



# HIFM+RF

Before using the instrument, please read this manual carefully and strictly follow the instructions in the manual to operate it.

## First、Outline

Muscles account for about 35% of the body, and most slimming devices on the market only focused on fat but not muscles. While currently only injections and surgery are used to improve the shape of the buttocks. In contrast, HIFM beauty muscle instrument, which uses the most advanced (HIFM) high-intensity focused magnetic vibration technology, directly stimulates motor neurons, so that the body's muscles continue to expand and contract ( This kind of contraction cannot be achieved by your usual exercise or fit exercise ) The energy pulse of 30 minutes treatment can stimulate 30000 strong muscle contractions, which help the fat cells to metabolize and decompose vigorously. At the same time, with muscle strengthening, it brings new technological experience for body shaping. It has won the international certification of FDA and CE, and its safety and effectiveness have been widely recognized.

HIFM beauty muscle instrument has two treatment handles, which support synchronized work; it can be operated by two persons at the same time, and can be placed in the abdomen, buttock, upper arm (biceps, triceps), thigh and other parts. For those who want to quickly reduce fat and increase muscle or change their body shape, or those who have no time or difficulty in persisting

in exercise, can achieve abdominal muscle vest line, peach buttocks and separated rectus abdominis for postpartum women, It is an innovative reform equipment."HIFM " can easily shape muscle and reduce fat for you, and the effect is remarkable.

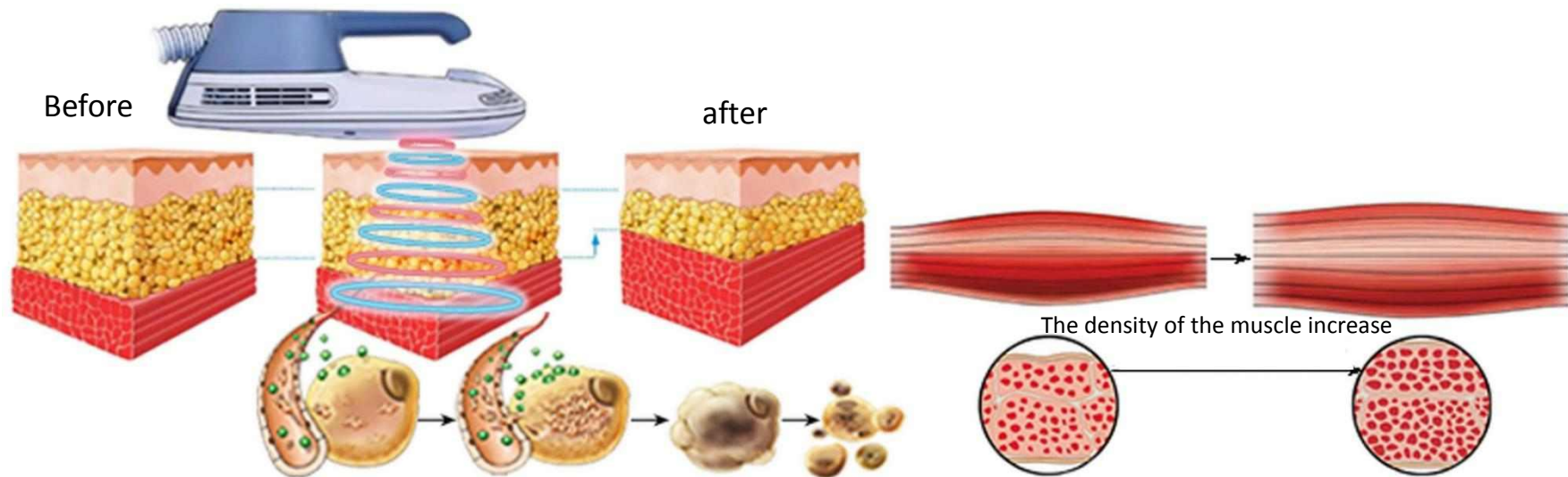
The device is non-invasive, safe and painless, no radiation, no side effects, no need for anesthesia, you can be thin when lying down, it can tighten muscles and lose weight, there is no discomfort during the treatment, and there is no need for a recovery period after the treatment.

## **Second、 Working principle**

The machine uses non-invasive HIFEM(High-Intensity Focused Electromagnetic Field) technology +Focused monopole RF Technology to release high-frequency magnetic vibration energy through handles to penetrate the muscles to a depth of 8cm, and induce continuous expansion and contraction of muscles to achieve high-frequency extreme training , to deepen the growth of myofibrils (muscle enlargement), and produce new collagen chains and muscle fibers (muscle hyperplasia), thereby training and increasing muscle density and volume.

The heat released by radio frequency will heat the fat layer to 43 to 45 degrees, accelerate

the decomposition and ablation of fat cells, and heat the muscle to increase the contraction force, double stimulate muscle proliferation, improve muscle elasticity, improve metabolism, and enhance blood circulation. The combination of radio frequency and magnetic vibration technology, dual energy deep into the muscle and fat layer, so that the muscle to achieve 100% extreme exercise, The 100% limit muscle contraction can trigger a lot of lipolysis, Fatty acids are broken down from triglyceric acid, and accumulated in large amounts in fat cells. The fatty acid concentration is too high, which will cause fat cells to apoptosis and be excreted from the body by normal metabolism within a few weeks. Therefore, EM-S-sculpt can strengthen and increase muscles while achieving the effect of reducing fat.



## Three、 Advantage

- 1、 New high-intensity focused magnetic vibration + focused RF;
- 2、 It can set different muscle training modes.
- 3、 Dual handles support synchronized work,it can operate two persons at the same time, suitable for men and women.
- 4、 HIFM and RF energy can be operated with one HIFM energy alone or combined with two kinds of energy and operated at the same time with one handle; The RF dual channel can not only control the RF output at the same time, but also adjust the treatment parameters independently.
- 5、 The energy(RF heat) is released from the inside to the outside without any damage to the skin and muscles.The treatment process is warm and comfortable.
- 6、 It's safe and non-invasive, non-current, non-hyperthermia, and non-radiation, and no recovery period.
- 7、 No knife, no injection, no medicine, no exercise, no diet, Just Lying down can burn fat and build muscle, and reshape the beauty of lines.

- 8、 Saving time and effort,only lying down for 30 minutes=30000 muscle contractions (equivalent to 30000 belly rolls / squats).
- 9、 It's simple operation and bandage type.The operating head only needs to be placed on the operating part of the guest, and it can be reinforced with a special equipment band,without the need for a beautician to operate the instrument, which is convenient and simple.
- 10、 It's non-invasive, and the process is easy and comfortable. Just lie down and experience it like a muscle is sucked up.
- 11、 During the treatment, there is only a feeling of muscle contraction, no pain and no sweat, and there is no side effects on the body, just do it and go.
- 12、 There are sufficient experimental studies to prove that the treatment effect is remarkable. It only takes 4 treatments within two weeks, and every half an hour, you can see the effect of reshaping the lines in the treatment site.
- 13、 The air cooling device prevents the treatment head from generating high temperature,The handle can work continuously for a long time,which greatly improves the service life and safety factor of the machine. and greatly improves the stability of energy output.

## Fourth、 It is important to choose the right method to lose weight



### Body-building

Hard-work,time-consuming,  
it's difficult to persist.



### Liposuction

High risk, such as wound infection



### Drugs/alternative foods

Have side effects, may cause diarrhea,  
damage the organs, and easily rebound



### Vegetarian food

Malnutrition, leading to  
dizziness and decreased  
resistance.

- **Choosing a relaxed and professional way to build muscle and burn fat without harming your health. Choice is more important than effort!**



- **Focused magnetic resonance(HIFM)technology helps you gain muscle and lose fat easily.**

There is no need for hard exercise, no pain, no sweat, no need to take off clothes, and it is more time-saving and labor-saving. You only need to lie down for 30 minutes = 30000 times of muscle



contraction (30 minutes of abdominal / hip treatment, equivalent to 30000 times of sit ups / squats), so that you can easily lie down to build muscles and reduce fat.

