

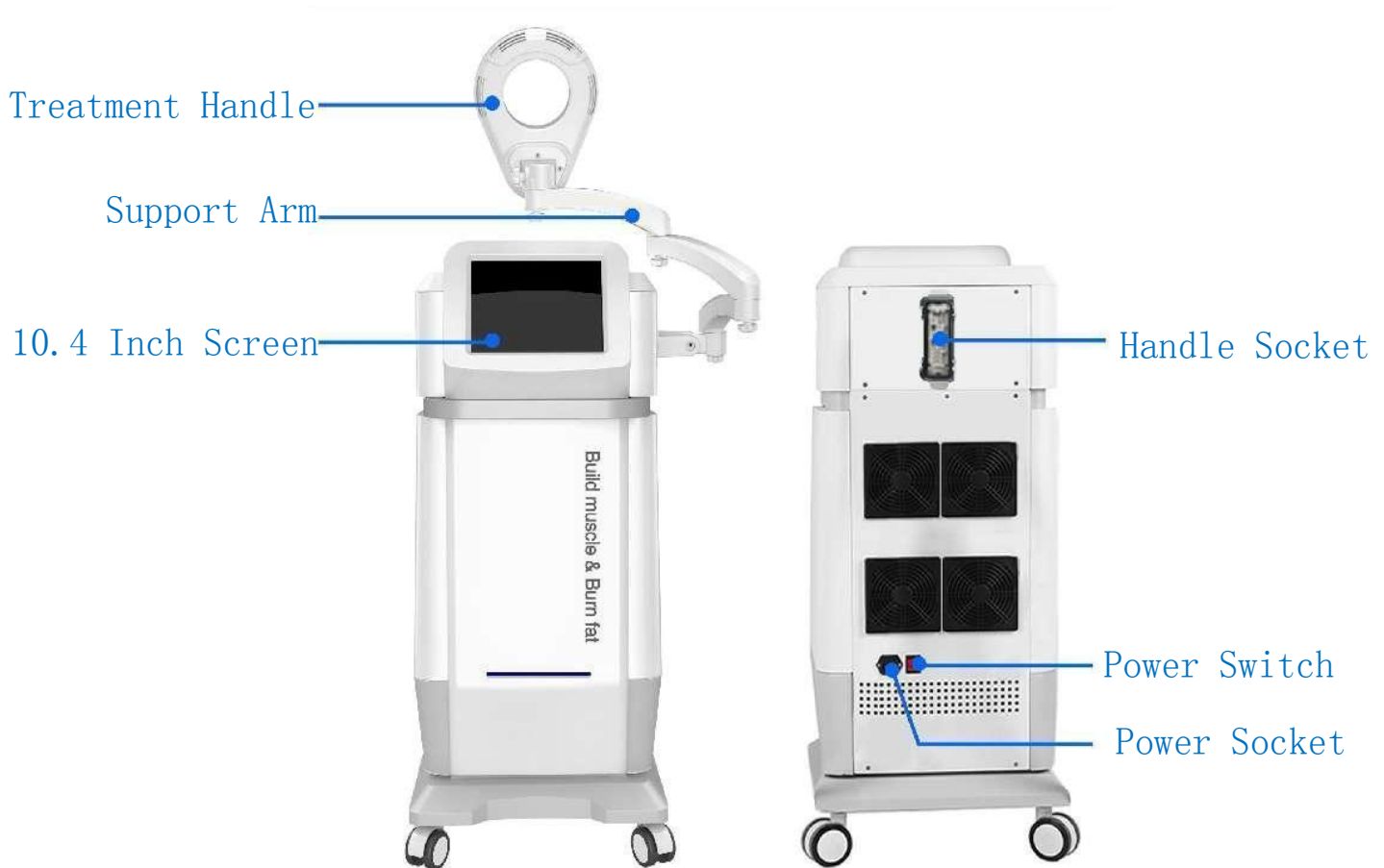


# Magnetic Ring

Be sure to read the instruction manual carefully and follow the instructions before use

