to a user's muscles throughout their training session. These muscle groups can be worked either individually or simultaneously.

Program Types	App Types				
	Pro	ProMaxx	Personal	Leg	ProAthlete
Basic (Intro)	X		X		X
Continuous	X		X		X
Endurance	X	X	X		X
Strength	X	X	X	X	X
Fat-Burning	X	X	X	X	X
Cool Down	X	X		X	X
Special (massage, wellness)	X		X	X	X
Recovery					X



The Visionbody System is not intended to be used in conjunction with any therapy or treatment of diseases or medical conditions of any kind. None of the Visionbody System training programs or operational parameters are designed to target injured or ailing muscles. The use of a Visionbody System for such purposes is contraindicated. The Special and Recovery programs offer a gentle massage function, which may solely be used after a training session to reduce muscle fatigue i.e., for training recovery.

Listed below are the recommended training guidelines to help ensure a user has an optimal training experience with a Visionbody System.

Modes	Stimulation Cycle (sec.)	Recovery (sec.)	Training Duration (min.)	Muscle Types (type I/type II)	Training Types (examples)
Basic Activation Continuous	∞	0-10	10-30	50% Type I 50% Type II	Body weight training / Isometric
Endurance	1-20	0-10	15-30	80% Type I 20% Type II	Cardio
Strength	1-20	0-10	15-40	20% Type I 80% Type II	Weight training / Functional training / Plyometric training
Fat-Burning	1-20	0-10	15-35	70% Type I 30% Type II	Cardio
Cool Down	1-20	0-10	5-10	50% Type I 50% Type II	Stretching
Special Recovery	1-20	0-10	15-30	50% Type I 50% Type II	Massage / Relax

Irrespective of the selected program, it is always very important a user warms their body up before training. This will reduce the possibility of injury. There is also a secondary reason. The Visionbody System does not require any wetting of the electrodes with water or gels before training. Instead, through warm-up exercises a user produces perspiration, which enables a connection between the electrodes within the Visionbody garment and their skin to ensure conductivity.



A user of a Visionbody System should not to over train. A Visionbody System training is more intense than a traditional training. Two 20-minute workouts per week are equivalent to 4 to 6 hours of traditional workout depending on the traditional activity and its intensity. It is, therefore, highly recommended a recovery period of at least 48 to 72 hours is upheld between Visionbody System training sessions.

» Visionbody User Manual



This User Manual is the reference for the optimal handling, installation, operation, and maintenance of a Visionbody System. It should be read in full before any initial Visionbody System training. It should also be continuously referred to throughout the operation and use of a Visionbody System.

The Visionbody User Manual should be always readily available and legible at all times. Copies of this manual can be downloaded for free from the Visionbody website at www.vision-body.com

» Visionbody Personal Application as Training Pass

The *myVisionbody* Personal Application, besides that it can be used for individual trainings, is designed for every Visionbody user. The application is to be installed on a user's iOS device and must be launched imminently before every Visionbody System training session the user wishes to participate in. On logging in with their *myVisionbody* user profile, the user is asked to confirm their review and confirm the Contraindication & Precaution Confirmation screen. After this confirmation, a one-time QR code is generated that can be scanned by a trainer to gain access controlling the Visionbody Box that is associated with the user when participating in a Visionbody group training session.

For single Visionbody Box Systems, a Contraindication & Precaution Confirmation screen will appear on launching the Visionbody Software.



This contraindication and precaution confirmation procedure **MUST** be performed **IMMEDIATELY BEFORE EVERY** training session with a Visionbody System. The Visionbody Personal Application only records a given user confirmation against the Visionbody user's profile, which has been used to logged in to it at that time.

» Visionbody Garments

Visionbody Powersuit, Visionbody PowerVest and Visionbody PowerPants

The Visionbody Powersuit is a full-body suit, which allows for all muscle groups of the body to be trained to improve overall body composition, strength, and endurance.

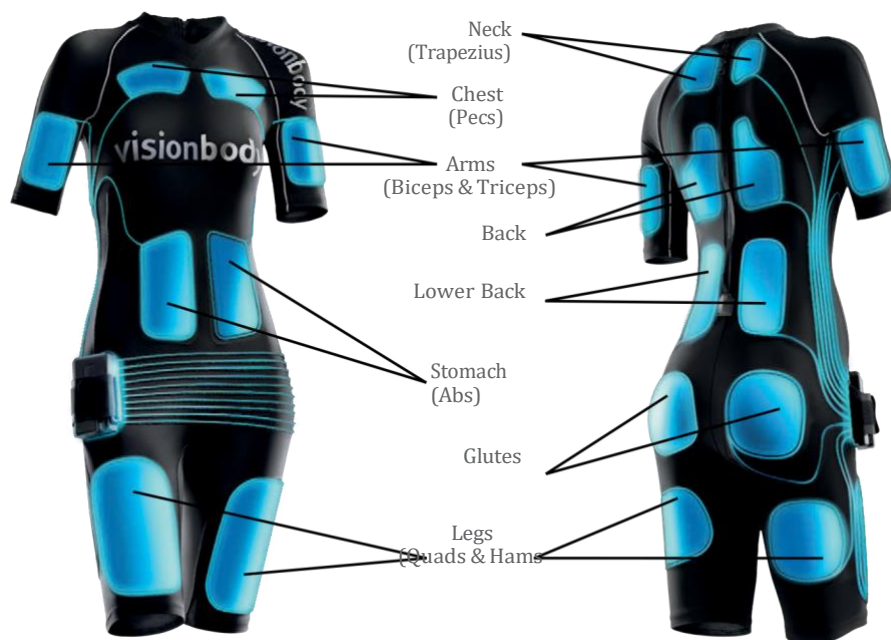
The Visionbody PowerPants focuses purely on the lower body region, making it ideal for those wanting to solely tone and strengthen their abdomen, legs, butt, and lower back, and reduce cellulite.

Unlike other EMS brands, the Visionbody Powersuit and Visionbody PowerPants do not require any wetting with water or gels before any training starts. Nor do they require the wearing of any special undergarment. Instead, perspiration from warm up exercises ensures for the necessary electrode conductivity.

The Visionbody Powersuit and Visionbody PowerPants come in six sizes - XS, S, M, L, XL, XXL - for both men and woman. Other sizes can be made on request. The Visionbody PowerVest comes in four sizes - S, M, L, XL.



The Visionbody garments are all made from a skin friendly material, which provides antibacterial features, maximum flexibility and optimal conductivity between the electrodes and a user's skin. It is recommended each user has their own Visionbody garment to ensure optimal hygiene conditions.



To ensure the optimal lifespan of a Visionbody garment, it is advised to read and follow the guidelines and recommendations in the "General Maintenance" section of this User Manual.

» Visionbody PowerVest

Understanding that those inquisitive about EMS training would like the opportunity of a demo training, Visionbody has developed the Visionbody PowerVest. A garment, which through its design, also brings the benefits of EMS to those with limited mobility by sustaining and retaining muscle stability and flexibility.

The Visionbody PowerVest is designed to be easily wrapped around the body and focuses on applying stimulation to the arms, chest, back, abdomens, buttocks, and legs.

As the Visionbody PowerVest can work even without any warm-up exercises, it is necessary to wet its electrode areas with spray prior to its use. This ensures the electrodes maintain proper contact with the weaker parts of the body. The wearing of undergarments, like a tight 95% cotton t-shirt and shorts, underneath the Visionbody PowerVest is recommended.

The Visionbody PowerVest comes in four unisex sizes S, M, L & XL.

» Garment Characteristics

The Visionbody garments are all made from a skin-friendly material, which provides antibacterial features, maximum flexibility and optimal conductivity between the electrodes and a user's skin. It is recommended, although not mandatory, that each user has their own Visionbody garment to ensure optimal hygiene.

Each Visionbody garment is equipped with a magnetic docking connector to allow a Visionbody Box to be attached to it.

Sewn inside each Visionbody garment, there are dry electrodes, which deliver the electrical stimulations to a user's muscles as per the stimulation parameters a user or trainer sets in their Visionbody Software. In the Visionbody Powersuit, these electrodes are divided into ten different muscle groups. In the Visionbody PowerPants into 6 and in the Visionbody PowerVest into 10 different muscle groups. These electrodes cannot be removed or exchanged.



OPERATING PROCEDURES

VISIONBODY GARMENTS

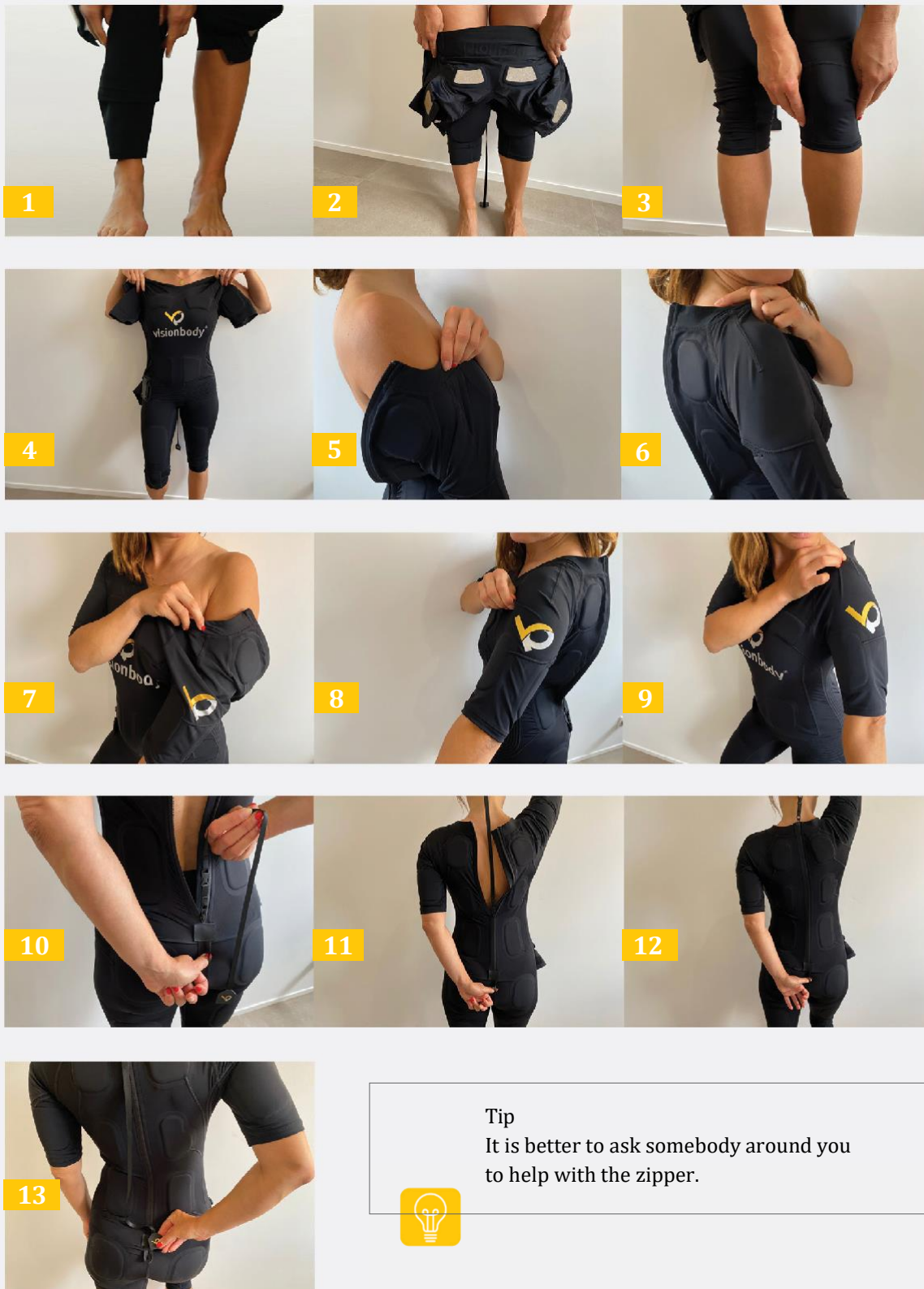


Putting on any Visionbody garment:

1. Inspect the Visionbody garment to ensure there are no exposed wires, holes, or tears.
2. Inspect the Visionbody garment's connection plate to ensure it is dry, intact, and free from any debris.
3. Ensure the Visionbody garment fits properly so the internal electrodes are contacting the skin at the appropriate body locations.
4. Take extra care to avoid any rapid forced pulls to prevent tears and to ensure the proper functioning and lifespan of the Visionbody garment.
5. According to IEC60160-1 Visionbody garments are considered Type BF applied parts. BF=Body Floating. Used for devices which have conductive contact with client or having medium-or long-term contact with client. May not be connected to earth (floating).

» Putting on a Visionbody Powersuit

1. Pull down the zipper at the back of the Visionbody Powersuit so it is fully open.
2. Step into the Visionbody Powersuit on leg at a time (photo 1).
3. Gently pull the Visionbody Powersuit up each leg at bit at a time, alternating between the legs, until the Visionbody Powersuit is over the hips (photos 2, 3 and 4).
4. Once the Visionbody Powersuit is at waist level, slip one arm into its sleeve (photo 5).
5. Gently pull the sleeve of this arm onto the shoulder (photo 6).
6. Adjust the sleeve, so the electrodes are securely in place (photo 7).
7. Follow the same procedure with the other arm (photos 8 and 9).
8. Once the Visionbody Powersuit is on both shoulders, hold the bottom of the zipper with one hand and with the other hand gently pull the zipper guide upward in a vertical position to about halfway up the back (photo 10).
9. When the zipper guide is halfway up, hold the open ends of the zipper at the top together and continue to gently pull the zipper guide all the way up to the top of the Visionbody Powersuit until the zipper is fully closed (photo 11).
10. Secure the zipper fastener at the top to prevent the zipper from opening during exercise.
11. The bottom of the zipper guide is equipped with a mini magnet, which can be attached to the bottom of the zipper to keep the zipper guide out of the way during exercise.



Tip
It is better to ask somebody around you
to help with the zipper.



» Putting on a Visionbody PowerPants

This process is like putting on a pair of trousers.

1. Step into the Visionbody PowerPants one leg at a time (photo 1).
2. Gently pull the Visionbody PowerPants up each leg at a time, alternating between the legs, until the Visionbody PowerPants covers the upper part of the legs and the waist (photos 2, 3 and 4).



» Putting on a Visionbody PowerVest

1. First put your cotton t-shirt and leggings on. (Do not wear a bra underneath the t-shirt)
2. Then lay your Visionbody PowerVest on the table and spray the silver electrodes with water.
3. Put the vest on and zip it up.
4. Fix the belt around the hip.
5. Wrap the leg straps around your legs.
6. With the additional straps on the shoulder, arm, and abs you can tighten the suit to guarantee the correct connection between the electrodes and the body.
7. Connect the box to the suit and close the Velcro strap.
8. For people with limited mobility, we can open the zippers on the arms as well.



VISIONBODY BOX



The Visionbody Box is powered by a standard rechargeable lithium polymer battery (LiPo), type LP-E10 with 7.4V and 900-1100 mAh. It is advised that no other battery type to be used in the Visionbody Box.



Please mind the proper insertion of the battery, otherwise the Visionbody Box will not work (refer to the "Warranty" and "Liability" sections of this User Manual.

Prior to training, make sure that the battery is charged adequately.

There is a built-in battery charger inside the Visionbody Box. A standard USB 3.0 type-C charging cable is supplied with the Visionbody Box. The Visionbody Box cannot be switched on or used while the battery is being charged. When the charging cable is plugged into the Visionbody box, a white LED light indicator turns on and remains in this state while the battery is being charged. If the charging is finished the white LED light switches off. If any anomalies occur during the charging procedure, the white LED light will start flashing. In this case try restarting the charging procedure by unplugging and plugging again the charging cable. If this doesn't help, please contact the Visionbody Support Center.

The typical operation time for a fully charged battery is approximately 6 hours depending on the usage. There is a numerical indication of the battery level in the Visionbody® Software. The service life of the battery can be found in the technical specification of the manufacturer.



Always inspect the Visionbody Box connection interface is dry, intact, and free from debris.



The On/Off Switch Button of the Visionbody Box is a Type B applied part.



» Inserting the Battery

1. Slide the cover to open the battery compartment cover (photo 1).
2. Insert only the specified rechargeable lithium polymer battery (LiPo) into the Visionbody Box. See direction of black arrow on image 2.
3. Slide the battery compartment cover closed, ensuring it is fully secured (photo 4).



Please refer to the “Warranty” and “Liability” sections of this User Manual.

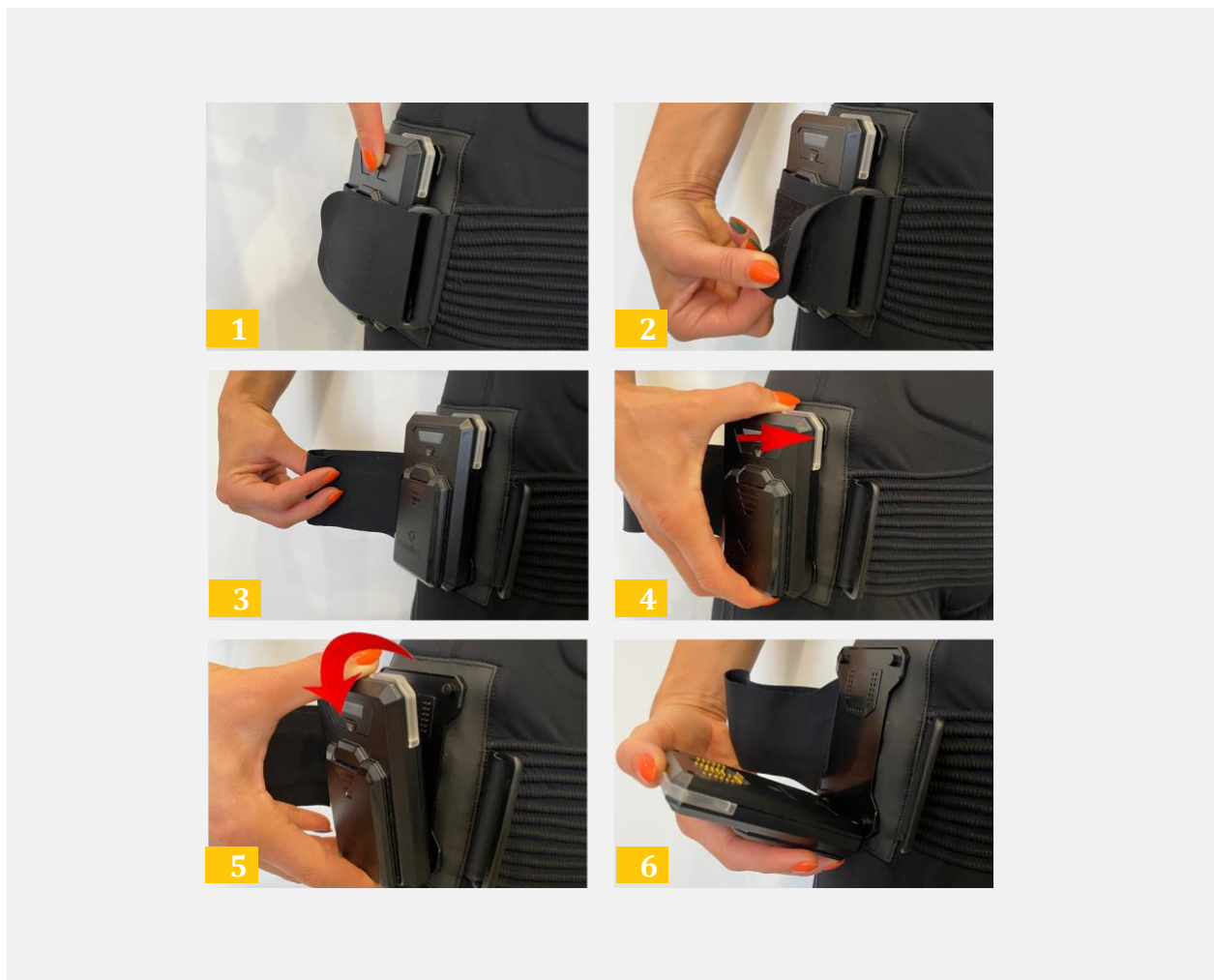
» Attaching a Visionbody Box

1. Ensure the Velcro fastening strap of the Visionbody garment is not in the strap loop and is out of the way (photo 1). The Velcro fastening strap can be found at hip level attached to the Visionbody garment.
2. Align the magnetic pogo-pin connection plate of the Visionbody Box with the magnetic receptable pogo-pin connection plate of the Visionbody garment (photo 2).
3. Connect the connection plates and ensure they are properly connected so that the Visionbody Box is securely in place and fastened (photos 3 and 4).
4. Take the Velcro fastening strap of the Visionbody garment and place it over the Visionbody Box. Then pull the strap through the strap loop and back over the Visionbody Box to press the velcro of the strap together. This will secure the Visionbody Box to the Visionbody garment (photos 5 and 6).
5. Now switch on the Visionbody Box by pressing and holding the on/off button until a double beep sound is heard. Normally a green LED light and a pulsating blue LED light should be seen if the device is switched on successfully.