## **Fifth、 Slimming body must “Build muscle”**

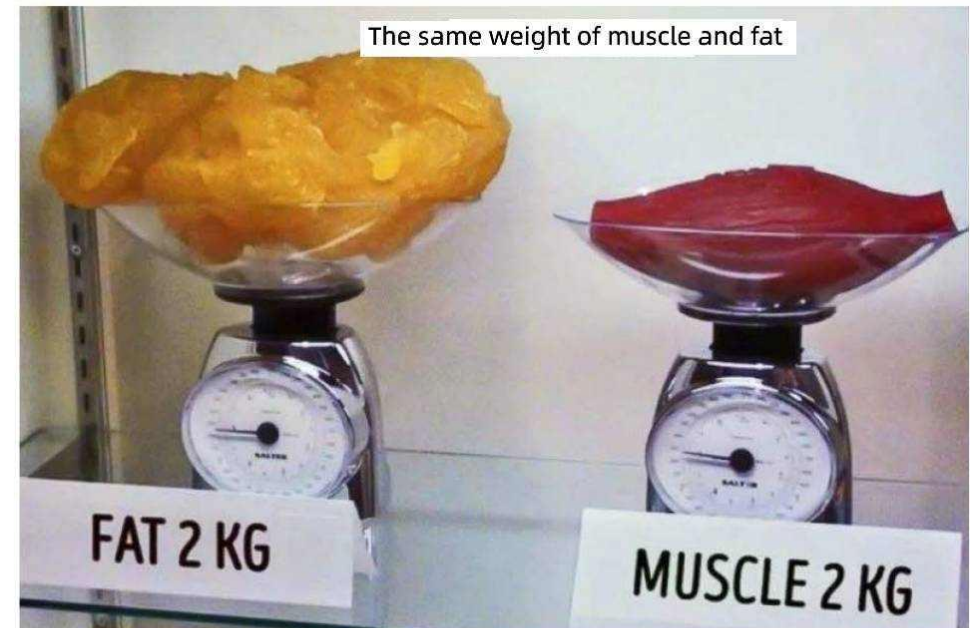
### **The more muscles, the faster fat burning**

Muscle is the second part of the body that stores the largest basal metabolic rate. As long as the content of muscle increases, the basal metabolic rate can metabolize your calories faster and reach the level of "you can lose weight without moving." Why can muscular men get fat and thin? That's because they absorb well and consume more calories. The amount of muscle is directly proportional to consumption. People with more muscles will consume more calories. Therefore, muscular men can consume energy at any time, even sleeping, it consumes more than your exercise. If you want to develop a lean constitution, you must increase muscles.



## Benefits of building muscle

- √Improving obesity constitution and the efficiency of weight loss
- √Building a strong and handsome body
- √Preventing aging and maintaining physical youth
- √Reducing chronic pain of muscles and joints
- √Helping blood circulation smooth
- √Protecting the safety of uterus, intestine and other organs
- √Improving and preventing diabetes
- √Reducing high blood pressure to relief the pressure of blood vessel
- √Preventing heart disease
- √Enhancing memory and preventing dementia



The volume ratio of muscle and fat of the same weight is 3:1

## Sixth、 Methods of building muscle & burning fat:HIFM



Exercising the abdominal muscles to shape the vest line.



Exercising the buttocks muscles to shape the peach buttocks.



Exercising the oblique muscles in adomen to shape mermaid line

- 1 、 Medical research has proved that after completing a course of treatment, HIFM can effectively increase muscle by 25% and reduce fat by 30% at the same time.It presents the beautiful lines of waistcoat line, mermaid line and peach hip.
- 2 、 Improving the abdominal muscles that have become loose due to separation of rectus abdominis, and shaping the vest line. It is especially suitable for mothers who have increased belly circumference and loose belly due to the separation of rectus abdominis after childbirth, returning to a girlish posture.

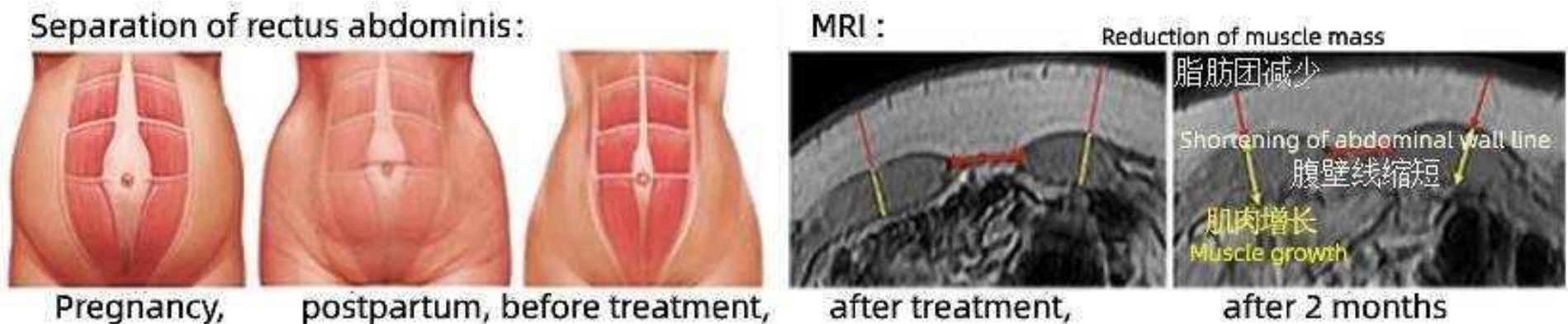
3、Exercise strengthens the core muscle group, including the abdominal muscles of the large core group (rectus abdominis, external oblique muscle, internal oblique muscle, transverse abdominal muscle) and gluteus major muscle in the small core group. The core muscle group can protect the spine, maintain the stability of trunk, maintain the correct posture, improve the athletic ability and reduce the chance of injury, provide structural support for the whole body, and shape a healthy young body.

## **Seventh、HIFM technology—Improving separation of rectus abdominis**

It may not be normal to have "mother belly" after childbirth! As many as 60% of mothers have a separation of rectus abdominis after delivery. As a result, the fetus has the opportunity to stretch the abdominal muscles during the growth of the fetus. Loss of support will make the organs fall down, resulting in postpartum abdominal relaxation and sagging, fat, protruding belly, and Lack of abdominal strength, which is often accompanied by low back pain, lumbar muscle strain and other problems, Once the rectus abdominis is separated, the traditional abdominal curling exercise will only make the abdominal muscles more open. However, the suture of rectus

abdominis through cesarean section is not a good strategy because of its great trauma and slow recovery.

Only HIFM brings non-invasive technology to postpartum women and solves the separation of rectus abdominis for many mothers, The latest MRI and CT computed tomography medical research confirmed that after the HIEMT treatment, the separation of rectus abdominis was reduced by an average of 19%, while fat loss was reduced by 30% and muscle growth was 25%. It is the perfect solution for mothers to lose weight and maintain health after delivery.

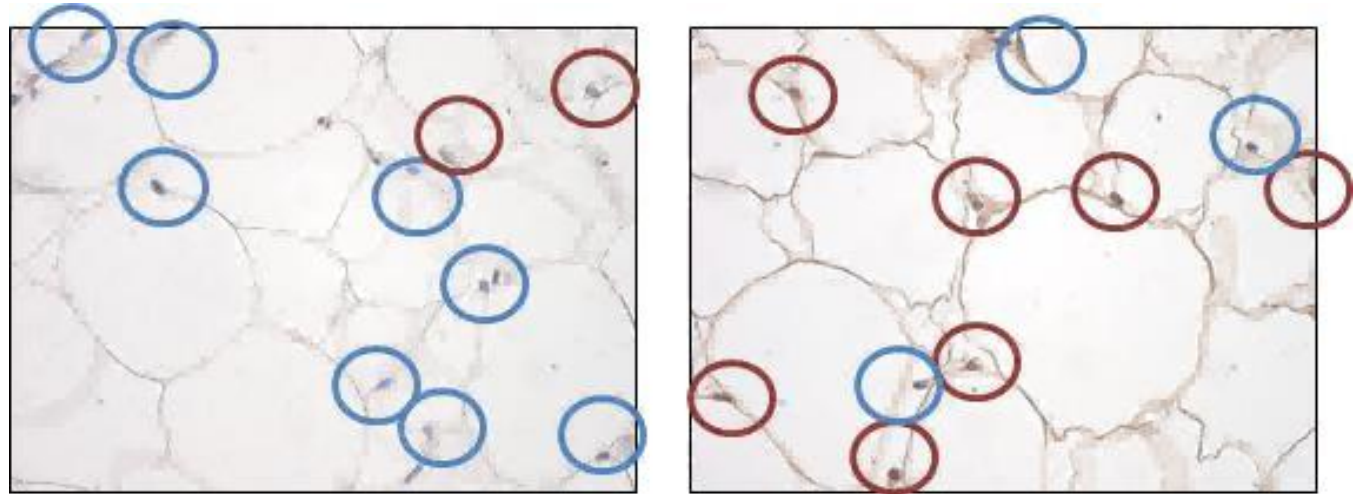


## Eighth、 Non-invasive HIFM technology- Safety and effectiveness

《Induction of adipocyte apoptosis: Safety and mechanism evaluation of non-invasive HIFM technology in pig model》

92%

At 8 hours after treatment, the apoptosis index increased by 92%.