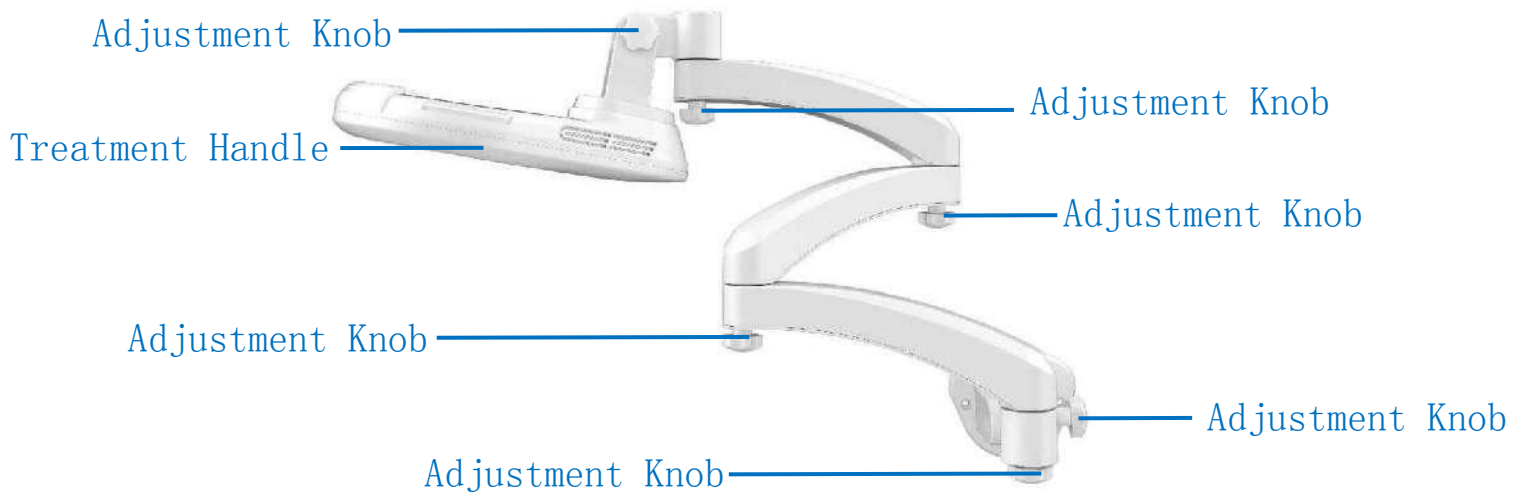
# I. Device Indication

A. Put the handle with the socket on the back of the device and insert it; insert the power cord into the socket on the back of the device, turn on the power, turn on the power switch, and the device will start up immediately.



B. Support arm: The support arm operates without fatigue, and the direction and angle can be adjusted arbitrarily.

- Counterclockwise knob: indicates loosening, adjusting direction and angle.
- Clockwise knob: Indicates that it is tightened, and it is fixed and locked.



C. The stand arm extension adjusts in different directions and angles.



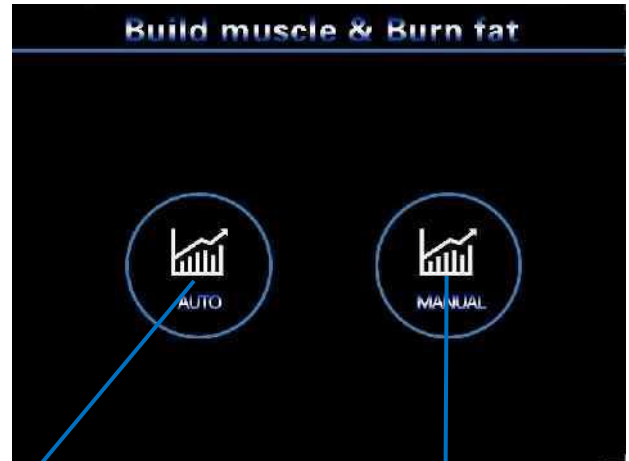
## II. System Interface Introduction

A. After booting up, the boot interface (Figure 1) will appear, click Figure 1 at random to enter the Figure 2 interface.

