

POWER STIM 16 TP

PRODUCT MANUAL

INTRODUCTION

Welcome to the world of Electronic Muscle Exercise. You have taken the first step to improving your muscles and overall physical well being. The PowerStim 16 TP is a very effective and easy to use exercise unit. It is a versatile and unique product designed to duplicate the effects of regular exercise work-outs in the privacy of your home or office.

Your PowerStim 16 TP was designed by our engineers working in consultation with the Electro Physiotherapy Departments and Exercise Science Programs at major university hospitals. The device incorporates new techniques in micro-circuitry and solid-state technology. This new design incorporates several functions that are found in products costing thousands of dollars. Our clients range from Doctors, Chiropractors, Physiotherapists, along with Body Builders and other athletes and the average person wishing to tone-up in their home or office.

EMS (Electrical Muscle Stimulation) training can be used in conjunction with a resistance training program or an aerobics program. EMS training can be done everyday using alternate muscle groups every other day. The muscle groups should be stimulated 15-60 minutes every workout. Abs can be trained every day.

EMS can also be used as a pre-warm up 15 minutes before your resistance training routine. This technique will increase blood flow to the stimulated muscles and exhaust the muscle, but not to the point of fatigue. You should then wait 10 to 15 minutes before working out that muscle group. An alternate to a pre-workout, is a post-workout. This technique allows you to remove the waste products in your muscles (i.e. lactic acid) a lot faster than by normal methods. The post-workout allows your muscles to recover much faster than they would with only a physical, mechanical or weight workout. Faster, smoother recovery of the muscle means increased growth, strength and endurance in the muscle.

EMS training can be used to increase the benefits of your cardiovascular and weight training exercises.

CAUTION / WARNINGS

The PowerStim 16 TP is one of the strongest Electronic Muscle Stimulators available anywhere.

You have to start out on a very low intensity setting. We suggest you start on level 0 and take up the power very slowly. This is an incredibly strong professional strength machine. Please proceed with caution. We must stress that you take up the intensity slowly. Please start out low and work your way up to higher levels over time.

COMMON QUESTIONS

POWERSTIM 16 TP

How does EMS work?
EMS (Electrical Muscle Stimulation) uses electrical current to stimulate the muscles. This electrical current is similar to the electrical impulses produced by the brain to move muscle tissue.

Is 45 minutes of EMS equivalent to a workout in the gym?
There is strong evidence that using the EMS will replace time in the gym and studies have shown that EMS is effective for toning and strengthening unused muscles, and as training aid with resistance training. We can help you work out a program that is very effective in developing your strength, or toning your body.

What does it feel like?
People react very differently to the use of EMS. Many people get a tickling feeling, or a feeling of someone tapping their skin.

Will it be comfortable?
There are some cases when people get a prickly or stinging sensation on their skin. This is usually due to improperly placing the pads on the skin. Moving the pads slightly to another position will usually result in a more comfortable exercise.

When should I use the PowerStim 16 TP?
The PowerStim 16 TP can be used before or after a workout in the gym. It can be used at the home or in the office while sitting in a chair, watching TV or surfing the web. The PowerStim 16 TP can be used just about anywhere.

How long should I use the PowerStim 16 TP?
We recommend starting of each muscle group for 5 minutes and eventually working your way up to 30 minutes per muscle group.
You should always work different muscle groups on alternating days.
Give the muscle group a day off between workouts.
You can use it on your abs and calves every day.