Microscopic analysis of adipose tissue confirmed that the number of apoptotic cells increased significantly after treatment.

- The apoptotic level of adipocytes increased from 19% to 36% after a 30 minute treatment.
- Blood analysis confirmed a rapid metabolic response after treatment as evidence of changes in subcutaneous adipose tissue.
- No security risks have been identified.



## 《Decreased subcutaneous fat: Changes of subcutaneous fat thickness after HIFM treatment》

**30%**

30% reduction in average fat

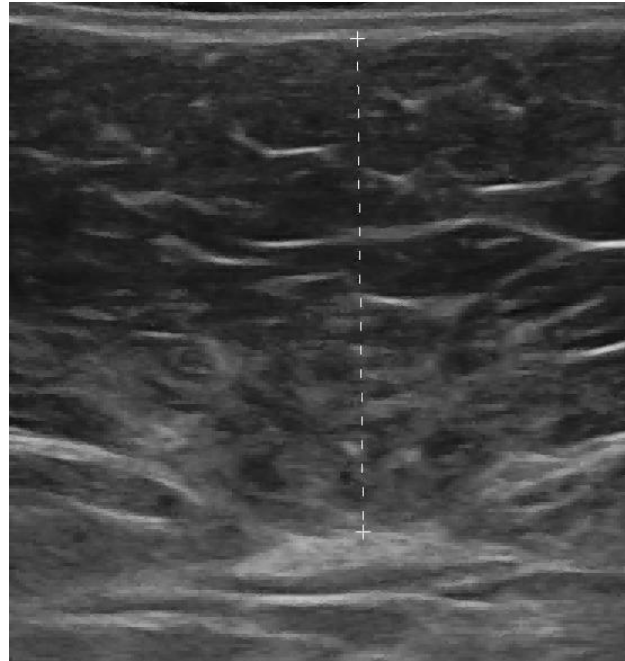
**4.4 mm**

The fat layer was reduced by 4.4 mm

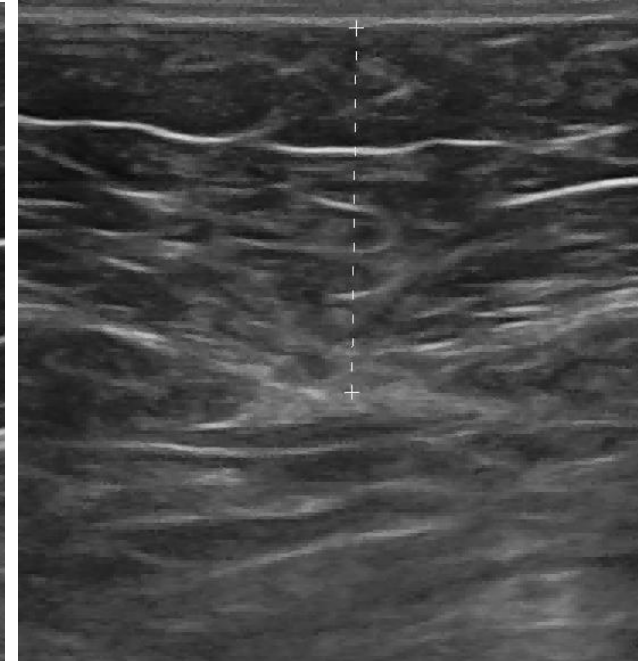
**91%**

91% of treatment satisfaction

Before



1 month



Ultrasound examination showed reduction of subcutaneous fat after HIFM treatment

《Efficacy between fat and muscle: Evidence of simultaneous changes in human adipose tissue and muscle tissue after HIFM treatment》

**5.9 cm**

Waist circumference reduced by 5.9cm

**30%**

fat reduced by an average of 30%

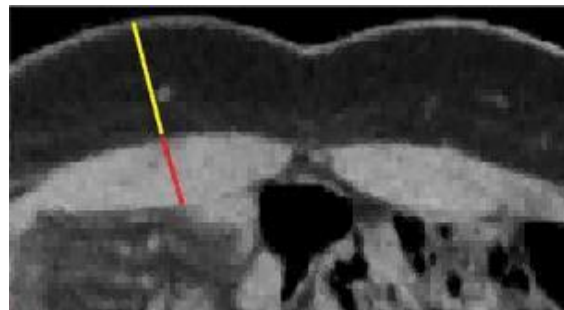
**25%**

The average muscle thickness increased by 25%

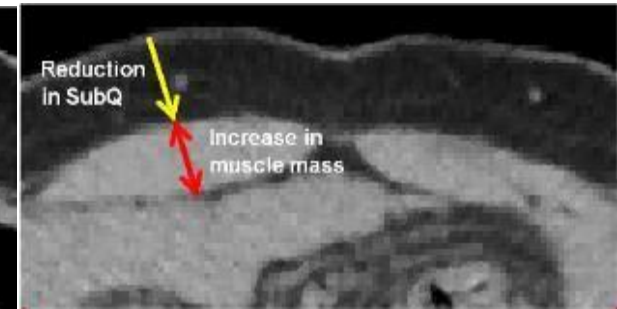
**19%**

The average improvement of rectus abdominis was 19%

Before



1 month later



CT examination showed simultaneous changes in fat and muscle tissue after HIFM treatment



Before

After

Before

After



《MRI: Synchronize fat and muscle effects》

HIFM Technical MRI assessment: Research on the safety and effectiveness of fat and muscle treatment based on non-invasive abdominal shaping

**4.17cm**

Waist circumference  
reduced by 4.17cm

**29.6%**

fat reduced by an  
average of 29.6%

**24.4%**

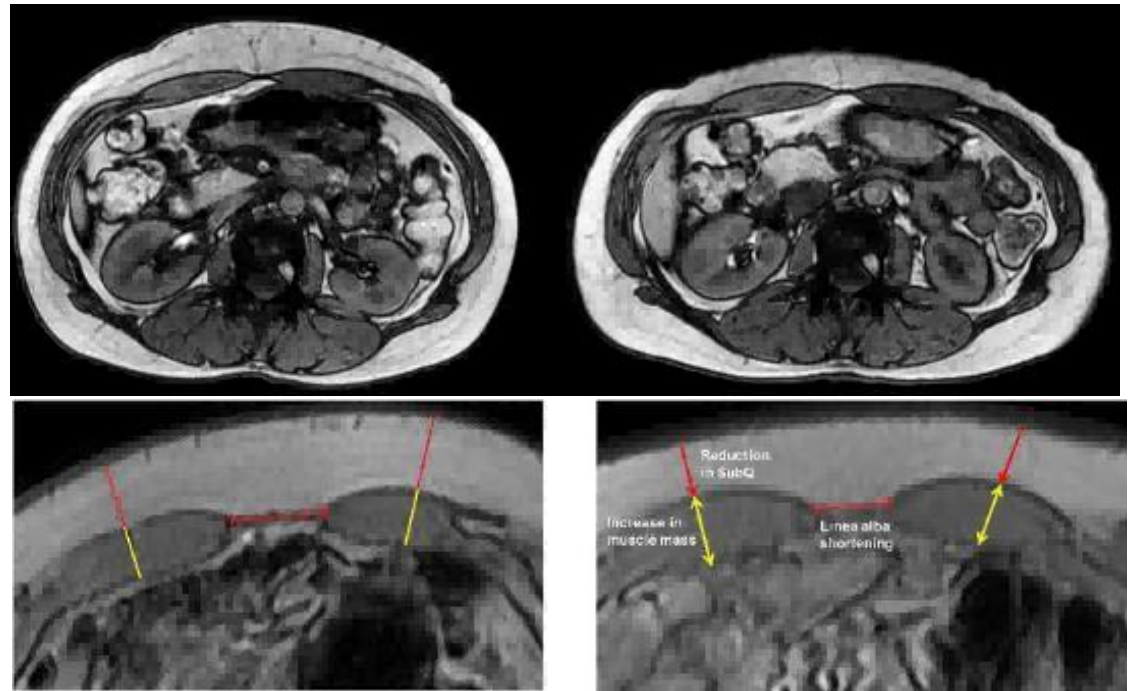
The average muscle  
thickness increased  
by 24.4%