Figure 1: Boot Interface



Figure 2: Mode Selection Circle



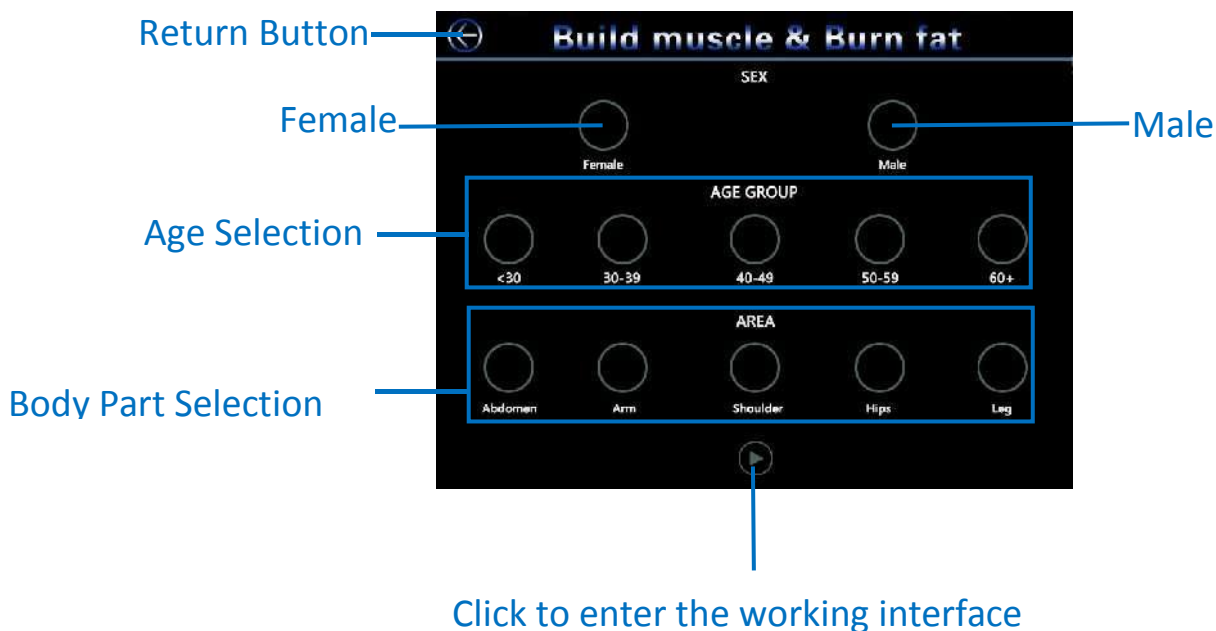
Manual mode (click this icon to enter Figure 3)

Manual Mode (Click this icon to enter Figure 3)

B. After clicking the automatic/manual mode in Figure 2, you can enter the interface of Figure 3.

- After choosing the user set (male or female, age, location) user information, click the next button to enter the working interface.

Figure 3: Setting Information




C. According to the automatic mode selected in Figure 2, click  in Figure 3 to enter the working interface (Figure 4).

Figure 4: Automatic mode working interface

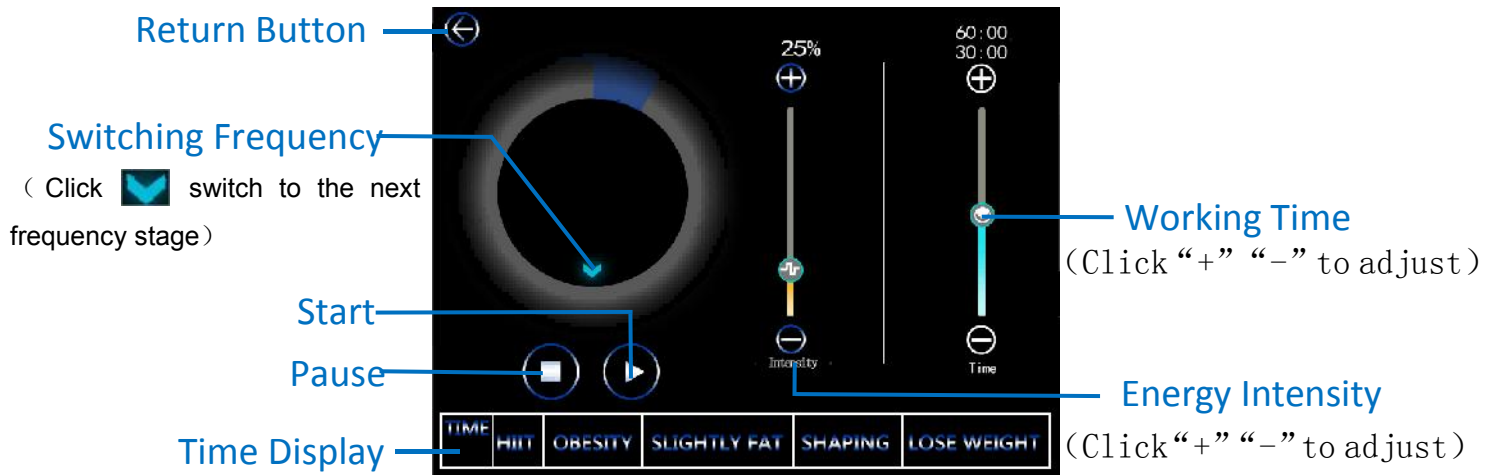



Figure 4 working Interface Introduction :

