



2nd Generation Wireless Smart EMS Fitness System

YD-209C – Home use

YDSTRONG[®]





Which Places Are Applicable To



EMS studio



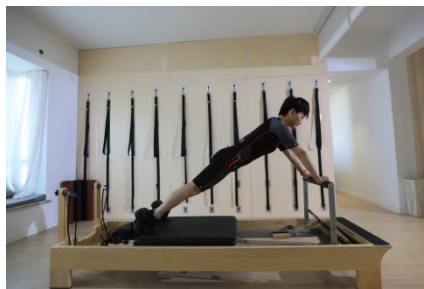
Home use



GYM use



Yoga use



Pilates use



Athlete training

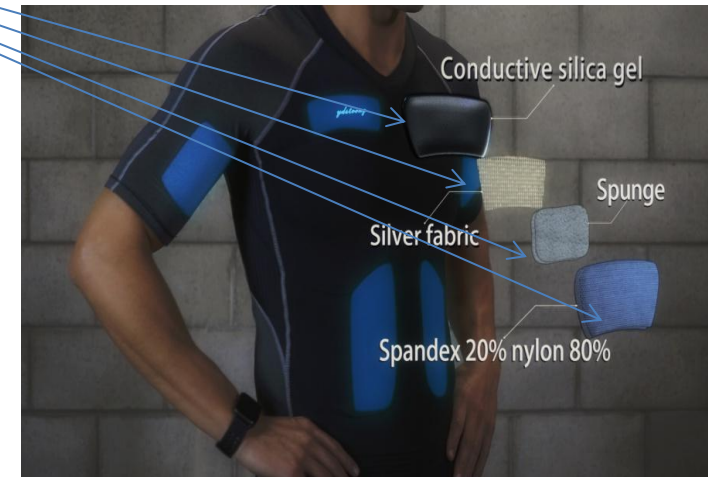


Start Your Workout – Wireless EMS Suit



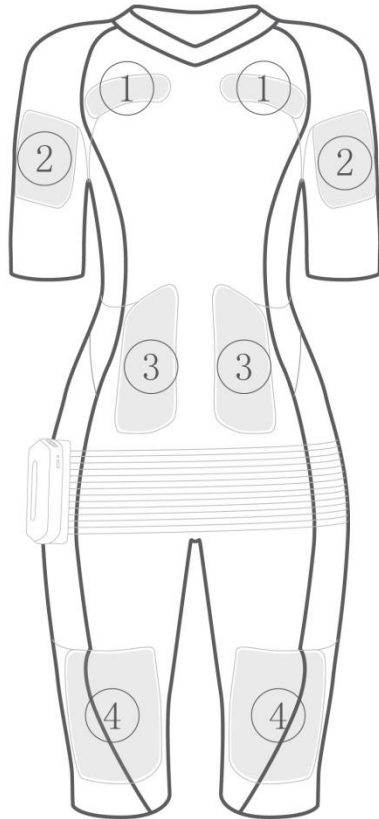
Main Features

- * Wireless;
- * Ready to use, no spraying water, no sting on skin;
- * High elastic compression material, suitable for all body types;
- * Full body type design, perfect fit to muscle groups and Precise stimulation;
- * Unique design under axilla region, more breathable;
- * 10 electrical pulse channels & 20 pads covering 90% muscle groups of body;
- * 100% soft sensing fabric wire without any metal Ingredient, lowering resistance maximally to ensure best Conductivity;
- * Special drawstring design on the back, easy to put on;
- * Four layer silver fiber fabric silicone electrode, Safe and durable;
- * Lightweight, portable and smart. Both hand washing and machine washing are applicable;