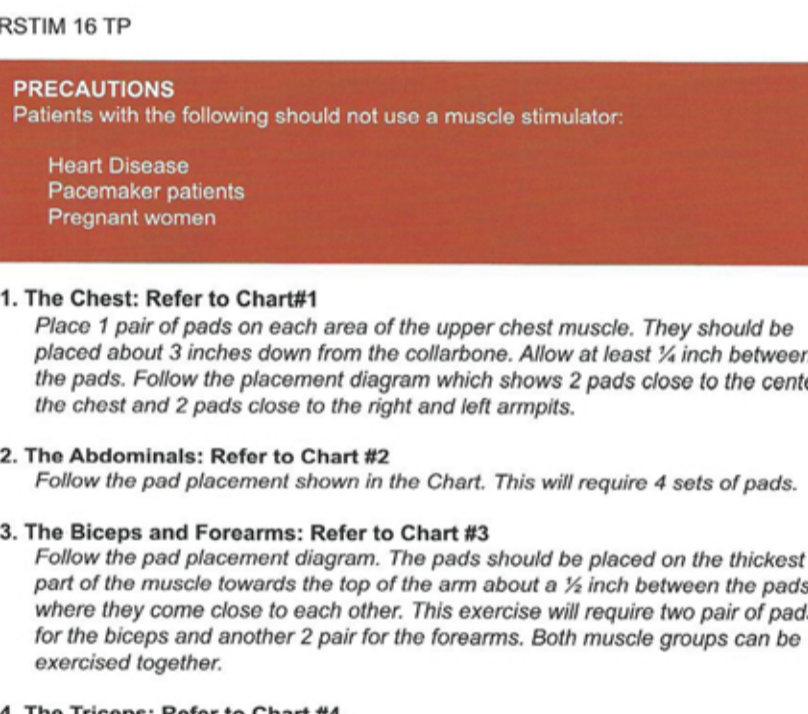
When will I notice a difference?
It will take about 2-4 weeks to see any real, noticeable improvement. The improvement could be a slimmer waistline or a tighter muscle group you are working. You can actually see and feel the blood pumping into your muscle on the very first session. You may be sore after your first workout.

Can I use the PowerStim 16TP in the gym?
Yes, the PowerStim 16TP can be taken to the gym to warm up before you exercise a muscle group.

Will I grow muscle bulk using the PowerStim 16 TP?
Through a combination of EMS and resistance training, you could develop your muscle groups a lot further than by plain resistance training. Also, while EMS devices, by themselves, will not develop massive arms, they can tighten and tone your current muscle groups.

DESCRIPTION OF CONTROLS

POWERSTIM 16 TP



The POWERSTIM 16 TP has 4 channel control knobs, 3 system control knobs, 2 red light indicators, and one Phase button. Below is a description of what each switch, knob or light does on your system.

ON/OFF button - push in the large Red button to start the unit.
PHASE: The unit can be operated in either a bi-phasic or mono-phasic mode. When the button is pressed IN, the unit is placed in the mono-phasic mode. When the button is in the OUT position, the unit is in the bi-phasic mode. The bi-phasic mode delivers an evenly distributed stimulation that is generally more comfortable for everyday use. The mono-phasic mode will deliver more stimulation to one pad than to the other. This feature will be little used, but it does provide add versatility which is useful in clinical cases where part of a muscle group is less developed and may require additional stimulation. Keep the Phase button out in the (BI-Phasic) mode. CAUTION - START OUT ALL WORKOUTS AT A VERY LOW INTENSITY LEVEL!

POWER LIGHTS: The POWER indicator light is located under the RED On/Off switch. When the POWER indicator light is Red, the PowerStim 16 TP is ready to start. The Adapter input pin is directly below the Red On/Off button. This is where the adapter should be plugged in to give power to the PowerStim 16 TP. The 16 TP is also equipped with a rechargeable battery to use when you are on the go. Much like a laptop, we recommend using the AC adapter when you are near an electrical outlet.

FREQ: This knob is used to control the frequency - how many electrical pulses are being sent to your muscle in one second. If you set the PULSE knob to '45', that tells the unit to send 45 electrical pulses to the muscle per second. If you turn the knob to '100' the unit will send 100 pulses per second to your muscle. This is important that in order to strengthen the deeper muscles you need to use the lower frequencies. This frequency range if from '45' to '70' pulses per second. If you want to tone or improve the definition of a muscle, then we recommend the range of '110' to '140' pulses per second. See the recommendations later in this manual.