- **【 TIME 】** The working time of the current frequency stage is displayed. If the display is a one-minute countdown, it will automatically transfer to the next frequency stage to work.
- In the automatic mode working interface, there are 5 working modes, before operation, select the working mode:
  - 【HIIT】** Basic training for beginners
  - 【OBESITY】** Adaptation Training
  - 【SLIGHTLY FAT】** Initial Training
  - 【SHAPING】** Advanced Training
  - 【Lose Weight】** Professional Training
- Each mode contains 6 different frequencies to automatically switch. The first 1 minute of each mode is warm-up.
- Set the intensity, ranging from 8% (weak) to 100% (strong), click **【-】** and **【+】** and to adjust.
- **【Intensity】** Energy Intensity.

The energy intensity is set before the operation, and the treatment

starts from a low intensity and should be gradually increased according to the patient's tolerance.

- **【Time】** Working Time, the default working time of the system is 30 minutes, click **【+】** and **【-】** to adjust. The time range can be adjusted from 5-60 minutes, and each part is operated for about 30 minutes.
- Click “

Note: The device is in a suspended state to click **【-】** and **【+】** to adjust the parameters.


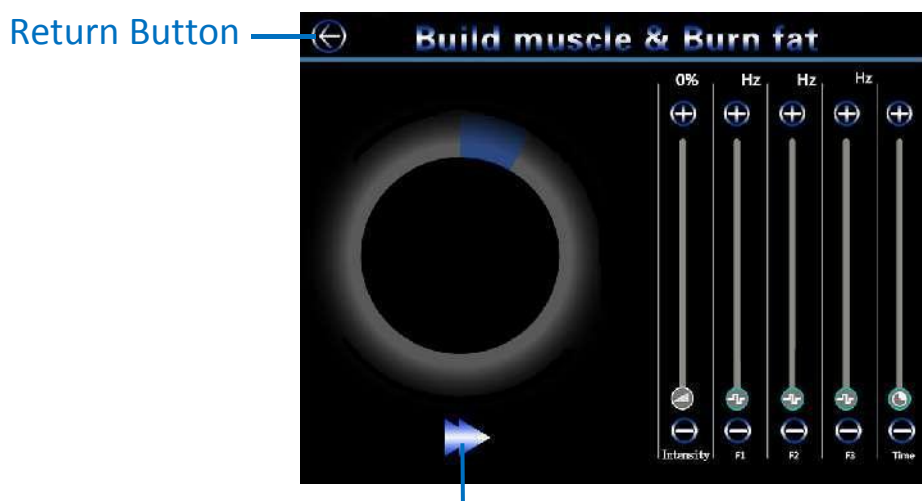
According to the manual mode selected in Figure 2, click  in Figure 3 to enter the working interface (Figure 5).

Figure 5: Setting Frequency




Set the frequency parameters, then click  to enter the working interface of Figure 6

Figure 5 Introduction to manual frequency setting interface:


- Set up frequency F1-F3; click **【+】** and **【-】** to adjust the output frequency speed, the range is:

**【F1】** : Frequency 1, the intensity range is 3HZ (Weak) to 150Hz (Strong);

**【F2】** : Frequency 2, the intensity range is 3HZ (Weak) to 150Hz (Strong);

**【F3】** : Frequency 3, the intensity range is 3HZ (Weak) to 150Hz (Strong).

Before operation, set the frequency parameters according to the required frequency. The F1 frequency works for 5 minutes, the F2 frequency works for 1 minute, the F3 frequency works for 5 minutes, and the F1, F2, and F3 frequencies cycle in turn.

Click "  " to return to the previous interface.