» Detaching a Visionbody Box

1. If the Visionbody Box is switched on, press & hold the power button until both the green and blue LED indicator lights are off, and a beep sound is heard (photo 1).
2. Open the Velcro fastening strap of the Visionbody garment, which is currently holding the Visionbody Box securely in place and pull it out of the strap loop so that it is no longer in the strap loop (photos 2 and 3).
3. With one hand hold the connection plate of the Visionbody garment to the body. With the other hand hold the Visionbody Box and pull it gently away from the body (photos 4, 5 and 6).
4. Fold the Velcro strap back on itself so it is properly closed, otherwise the Velcro strap may damage the Visionbody garment material.



VISIONBODY SOFTWARE

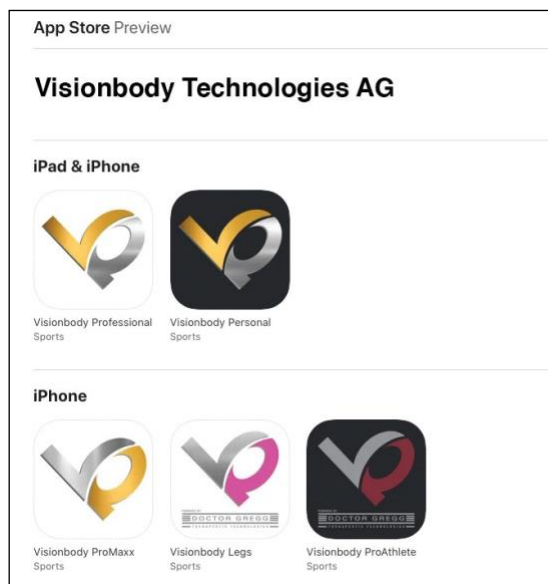


All the forthcoming instructions must be completed before starting up a Visionbody System for the first time. Only the email address of the owner of the Visionbody System should be used to set-up their respective Visionbody Software. The owner should have full access to this email account at the time of the initial set-up. All permissions of using the Visionbody Software and the owner's Visionbody Box or Boxes will be registered and assigned to this email address during this set-up procedure.

» Initial Software Setup

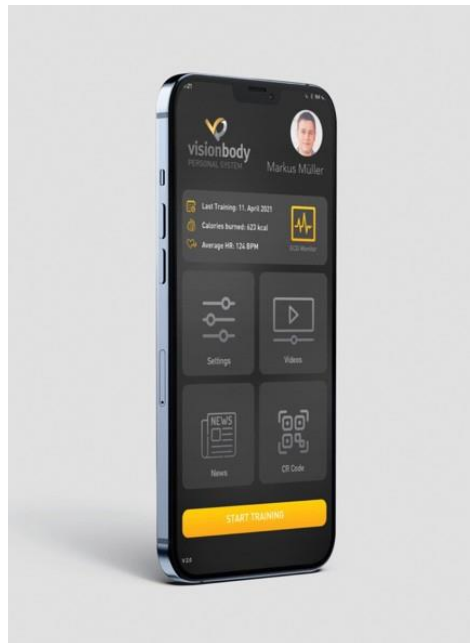
Installing and Launching the Visionbody Software

1. Please check if your iOS device can run the Visionbody Application. It requires iOS 12.0 or later.
2. If a VB icon is not visible on any of the iOS device screens then the Visionbody Software has not yet been installed on the iOS device. In this case, go to the App store and select the appropriate Visionbody Software for the respective Visionbody System edition and install the iOS device. Once the installation is complete, the VB icon of the installed Visionbody Software will appear on one of the screens of the iOS device.
3. Tap on the VB icon to launch the Visionbody Software. A Sign-Up / Login window will appear. Proceed accordingly depending on the system set-up has been completed and a respective login profile exists or not.



Icon / QR code	Edition
 	myVisionbody Personal
 	Visionbody Legs
 	Visionbody Professional
 	Visionbody ProMaxx
 	Visionbody Pro-Athlete

myVISIONBODY APP FOR EVERYONE!

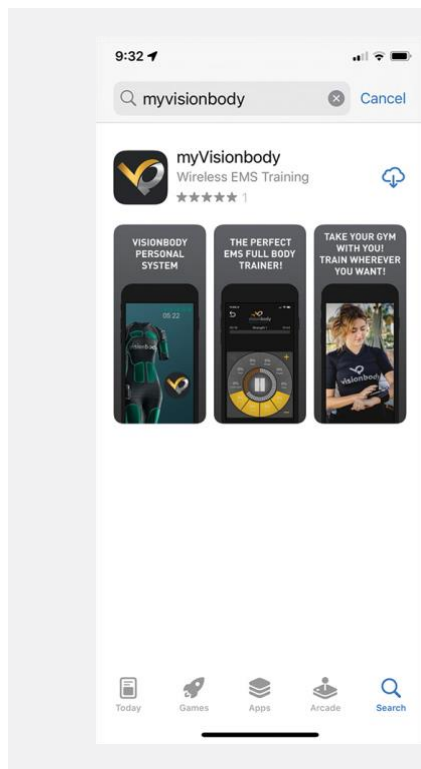


The *myVisionbody* Personal App was created for every Visionbody user with or without their own Visionbody Box to track and store the personal training activity, watch Visionbody training videos, give quick, safe QR code access to any Visionbody classes in the nearest Visionbody EMS studio/gym, to get updates and news about new features and products.

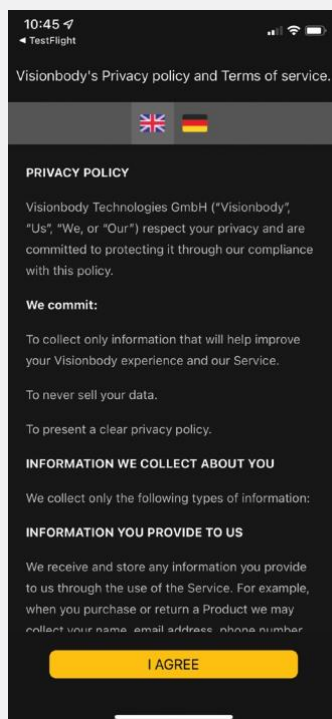
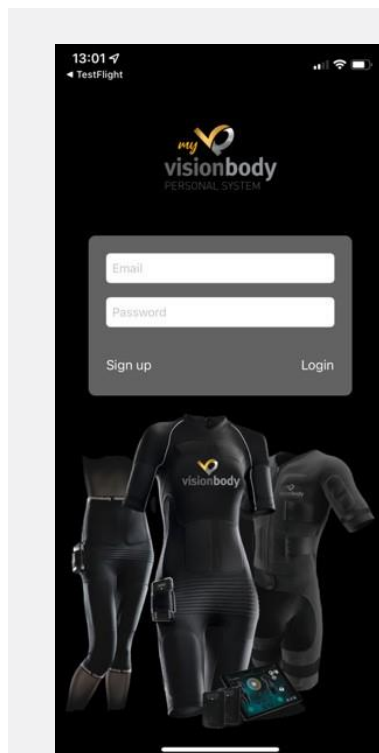
If you have your own Personal stimulation box you can use the following additional features as well

- » You can track your own trainings. (Type, length, burnt calorie, BPM)
- » You can track your ECG, heartrate before and during training to obtain the highest calorie burning and avoid any overtraining.
- » You can store your favorite trainings and replay them anytime. (You don't have to worry about intensity increase, can concentrate with full attention on the exercises.)
- » You can get support from FAQ and our support team.
- » You can watch our teaching videos how to do a proper warm-up, how to do a fat burning training before you start your workout.

» How to set up and use the myVisionbody App?



1. **Download the App** on your iOS device from the AppStore:



2. **A. Sign up:** Click on the Visionbody App icon on your Apple iOS device (iPod/iPhone/iPad), and **click on, "Sign up"** (if you are already Signed Up, **click on Login** after filling up your email and password).

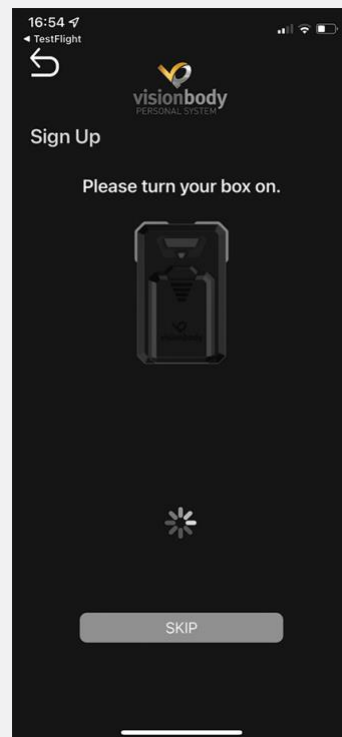
After scrolling up the Privacy policy, **click on "I agree"** (pic 2)

A. If you have your own Personal control box

Please turn your Personal control box on. Press the button for 2-3 seconds until you hear a beep. When you see the **"box detected"** sign, click on **NEXT**.

B. If you don't have a Visionbody control box, click on "SKIP"**Tip**

You can buy your own control box anytime from our webshop:
www.vision-body.com/shop





Tip

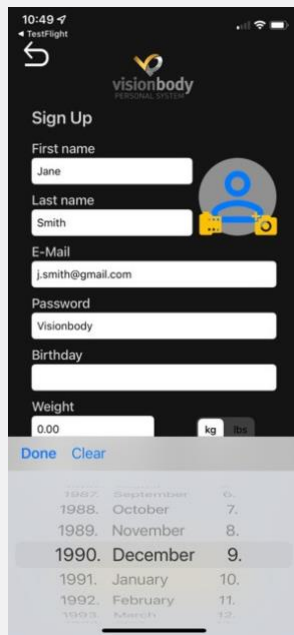
Use a private email, instead of a business account! If you change job, you can lose your company email address. It is always very important to use real data (especially age, weight, height to get real health related data in the future).

1. Fill up the requested information (name, email, birthday, weight-kg or lbs, height cm or ft) and **click on NEXT**.
2. Choose the suggested password or **click on Choose My Own Password** if you prefer to create an easier one.



Tip

Click on "Save password" or write down your email and password or make a screenshot by sign up (to remember them) Pic 2



10:49 TestFlight

visionbody
PERSONAL SYSTEM

Sign Up

First name
Jane

Last name
Smith

E-Mail
j.smith@gmail.com

Password
Visionbody

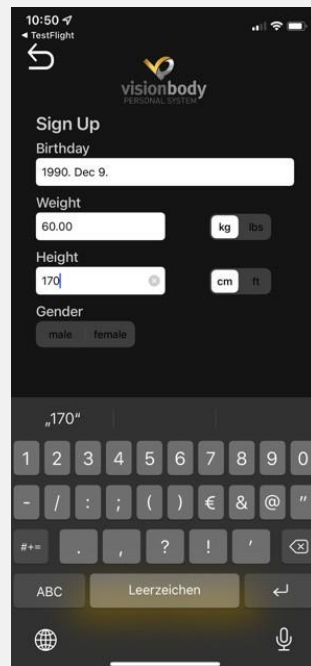
Birthday
0.00

Weight
0.00 kg lbs

Done Clear

1987. September 6.
1988. October 7.
1989. November 8.
1990. December 9.
1991. January 10.
1992. February 11.
1993. March 12.

1. Select your birthday:



10:50 TestFlight

visionbody
PERSONAL SYSTEM

Sign Up

Birthday
1990. Dec 9.

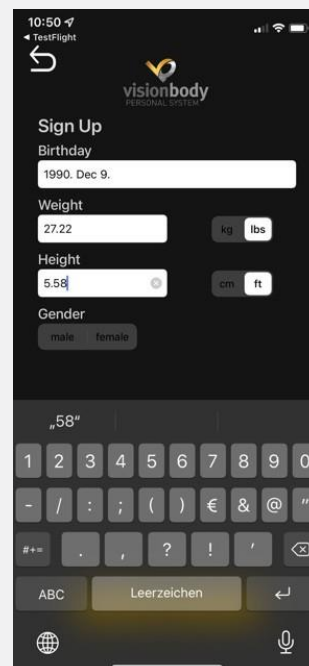
Weight
60.00 kg lbs

Height
170 cm ft

Gender
male female

170"

1 2 3 4 5 6 7 8 9 0
- / : ; () € & @ "
+ = . , ? ! ' < >
ABC Leerzeichen ↵



10:50 TestFlight

visionbody
PERSONAL SYSTEM

Sign Up

Birthday
1990. Dec 9.

Weight
27.22 kg lbs

Height
5.58 cm ft

Gender
male female

58"

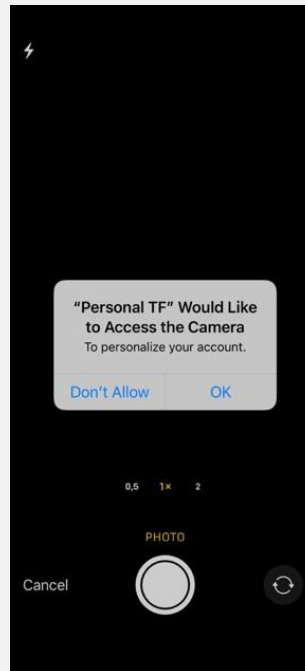
1 2 3 4 5 6 7 8 9 0
- / : ; () € & @ "
+ = . , ? ! ' < >
ABC Leerzeichen ↵

2. Fill up your Weight (can be kg or lb), Height (cm or ft) and Gender (female, male, other).



Tip

We suggest using your real, fresh actual pic. It can help the trainer to recognize you if you join to a group class training in a Visionbody gym.



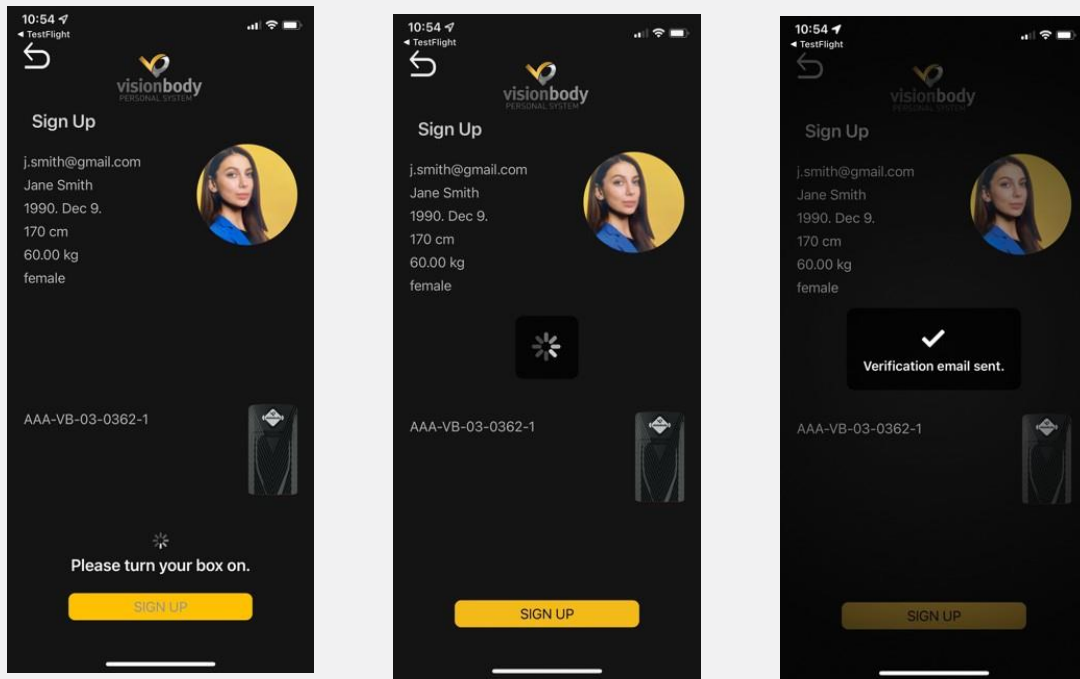
1. Choose an existing pic from your photo album or **click on the Camera sign** and Take a selfie. If you like the pic, **click on Use Photo**, if not, **click on Retake**.



Tip

You must allow the *myVisionbody* App to use your camera, so please **click on OK**. (Pic 2)

If you have your own Visionbody control box, finalize your Sign Up:



1. Turn your box on.
2. Click on Sign Up.
3. Go to your email account and **click on Confirm my registration**.

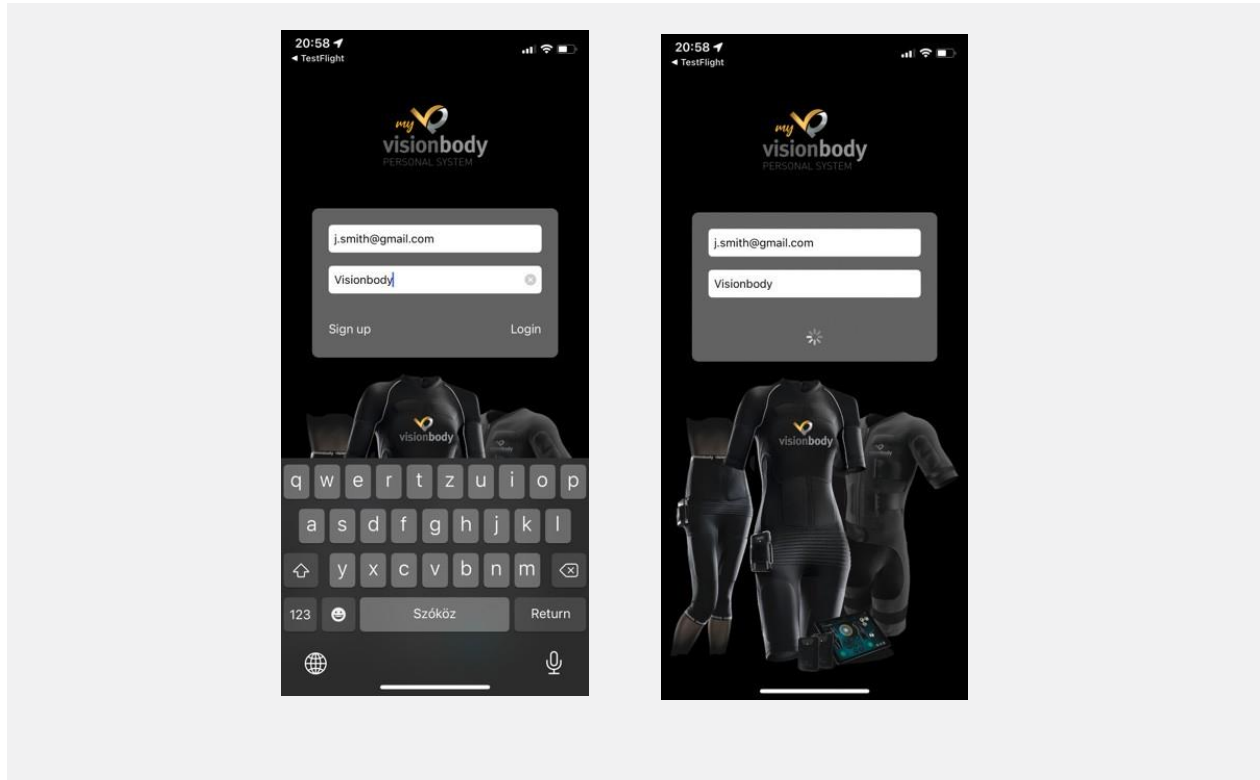


Tip

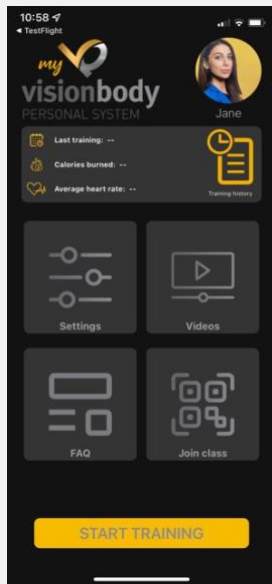
It can take 5-10min. If you don't get your Verification email, check your spam.