REDUCE: This control allows you to set the length of time of the relaxation time between the contractions at any setting ranging from 3 to 50 seconds.

STIM: This control allows you to set the length of time of each contraction or flexing action at any setting ranging from 3 to 30 seconds. This stim range is perfect for all types of EMS protocols. You can use this machine for muscle building, muscle toning or muscle rehabilitation. Most people prefer a longer stim time for muscle toning followed by a shorter relax period. Thirty seconds is the industry standard for non Russian units.

Channel Control Knobs: Each channel control has settings from 0 to 10 (max). These controls determine the amount of power (intensity) of stimulation that is delivered to the pads. The knob is placed at the lowest setting (0) and move up slowly (over a period of a few seconds) to the settings you were using the previous day.

STIMULATION LIGHT: The Stimulation light is located above the Stim control. When the light is Red, there are electrical pulses being sent to the pads. When the light is off, the PowerStim 16 TP is in the Relaxation or Reduce mode and the electrical pulses have stopped being sent to the pads.

GETTING STARTED

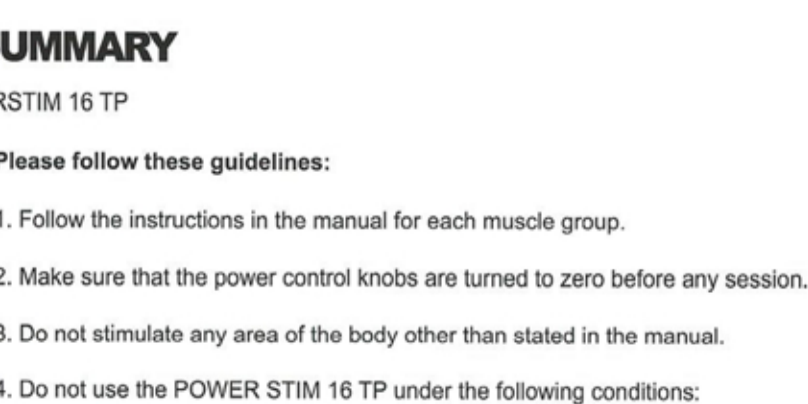
WITH ELECTRODES AND VELCRO

Refer to the pad placement diagrams towards the back of this instruction manual. The diagrams show suggested pad placement for different body areas. These are only suggestions based on our experience, but you can also arrange the pads in any configuration you feel are comfortable (you can also see pad placement suggestions at www.StimRx.com).

Let us assume that you would like to work the abdomen. This is an area of great interest to many people. If you want to concentrate on the abdominal muscles you should consider our new abdominal belt. The new ab belt uses up to 16 electrodes and is also available at www.StimRx.com.

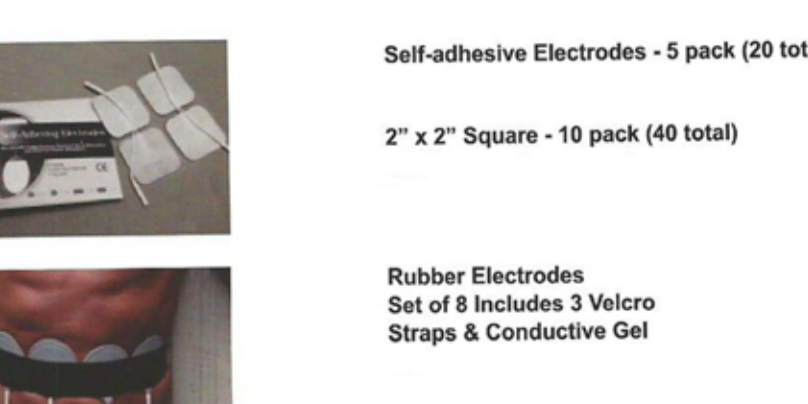
STEP 1:

Unwind one of the electrode cables. Plug the round thin silver 2 pronged end of the cable into one of the 8 channels on the front of the unit. You will notice that the other end of the cables (red and black) allows you to attach 2 electrodes.