E. Click  in Figure 5 to enter (Figure 6) the working interface.

Figure 6: Manual Mode Working Interface

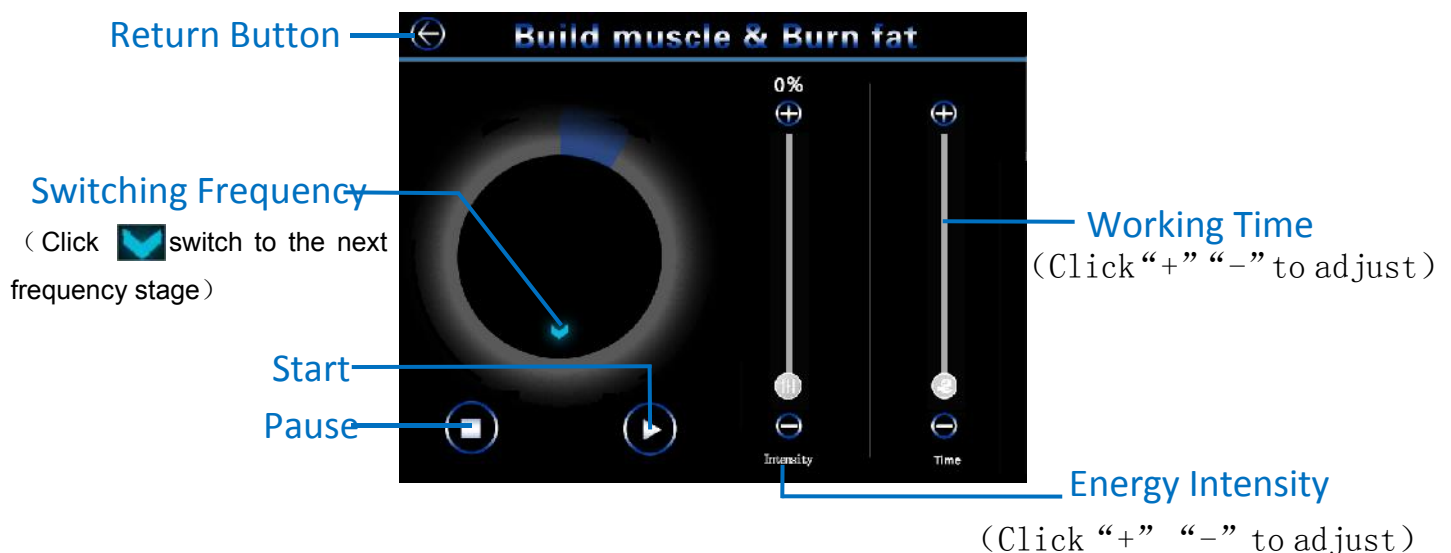





Figure 6 Working Interface Introduction:

- To set the strength, from 8% (weak) to 100% (strong), click **【-】** and **【+】** to adjust.

#### **【Intensity】 :Energy Intensity**

The intensity is set before the operation. The treatment starts at a low intensity and should be gradually increased according to the patient's ability to bear.

- **【Time】** :Working Time, the default working time of the system is 30 minutes, click **【+】** and **【-】** to adjust. The time range can be adjusted from 5-60 minutes, and each part operates for about 30 minutes.
- Click “” to start. If you need to pause, please click “”.  
Click “” return to the last interface.

**Note: The device is in a suspended state to click **【-】** and **【+】** to adjust the parameters.**

### **III. How to treat?**

Physical magnetic fields are an essentially risk-free, side-effect-free approach. With patience, you will find this treatment very comfortable: the treatment ring is placed on the painful area, you are still wearing clothing, no direct skin contact is required, and high-energy magnetic pulses are delivered to the muscle and nerve tissue, where they work and the treatment continues 20 to 30 minutes, the treatment process requires 6 to 8 courses, with an interval of 2-3 days/time, depending on the severity of the client's condition and the response to the treatment.



Placement diagram:



#### IV. Physiotherapy Recommended Parameters

	Energy Intensity	Manual Mode: Frequency		
		F1	F2	F3
Elbow	17-34%	5	10	5
Wrist	17-34%	5	10	5
Shoulder	25-42%	5	20	10
Cervical Spine	25-42%	5	10	5
Lumbar Spine	17-50%	5	20	10
Groin	25-50%	5	10	5
Buttocks	42-75%	10	20	10
Thigh	42-75%	10	30	10
Knee	17-34%	5	10	5
Foot/Ankle	17-34%	5	10	5

#### V. Training Suggestion Parameters

Treatment starts at a low energy intensity and should be gradually increased according to the patient's capacity.