**15%**

The average  
improvement of rectus  
abdominis was 15%

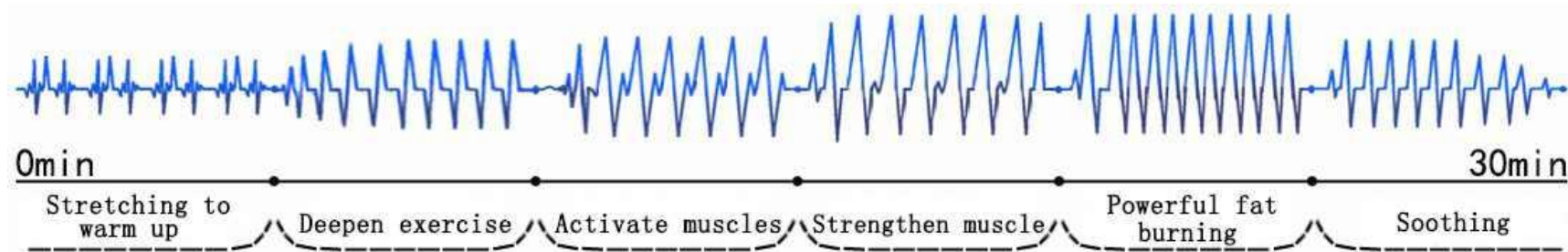
Before

Two months later



## Ninth、HIFM technology drive mode

- Use 6 different frequency combination modes to ensure the highest clinical efficacy.



- Step-type exercise plan, energy-converging frequency exercise, to provide gradual exercise for your muscles.
  - ① Stretching and warm-up: the rhythm is gentle to drive the muscles to stretch, so that the muscles warm up and promote blood circulation.
  - ② Deepen exercise: gradually accelerate the rhythm to exercise muscles, stimulate a large number of deep muscle fibers to participate in the force.
  - ③ Activate muscles: gradually speed up the rhythm and intensity, activate muscle fiber contraction and force, and regain muscle vitality.

- ④ Strengthen muscle gain: Speed up the rhythm and perform powerful and intense muscle contraction exercises to stimulate high-speed contraction of deep muscles. Improve muscle density and increase muscle strength.
- ⑤ Strong fat burning: Gradually increase the load, make the resistance muscle contraction, enhance the microcirculation in the body, and accelerate the burning of fat into energy consumption.
- ⑥ Relief: slower rhythm drives muscle contraction and relaxes muscle fatigue.

## Tenth、HIFM muscle selectivity

- The composition of skeletal muscles can be divided into two categories, fast and slow muscle fibers.



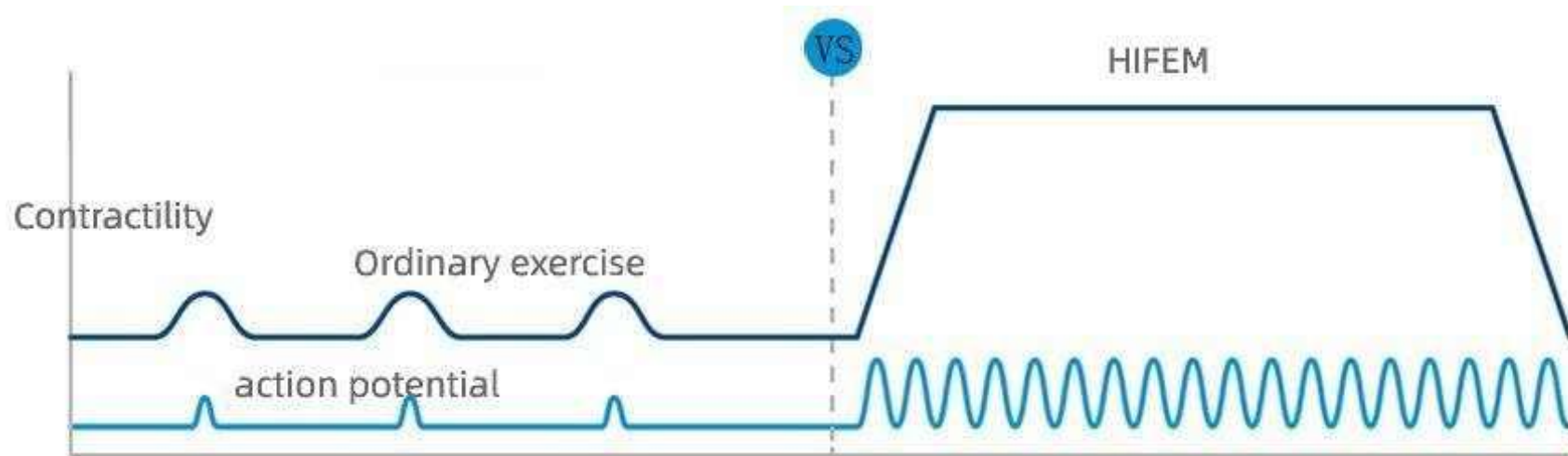
Fast Twitch Fiber (White Muscle)



Slow muscle fiber (red muscle)

- Fast-twitch fibers are characterized by fast contraction speed, high strength, short-term energy provided by anaerobic metabolism, and no endurance.
- Slow muscle fibers are characterized by slow contraction speed, low strength, good use of oxygen, and endurance.
- The faster the exercise speed, the more white muscles are stimulated, and the slower the speed, the more red muscles are stimulated

## Eleventh、HIFM"Muscle hyper-contraction" exercise VS ordinary muscle exercise

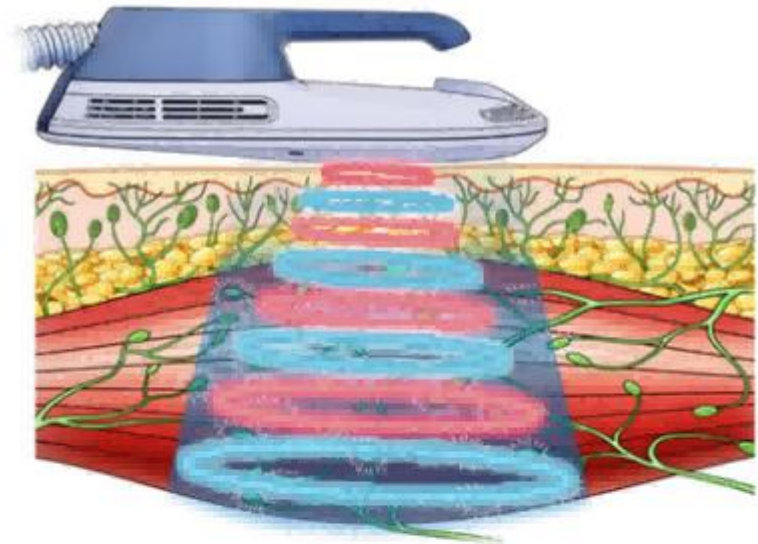


- Muscle motor neurons are controlled by the brain, and the intensity and amplitude of muscle contraction are limited, only some muscles can exercise.
- It is difficult to achieve muscle gain in a short period of time
- Using HIFM technology penetrate into 8cm muscle tissue, and using high-frequency contraction signal directly launch motor neurons;
- Up to 30,000 extreme muscle exercises in 30 minutes, surpassing ordinary exercises, causing many muscles to produce high-frequency contractions.
- Quickly see the effect of muscle gain.