STEP 2:

If using the Lifetime Rubber Electrodes moisten them under with conductive gel or water before placing them on the skin. Be sure to cover the entire inner surface of the pad with moisture. This provides a better contact for stimulation. If you want a faster, easier set up you can opt to attach the self adhesive electrodes to the red and black tips. This unit comes with 3 packs of self adhesive electrodes.



Take the large Velcro waist strap and fasten it around the waist. Slide the rubber pads under the strap so they lay firmly against the skin on the stomach area.

Photos of the Velcro belts and rubber electrodes are available at www.StimRx.com

STEP 3:

With this unit you may work with up to 16 pads at any one time either on the stomach area or on other muscle groups of the body. Simply duplicate the above procedures with other cables plugged into the channels. Once the electrodes are in place you are ready to start.

QUICK SUMMARY

- *Decide on area to be stimulated
- *Unwind cables
- *Plug in the double pronged end into unit
- *Plug in two pads into the leads on the other end of the wire
- *Plug in your adapter
- *Unravel the Velcro straps and place around the waist or other muscle group
- *Moisten the pads under with gel or water
- *Place wet/gel pads under the straps and ensure that the entire pad makes contact with the skin

USING THE CONTROLS PROPERLY

POWERSTIM 16 TP

Firming, Toning and Building Muscle

In order to firm, tone and/or build muscle you will want to eventually get to the point where you have a longer stimulation time, a shorter Relaxation time and a fairly high level of energy flowing through the pads.

However, it takes a little time to reach optimum exercise levels and this conditioning time will vary with each individual according to their body fat and muscle tissue content.

Start slowly by setting the Stim dial at 5-10 seconds and the reduce/relax dial at 10 seconds. Also set the Channel Control Knob to a level 2 of intensity. If the muscle action at this level is too strong, back the control down to a setting that is more comfortable. The reason for recommending these relatively low settings is to have you start as comfortably as possible. You can increase your Channel intensity as your muscles become stronger and can tolerate higher levels of stimulation.

When you are comfortable with the Stimulation time set at 10 seconds you should gradually increase this to 15 seconds. At this time keep the Relax dial at 8 seconds. In doing this you have lowered the ratio of time between Contraction and Relaxation and are moving towards your ultimate goal of longer contraction times and shorter relaxation times. Again, use these settings at this level until the muscle movement tells you that you are ready to increase the Stim time again.

During these increases in Stim time you should gradually increase the intensity of the energy flowing through the pads by slowly advancing the Channel Control Knobs.

YOUR ULTIMATE GOAL :

- THE HIGHEST POSSIBLE STIMULATION TIME
- THE LOWEST POSSIBLE RELAXATION TIME
- THE HIGHEST POSSIBLE INTENSITY SETTING
- ALL CONSISTENT WITH A COMFORTABLE WORKOUT

It takes time to reach the higher settings if you have done little or no exercise recently. Soft muscle tissue can handle only short contractions and requires longer periods of relaxation when you first start to exercise. As you use your PowerStim 16 TP the muscle will continue to get stronger thus allowing you to move up to longer stimulation times and higher intensity levels.

Over the course of this exercise program you may have some muscle soreness. This is normal for muscles that have not had regular exercise. So this soreness will wear off as the muscles become accustomed to the exercise. If, at anytime during the workout, the muscle starts to hurt, as opposed to being sore, discontinue the exercise and let the muscle rest until the next day. This is your body's way of telling you that this muscle has had enough for today.

RECOMMENDED SETTINGS FOR FIRMING, TONING AND BUILDING MUSCLE

FIRMING AND TONING:	SUGGESTED FREQUENCY	110 to 150
BODYBUILDING:	SUGGESTED FREQUENCY	75 to 100
STRENGTH TRAINING:	SUGGESTED FREQUENCY	45 to 75
MASSAGE AND REHABILITATION:	SUGGESTED FREQUENCY	150 to 180

You can massage various muscle groups to relieve stiffness, to improve a pulled or muscle or for relaxation. The best massage is accomplished by working the muscles in a way that increases blood circulation to the muscle without trying to build or strengthen muscle tissue. An ideal setting for massage is 5-10 seconds of stimulation time and 5 seconds of relaxation time at Channel intensity level of about 2. For a more vigorous massage you can increase your stimulation time to 15 seconds while maintaining a 5 second relaxation time. Do this for 15-30 minutes to help relieve soreness or stiffness.