Manual mode: Frequency suggested parameters	F1: 50Hz	F2: 5Hz	F3: 150Hz
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**Automatic mode: 5 modes (The following figure)**

HIIT	The first stage	The second stage	The third stage	The fourth stage	The fifth stage	The sixth stage
	3Hz/1 minute	80HZ/5 minutes	4Hz/1 minute	100HZ/5 minutes	4Hz/1 minute	80HZ/5 minutes
Six frequencies cycle in sequence to complete 30 minutes of training						

HIIT: Basic training for beginners (suitable for people who hardly exercise, effective basic training for weak muscle groups)

OBESITY	The first stage	The second stage	The third stage	The fourth stage	The fifth stage	The sixth stage
	5Hz/1 minute	150HZ/5 minutes	5Hz/1 minute	50HZ/5 minutes	5Hz/1 minute	90HZ/5 minutes
Six frequencies cycle in sequence to complete 30 minutes of training						

OBESITY: Adaptation training (suitable for primary exercisers who have not exercised for a long time, and also suitable for obese people with less muscles)

SLIGHTLY FAT	The first stage	The second stage	The third stage	The fourth stage	The fifth stage	The sixth stage
	5Hz/1 minute	150HZ/5 minutes	5Hz/1 minute	90HZ/5 minutes	5Hz/1 minute	80HZ/5 minutes
Six frequencies cycle in sequence to complete 30 minutes of training						

SLIGHTLY FAT: Preliminary training (suitable for primary exercisers with insufficient muscle or slightly higher body fat, also suitable for slightly obese people)

SHAPING	The first stage	The second stage	The third stage	The fourth stage	The fifth stage	The sixth stage
	4Hz/1 minute	90HZ/5 minutes	4Hz/1 minute	150HZ/5 minutes	4Hz/1 minute	80HZ/5 minutes
Six frequencies cycle in sequence to complete 30 minutes of training						

SHAPING: Advanced training (suitable for intensive endurance training, suitable for all fitness groups and regular exercisers, and also suitable for obese people.  
As the training frequency is further increased, the load is gradually increased to increase the strength and dimensionality of muscle contraction. For shaping)

Lose Weight	The first stage	The second stage	The third stage	The fourth stage	The fifth stage	The sixth stage
	5Hz/1 minute	150HZ/5 minutes	5Hz/1 minute	100HZ/5 minutes	5Hz/1 minute	150HZ/5 minutes
Six frequencies cycle in sequence to complete 30 minutes of training						

Lose Weight: Professional Training

(Suitable for intensive strength training, suitable for regular exercisers and athlete groups, and also suitable for obese people.

Due to the increase in training frequency and high intensity of action, the fat burning ability of muscles is improved, and fat is consumed at high frequency. )

## VI. Summary

Magnetic stimulation has grown in popularity in recent years, especially in areas such as muscle building, pelvic floor muscle strengthening, rehabilitation, and pain management, as reflected in numerous published studies. It is known that magnetic stimulation devices can be configured for multiple purposes. The clinical application of magnetic stimulation in the fields of aesthetics, urology, rehabilitation, physical therapy and pain management is based on stimulating motor and sensory nerves, inducing muscle contraction and neuromodulation. Today, an innovative functional magnetic therapy device has entered the market - a more comfortable treatment experience, a better treatment effect.

This device is the Magnetic Ring.

The magnetic field acts on the body, stimulates deeper muscle and nerve tissue, induces muscle contraction and neuromodulation, resulting in extraordinary therapeutic effects. The result is muscle strengthening and toning, less pain, less swelling, and increased range of motion in the affected area. Damaged cells return to their normal healthy state by increasing the electrical charge within the cells. Cell metabolism is increased, blood cells are regenerated, blood circulation is improved, and oxygen absorption is increased by 200%. The immune system becomes healthier and the liver, kidneys and colon are better able to remove waste and toxins. The electrical stimulation device allows the muscles to undergo passive high-intensity training,

contracting and toning the muscles for "Abdominal Training" and "Butt/Thigh Firming".

## **VII. How magnetic fields activate muscles**

The magnetic field penetrates deep into the tissue, unobstructed by clothing, skin, muscle or bone. Deep in the tissue, the super-induced magnetic field is converted into a local electric field. These two domains combine to achieve therapeutic effects of tissue healing, muscle activation, muscle relaxation, and pain relief. The desired effect is achieved by setting different treatment parameters.