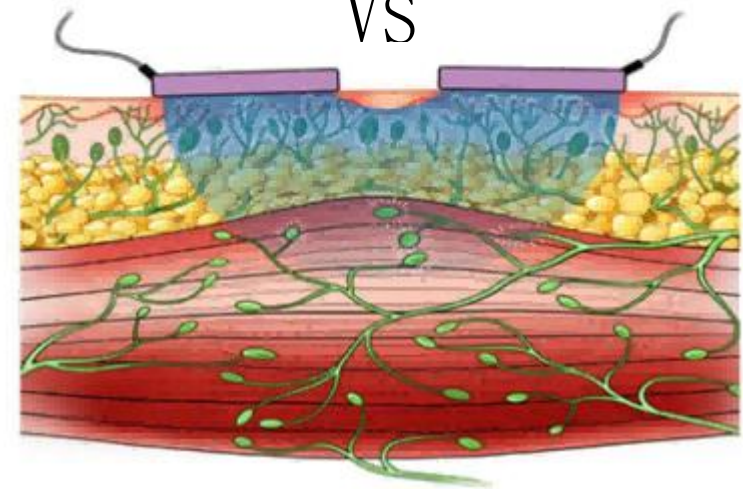
## Twelfth、HIFM VS EMS

### HIFM+RF

- The effective penetration depth of HIFM is 8cm, covering the whole neural network and driving the contraction of the whole muscle layer;
- The effect of fat apoptosis and "super muscle exercise" can never be achieved by physical exercise;
- Studies in the United States have shown that the effect of four treatments is the best;
- The treatment experience is good.



VS



### EMS

- Most of the energy of the current is concentrated in the surface layer, only a small part can reach the muscle;
- Feeling a slight tingling or contraction;



- It takes 40 treatments to produce a visible change
- The intensity of treatment cannot be increased due to the risk of pain and burns.

| HIFM VS EMS         |  |   |
|---------------------|--|---|
|                     | ( HIFM+RF )  | (EMS)   |
| Treatment intensity | Focused magnetic resonance (FMRI) combined with radio frequency (RF) directly acts on subcutaneous muscle tissue and fat layer. No contact medium is required. | Electric current is passed directly through the skin and need to contact the medium (gel pad). Electrodes are usually disposable. |
| Penetrability       | HIFM has a great penetration depth, covering the whole neural network and driving the contraction of the whole muscle layer.                                   | Most of the energy of the current is concentrated in the surface layer, and only a small part reaches the muscles.                |
| Customer type       | Due to the deep penetration, HIFM suitable for all types of customers.   | Suitable for thin patients. The superficial current cannot reach the muscles of patients with medium fat layers.                  |
| Physiological       | The effects of fat apoptosis and "super  | Feeling a slight tingling or  |



|                     |  |  |
|---------------------|--|--|
| response            | muscle exercise" are never achieved by physical exercise.  | contraction, equivalent to mild physical exercise.   |
| Course of treatment | Studies in the United States have shown that four treatments are the best  | It takes 40 treatments to produce a visible change   |
| treatment solutions | Regularly changing the frequency to obtain effective stimulation and tissue response.  | Fixed frequency treatment. There is no effect of removing waste products or increasing blood flow, causing muscle fatigue and limiting efficacy. |
| Treatment intensity | High-intensity focused magnetic vibration + Comfortable RF treatment.  | The intensity is low due to the risk of pain and burns.  |
| Treatment risk      | The treatment is completely painless. HIFM does not activate pain receptors and there is no risk of burns. The side effects are limited to muscle fatigue. | There is obvious pain, the treatment activates the pain receptor. FDA warns of electric shock, burns, contusion, irritation, and pain.           |

## Thirteenth、 Daily maintenance

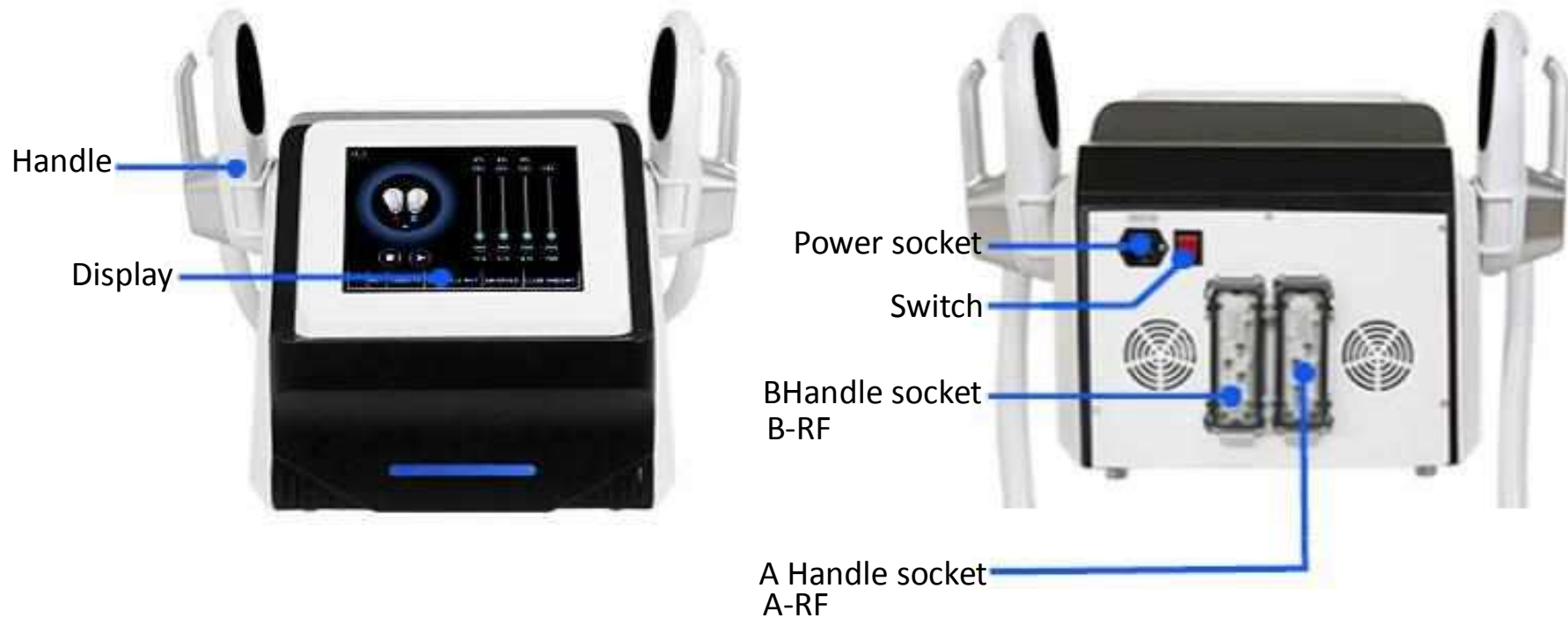
### 4、 Maintenance

- The instrument must use a plug with a grounding pin, and ensure that the power socket of the instrument is well grounded.
- Ensuring that the power supply is stable and adaptable. If the local power supply voltage is unstable, it is recommended that the user add a regulated power supply with matching power. Special reminder: The power cord of the socket is required to be more than 1.5 square meters.
- When the device is in use, keep away from the wall and keep a 30cm space around the device for heat dissipation.
- After each treatment, wet the towel with normal saline to clean the accessories.
- Do not use alcohol or corrosive solvents to clean the host and handle to avoid damage.
- The working handle should be handled gently, and it is strictly forbidden to drop it to avoid damage.
- In the process of use, the working handle should avoid extreme bending and damage.

- Do not place the instrument in an environment with high temperature, humidity, dust, and direct sunlight. The instrument should be placed in a dry, cool and ventilated room with a temperature of 5 to 40° C and a humidity of no more than 80%.
- When the instrument is not in use, please turn off the power, then unplug the power plug and place the various accessories of the instrument. If possible, cover the instrument with a dust cover.
- It is strictly forbidden to disassemble and modify equipment without authorization.
- If there is any fault in the equipment, it should be shut down immediately and please contact us.