HOW OFTEN AND FOR HOW LONG SHOULD I USE THE POWERSTIM 16 TP ?

You should exercise each muscle group you have selected for approximately 15 to 30 minutes at each session. All muscle groups except the abdomen should start out with about 15 minutes of exercise. You should gradually increase this time by about 5 minutes per week until you reach an exercise time of about 30 minutes. You should level off at about 30 minutes on all muscles except the abdomen. Abdominal muscles can be exercised for longer periods than other muscles. Start the abdominal exercise at 30 minutes and gradually increase it about 10 minutes per week until you feel off at 60 minutes. With all muscle groups, if the muscle begins to feel uncomfortable, shorten the length of time of the exercise until the muscle becomes stronger and can accept a longer exercise time.

Abdominal muscles and the muscles at the side of the waist (sometimes referred to as the oblique's) can be exercised daily up to 60 minutes per day.

All other muscle groups of the body should be exercised only every other day, allowing a full day of rest for these muscles between exercise sessions.

Intensity of Channel Controls - Different muscle groups usually require different levels of intensity or power. For example, the abdominal muscles will usually require a greater level of power than other muscles. Turn the Channel control for each group of pads to the 1-2 setting and gradually increase the power to each muscle group until you feel a contraction of the muscle. At this point turn the knob toward 1/2 hash mark. If this does not feel comfortable turn the knob back slowly to a more comfortable setting. Increase the power level to each muscle group gradually over a period of weeks always using comfort as your guide.

The exercise process described above will require a certain amount of time to make up and physiology. Even though it will take some longer than others to reach optimum results. Always start each exercise at a low level. This is important that most people will get significant results within 30 to 60 days. Many of our customers report soreness right away and see muscle toning within 10 workout sessions.

PAD PLACEMENT

POWERSTIM 16 TP

PRECAUTIONS
Patients with the following should not use a muscle stimulator:
Heart Disease
Pacemaker patients
Pregnant women

1. **The Chest:** Refer to Chart #1
Place 1 pair of pads on each area of the upper chest muscle. They should be placed about 3 inches down from the collarbone. Allow at least 1/4 inch between the pads. Follow the placement diagram which shows 2 pads close to the center of the chest and 2 pads close to the right and left armpits.
2. **The Abdominals:** Refer to Chart #2
Follow the pad placement shown in the Chart. This will require 4 sets of pads.
3. **The Biceps and Forearms:** Refer to Chart #3
Follow the pad placement diagram. The pads should be placed on the thickest part of the muscle towards the top of the arm about a 1/2 inch between the pads where they come close to each other. This exercise will require two pair of pads for the biceps and another 2 pair for the forearms. All muscle groups can be exercised together.
4. **The Triceps:** Refer to Chart #4
Pad placement for the Triceps is similar to that of the Biceps. However, the pads are positioned towards the back of the largest part of the muscle so that they almost come together towards the back of the arm.
5. **Laterals:** Refer to Chart #5
Place the pads one above the other on each side of the diaphragm as shown. Pads should be slightly towards the front. Leave 1/4 inch space between pads. This will require 2 pair of pads.
6. **Front and Inner Thighs:** Refer to Chart #6
Follow the pad placement as shown in the diagram. This will require 4 pair of pads.
7. **Calves:** Refer to Chart #7
Place the pads over the largest part of the muscle slightly towards the back of the leg so that the pads come closer together in the back. Leave 1/4 inch between pads. This requires 2 pair of pads.
8. **Back (Trapezoids, Shoulders and Deltoids or Upper Laterals):** Refer to Chart #8
Follow pad placement diagram. This will require 2 pair of pads.
9. **Buttocks and Back Thighs:** Refer to Chart #9
Follow pad placement diagram. This requires 4 pair of pads.
10. **Back (All exercise for the Shoulders and Lower Back):** Refer to Chart #10
Follow pad placement diagram. This will require 2 pair of pads.