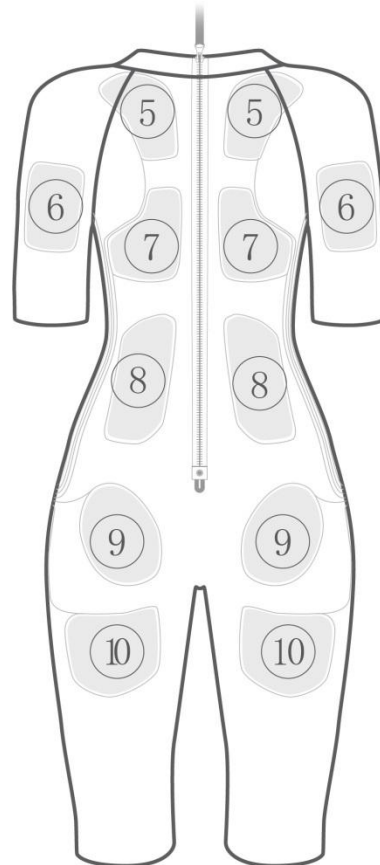




Start Your Workout – 20 Pads



Front



Back

- ① Chest muscles
- ② Biceps
- ③ Abdominals
- ④ Quadriceps
- ⑤ Trapezius
- ⑥ Triceps
- ⑦ Trapezius/Rhombus
- ⑧ Erector spinae
- ⑨ Gluteus maximus
- ⑩ Biceps femoris



Start Your Workout – Smart Box



Weight: 120g
Power Supply: 1400mAh rechargeable lithium battery
Maximum Charging Current: 1A
Power Supply Range: 3.2-6V
Maximum Working Current of Whole Machine: No more than 1A (regulated power supply test)
Standby Current: 40 MA±3 (power supply test method)
Static Current: No more than 30uA
Low Voltage Alarm: 3.3V red light flashes
Treatment Current: 6mA-100mA
Output Interface: Metal probe
Output Channel: 10 channels
Frequency Range: 4 ~ 200Hz
Pulse Width: 100 ~ 1000us

Indicator
Green color - EMS training process
Blue color- BMI data collecting

Fundamental Waves: (Biphasic)
Square wave
Trapezoidal wave
Sine wave
Triangular wave

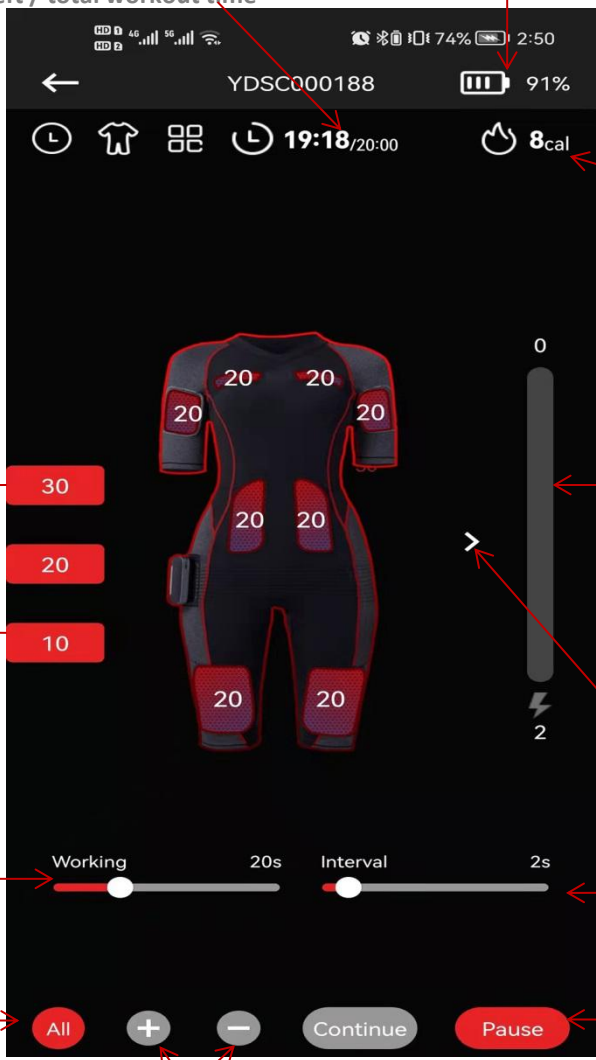
Storage Temperature: -20 °C ~ 55 °C
Relative Humidity: ≤ 93% R. H.;
Atmospheric Pressure: 50.0 KPa ~ 106.0 KPa





Start Your Workout – Smart App Application

Time left / total workout time Energy box battery indicator



- Go back to video program
- Training time setting
- Right/left balance setting
- Calories burned