B. If you already Signed up, Log in with your previously verified email account and password.

If you forgot your password, **click on "forgot password?"** and check your email.

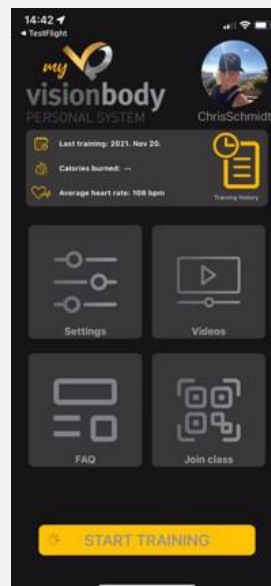
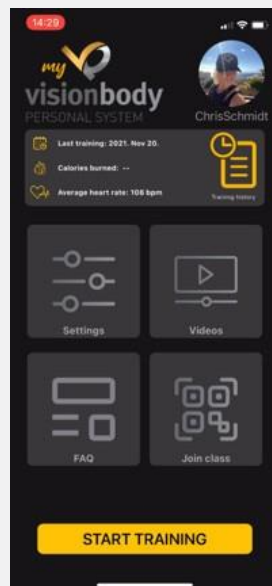


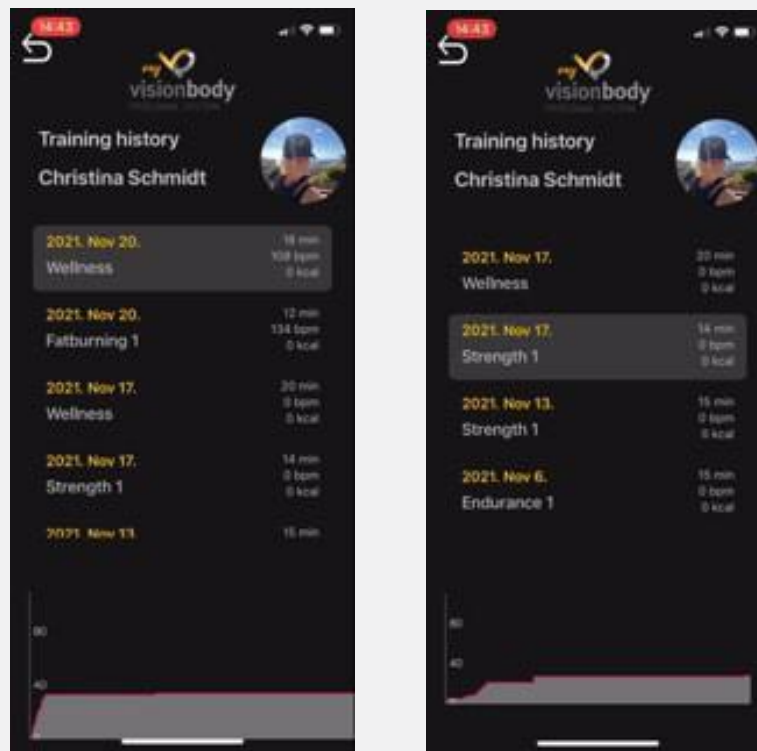
Main Screen



1. After Log in you see the main screen with the most important information and support options.

IMPORTANT: The Start training function is only available if your Visionbody Personal control box is switched on. When this button is grey, this function is not available:



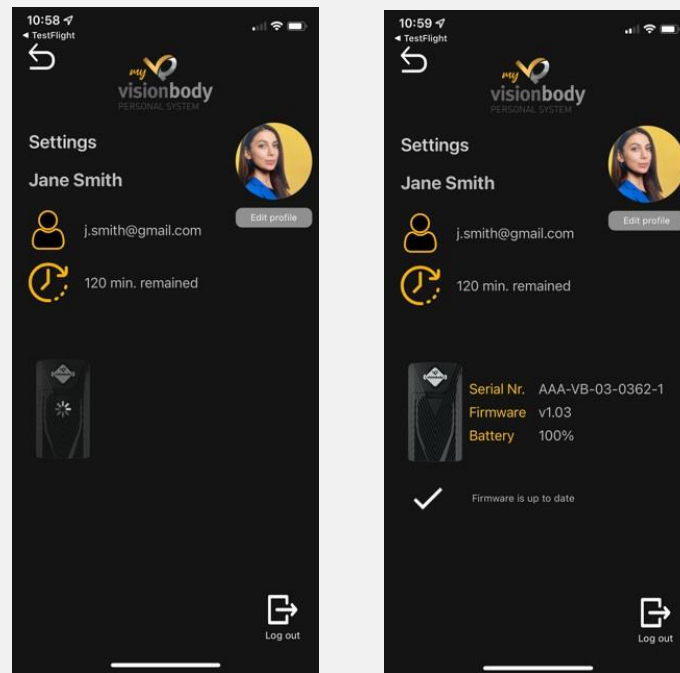


1. Under the *myVisionbody* logo you will see your last training date, burnt calories, average heart rate during the last training. If you **click on the Training History**, all your previous trainings come up listed by date.

Under the Training History You See Four (4) Main Sections

- » Settings
- » Videos
- » FAQ
- » Join Class (available only by the *myVisionbody* edition)

Settings



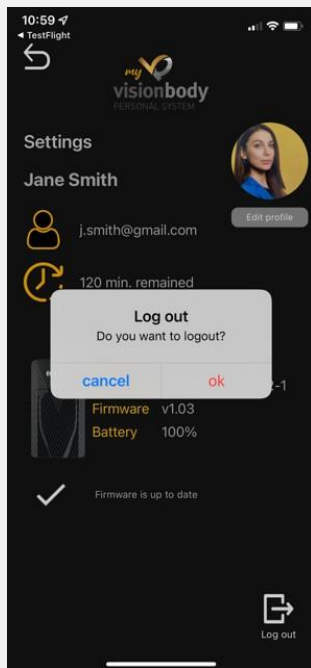
1. In settings you see your saved name, email, and your remaining training minutes. When you switch on your VB control box, you see the serial number of your box, the firmware status, and the battery level in %. (if you have your own control box).



Tip

When New Update sign comes up, please **click on Update**. Wait till the time bar reaches the end and the "You have the latest update" comes up.

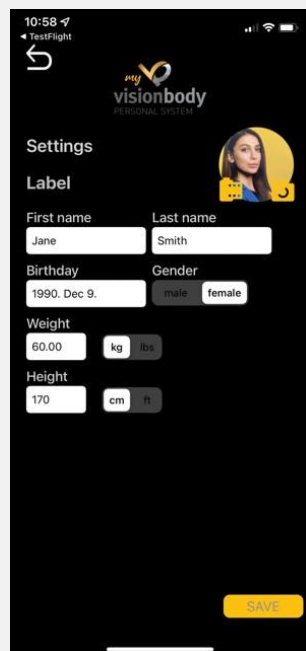
IMPORTANT: You need Wi-Fi connection and switched-on box to get the update.



Tip

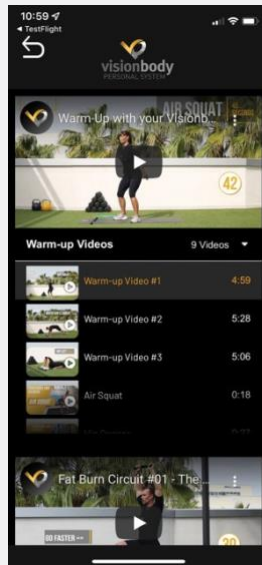
After training for safety reasons, it is suggested to Log Out from the App. The Log Out sign is in the right bottom corner on the Setting page. If you click on it, the **Do you want to Logout?** question comes up. If you want to log out, **click on Yes**, if not, **click on Cancel**.

Edit Profile



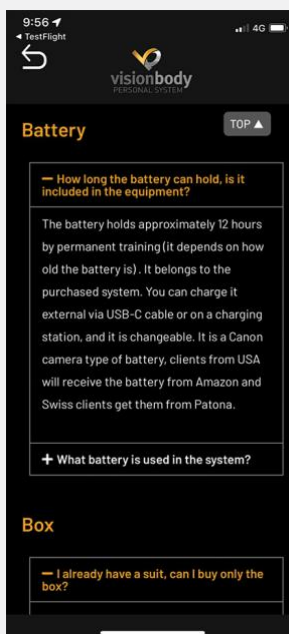
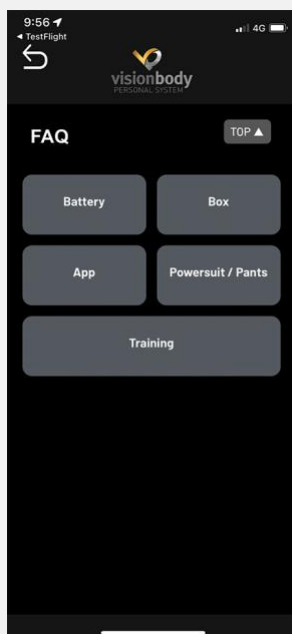
1. On the setting page you can **click on Edit profile** to modify your name, weight, and height. The rest of the data can't be changed for your protection. Once you have finished with the edit, **click on SAVE**.

Video Screen



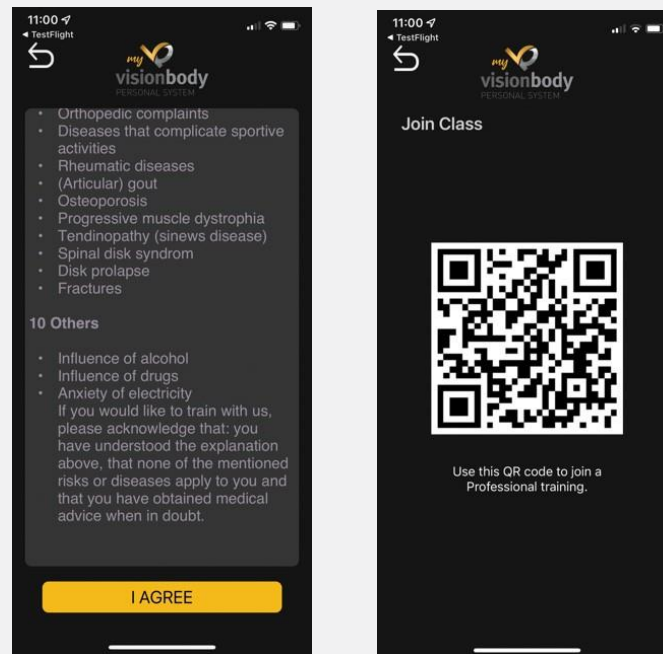
1. If you **click on Videos** you can see our video selection from our Visionbody YouTube Channel. You can get an idea on how to do a proper warm up, a fat burning training or how to wash the suit, etc.
2. **Click on the chosen video** and on **Play**.

FAQ (Frequently Asked Questions)



1. If you **click on FAQ**, the Top 10 FAQ questions come up in every category, like Battery, Box, App, Powersuit/Pants, Training.
2. If you don't find the searched topic in our Top 10 selection, **click on Need more help** and fill up the message window and **click on Send**.

Join Class or Private Session



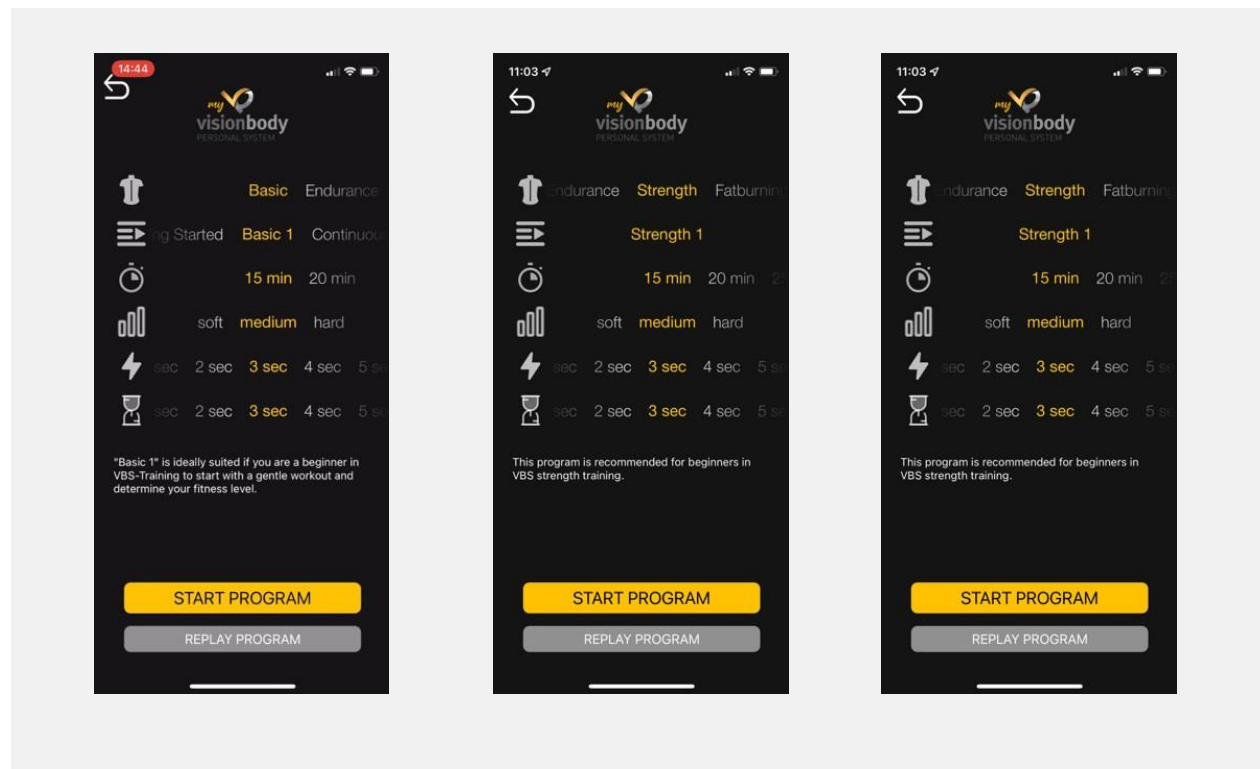
1. If you are at a Visionbody EMS studio or gym and want to join a Visionbody class or private session, **click on the Join Class icon**. Then confirm the Continuation and Precaution page, to qualify for the training. After that, show your QR code to the trainer, who can scan it into the system and add you to the class.

Program Selector

Here you can select what program you want to use.

You can choose:

A. Individually the type of the program the length of the program and the length of stimulation and pause phase, scrolling the options from left to right and back. The orange-colored text in the middle of the screen is the chosen settings. **Click on Start Program**, to accept the chosen version and go to the intensity setting screen.



OR

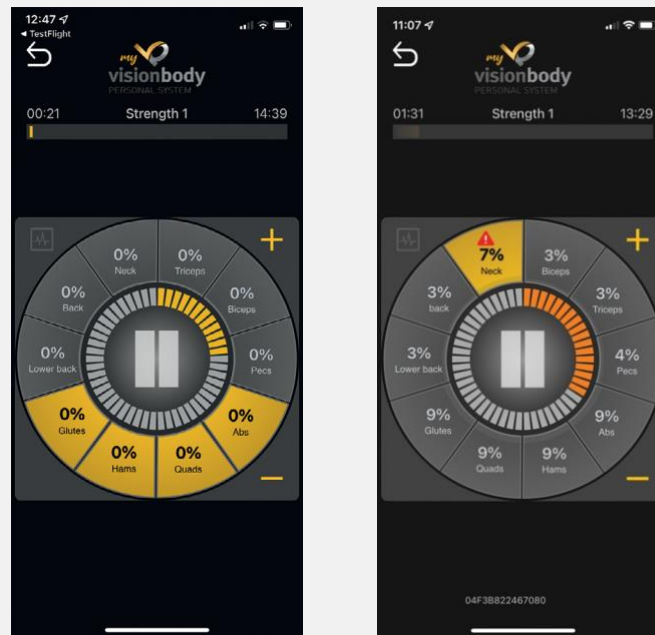
B. A former saved program by **clicking on the Replay program** button and choose the one you wish to replay again by scrolling up the list (saved by date and name), then **click on Replay Selected Training**. When it is selected, an orange square visible around the program name.

**Tip**

By this version the intensity will increase exactly in the same rhythm as in the former saved program, You can modify programme anytime if, for example, the stimulation is too strong on certain parts of the body. Just **click on the body part** and **click on the "-" button**. After this interruption, the automatic increase will go on in the same rhythm as by the last training.

When you choose the Replay option, **"Replay is active"** sign is visible on the intensity setting screen

Intensity Setting Screen



1. Increase the intensity with the **+** button step by step and only during the active stimulation phase (orange circle going around), Never during the pause (grey circle going around) when you don't feel the intensity.
2. When you have reached a good level with a comfortable contraction on your leg (hams and quads) **click on these body part, to switch them off and click on the next body part**, for example glutes. Do the same as by the leg,...



Tip

If you are already an advanced user, you can increase 2-3 body parts at the same time (like legs, glutes, and abs).

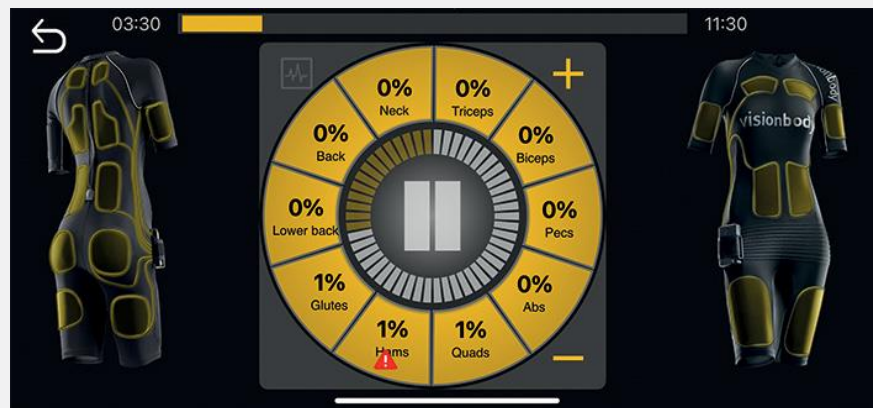
IMPORTANT: Never increase the intensity on a body part if you feel an uncomfortable sensation and see the  sign show up, it means the certain body part is not warm enough and not ready to start training.

If you wish to pause the program, **click on the II Pause button**. If you want to continue, **click on Play button** again.

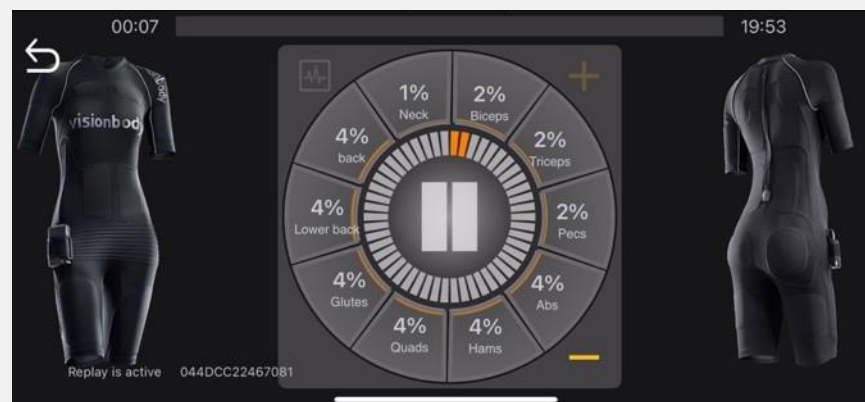


Tip

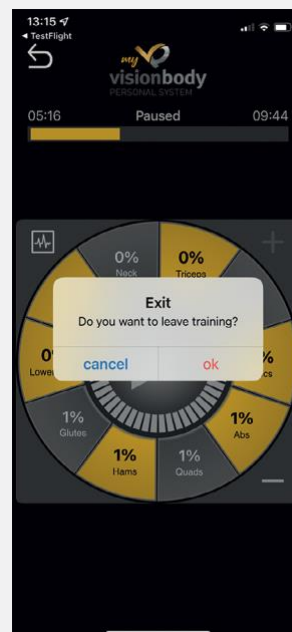
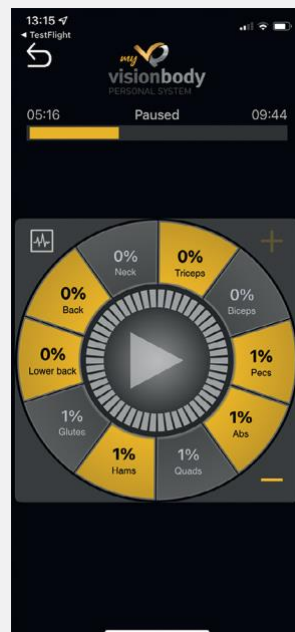
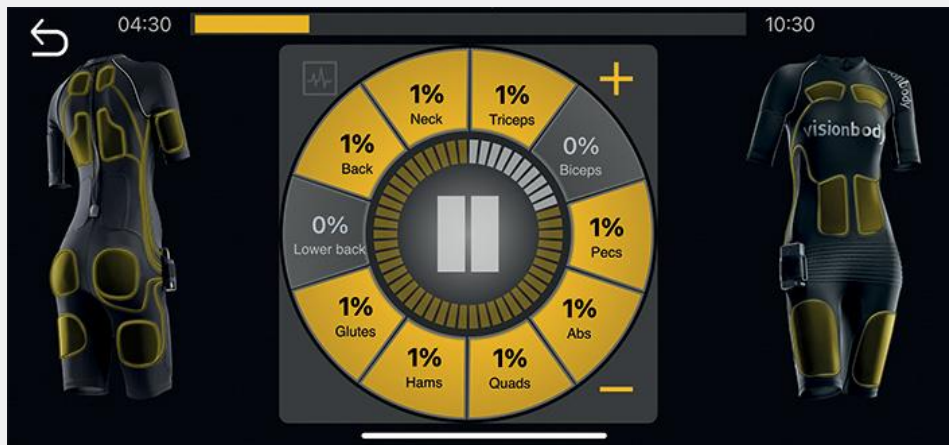
If you turn your IOS device, the landscape version will produce the suit picture to show which body parts are used in that moment. Here all the body parts are under stimulation:



Here none of the body parts/muscle groups are highlighted with yellow to increase or decrease the intensity on them.