Electrode Pad Placement*

The following electrode pad placement diagrams are provided as a starting recommendation only. Our charts are to be used as a guide. There is no exact pad placement science. The stimulation results will vary according to the individual. Individual sensitivity to electrical stimuli varies greatly. EMS is a training, toning and rehabilitation tool and can be adapted to suit the individual. The ideal intensity setting is achieved when the stimulus and muscle contraction is strongly perceived but is not unpleasant or painful. The bottom line: use the placement charts as a guide but don't be afraid to move the electrodes around to get the best response for your body.

TROUBLESHOOTING

POWERSTIM 16 TP

1. **The Power light doesn't come on.**
No fuse on 16 TP. Examine the adapter and be sure it is plugged in.
2. **The Stimulation light doesn't come on, but I feel the electrical pulses.**
The Stimulation light is a diode and needs to be replaced. Please call the company and return for repair.
3. **The Stimulation light comes on and then goes off and stays off.**
I don't feel any electrical pulses coming through the pad. A chip in the PowerStim 16 TP has gone bad. Please call the company and return for repair.
4. **The Stimulation light is on but I don't feel any electrical pulses.**
You may have a bad cable; please try a different cable in that connector. If this doesn't work, please call the company for repair and return.
5. **The electrical pulses coming out of the pads seem to be erratic.**
You probably have a bad cable or pads. Call the company for repair.
6. **I used the PowerStim 16 TP yesterday and it worked. I tried today and nothing seems to work.**
Your power adaptor may be bad. Please examine the adapter as suggested in point number one.
7. **I keep getting a prickly feeling on the skin.**
The prickly feeling can be caused by the following problems:
A. Pad Placement: readjust your pads and follow the instructions in the manual.
B. Dry Skin: wet the area under the pad
C. Pads may need to be cleaned.
8. **My skin under the pad locks red.**
A little pinkish skin color under the pad will occur to people using the POWER STIM 16 TP. If the skin is red, you will need to use more moisture or a conductive gel under the pad. Also, check to make sure your pads are clean.
9. **The muscle group that I'm exercising doesn't seem to have enough room for the two large pads.**
If the area is not big enough to handle two large pads, then use the small pads. Everybody has different body types and that is why we include both large and small pads. If you need additional pads, please call the company.
10. **I'm having a hard time putting the straps on my arm, is there an easier way?**
The easiest way to put the straps on is to fasten the strap together before you put them on the arm; then just slide the strap up the arm. Once in place slide the pads under the strap.

11. **I seem to be getting some kind of buildup on the pads. Is there a way to clean the pads?**
From time to time, it will be necessary to clean your pads. We recommend using plain hot water and a washcloth. You may also use Isopropyl alcohol. Rub the alcohol on the pads with a washcloth until the pads are clean. Do not use soap and water because this will leave a film on your pads.

12. **It doesn't seem to be getting the same power out of each channel.**
Different areas of the body have different skin resistance. This will make it appear that the channels don't have the same power. If you were to reverse that channel, then the problem would seem to be occurring on the other channel.

13. **One pad seems to be stronger than the other.**
Your pads may be improperly adjusted and need to be readjusted. Turn off the PowerStim 16 TP and adjust your pads.

14. **When I use the PowerStim 16 TP I seem to develop muscle soreness and cramps.**
You have probably tried to do too much and need to turn your control knobs back. The Power Stim 16 TP can overwork your muscles, including the abdominal muscles. Relax and do not use the PowerStim 16 TP for three days. This will give you time to fully rest your muscles.