## Fourteenth、Instructions

1、Installation: align the handle with the handle socket on the back of the device and place it on the rack; 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.



## 2、Accessories

Note: Before operation, check the handle on the top of the black pasting film is not broken, if there is a broken situation easy to burn the skin. Please suspend use if damaged!



Energy output region

Apply to the abdomen, buttocks



Two Standard flat handles



Bandage



Energy output region

Apply to the legs, arms



Optional Radian handle



Bandage

## Fifteenth、 Operating position

1、 The position of the operation must be the same as the selected part of the interface;

Note: When using RF function, it can not be operated under clothing. It should be fully pressed against the skin.



- 2、 Be careful to avoid obvious rib and bone positions.
- 3、 Suggest a 30 minute session.
- 4、 Remove metal objects from your body and avoid metal objects on your clothes before using them.
- 5、 before the operation, the first strap, and then the handle inserted into the strap internal fixation, pay attention to the working head placed close to the site. Note: Make sure the handle is fully attached to the treatment area and can not touch the skin.
- 6、 Adjust the MRI and RF intensities before starting the operation. Treatment starts with low intensity and increases gradually, increasing the intensity of the MRI slowly according to the client's comfort level.
- 7、 RF ENERGY DEBUGGING RECOMMENDATIONS: First from 1(8%) start operation, 1 minute after the operation guests do not have too much warm feeling, you can appropriately enhance the RF intensity, each time with a range of radio frequency energy increase, slowly adjust the RF power from low to high depending on the amount of heat each person is exposed to. Increase the process to ask guests to feel more, if there is discomfort over the temperature, stop adding RF energy.



## Sixteenth、 Precautions and contraindications

- 1、 Don't operate head, neck/carotid artery, wealth bag position, or near the thoracic gallery.
- 2、 The two handles cannot work against each other.
- 3、 The healer should not carry any metal objects.
- 4、 Don't be full during treatment, and treat at least 1 hour after meals.
- 5、 The operation site and treatment probe should be dry without water.
- 6、 The operating energy varies from person to person and increases gradually from low energy.
- 7、 The total operating time of a day does not exceed 1.5 hours, and one part does not exceed 1 hour.
- 8、 Do not put any electronic products or metal objects on the instrument during operation.
- 9、 Don't eat or enter water during operation
- 10、 During the treatment, the handle should not be spaced and unbalanced, and ensure that the handle is completely close to the skin.
- 11、 After the end of the operation, try to eat again after 1 hour (drink more water and eat food with high protein content).

12、 Those people with the following conditions cannot receive treatment:

▲The project should avoid menstruation, pregnancy and lactation;

▲ Those patients with heart disease, hypertension, thyroid, malignant tumor, renal failure, epilepsy and muscle strain should be used cautiously;

▲Those people with metal or electronic implants (metal contraceptive ring, cardiac pacemaker, cardiac defibrillator, nerve stimulator, drug pump and stent) should be used cautiously;

▲ Those patients with thrombophlebitis, cerebrovascular disease (stroke patients), brain injury or with brain surgery should be used cautiously.

## Seventeenth、Interface introduction

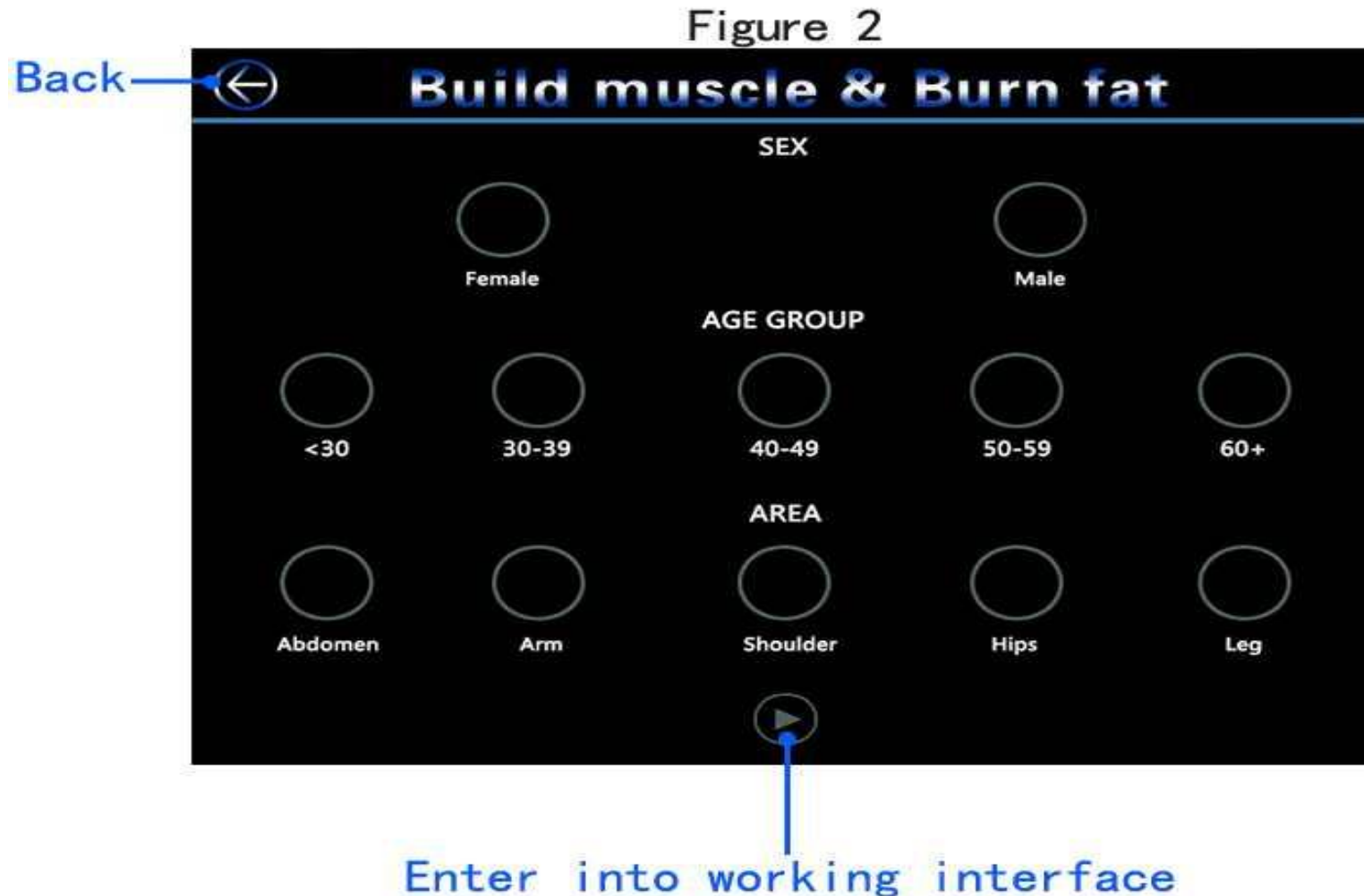
- 1、 After the device is started, enter into the mode selection interface (Figure1 as below)
  - select automatic mode or manual mode can enter into Figure 2.