Here only Lower Back and Triceps are not fluffed for intensity increases.

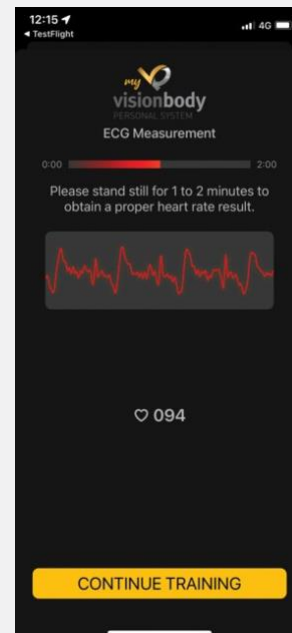
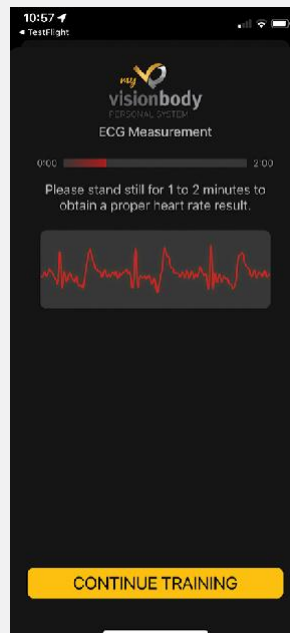
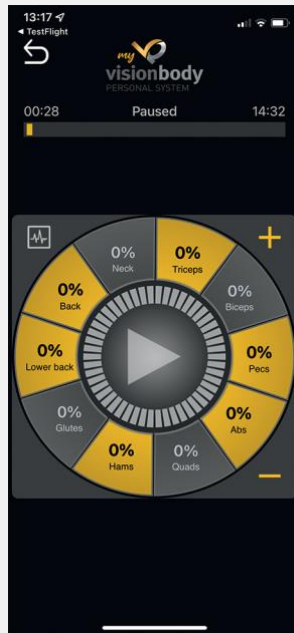


1. If you want to stop the training before it finishes by itself, **click on the back arrow** in the left upper corner and **click on OK** if you want to leave training.

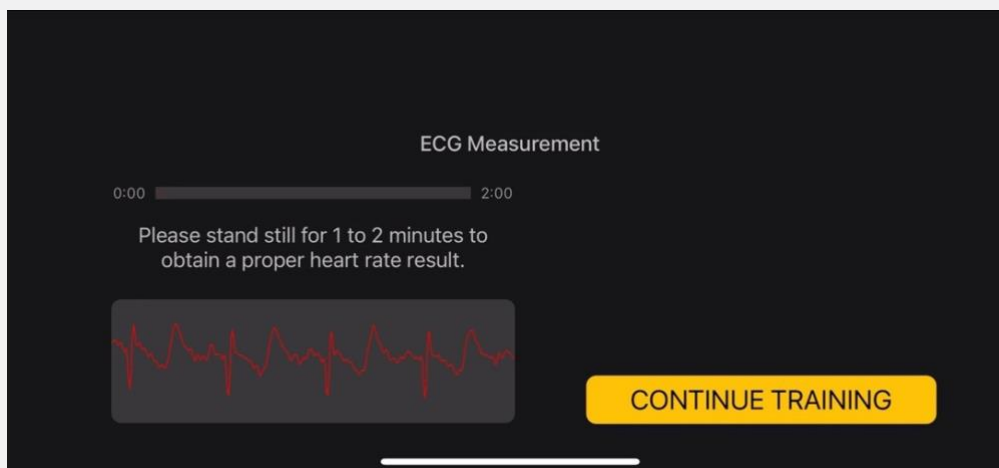


Tip

Measure your heart rate before you start your training by **clicking on the ECG sign**. Stand still for min 30sec, don't move your arms. The heart rate will be displayed as soon as it has a stable valid value.



In Landscape Mode

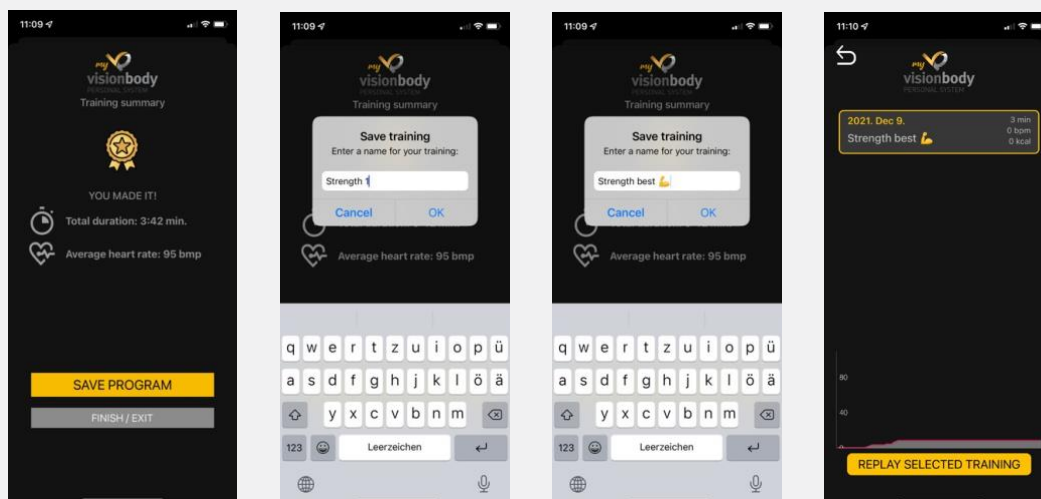


1. Measure your ECG in every 5min **(by clicking on Pause and then the ECG sign)**, during the workout or anytime if you feel your heartbeat extremely high.

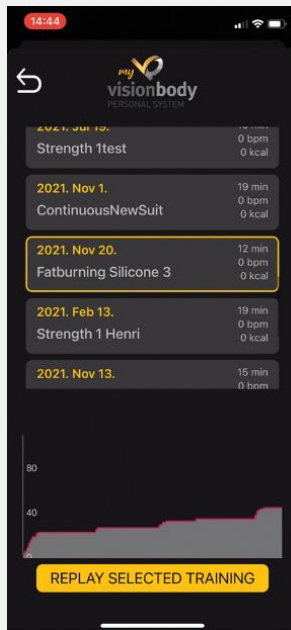


Tip

Your optimal heart rate during workout can be calculated as follows: subtract your age from 180, you can get the best fat burning range. If it is higher, wait some seconds or minutes to regulate it.



1. After workout your result is displayed on the screen. If you want to Replay it later, **click on SAVE PROGRAM**, if not, then **choose FINISH**. By **clicking on SAVE Program**, you can change the name of it (pic 2 and 3).



1. Next time **clicking on Replay a Saved Training** you can choose your favorite program.



Tip

You can emergency stop your workout by pressing the on/off button momentarily on your control box attached to your suit.

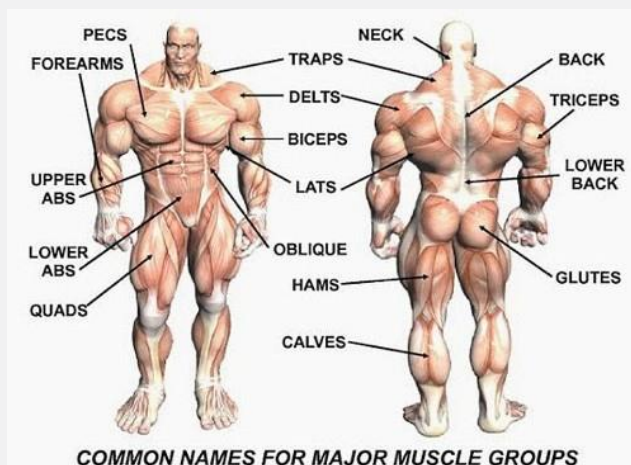
VERY IMPORTANT:

- » Never start your workout without warmup to avoid injuries and intense muscle sore.
- » Don't forget to drink still (noncarbonated) water before, during and after workout!
- » Make sure the Velcro is fixed properly over the control box.
- » Make sure there is no furniture around you.

**Tips**

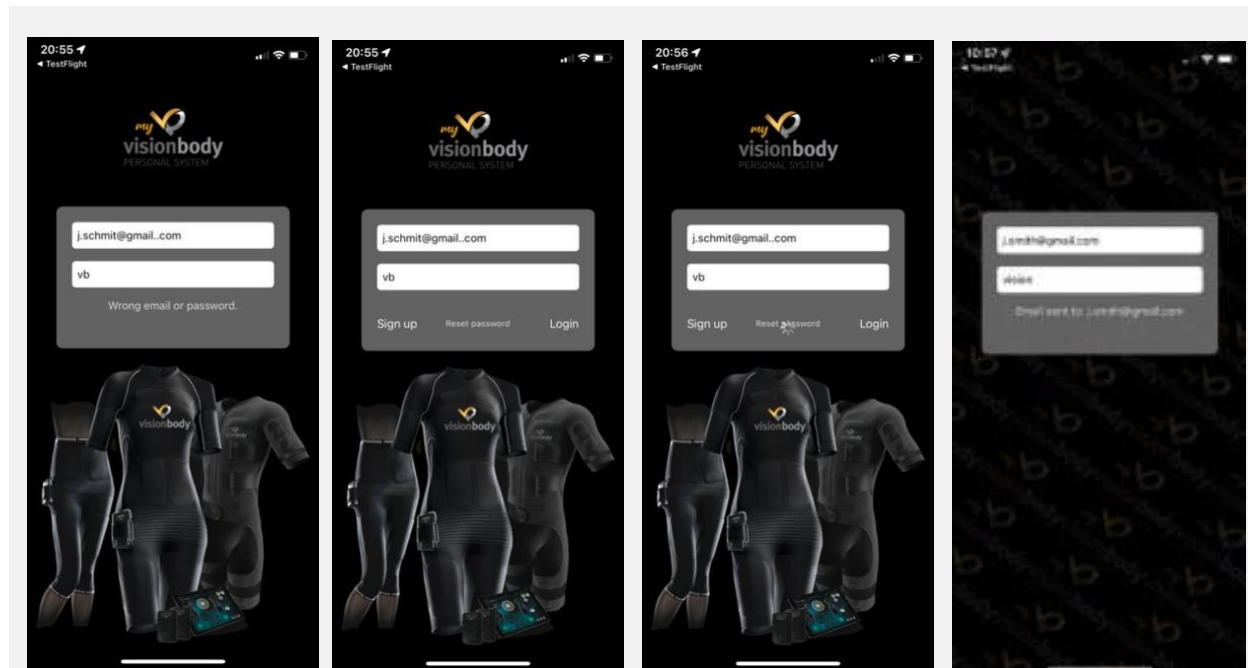
Check our videos to get some ideas for a 2-3 minute warmup.

Always start with the bigger muscle groups, like leg (hams and quads), glutes, abs, then after some minutes warm up continue with lower back and back, than go on arms (biceps, triceps) and at last chest (pecks) and neck.

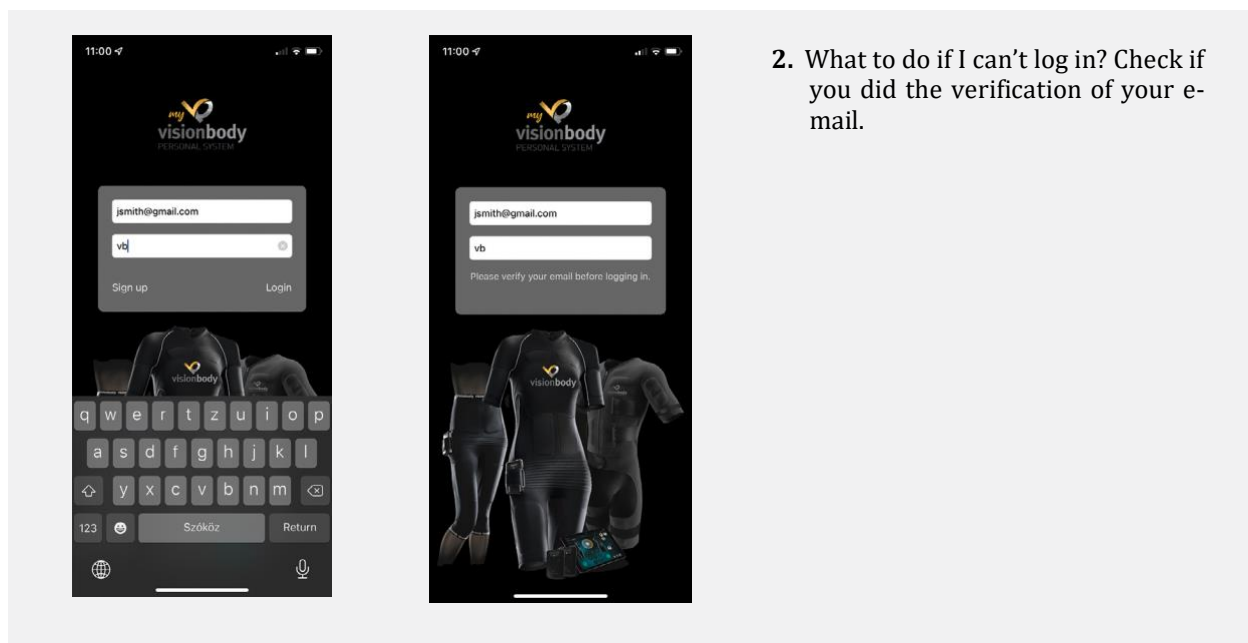


TROUBLE SHOOTING

» What can I do if I can't log in (forgot my password)?



1. Check if there is any mistyping (even an extra dot or an unneeded space can cause a problem). If you have forgotten or want to change your password, **click on Reset password**.



2. What to do if I can't log in? Check if you did the verification of your e-mail.

» Setting Up an Owner Profile in the Visionbody Professional App

is made by the Visionbody headquarter. Your Visionbody Professional set is delivered with a pre-installed iPad with the owner email account and activated Visionbody control boxes.

» Device Management

Setting Up a New Visionbody Box

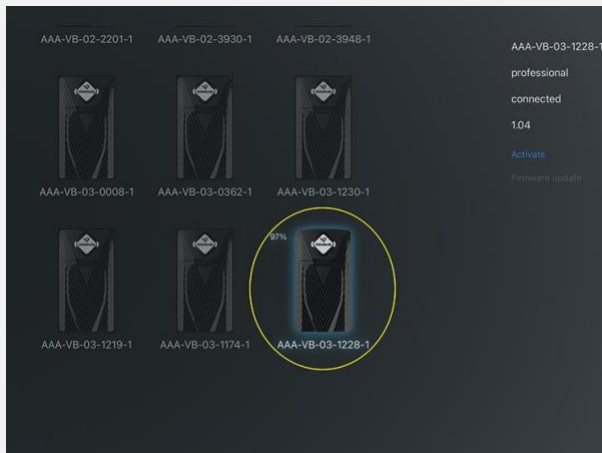
IMPORTANT: These steps need only be performed when you are receiving new additional boxes or replacement boxes. The basic set arrives with pre-activated boxes. When you receive new boxes do the following steps:



1. Start the Visionbody App on your device.
2. Enter in the email and password of the owner's profile.
3. Tap on "Login" located at the bottom right of the Login window.



4. Tap on "Device Management" to activate one or more new Visionbody Boxes.



5. **Turn the Visionbody Box on** by pressing and holding the power button until, in approximately 3 seconds, a beep is heard and the indicator lights turn blue and green.

An image of the Visionbody Box will appear on the iOS device's screen with its unique product identification number beneath it.

Ensure a fully charged battery is in the Visionbody Box.

6. **Tap on the Visionbody Box image.** The image will light up blue and the Visionbody Box's details will appear on the right side of the screen.
7. **Tap "Activate"** to register the Visionbody Box to the owner's profile and permit the Visionbody Box to be used only by those registered in the owner's profile. Upon activation, the "Activate" **will change to "Activated"**.

For each Visionbody Box, which belongs to an owner, repeat steps 5 and 7 one by one.

When all the new owner's Visionbody Boxes have been activated, **tap on the green arrow** located at the top left of the screen to return to the home screen.

Once a Visionbody Box is successfully registered and activated, it can be used for training purposes by those registered in the owner's profile.

IMPORTANT: Keep a record of all the product identification numbers of the Visionbody Boxes, which have been activated. In the event of loss or theft of any Visionbody Box, contact the Visionbody Technical Support team (refer to page 103) so that the relevant Visionbody Box can be immediately deactivated.

» User Management

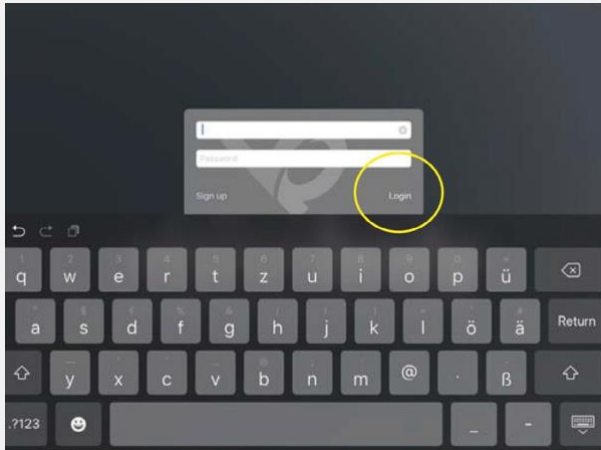
Setting Up a User Profile

IMPORTANT: This procedure can be done only using the owner's or trainer's profile assigned to the relevant Visionbody Box. An owner can assign both users and trainers, but an assigned trainer can only assign users, to a specific Visionbody Box.



Tip

Ask your clients to download the *myVisionbody* personal App to track their own training activity. With this app clients can join to the classes with their own QR code to make the trainer's work easier



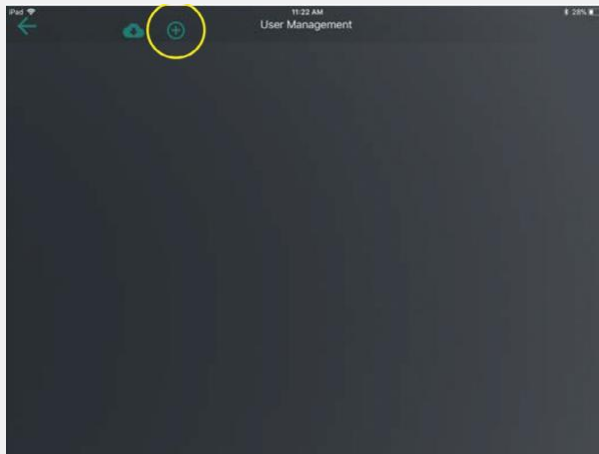
1. **Tap on the VB icon** to launch the Visionbody Software.
2. **Make the keyboard visible** on the iOS device.
3. **Enter in the Visionbody System owner's or trainer's profile details.**
4. **Tap on "Login"** located at the bottom right of the Login window.