IN SUMMARY

POWERSTIM 16 TP

Please follow these guidelines:

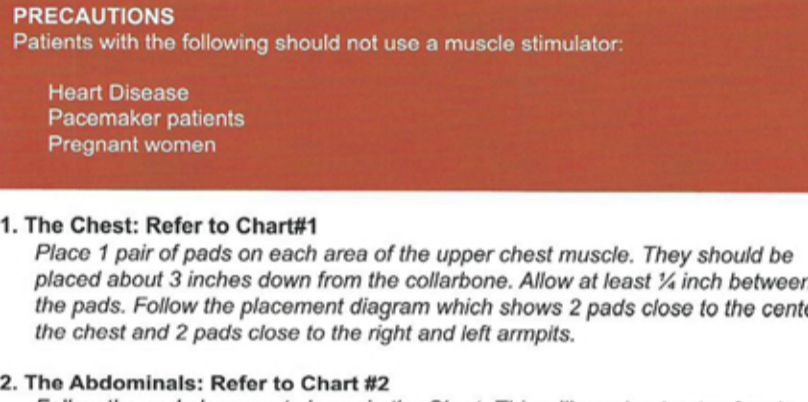
1. Follow the instructions in the manual for each muscle group.
2. Make sure that the power control knobs are turned to zero before any session.
3. Do not stimulate any area of the body other than stated in the manual.
4. Do not use the POWER STIM 16 TP under the following conditions:
*While lifting any weighted objects
*Near any water
*If using alcohol, drugs, or medication
5. Use a small amount of water or conductive gel on the pads.
6. Do not overlap pads.
7. Clean pads, when needed, with water or isopropyl alcohol.
8. Do not let children use this machine.

LIFETIME WARRANTY

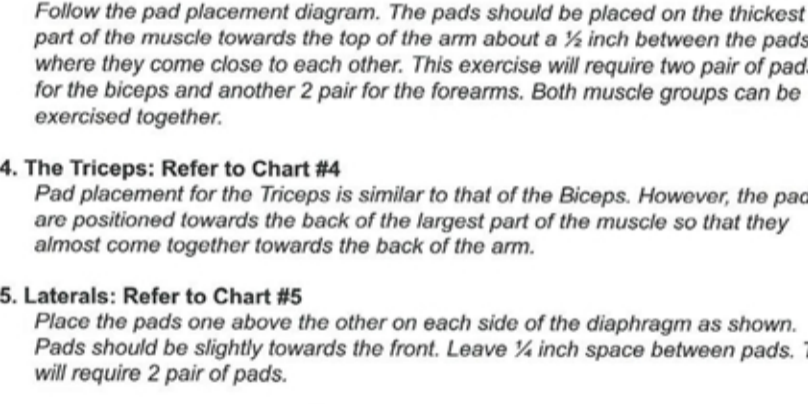
It's Simple. We offer the strongest warranty in the business.

Your product has a Lifetime Warranty. If it ever has a mechanical problem we will fix or replace it for life!