Figure 1



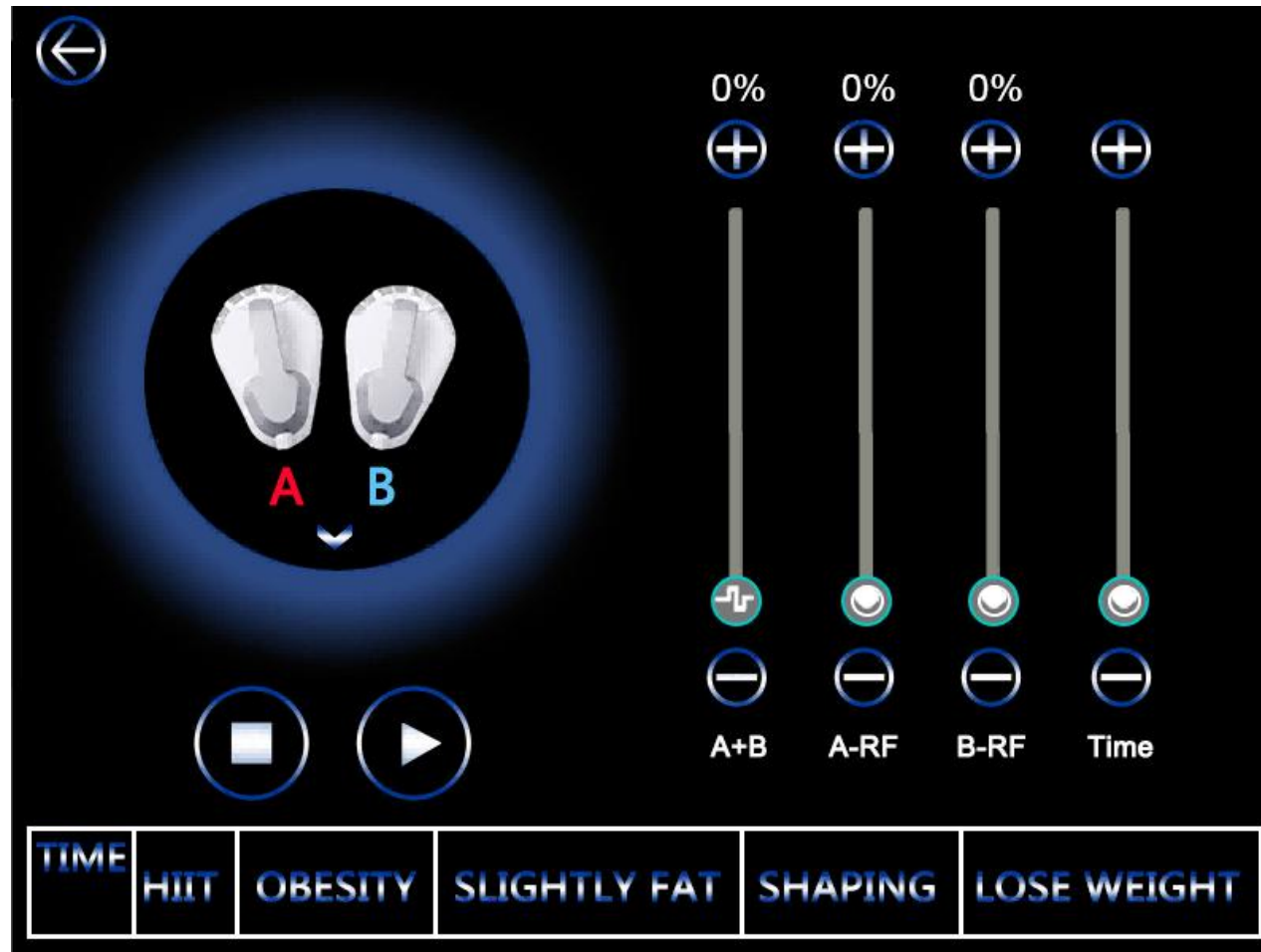
2 、 After clicking Auto/Manual in Figure1,enter into the selection interface of gender/age/position (Figure 2 )

- Choosing the corresponding gender and age;
- After selecting the corresponding part according to the part to be treated, click to enter the working interface.



3、 According to the automatic selection in Figure 1, click in Figure 2 to enter the automatic working interface (Figure 3).

Figure 3



(Figure 3) Introduction of automatic working interface:

- In Figure 3 (Automatic mode interface) , 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 frequency automatic switching. The first minute of each mode is warm-up.

- Setting the intensity, rang from 8% (weak) to 100% (strong)


【Intensity A+B】 : HIFM intensity, click 【-】 and 【+】 of intensity setting to adjust.

【A-RF】 : A handle RF intensity, click 【-】 and 【+】 of intensity setting to adjust.

【B-RF】 : B handle RF intensity, click 【-】 and 【+】 of intensity setting to adjust.

Before operation,setting the magnetic vibration and RF intensity, It's recommended to start with a lower intensity and gradually increase it. RF and magnetic vibration intensity should be slowly increased according to the comfort of the customer. As the treatment continues, the energy area will become warmer and the magnetic vibration will gradually become stronger.

- Setting the working time. The default working time of system is 30 minutes, click **【+】** and **【-】** to adjust. The time range can be adjusted from 5 to 60 minutes, and the operation of each part is about 30 minutes.

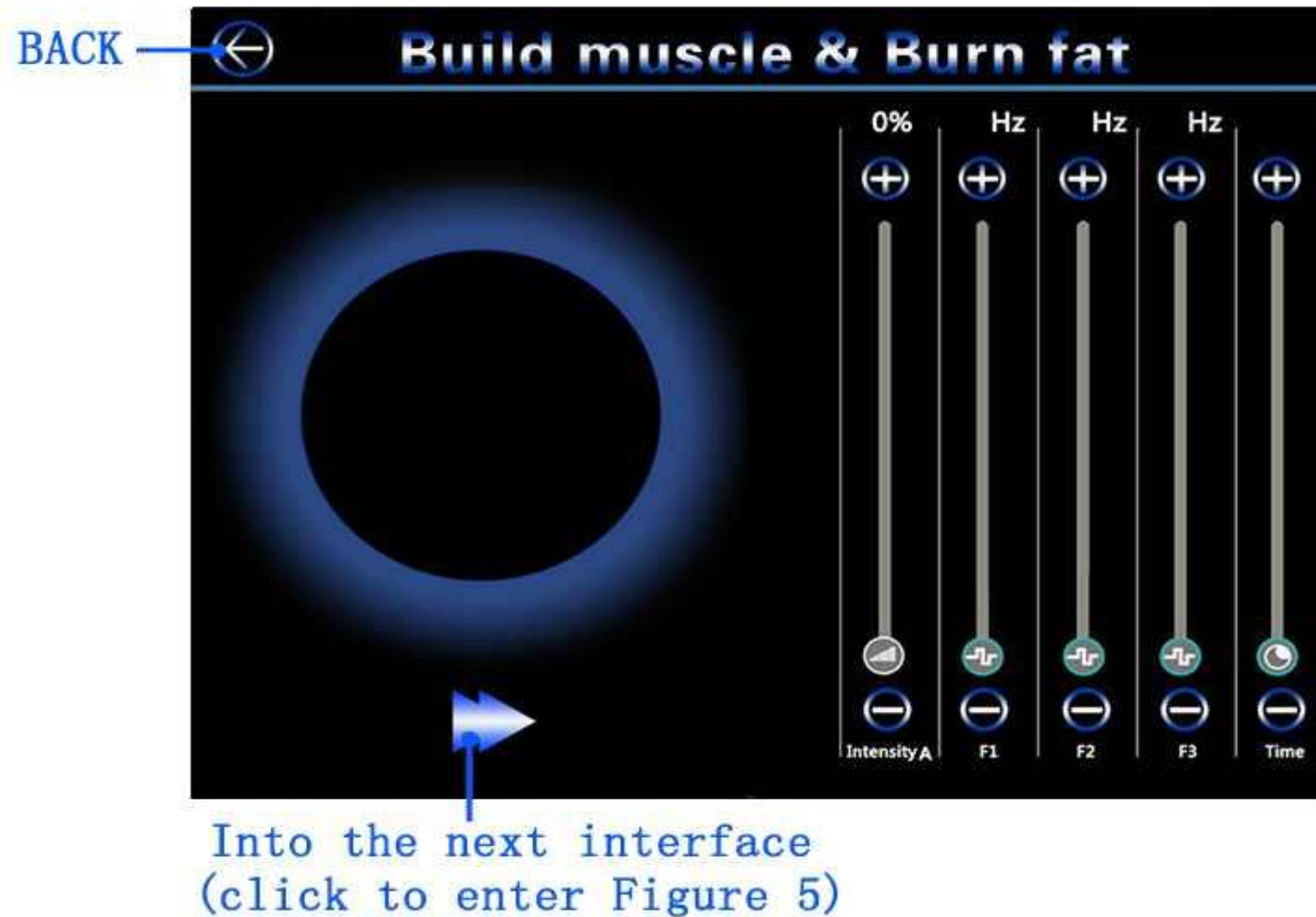
- Click “

Note: Click **【-】** and **【+】** to adjust parameters when the device is in a paused state.