If the Login window doesn't appear, another user might already be logged into the profile. This can be verified by seeing if a profile picture of the logged-in user is showing in the upper righthand corner of the screen.

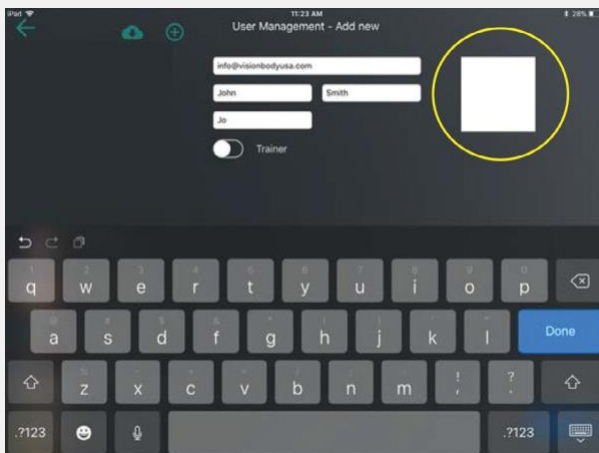
If the logged-in profile is not the correct one, tap on the arrow next to the profile picture to log the user out. Once completed, the original Login window will appear. Proceed with entering in the relevant Visionbody System owner's or trainer's profile details.



5. **Tap on “User Management”** to add new user profile.



6. **Tap on the plus “+” sign** in the upper lefthand corner to be able to enter in the user’s profile information.

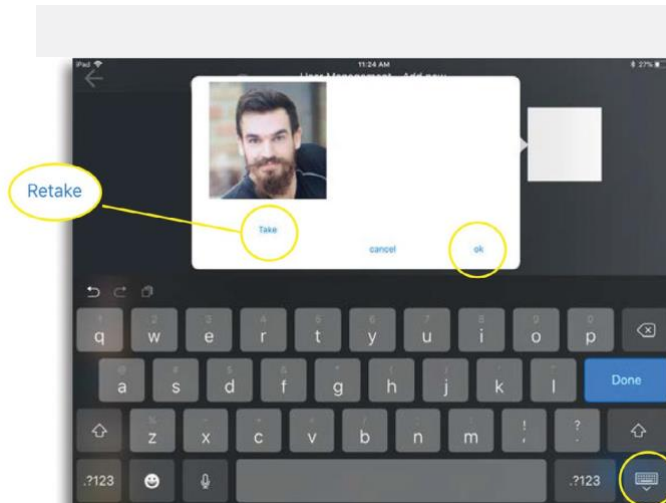


7. **Fill in all the requested information fields** as they pertain to the user.

Check all the information in the fields is correct to ensure the verification email is received by the right person.

If the user is a trainer, slide the trainer button to the right so that it turns green.

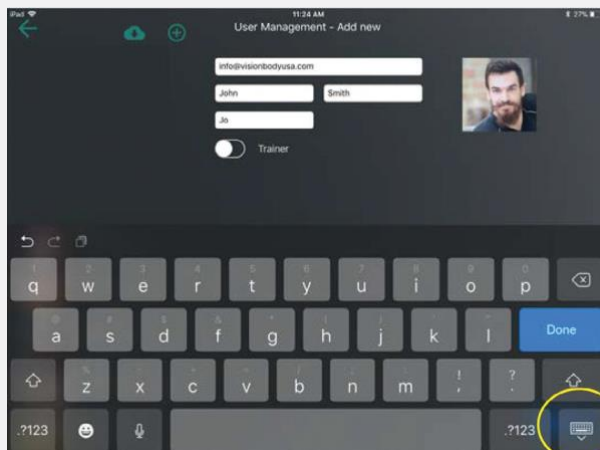
8. **Tap on the photo square** in the upper righthand corner to take a profile picture of the user.



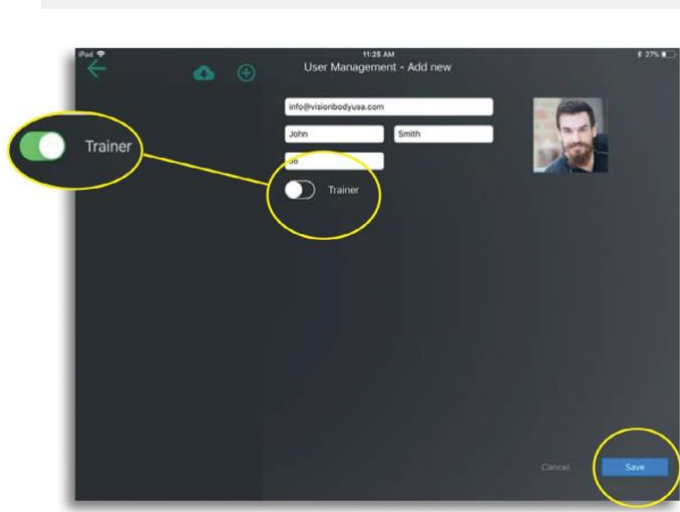
9. **Tap on "Take"** to take a picture of the user. Once the picture appears, "Take" will change to "Retake."

10. **Tap on "OK"** to confirm the taken picture or **"Retake"** to take a new one.

If no picture is taken, the first two letters of the user's profile email will appear in the picture window after the profile is saved. A picture can be added later. See the "Editing and Removing User Profiles" section of this User Manual.

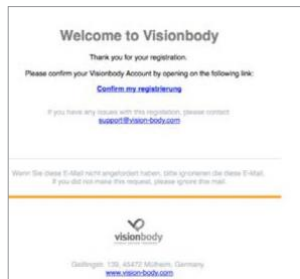


11. When the confirmed picture appears in the upper righthand box and all information is filled in correctly, **hide the keyboard** of the iOS device.



12. Check again that all the entered information is correct and then **tap on "Save"**.

Once the profile is saved, no further verification is required for the user profile to be used for training purposes.



The user will receive a welcome email with a verification link. The user must verify the email prompt to complete the profile process.

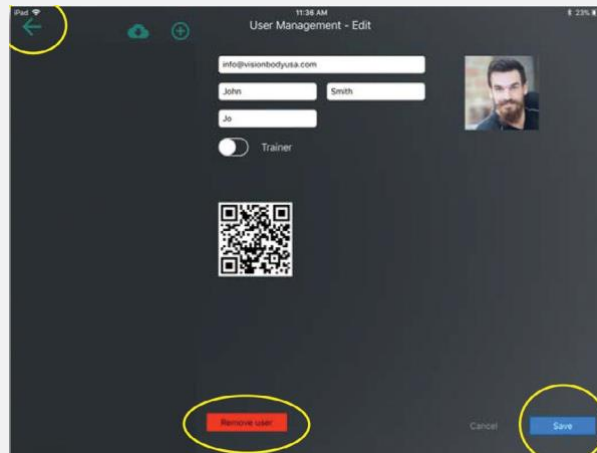
Should the user not see the welcome verification email in their email inbox within 5-15 minutes, they should first check their spam and/or junk folder of that email account before contacting the Visionbody Technical Support team. (See Section on Registration and Support of this User Manual).

Subsequently, the user will receive an additional email containing their initial QR code, after the gym owner or trainer added her/him as a client/user. This will grant the user access to the Visionbody individual or group training. In their *myVisionbody* user profile they can find detailed information on their Visionbody training sessions.

If the client has an Android smart phone, the QR has to be saved (by screenshot or to the wallet).

Editing or Removing a User Profile

If you want to change the status of a client or trainer, or remove them from your database, click on the email of the person and edit or remove it.



1. **Tap on the VB icon** to launch the Visionbody Software.
2. **Log in** with the owner's or trainer's profile details.
3. **Tap on "User Management."**
4. **Select the user's profile**, which is to be edited or removed.
5. **Edit the information** fields or **retake a picture**.
6. Once all the changes have been done, review them and then **tap on "Save"** at the bottom righthand corner of the screen.

Alternatively:

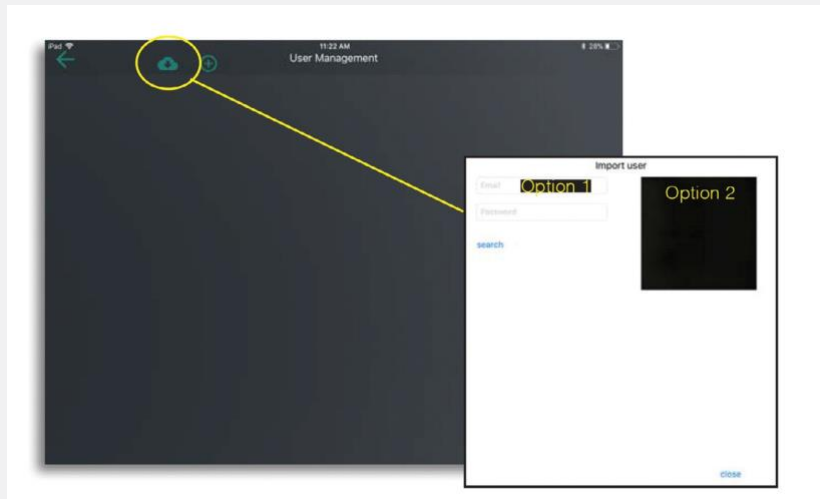
5. **Tap on "Remove"** in the middle of the screen.
6. **Tap on "Remove" again** in the remove prompt to confirm.

The user's profile will not be deleted. It will only be removed from the list of assigned users in the owner's and/or trainer's profile.

7. **Tap the back arrow** at the top left to return to the main screen.

Importing an Existing User Profile

If the user already downloaded the *myVisionbody* App or already a user by another Visionbody studio you can download the person from the cloud.



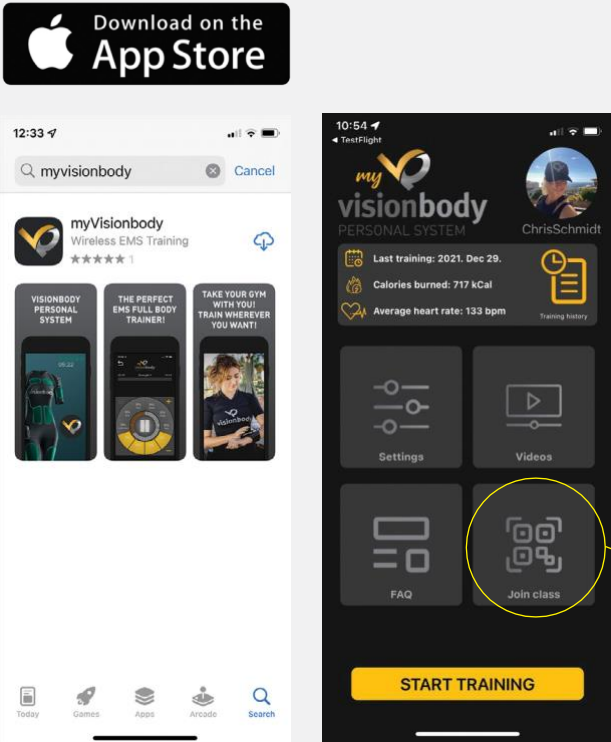
1. **Tap on the VB icon** to launch the Visionbody Software.
2. **Log in** with the owner's or trainer's profile.
3. **Tap on "User Management."**
4. **Tap on the cloud icon** located at the top of the screen.
5. Option 1: **Type in the registered user's email address.** The email must be the same as the email initially used to register the user to the Visionbody System. A password is not necessary.
6. **Tap on "Search."** Once the relevant user's profile has been located, it will be uploaded to the owners and/or trainer's profile group.
7. Or Option 2: **Scan the QR code of the user in** (received by email or available in the personal *myVisionbody* App under "join class" button.)
8. **Tap the back arrow** at the top left to return to the main screen.

Confirming the Contraindication & Precaution Screen

To obtain access to proceed with or participate in a training, a user must first confirm they have been made aware of, have fully read, and understood, and are in no way affected by any of the Visionbody contraindications and precautions presented to them in the Contraindication & Precaution Confirmation screen through their Visionbody Software or in *myVisionbody* personal Application.

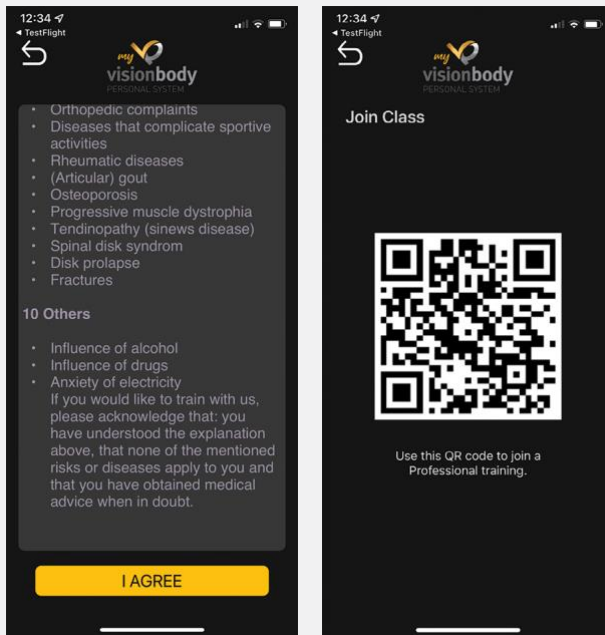
For single Visionbody Box Systems, the Contraindication & Precaution Confirmation screen will appear on launching the Visionbody Software.

For multiple Visionbody Box Systems, such as for fitness centers, when a user will use a Visionbody Box provided to them, the user must download the *myVisionbody* personal App prior to participating in a Visionbody System training session, as follows:



The image displays two screenshots from an iPhone. The left screenshot shows the App Store search results for 'myVisionbody' after searching for 'myvisionbody'. The app is listed with a 5-star rating and a 'Download on the App Store' button at the top. The right screenshot shows the app's login screen. It features a user profile for 'ChrisSchmidt' with a 'Last training' date of '2021. Dec 29.' and statistics: 'Calories burned: 717 kCal' and 'Average heart rate: 133 bpm'. Below the profile are buttons for 'Settings', 'Videos', 'FAQ', and 'Join class'. The 'Join class' button is circled in yellow. At the bottom of the screen is a yellow 'START TRAINING' button.

1. Go to the App store and **install the myVisionbody personal Application on their iOS device.**
2. **Tap on the myVisionbody Personal Application icon** located on one of the screens of the iOS device.
3. **Log in using their Visionbody user profile details.** The *myVisionbody* personal Application will record the subsequent requested confirmation against this user's profile.
4. Click on **"Join Class"**.



5. A Contraindication & Precaution Confirmation screen will appear.

Read in full the contraindication and precaution information, scrolling down to the very end.

6. **Tap on “I AGREE”** to agree with the content of the Contraindication & Precautions Confirmation screen.

The user will receive a **personal QR code**, which can be presented to the trainer of the imminent Visionbody training session to scan in to their Visionbody Software.

Only on scanning in a valid QR code will a trainer see and gain the operational ability over their Visionbody Software to enable a person's participation in their Visionbody training session. It is the responsibility of the trainer to verify that a scanned QR code pertains to the respective person.

It is recommended that owners imminently before carrying out a multiple Visionbody Box System training session, also obtain a formal written confirmation to the Visionbody contraindication and precautions from every person, who wish to partake in the training session.

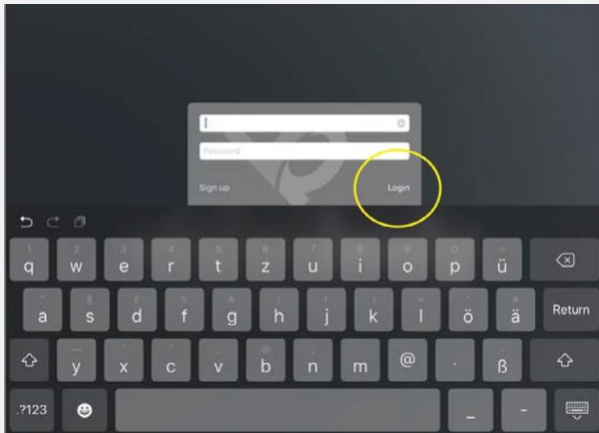


This contraindication and precaution confirmation procedure **MUST** be performed **BEFORE EVERY** training session with a Visionbody System. The myVisionbody personal Application only records a given user confirmation against the Visionbody user's profile, which has been used to log-in at that time.

» Training Set-Up

Setting up a Training Session for one or more Visionbody Users

IMPORTANT: Before setting-up any training session, a trainer should ensure all user profiles have been created for all the users, who will be participating in a particular training session.



1. **Tap on the VB icon** to launch the Visionbody Software. The icon will be located on one of the iOS device's screens.
2. **Make the keyboard visible** on the iOS device.
3. **Enter in the profile details** of either the Visionbody System's owner or trainer.
4. **Tap on "Login"** located at the bottom right of the Login window.

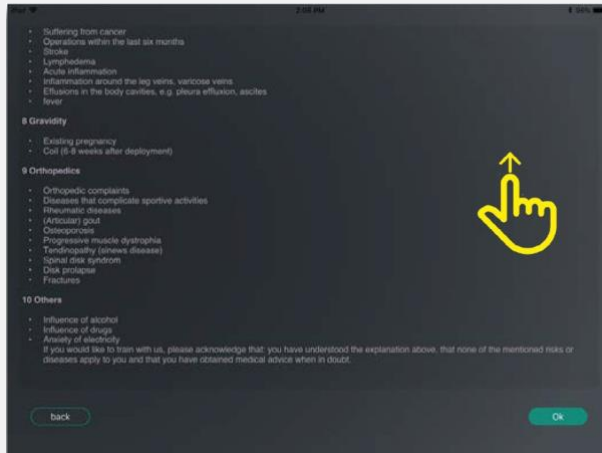
If the Login window doesn't appear, another user might already be logged in to the profile. This can be verified by seeing if a profile picture of the logged-in user is showing in the upper righthand corner of the screen.

If the logged-in profile is not the correct one, tap on the arrow next to the profile picture to log the user out. Once completed, the original Login window will appear. Proceed with entering in the the relevant Visionbody System owner's or trainer's profile details.



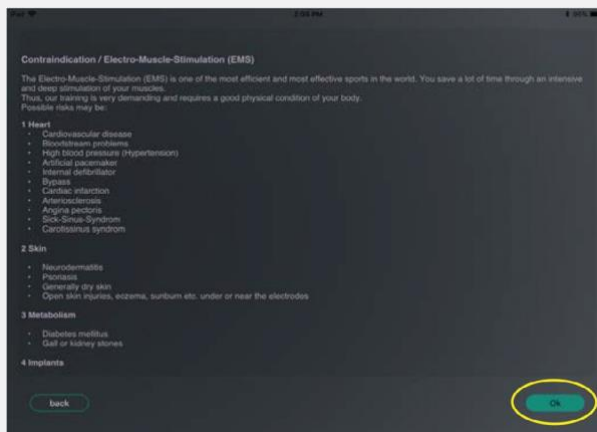
5. **Tap on "Start Training"** located in the middle bottom of the screen.

Confirming the Contraindication by the User by the Single Box Training Session



6. A Contraindication & Precaution Confirmation screen will appear. screen.

Read in full the contraindication and precaution information, scrolling down to the very end.



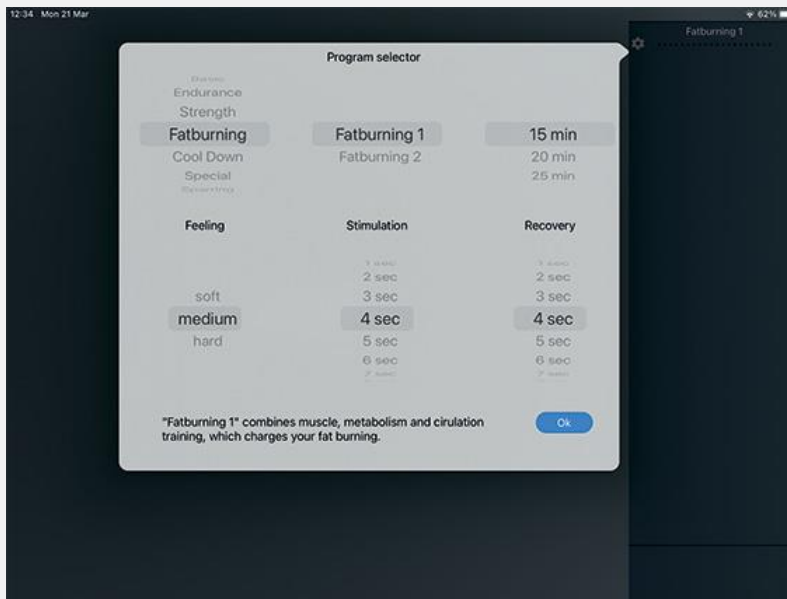
7. Tap on “OK” to agree with the content of the Contraindication & Precautions Confirmation screen.