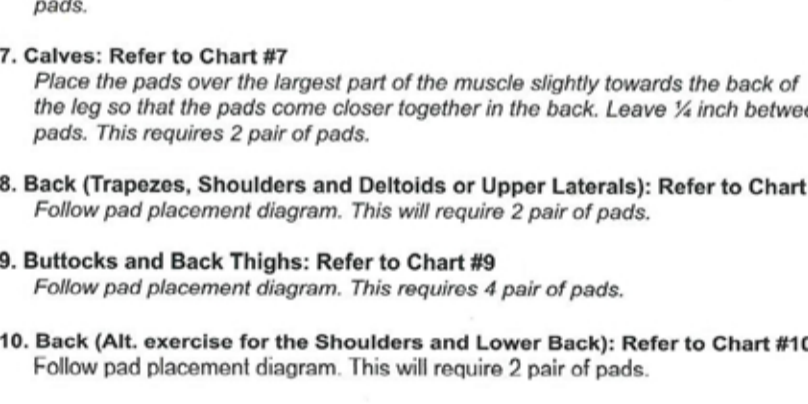
ADDITIONAL PRODUCTS



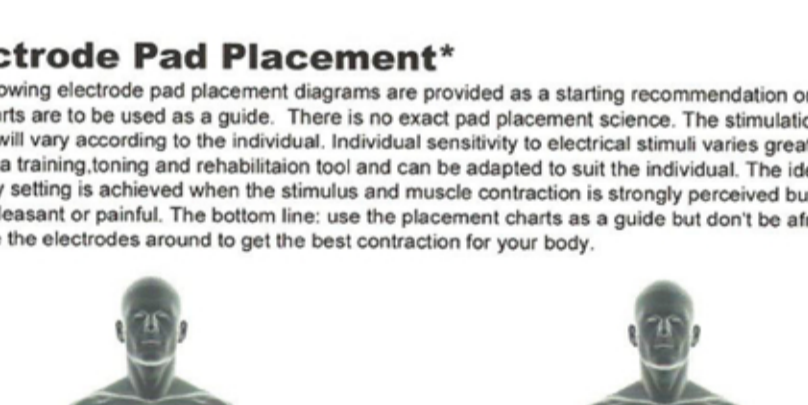
Self-adhesive Electrodes - 5 pack (20 total)



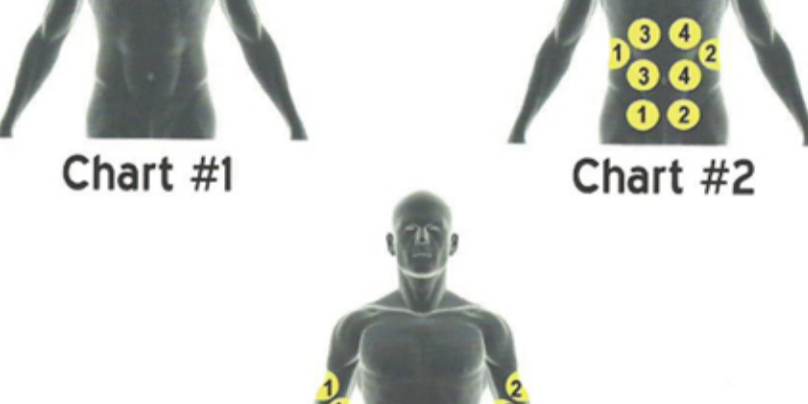
2" x 2" Square - 10 pack (40 total)



Rubber Electrodes
Set of 6 Includes 3 Velcro Straps & Conductive Gel



Box of 16 3" Round Self-adhesive Electrodes



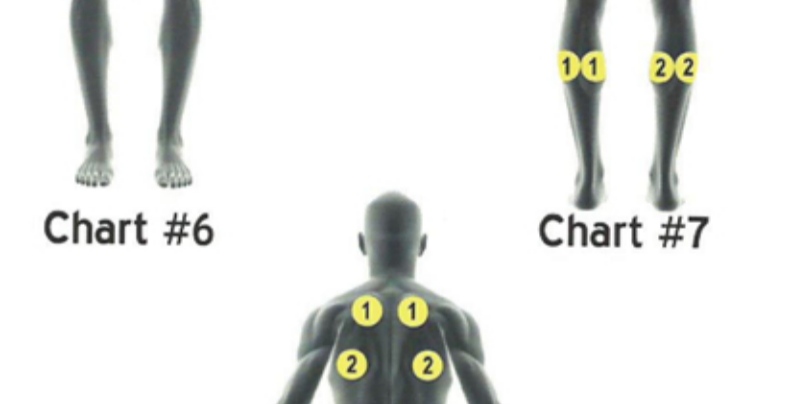
Facial Toner with toning gel



Ab Belt with 8 lifetime Cloth Electrodes



8 Ab Belt Cloth Electrodes



2 Oz. Tube of Conductive Gel

ORDERING INFORMATION

To reorder please call 800-573-8171. Adapters, cables & other accessories not listed are also available. Call for more details. Shipping charges are not included.

ORDER A SECOND UNIT AND SAVE 20% (For Repeat Customers Only)