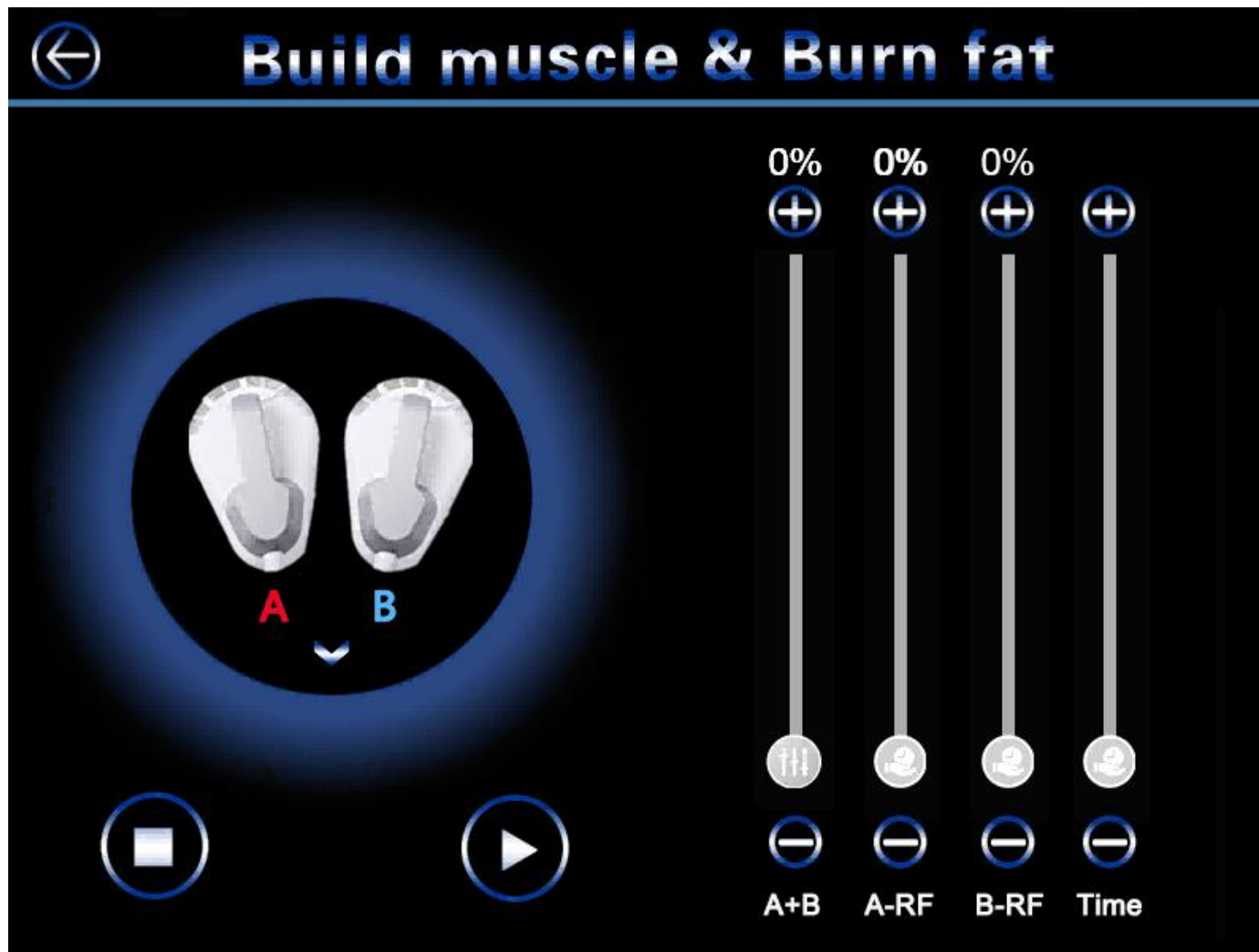
4、 According to the automatic selection in Figure 1, click in Figure 2 to enter the automatic working interface (Figure 4).

Figure 4



5、Manual working interface: Setting intensity (Figure 5)

Figure 5



(Figure 4) / (Figure 5) I introduction of manual working interface:

- Setting the frequency F1-F3.click **【+】** and **【-】** to adjust the output frequency, the range as below:

**【F1】** : The intensity range is 3HZ (weak) to 150Hz (strong);

**【F2】** : The intensity range is 3HZ (weak) to 150Hz (strong);




**【F3】** : The intensity range is 3HZ (weak) to 150Hz (strong);

Before operation, set the frequency parameters according to the required frequency. Each frequency is 6 minutes. During operation, the F1, F2, and F3 frequencies will cycle in turn. The recommended parameters are 50Hz for F1, 5Hz for F2, and 150Hz for F3.

- Setting the intensity, rang from 8% (weak) to 100% (strong)
  - 【Intensity A+B】** : HIFM intensity, click **【-】** and **【+】** of intensity setting to adjust.
  - 【A-RF】** : A handle RF intensity, click **【-】** and **【+】** of intensity setting to adjust.
  - 【B-RF】** : B handle RF intensity, click **【-】** and **【+】** of intensity setting to adjust.

Before operation, setting the magnetic vibration and RF intensity, It's recommended to start with a lower intensity and gradually increase it. RF and magnetic vibration intensity should be slowly increased according to the comfort of the customer. As the treatment continues, the energy area will become warmer and the magnetic vibration will gradually become stronger.

- Setting the working time. The default working time of system is 30 minutes, click **【+】** and **【-】** to adjust. The time range can be adjusted from 5 to 60 minutes, and the operation of each part is about 30 minutes.

- Click “” to start, If you need to pause, please click “”. click “” to return to the previous interface.

## Eighteenth、Clinical cases



Before



After the fourth treatment



Before



After the fourth treatment



Before



8 weeks after the fourth treatment



Before



12 weeks after the fourth treatment



Before



8 weeks after the fourth treatment



Before



4 weeks after the fourth treatment





Before

After the fifth treatment

After the eighth treatment



Before

after



Before

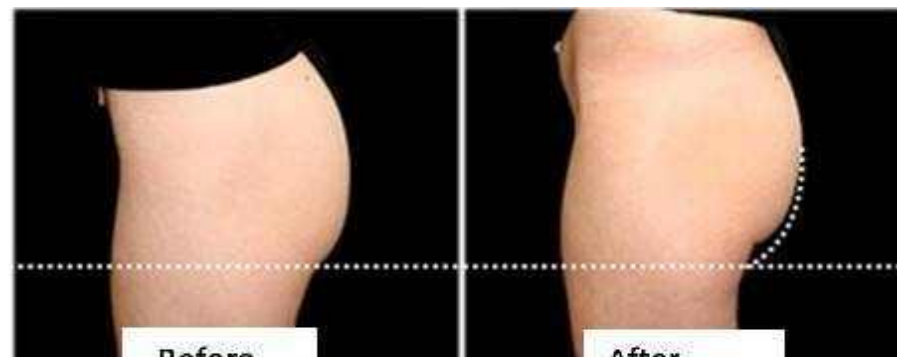
After





Before

After



Before

After



Before



After

## Nineteenth、 Technical specifications

|   |                                  |              |        |
|---|----------------------------------|--------------|--------|
| Product name                                | HIFM+RF Beauty muscle instrument |              |        |
| Magnetic vibration intensity                | 7 Tesla                          |              |        |
| RF temperature                              | 40~50℃                           | RF frequency | 40.68M |
| Input voltage                               | AC110V/230V                      |              |        |
| Output power                                | 300W-3000W                       |              |        |
| Output frequency of Magnetic resonance wave | 3-150HZ                          |              |        |
| Fuse  | 20A                              |              |        |
| Host size/weight                            | 52×39×34cm                       |              |        |
| Size of flight shipping case                | 47×65×63cm                       |              |        |
| Gross weight                                | About 39kg                       |              |        |

**Warranty period:**

|                         |                               |
|-------------------------|-------------------------------|
| Host warranty           | Free warranty for one year    |
| Accessories<br>warranty | Free warranty for half a year |