A message will appear on the iOS device screen informing that the given confirmation has been recorded against the logged-in user profile.

IMPORTANT: Only when “OK” has been tapped will the Visionbody Software give the user the operational ability to proceed any further.

Setting Up a Group Training Session

Choosing the right Program



8. A Getting Started window will appear. **Select the main relevant training program** for the visible user group. For example, "Fat burning."
9. **Select a sub-program of the main program.** For example, select either the sub-program "Fatburning 1" or "Fatburning 2" from the main training program "Fatburning". The sub-program choice determines factors such as the stimulation times and the length of the training session.
10. **Adjust the settings** for:
 - » "Sensation" level - Low, Medium, High.
 - » "Stimulation Time" of the muscle contraction. (Suggested setting comes up automatically).
 - » "Recovery Time" i.e., the resting period between the muscle contractions. (Suggested setting comes up automatically).
11. **Tap the "OK."** The Getting Started text for the user group will change to the chosen program. In this example, "Fat burning 1."

IMPORTANT: Ensure all users start with a full body warm-up activity. This activity is at the trainer's discretion.

For group training sessions, the following steps from 12 to 15 must be performed for each Visionbody Box of the participants that should be assigned to them.

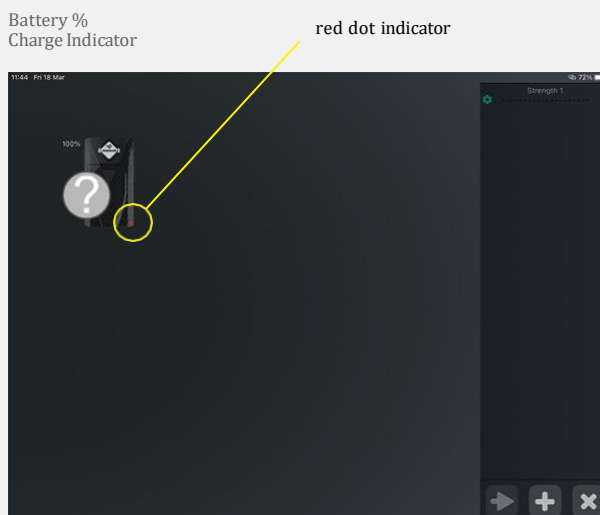
IMPORTANT: Before every training, an owner or a trainer **MUST** ensure all users intending to participate in the training have confirmed their Contraindication & Precaution Confirmation screen over the *myVisionbody* personal Application and joined to the class with their own QR codes.



12. Attach a Visionbody Box to a user's Visionbody garment (page 38).

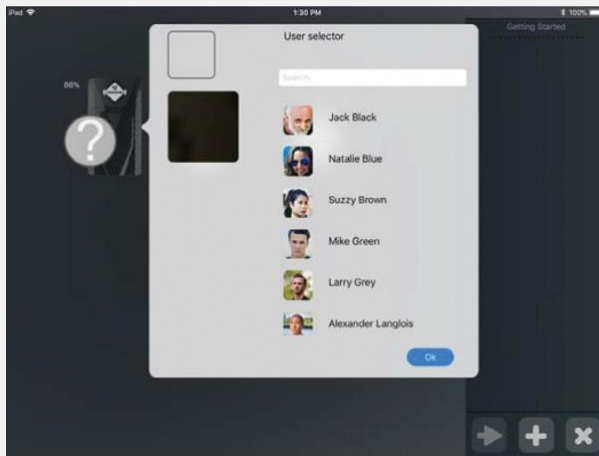
13. Turn the Visionbody Box on by pressing and holding the power button until a double beep sounds and the indicator lights turn blue and yellow.

Once the Visionbody Box is turned on, an icon of the respective Visionbody Box will appear on the Visionbody Software screen. The battery level of the Visionbody Box will also be shown.



14. Tap the question mark “?” A single long beep will come from the Visionbody Box.

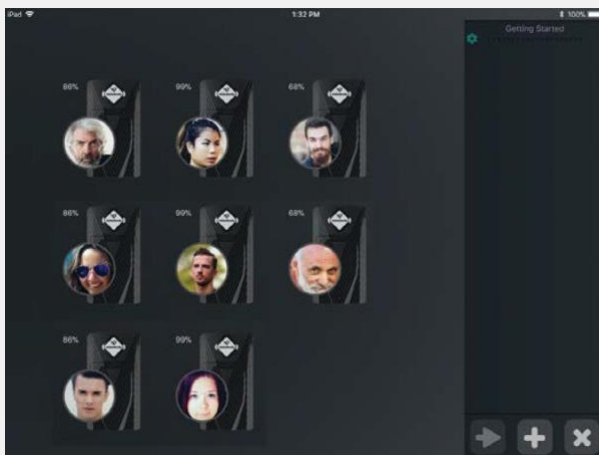
If you see a red dot ● in the corner of the box, it means the box is not connected properly to the suit.



15. A User Selector window with a list of participants will appear.

Scan the QR code in, shown by the user from her/his *myVisionbody* App.

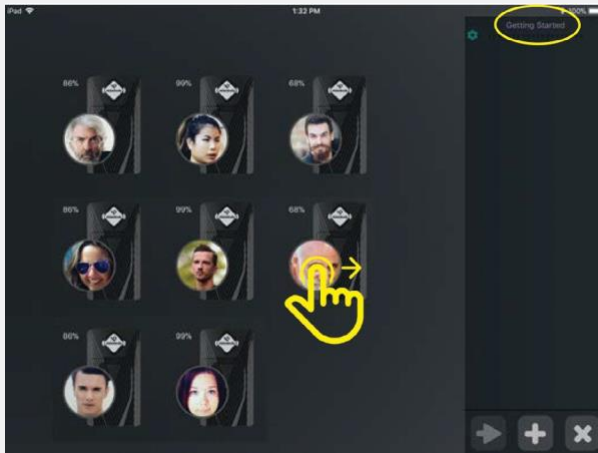
Repeat steps 12 to 15 for each user until all Visionbody Boxes are turned on and a respective user profile has been assigned to each.



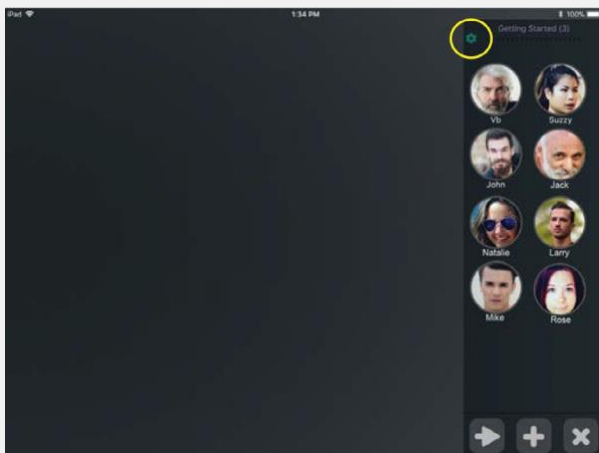
16. **Select a user** by either selecting a user's name from the presented list or type the user's name into the search box.
17. **Tap on the user's name** to assign the user to the selected Visionbody Box.
18. Verify the shown picture matches the selected user. **Tap on "OK"** to confirm.

Once all user Visionbody Boxes have been attached to a Visionbody garment and have been assigned and activated, proceed to set up the training program.

Setting a User Group and respective Training Program

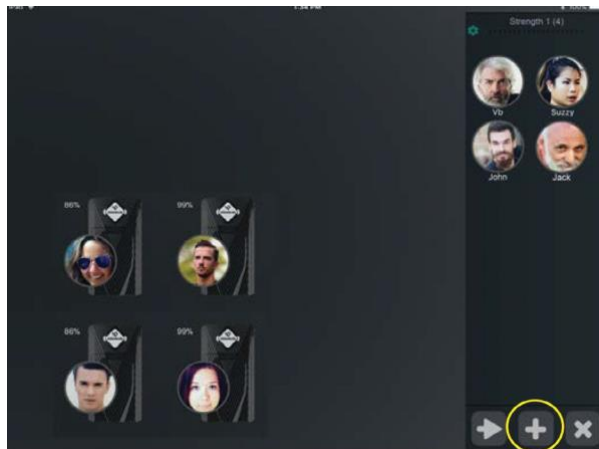


19. **Create a user training group** by dragging and dropping each Visionbody Box from the main screen to the Program Selector window, shown on the righthand side of the screen.



20. **Tap the "Settings Wheel"** at the top righthand corner of the Program Selector window.

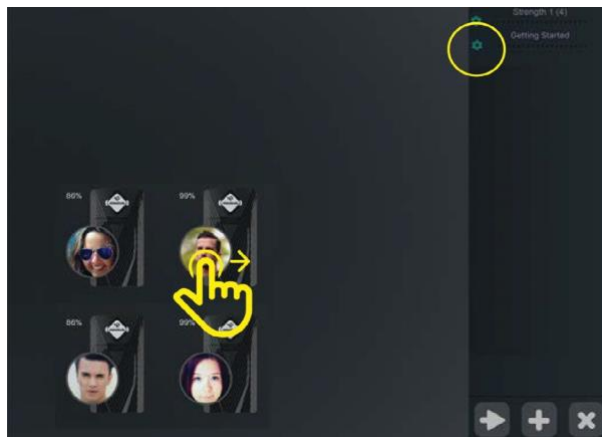
Adding Additional User Training Groups - Optional



It is possible to train participants in the same training session with different training programs. For example, 4 participants may train on “Strength” while 4 others may train on the “Fat-Burning” program. At all times, a trainer should consider the fitness levels and abilities of the participants.

Once the settings of the first user group have been set, additional groups can be added.

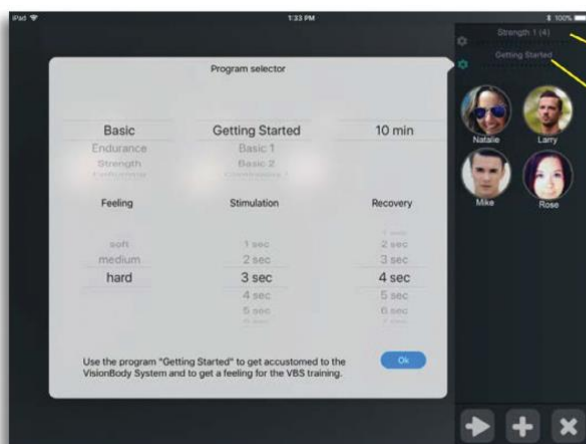
1. Tap the **plus “+” sign** at the bottom righthand corner of the screen.
2. Follow steps 12 to 15 above for the additional user group.



It is possible to select a different main training program and sub-program for each of the user groups. For example, one user group might be “Strength”, another user group “Fat burning.” **VERY IMPORTANT** to choose by both programs the same stimulation and recovery length.

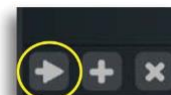
All programs for all user groups are listed on the righthand side of the screen.

When all programs for all user groups have been selected, **tap the arrow** at the bottom left hand corner to proceed to the next step of setting up the training sessions.



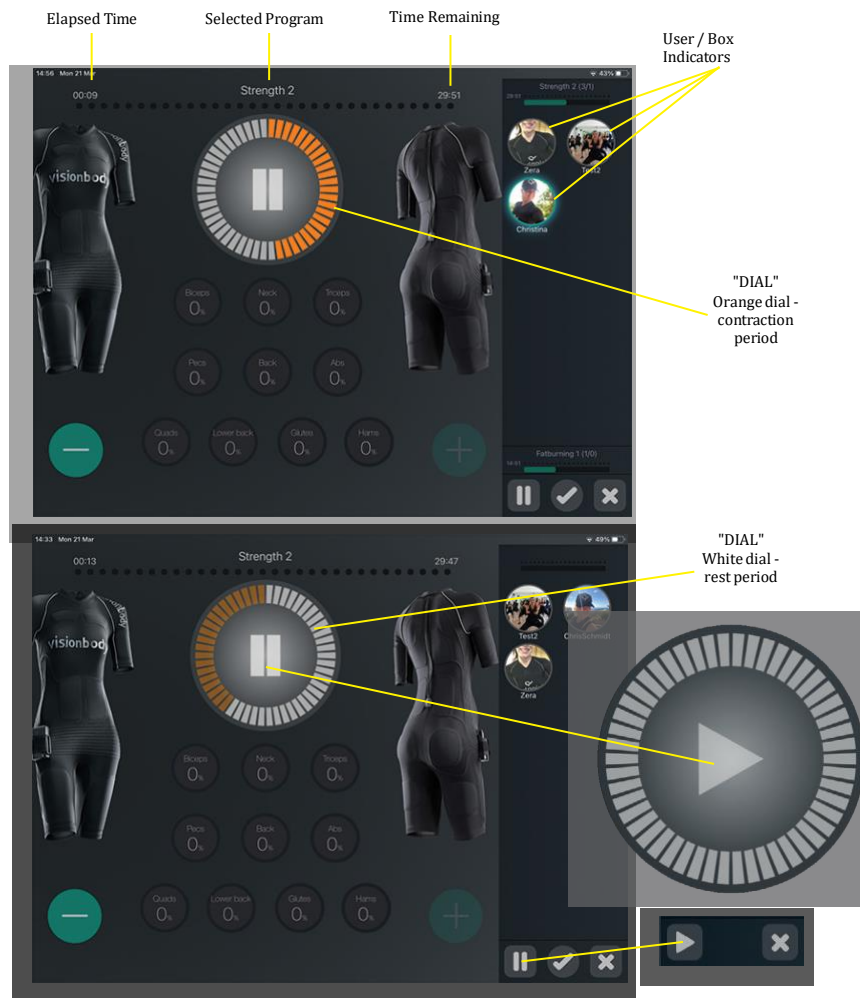
First Program Group

Second Program Group



Playing and Pausing an Active Training Session

Once all the users have warmed up, **tap the “Play” button to start the training session.**



Once a training session has been started, an Active Training Session screen will appear. In the upper section of this screen, there is a timer which indicates the elapsed time of a training session. The dial of the timer will move clockwise around the circle denoting the time of the current stimulation period. It will be:

- » ORANGE for an active stimulation/contraction period.
- » WHITE for an active recovery (rest) period.

The “PLAY” button will turn into a “PAUSE” button when the timer is activated.

Press the “PAUSE” button at any time to pause the training session for all users.

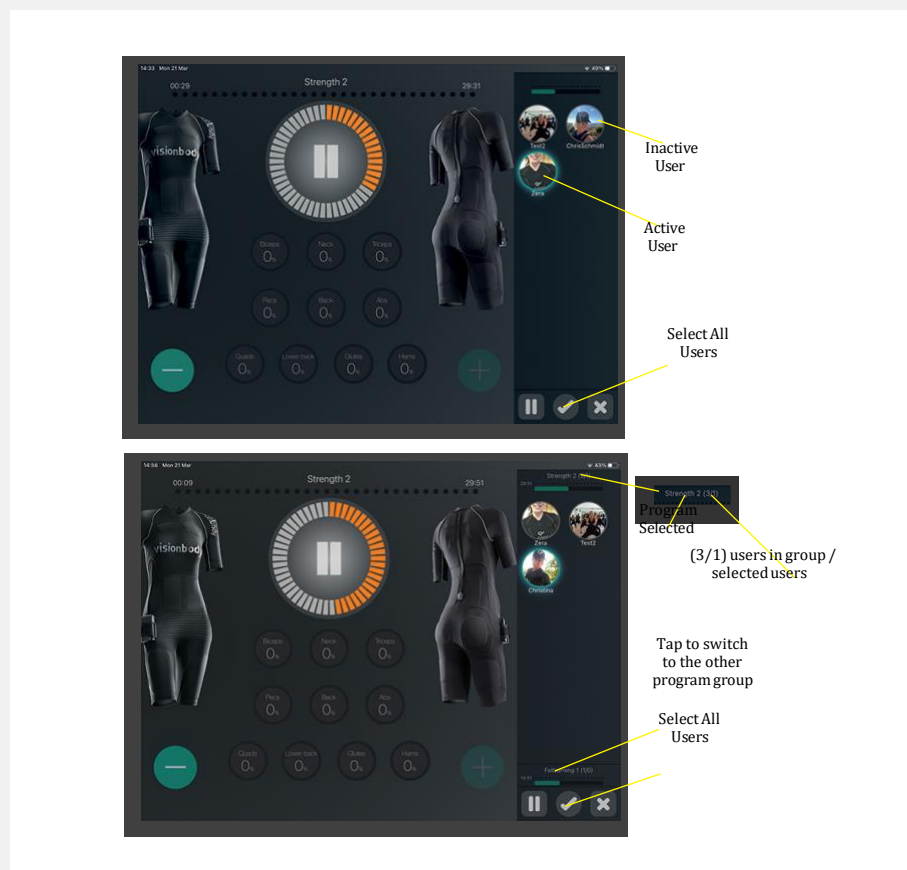
Stimulation will immediately stop after the defined duration of the chosen program.

A user can, at any time, during a training push the On/Off button of their Visionbody Box to immediately Stop/Pause the program and any further stimulation.

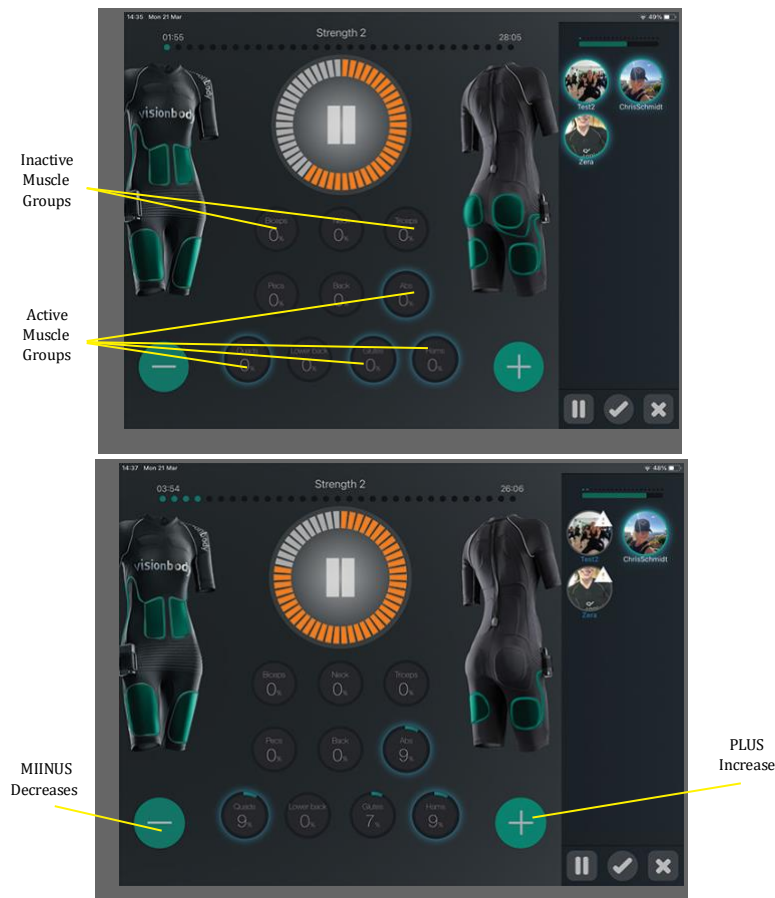
Setting Stimulation Intensity Baseline Levels

IMPORTANT: This step determines which users are affected by any stimulation adjustments. By selecting a single user only that user will be affected. If a whole user group is selected, all the users of the group will be affected the same by any stimulation adjustment.

- 1. Tap on each user profile picture to activate each user's training session.** The user's picture will be highlighted in green to indicate the user's Visionbody Box is active. The user's Visionbody Box must be active to increase or decrease the stimulation intensity level delivered to the user's muscles by the electrodes in their Visionbody garment.



IMPORTANT: If a single user has been selected, any stimulation adjustments will only affect that user. If a whole user group is selected, all users of the group will be affected the same by any stimulation adjustment.



2. **Tap the muscle group circles, which are to be activated.** The rim of the circles will turn turquoise. Start first with the larger muscle groups i.e., the glutes, abdominals, and legs. For visual reference, the corresponding electrode pads on the front and back of the respective user's or users' Visionbody garment(s) will light up on the screen.

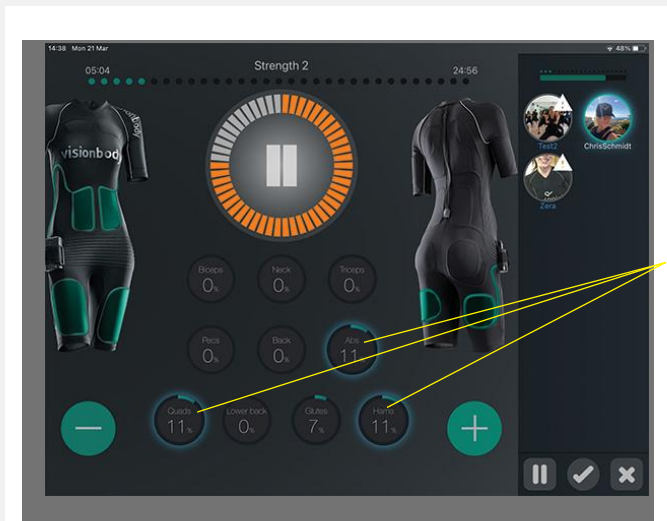
Note: By double tapping on any of the muscle group circles, all the body muscle groups are activated. By double tapping again, all groups are deactivated.

3. **Tap slowly on the plus "+" or minus "-" sign** to slowly increase or decrease the stimulation level of the selected muscle groups. The stimulation percent inside the selected circles will change accordingly.

IMPORTANT: Continue to adjust the stimulation intensity level of the muscle groups until ANY user states they are at their maximum comfort level for any of the specific muscle groups.



Do not increase the stimulation level of a muscle group, which is not ready. The user may experience an unpleasant pins and needles feeling in the muscle group. Refer to the "Muscle Not Ready Warning" section of this User Manual. Further, refer to the "Safety" section of this User Manual regarding stimulation to the neck region.



4. Tap the turquoise highlighted muscle group circles to deactivate them. This keeps the current stimulation level at the percent shown in the circle.

If there are multiple user groups within a training session, switch between the user groups and repeat steps 1 to 5 for all the other user groups.

When the baseline stimulation percentages for each of the muscle groups have been established for all the users or user groups of a training session, a trainer can now set each individual user's stimulation levels for each muscle group.

Muscle Group Not Ready Warning

The Visionbody System is an intelligent system, which can indicate whether a specific muscle group is warmed up or not, and if the body is hydrated or not.

It is very important a user warms up their body before any training with a Visionbody System. This will reduce the possibility of injury. There is also a secondary reason. The Visionbody System does not require any wetting of the electrodes with water or gels before training. Instead, through warm-up exercises a user produces perspiration, which enables a connection between the electrodes within the Visionbody garment and their skin to ensure conductivity.

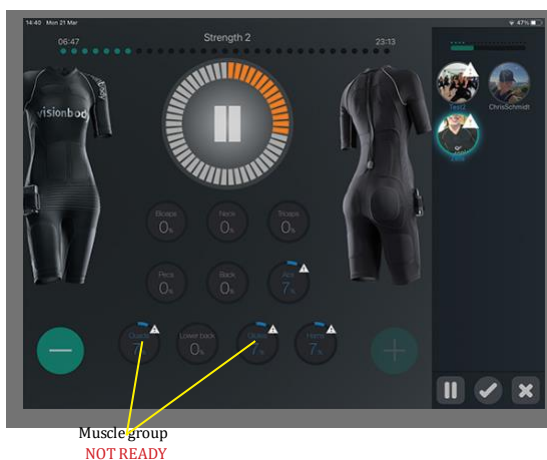
During a warm-up, the Visionbody Software receives biofeedback from a user's Visionbody garment, telling it if the user's muscle groups are warm and ready for training, or not. This readiness is shown over the muscle group circles.

 If a muscle group circle turns completely blue, this means a muscle group is not ready to receive a comfortable muscle contraction. Training may continue but the stimulation intensity level for this muscle group should not be increased. The inside of the muscle group circle will turn grey and its rim turquoise to indicate a muscle group is ready.

There can be several factors causing muscle unreadiness:

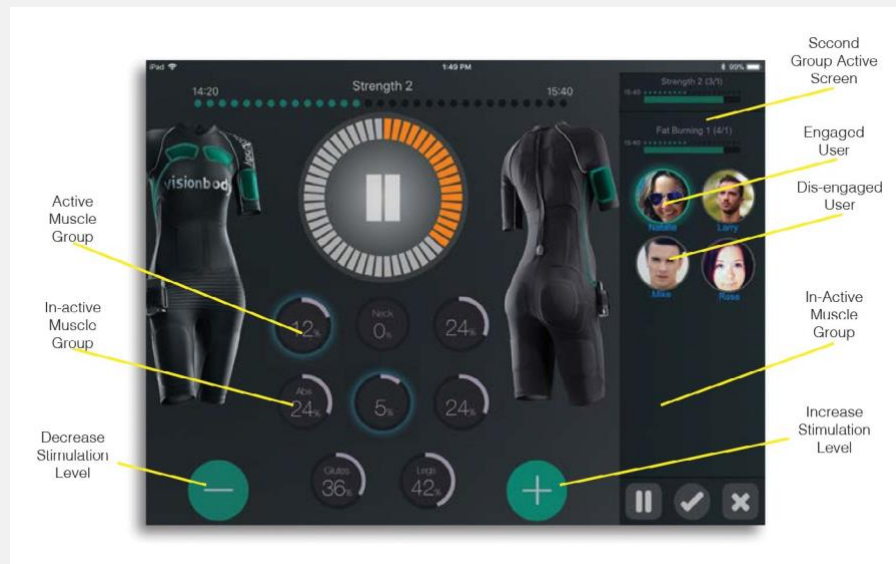
- » The warm-up session was not long or intensive enough. At least a 5 to 10 minute warm-up should be performed before activating any type of muscle stimulation. It is recommended to do a warm-up session with exercises involving multiple muscle groups at the same time.
- » The workout location temperature is cold and a longer warm-up is necessary.
- » The user may be dehydrated, injured, or not rested enough. In this case, it is recommended not to proceed with the training session.
- » The user is very fit and may need a longer or more intense warm-up session to increase circulation in the not ready muscle group.
- » The Visionbody garment is not fitting properly and the electrodes are not making proper skin contact.

When a certain user loses the connection between the box and suit, the circle around the person gets red.



Adjusting an Individual User's Stimulation Intensity level

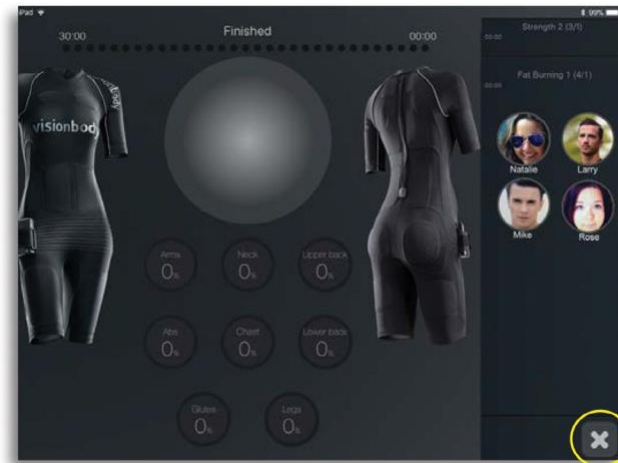
1. **Tap on the check mark "✓"** at the bottom right of the screen to disengage all users. All the users will continue to be stimulated at the set stimulation intensity baseline level.
2. **Tap on the user's photo** to whom any adjustment is to be made. This will re-engage the user and allow solely the stimulation intensity levels of that user to be adjusted without affecting any other users.



3. **Tap a muscle group circle** to adjust its stimulation intensity level. The circle of the selected muscle group will turn blue to indicate it is active.
4. **Tap slowly on the plus "+" or minus "-" sign** to slowly increase or decrease the stimulation intensity level of the selected muscle group. The stimulation percent inside the selected circles will change accordingly. Continue to adjust the stimulation intensity level of the muscle group until the user states they are at their maximum comfort level for the specific muscle group.
5. **Tap the muscle group circle** to deactivate the ability for any further stimulation intensity level adjustment to that muscle group. The circle will turn dark.
6. **Repeat steps 3, 4 and 5 above** step for any of the user's other muscle groups.
7. **Tap on the user's photo** to disengage the user once the stimulation intensity levels for all their muscle groups have been set to the user's maximum comfort level. These stimulation intensity levels will continue to be delivered to the user as the above procedure is repeated, one at a time, for all other users in the training session.

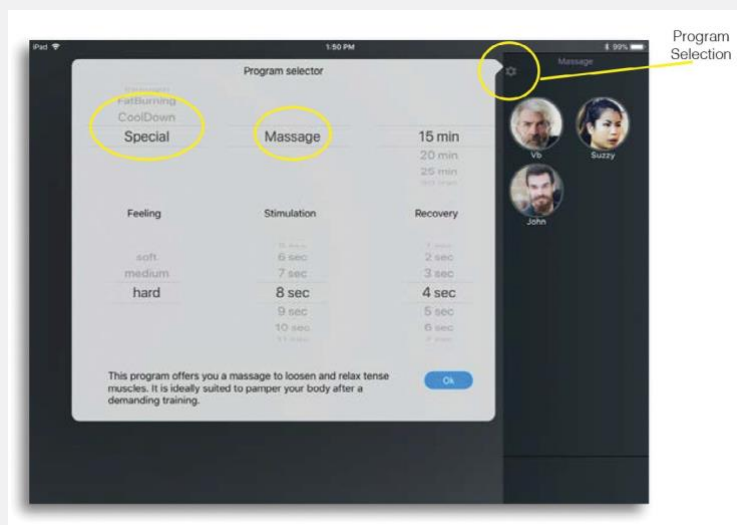
Proceed with the training program for all the active users. Monitor and adjust the stimulation intensity levels of the muscle groups of individual users, as necessary.

When the training program time elapses, all stimulation to all users will stop.



Selecting a Post-Workout Option

There are two post-workout programs: “Cool Down” for stretching; and “Special Mode” for massage and recovery.



1. **Tap the “X”** at the bottom right of the screen. This will terminate the training program. The user groups will, however, remain intact.
2. **Tap “Settings”** at the upper righthand side of the screen. This will open the Getting Started window.
3. **Scroll and select a program.** The program will commence without needing to reconnect the Visionbody Boxes of the users. Return to step X and follow all the subsequent steps.

Terminating A Training Program

1. **Tap the "X"** at the bottom right of the screen to terminate a training program. The user groups will, however, remain intact.
2. **Tap "X" again** to now terminate all user groups and return to the "Start-up" screen.
3. **Tap on the arrow** next to the profile picture in the upper righthand corner to sign out.
4. **Close the Visionbody Software** fully by swiping it upwards on the iOS device.



5. Following the termination of the Visionbody Software, **turn off the power of each user's Visionbody Box** by pressing and holding its power button. Look at the indicator lights to ensure each Visionbody Box is turned off.
6. **Detach each Visionbody Box** from its respective Visionbody garment (page 39).
7. **Properly store** each Visionbody Box according to the "General Maintenance" section of this User Manual. If necessary, recharge the battery of each Visionbody Box.

Viewing Training Activity

All users with the *myVisionbody* account can view their personal training activities in the *myVisionbody* personal App/Training History.

Owners of the Professional system can see the complete activities of the gym, all the users associated with their accounts on our www.vision-body.com/Dashboard site.

Trainers will only see their own personal activities, and a list of the users they have trained.

TROUBLESHOOTING

When not in use, all components of a Visionbody System should be kept in a safe and secure environment, which meets the "General Maintenance" section of this User Manual. Further, keep the access and usage to any of the components of a Visionbody System limited to its owner and the users authorized under the owner's profile in their Visionbody Software.

Please always refer first to this User Manual, the FAQ on the Visionbody Software screen or the Visionbody website (www.vision-body.com) to find information on how to resolve an issue. Should the information provided not resolve the issue, please contact the Visionbody Technical Support through the contact form on the Visionbody website, www.vision-body.com



Please refer to the "Warranty" and "Liability" sections of this User Manual.

» Visionbody Box

1. What if a Visionbody Box does not turn on?

- » Connect the provided USB charger to the Visionbody Box. The small LED indicator light on the same side as the battery cover will be solid white to indicate the Visionbody Box is charging. Allow the Visionbody Box to charge until the small LED indicator light will turn off. (This shows the battery is fully charged).

2. What if the battery is not charging?

- » Check the USB charger cable is properly inserted in the Visionbody Box.
- » Check the USB charger cable is the correct type.

3. What if a Visionbody Box is not connecting to the iOS device?

- » Check the iOS device, on which the Visionbody Software is running, is sufficiently charged. A low battery percentage can cause Bluetooth connection issues.
- » Check the Bluetooth settings of the iOS device to ensure the Bluetooth function is activated.
- » Check the Visionbody Box is on by observing if the indicator lights of the Visionbody Box are blue and yellow. If not, press the power button on the Visionbody Box to turn it on.
- » Check the iOS device and the Visionbody Box are within the recommended connection range, which is ideally within maximum 50 meters / 165 feet and free of any obstructions. If not, bring them closer together within the recommended connection range and try connecting them again.
- » Ensure the training is occurring in an optimal training environment as described in the "Training Precautions" section of this User Manual and away from devices, which could possibly cause a connection interference.
- » Ensure the Visionbody Box is dry, free of debris, dust, and lint. If there is any external impediment to the Visionbody Box, gently wipe and clean it with a micro-fiber cloth or dry nylon brush. Do not use any chemical or external cleaning product or water.

- » Check the battery of the Visionbody Box is properly charged. If not, exchange the battery with a fully charged equivalent battery of only the type described on page 36-37 of this User Manual and restart the Visionbody Software.
- » Go to "Device Management" in the Visionbody Software and check the Visionbody Box is connected and reading "Activated."
- » If the issue persists, contact the Visionbody technical support team through the contact form on the Visionbody website, www.vision-body.com

» Visionbody Software

1. What if an error message appears on a Visionbody Software screen?

Should an error message appear on a Visionbody Software screen, always refer first to this User Manual, the FAQ on the Visionbody Software screen or the Visionbody website (www.vision-body.com) to find information on how to resolve an issue. Should the information provided not resolve the issue, please contact the Visionbody Technical Support through the contact form on the Visionbody website, www.vision-body.com.

Please find below the possible error messages and their resolutions:

Error message	Description	How to resolve?
<i>An error occurred with the communication to your box</i>	Communication problem between the box and the application.	Try to restart the app and the box. Make sure that the Bluetooth is enabled on your iOS device. Make sure that your box is in the given radio range of the iOS device.
<i>No more time until: (date)</i>	No more training time remaining for your account until the given date. Don't use the Visionbody System more than it is recommended in a week.	Wait until the training time is replenished on the given date.
<i>Unable to log in with this account!</i>	You have tried to log into the wrong application with an account which has a different type.	Please check your account type (Personal or Professional) and use the corresponding application.
<i>Please verify your email before logging in!</i>	You must verify your email address before you log in for the first time.	Please check your inbox to verify your email address.
<i>Wrong email or password!</i>	You have entered a wrong email address or password.	Please enter the correct email or password. If you have forgotten your password, then select <i>I forgot my password</i> option.
<i>Your account has been blocked!</i>	You or someone has attempted to log in with the wrong password too many times.	Please click on the unblock link in the email you received automatically, or contact Visionbody Support.

2. Why does the surrounding ring of a user's icon change colour during an active training session in the Professional application?

If the colour of the surrounding ring of an icon changes it means that the box belonging to the user requires attention from the operator of the application.

Depending on the colour of the surrounding ring or the state of the icon the following issues can occur:

a) Blue ring

In parallel with the ring around the user's icon turning to blue, some or all the stimulated muscle groups with non-zero intensities set are also turning to blue in case of the conductivity is insufficient between the respective electrodes. Possible reasons:

- » User is not warmed up enough to further increase the strength of the stimulation intensity on those muscle groups which are marked with blue colour.
- » Insufficient contact between the user's skin and the electrodes.
- » Contact issue between the box and the suit connector interface.

In this case, please check the following:

- » Check if the user's Visionbody Box is attached properly to their Visionbody garment. If not, re-attach their Visionbody Box to their Visionbody garment and restart the Visionbody training program.
- » Check the user has their Visionbody garment on properly and the electrodes are making direct contact with their skin.
- » Verbally ensure the user is not wearing anything (e.g., undergarments or bra) under their Visionbody garment, which could obstruct the proper connection of the electrodes with their skin.
- » Check the user is not dehydrated or had a lack of sleep and/or rest before the training. If so, have the user discontinue the training session until their body is well hydrated and they have had enough recovery time.
- » Ensure the user's muscle groups are properly warmed up. If not, pause the training program and conduct extra warm-up exercises targeting the muscle groups in question.
- » Have the user change their Visionbody garment and check the stimulation levels of their replacement Visionbody garment. If the issue is with the user's original Visionbody garment, contact the Visionbody technical support team through the contact form on the Visionbody website, www.vision-body.com.
- » If the issue persists, contact the Visionbody technical support team through the contact form on the Visionbody website, www.vision-body.com.

b) Red ring

Means that the box is disconnected from the suit either because it is physically detached or there's a contact issue between the box and the suit connector interface.

In this case, please make sure that the box is attached to the suit connector interface properly and the suit connector interface is free from any dust and debris.

3. Why does the user's icon or the intensity control dial become shaded during an active training session?

This means that the iOS device lost the Bluetooth connection with the box either because it switched off somehow (e.g., due to a battery discharging) or the box became out of range.

Please make sure you are located close enough to the iOS device; the box is switched on and the battery is charged substantially.

If the training program stops due to this event, restart it with the play button.

4. Why the stimulation intensities suddenly change to 0%?

This can happen if the user presses the on/off button momentarily during an active training session. During the training session this button has an emergency stop function. If it is activated, it stops the ongoing training immediately for the user. Before continuing the training, please make sure that the user only pressed the button accidentally and has no health problem.

» User Experiences

1. What if a user doesn't feel the muscle stimulation during an active training session?

- » Check the training program is active in the Visionbody Software.
- » Check the Visionbody Box is on by observing if the indicator lights of the Visionbody Box are blue and orange. If not, press the power button on the Visionbody Box to turn it on.
- » Check if the user's Visionbody Box is attached properly to their Visionbody garment. If not, re-attach their Visionbody Box to their Visionbody garment and restart the Visionbody training program.
- » Ensure the Visionbody Box is dry, free of debris, dust, and lint. If there is any external impediment to the Visionbody Box, gently wipe and clean it with a micro-fiber cloth or dry nylon brush. Do not use any chemical or external cleaning product.
- » Check the user has their Visionbody garment on properly and the electrode are making direct contact with their skin.
- » Verbally ensure the user is not wearing anything (e.g., undergarments or bra) under their Visionbody garment, which could obstruct the proper connection of the electrode with their skin.
- » Check the user's muscle group stimulation intensity levels. The user may have accidentally or deliberately pressed the safety button i.e., the on/off button of their Visionbody Box, causing the stimulation intensity levels of their muscle groups to be automatically reset to 0%. Reset the stimulation intensity levels of the user's muscle groups to continue their training.
- » Ensure there are no rips, tears or holes in the user's Visionbody garment and fastened properly. If there is damage, discontinue the use of the user's Visionbody garment and the Visionbody technical support team through the contact form on the Visionbody website, www.vision-body.com

- » Have the user change their Visionbody garment and check the stimulation levels of their replacement Visionbody garment. If the issue was with the user's original Visionbody garment, the Visionbody technical support team through the contact form on the Visionbody website, www.vision-body.com
- » If the issue persists, the Visionbody technical support team through the contact form on the Visionbody website, www.vision-body.com

2. What if the user feels discomfort in a muscle group area, where an electrode makes contact with their skin?

- » Pause the training session and ensure the user does not have a contraindication, which they have not reported.
- » Check the color of the muscle groups circles. If a circle is turquoise, ensure the stimulation intensity levels of the muscle groups are set properly. Decrease any stimulation intensity level as needed. If a circle is blue, pause the training program and warm up the muscle group accordingly.
- » Check the user has their Visionbody garment on properly and the electrode are making direct contact with their skin.
- » Verbally ensure that the users are not wearing anything (e.g., undergarments or bra) under their Visionbody garment, which could obstruct the proper connection of the electrode with their skin.
- » Have the users change their Visionbody garment then stimulation levels must be checked. If the issue was with the user's original Visionbody garment, the Visionbody technical support team through the contact form on the Visionbody website, www.vision-body.com
- » If the issue persists, the Visionbody technical support team through the contact form on the Visionbody website, www.vision-body.com

3. What if one or more of the user icons goes dark or fades out?

This can happen when a Visionbody Box is out of range of the iOS device, on which the Visionbody Software is running, is turned off or its battery has run out.

- » Check the Visionbody Box is on by observing if the indicator lights of the Visionbody Box are blue and yellow. If not, press the power button on the Visionbody Box to turn it on.
- » Ensure the user's Visionbody Box is in the recommended connection range of the iOS device, on which the Visionbody Software is running. Ideally within maximum 50 meters / 165 feet and free of any obstructions.
- » Ensure the Bluetooth setting on the iOS device is not disabled.
- » Ensure the iOS device is not operating near any electromagnetic device or microwave, which could possibly cause a connection interference.
- » If the issue persists, discontinue any training with the respective Visionbody Box and contact the relevant Visionbody Technical Support team (refer to page 102).

IMPORTANT: If any of the steps above fixes the issue, the Visionbody Box will automatically reconnect with the iOS device to allow the user to automatically re-join their training session. The stimulation intensity levels of the user's muscle groups may, however, need to be reset or re-adjusted.

GENERAL MAINTENANCE

» Shelf Life



When used as recommended in this Manual, the Visionbody Box and suit with accessories have a low likelihood of time-dependent product degradation. The rechargeable battery has a manufacturer declared shelf life of 5 years. Undergarments recommended for the PowerVest should be replaced when they appear worn out.

» Visionbody Box Maintenance

The optimal environmental conditions for a Visionbody Box are:



» A temperature between +5 degrees Celsius / +41 degrees Fahrenheit to +43 degrees Celsius / +109 degrees Fahrenheit.



» A non-condensing humidity between 5% and 95% RH.



» An atmospheric pressure between 700 to 1060 hPa.



» A maximum altitude of 3,000 meters / 9,842 feet.



A Visionbody Box should be always kept dry. Clean with a soft nylon hand brush or cloth. Do not use chemicals, water, or cleaning solutions.



A Visionbody Box should have limited exposure to direct sunlight and light. Keep



a Visionbody Box away from lint, dust, and debris.



Never use any liquid or chemical cleaning solution on any part of a Visionbody Box.



Never place a Visionbody Box on a metallic, concrete or any other surface, which may damage to the Visionbody Box.



To clean a Visionbody Box, use a soft, clean, lint-free, dry microfiber cloth and gently wipe its surface.



If debris is visible on a Visionbody Box, use a soft nylon hand brush to gently brush the debris away, and then gently wipe the Visionbody Box down with a soft, clean, lint-free, dry microfiber cloth.



It is recommended to remove the battery before storing the Visionbody Box.



Keep a Visionbody Box away from children and animals.



If there is any visible damage to a Visionbody Box, remove the Visionbody Box from use, store properly and immediately the Visionbody technical support team through the contact form on the Visionbody website, www.vision-body.com



It is not permitted to make any modifications or alterations whatsoever, including labelling, to a Visionbody Box as it may cause components of a Visionbody System to malfunction.



Please refer to the “Warranty” and “Liability” sections of this User Manual.

» Battery Maintenance



Only the specified rechargeable lithium polymer battery, type LP-E10 with 7.4V and 900-1100 mAh may be inserted into a Visionbody Box.



Keep any battery designated for use in a Visionbody Box and its charger always dry. Clean the Visionbody Box with a soft nylon hand brush or cloth. Do not use chemicals, water, or cleaning solutions.



When not in use, any battery designated for use in a Visionbody Box should be limited in exposure to direct sunlight and light.



Keep any battery designated for use in a Visionbody Box away from lint, dust, and debris.



Never use any liquid or chemical cleaning solution on any part of any battery designated for use in a Visionbody Box.



Never place any battery designated for use in a Visionbody Box on a metallic, concrete or any other surface, which may damage to the battery.



Keep any battery designated for use in a Visionbody Box away from children and animals.



If there is any visible damage to any battery designated for use in a Visionbody Box dispose of the battery in question as per the local waste disposal regulations.



Please refer to the “Warranty” and “Liability” sections of this User Manual.

» Visionbody Garment Maintenance

The Visionbody garments, which due to the complex technology they have within them, require specific guidelines be followed in regard to their maintenance.

The Visionbody garment material consist of 80% nylon and 20% spandex.



The Visionbody garments are machine washable. If properly used, maintained and stored as per the guidelines in this User Manual, a Visionbody garment may, achieve a life- span of 100 washes.

To avoid any damage to a Visionbody garment, before every washing ensure:

- » All zippers are fully closed.
- » The Velcro fastening strap attached to a Visionbody garment is out of the strap loop and securely closed.
- » The Visionbody garment is right side out. The right side out is when the Visionbody logo is visible.

Gently and carefully fold the Visionbody garment to a size to fit into the provided mesh laundry bag.

Carefully put the Visionbody garment into the mesh laundry bag with its connection plate clearly visible through the mesh laundry bag. Close the zipper of the mesh laundry bag.



Place the mesh laundry bag in the washing machine separate from all other items.



A Visionbody garment should only be washed in a water temperature not exceeding +30 degrees Celsius / +86 degrees Fahrenheit.

It is recommended to only use a mild, bleach-free, fragrance-free sensitive detergent or baby shampoo with a pH-level of 8 to 8.5.



A Visionbody garment should be spun with an exact spin speed of 800 RPM.



A Visionbody garment should only be dried naturally by either being hung up or laid flat in a shaded location. Drip drying is allowed in the natural drying process.



Do not hand wash, hand scrub, use any abrasive or brush on a Visionbody garment.



Do not bleach or use any fabric softener or fragrance enhancer on a Visionbody garment. Do



not tumble dried a Visionbody garment.



Do not wring out or twist a Visionbody garment.



Do not dry or place a Visionbody garment in direct sunlight.



Do not iron or steam a Visionbody garment.



Do not dry clean or chemically clean a Visionbody garment.



Do not lay out or stored a Visionbody garment in direct sunlight or light. The suggested environmental storage guidelines of a Visionbody garment is:



» A temperature between +5 degrees Celsius / +41 degrees Fahrenheit and +43 degrees Celsius / +109 degrees Fahrenheit.



» A non-condensing humidity between 5% and 95%.



» An atmospheric pressure between 700 and 1060 hPa.



» A maximum altitude of 3,000 meters / 9,842 feet.



A Visionbody garment should be stored indoors in a dry, clean, pest-free environment away from children and animals.



A Visionbody garment should not be altered, patched, or have any logos added to it as this may cause a malfunction.

Always inspect a Visionbody garment for physical damage, loose threads and wear and tear. Any damage or degradation to the electrodes and/or connection plate of a Visionbody garment may cause a malfunction. On recognizing any potential damage to a Visionbody garment, or when any of the muscle group stimulation intensity level circles depicted over the Visionbody Software remain blue after a training warm-up session, indicating a possible defect or unusual performance loss in the electrodes, immediately cease the use of the Visionbody garment in question and the Visionbody technical support team through the contact form on the Visionbody website, www.vision-body.com



Please refer to the “Warranty” and “Liability” sections of this User Manual.

» Visionbody Software Maintenance

From time to time, Visionbody Software updates will be required. These will require an active internet connection to the iOS device, on which the to-be-updated Visionbody Software is being run on. Software updates will only be possible when its owner is logged into the Visionbody Software. The edition currently installed on an iOS device is shown at the bottom left of a Visionbody Software's main screen.



Please refer to the “Warranty” and “Liability” sections of this User Manual.

» Visionbody User Manual



This Visionbody User Manual contains important information, which must be adhered to during handling, installation, operation, and maintenance of any component of a Visionbody System.

Any user handling, setting up, operating, using and/or maintaining a Visionbody System component should ensure there is an authentic, unaltered, dry, and legible Visionbody User Manual at their disposal at all times.

If a Visionbody User Manual is lost or damaged, a copy can be downloaded free from the Visionbody website at www.vision-body.com.



Please refer to the “Warranty” and “Liability” sections of this User Manual.

WARRANTIES

A Visionbody Box is covered by a two (2) years limited warranty. The functional capabilities, limited to the electrical components, electrodes, wiring and connection plate, of a Visionbody garment are covered by six (6) month (maximum 100 washes) limited warranty. The material of a Visionbody garment is covered by a thirty (30) day limited warranty.

All Visionbody limited warranties start on the date a Visionbody component or System is shipped by Visionbody, Visionbody authorized representative or dealer to the initial purchaser. Failure to provide accurate and updated registration information, including but not limited to owner-related information, will deem any Visionbody limited warranties, which may apply to a Visionbody component or System, as void and the component or System as inoperable.

An extension to the limited warranty on the Visionbody Box can be purchased at the time of the initial purchase over the Visionbody website (www.vision-body.com). This extended warranty is for an additional one (1) year and will commence on the same day the limited warranty applying to the relevant Visionbody Box expires.

In the case of second-hand purchases, only any remaining time of any still existing limited warranty applicable to the original owner will be transferred to the new owner. This solely under the condition that any such second-hand component(s) have immediately after purchase been sent to Visionbody for inspection and have been deemed and confirmed by Visionbody to be fully operable to the new owner through a warranty certification document.

All Visionbody limited warranties start on the date of the initial purchase of a Visionbody component or System (for the benefit of the original purchaser) (proof of purchase is mandatory) and will only be considered valid once its mandatory Visionbody registration process has been fully completed. Failure to provide accurate and updated registration information, including but not limited to owner-related information, will deem any Visionbody limited warranties, which may apply to a Visionbody component or System, as void and the component or System as inoperable.

Under the above limited warranties, the Visionbody components and Systems are warranted to be free from manufacturer defects excluding damage or defects resulting from the normal wear and tear associated with the intended use, commercial use, failure to adhere to the instructions and guidelines given in the Visionbody User Manual, mishandling, improper assembly, improper installation, improper storage, improper maintenance, misuse, neglect, accident, abuse, alterations, modifications, installation or use of any non-original parts or accessories, or installation or use of any third party product part or product in combination with a Visionbody component or System.

The Visionbody Box limited warranty does not include damage from power surges, use of an improper battery and/or charger, improper maintenance, other misuse or water damage, installation or use of any third-party battery or battery charging cable, which does not conform to the specifications stated in this User Manual.

Visionbody does not authorize any dealer, retailer or representative to create, attach or guarantee any obligation or liability to Visionbody or any of its subsidiaries and affiliates, both domestic or foreign, in connection with a sale of a Visionbody component or System.

Any Visionbody component or System suspected to be defective within its limited warranty period must immediately be returned to an authorized Visionbody retailer, dealer or representative. No suspected defective Visionbody component or System is to be sent directly to Visionbody.

Warranty claims must be submitted to the relevant Visionbody Technical Support team (refer to page 102) within 10 calendar days of a suspected defected Visionbody component or System being returned to an authorized Visionbody retailer, dealer or representative. This will ensure the activation of any warranty claim, which may be applicable to the returned component or System. Visionbody will not repair or replace any Visionbody component or System without a submitted warranty claim, stating the suspected defective component or System's unique identification, its owner's address and contact details, details on the specific issue and accompanied by a clear initial proof of purchase as well as good quality photographs or video of the susceptible defective part(s) or component or System. It is at the sole discretion of Visionbody to determine if a warranty claim meets the standards to apply for a Visionbody limited warranty. Further, Visionbody reserves the sole discretion to any claimant warranty decision. An appeal to a Visionbody claimant warranty decision may be submitted to the relevant Visionbody Technical Support team (refer to page 104) within 30 calendar days of the respective Visionbody decision. Visionbody reserves the right to have any third party arbitration to be heard in the State of Florida. All arbitration costs will be assumed the sole responsibility of the claimant if the arbitration finds in favor of Visionbody.

It is at the sole discretion of Visionbody to deem a Visionbody component or System to be defective in material, workmanship and/or functional capability, or not, and to decide whether to repair or replace it.

Visionbody will either repair or replace a Visionbody component or System, which it has deemed faulty and eligible for its limited warranties, at no charge. All repairs must be done by an authorized Visionbody service center and all replacements by an authorized Visionbody retailer, dealer or representative, otherwise any limited warranties will be deemed void and the component or System deemed inoperable.

Visionbody will only cover shipping and handling fees to and from the authorized retailer, dealer or representative, where a Visionbody component or System, which Visionbody has deemed faulty, was returned to.

The limited warranties do not cover any direct, indirect, or consequential damages from force majeure, including without limitation, non-performance, strikes, theft, natural disasters, acts of war.

The limited warranties give specific legal rights but other rights, which vary from state to state, may also apply.

Any implied warranties are limited to the duration of the forementioned limited warranties. Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply based on the location of the initial purchase of the Visionbody component or System in question.

In no event will Visionbody and any of its subsidiaries and affiliates, both domestic or foreign, be responsible for any indirect or consequential damages, including without limitation, damages from normal wear and tear, damages for personal injury, property damage, or economic losses, whether based on contract, warranty, negligence, or product liability in connection with any Visionbody component or System. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitations may not apply based on the location of initial purchase of the Visionbody product in question.

LIABILITIES

In no event do Visionbody and any of its subsidiaries and affiliates, both domestic or foreign, deem themselves liable for any direct, indirect or consequential injury, resulting from, but not limited to, the failure to adhere to the instructions and guidelines given in the Visionbody User Manual, mishandling, improper assembly, improper installation, improper storage, improper maintenance, misuse, neglect, accident, abuse, alterations, modifications, installation or use of any non-original parts or accessories, installation or use of any third party product part or product in combination with a Visionbody component or System, accidental or intentional training with a Visionbody component or System in or at an environmental hazardous location, or after experiencing or reporting any contraindication possible due to a Visionbody component or System.

In no event do Visionbody and any of its subsidiaries and affiliates, both domestic or foreign, deem themselves liable for any violation or judgment of guilt involving the safe storage and maintenance of confidential information and data, which any law, statute or civil litigation may consider Visionbody to have possibly performed.

SUPPORT

For further assistance, additional information or to report an issue regarding a Visionbody component or a Visionbody System, please contact the Visionbody Technical Support team through the contact form on the Visionbody website, www.vision-body.com

TECHNICAL & REGULATORY INFORMATION

» General Specifications

Device Name:

Visionbody Box

Model Number:

VBBX-00P-REG-01

Battery:

Rechargeable lithium polymer (LiPo) 7.4V, 900-1100 mAh (battery life cycle: 3 years)

Charging Input:

5V through type-C USB connector Input

voltage: 5V DC $\pm 5\%$

Input current: max. 1A

Charger output connector: USB Type A receptable

Stimulation Channels:

6-12 channels (depends on Visionbody model type)

Stimulation Waveform:

Biphasic symmetrical

Supported Stimulation Frequency Range:

7 to 100 Hz

Supported Stimulation Pulse Widths:

150 to 500 microseconds

Stimulation Pulse Duration:

75 to 250 microseconds

Maximum Output Voltage:

60 Volts $\pm 2\%$

Maximum Output Current:

200 milli-Amps @ 300 Ω

Electromagnetic Compatibility:

IEC 60601-1-2

Housing Materials:

Plastic injection molding

Environment Specifications:

- » Temperature between +5 degrees Celsius/ +41 degrees Fahrenheit to +43 degrees Celsius / +109 degrees Fahrenheit.
- » A non-condensing humidity between 5% and 95% RH.
- » An atmospheric pressure between 700 to 1060 hPa
- » A maximum altitude of 3,000 meters / 9,842 feet.

Wireless Connection

» Built-in Bluetooth module. Maximum radio range 50 meters / 165 feet.

iOS Devices / Operating System

- » Generation higher than the iPhone 5, iPod 6, and iPad 6.
- » Minimum version of the operating system iOS 12X.

» Electrodes

The electrodes in a Visionbody garment are placed according to the position of the specific muscle groups to be stimulated. They are made up of a specialized conductive fabric.



Warning! Please pay special attention to the stimulation intensity on those electrodes that have the smallest size. Stimulation current density may exceed $2\text{mA}/\text{cm}^2$ in the case of these electrodes when higher intensity is set. Carefully increase the stimulation current and check if the stimulation current is still comfortable for you or for your trainee.

The size of the electrodes for the different Visionbody garment sizes are as follows:

Muscle Group Electrodes	Applicable Visionbody Garment	Surface area by square cm (square inch)	
		Men XS, S, M, L, XL, XXL	Women XS, S/M, L, XL, XXL
Neck (Trapezius muscle)	Powersuit	70 cm ² (10.85 in ²)	63 cm ² (9.77 in ²)
Front Arm	Powersuit	154 cm ² (23.87 in ²)	85 cm ² (13.18 in ²)
Back Arm	Powersuit	154 cm ² (23.87 in ²)	85 cm ² (13.18 in ²)
Chest	Powersuit	80 cm ² (12.40 in ²)	69.60 cm ² (10.79 in ²)
Abdominals	Powersuit	256 cm ² (39.68 in ²)	143 cm ² / 180 cm ² (22.17 in ² / 27.90 in ²)
Back	Powersuit	156 cm ² (24.18 in ²)	85.50 cm ² / 126.50 cm ² (13.25 in ² / 19.61 in ²)
Lower Back	Powersuit	188.50 cm ² (29.22 in ²)	99 cm ² / 143 cm ² (15.35 in ² / 22.17 in ²)
Glutes	Powersuit PowerPants	230 cm ² (35.65 in ²)	160 cm ² / 198 cm ² (24.80 in ² / 30.69 in ²)
Front Leg	Powersuit PowerPants	385 cm ² (59.68 in ²)	279 cm ² / 330 cm ² (43.25 in ² / 51.15 in ²)
Back Leg	Powersuit PowerPants	230 cm ² (35.65 in ²)	160 cm ² / 198 cm ² (24.80 in ² / 30.69 in ²)

» **Limitations**

The Visionbody System is not suitable for use in environments with high oxygen concentration levels and/or flammable liquids and/or flammable gas. It should not be used with equipment for electrosurgery shortwave or microwave therapy. Other equipment, even if they comply with CISPR emission requirements, could cause operational interferences to a Visionbody System.

» **Emissions**

Standard	Item	Remarks
IEC 60601-2-10	Conducted Emissions	Class B
	Radiated Emissions	Class B

» **Immunity**

Standard	Item	IEC 60601 1-2 Test Levels	Remarks
IEC 60601-1-2	Electrostatic Discharge	Contact: +8kV Air: +2kV, +4kV, +8kV, and +15kV	No performance degradation observed.
	Radiated Emissions	80MHz to 2.7GHz, 10V/m; @ 80% 1kHz and Table 9 of Clause 8.10	No performance degradation observed.
	Magnetic Immunity	30A/m, 50Hz and 60Hz	No performance degradation observed.

» FCC Requirements

The Visionbody System 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 residential environments.

The Visionbody System is intended to operate in environments with other RF capable devices and therefore, complies with the following conditions:

- » The Visionbody System may not cause harmful interference.
- » The Visionbody System must accept any interference received, including interferences, which may cause undesired operation.

The Visionbody System contains a RF module with FCC ID: SQGBL654

» Electromagnetic Compatibility (EMC)

The Visionbody System is designed to be used in typical domestic approved environments in accordance with the safety standard IEC 60601-1-2.

The Visionbody System is designed to support anticipated disturbances, which may originate from electrostatic discharge, power supply magnetic fields or radio frequency emitters.

Devices with powerful radio frequencies may affect a Visionbody System.



If a loss or degradation of performance in a Visionbody System occurs, the safety and effectiveness of the Visionbody System may be compromised. It is advised to immediately cease all training with the effected Visionbody System and turn it completely off.

» Electrostatic Discharge (ESD)



The Visionbody Box is susceptible to electrostatic discharge. In case of an electrostatic discharge, the Bluetooth connection between VB Box and the control device can be lost or the VB Box may restart. This is normal and no harm is done to the device. The training can be continued after the system is restarted.

» Manufacturer Information

The Visionbody Training System is manufactured by Visionbody Technologies GmbH. Manufacturer address: Holzstr. 2, 40221 Düsseldorf, Germany.



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www.vision-body.com