Quickly intensity button

- 30
- 20
- 10

Voltage release, changed automatically based on your workout



Front/back position exchange

Current discharge duration

Working 20s

Interval 2s

Interval time for discharge

Activate all electrode pads by one click

All

+

-

Continue

Pause

Start/Pause program

Intensity control



YDstrong EMS Advantages

	YDSTRONG Smart EMS	Traditional EMS	Conventional Training
Best production process, with 11 years manufacturing experience	√	×	×
Left-right Balancing Adjustment	√	×	×
Calories burned	√	×	×
Special Instruction	Not required	Required	-
Water Spray Aid	Not required	Required	-
App	Close-loop fitness system	Training function only	-
Skin Irritation After Connection	Negligible	Yes	-
Speed of Battery Consumption	Slow	Fast	-
Duration	20mins	20mins	60-120mins
Visible Change	4-6 Times	4-6 Times	15-20 Times
Consume KCAL After training	1500 KCAL	1500 KCAL	1000 KCAL



Size Chart

YDSTRONG EMS Suit Size Chart

Women

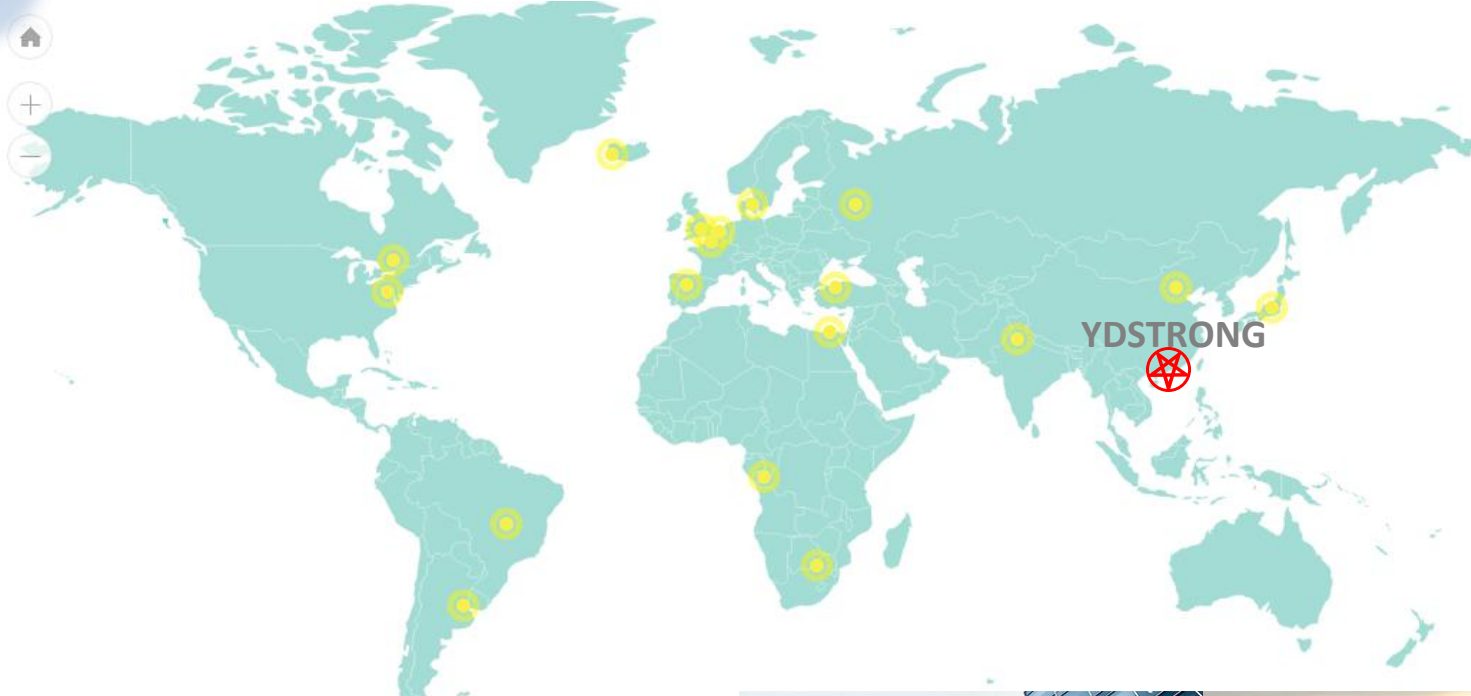
	S	M	L	XL	XXL
Chest	68~88cm	72~93cm	76~98cm	80~104cm	84~109cm
Waist	58~75cm	62~80cm	66~85cm	70~91cm	74~96cm
Hips	82~106cm	86~111cm	90~117	94~122cm	98~127cm
Suit length	80cm	89cm	90cm	91cm	92cm

Men

	S	M	L	XL	XXL
Chest	78~101cm	82~106cm	86~111cm	90~117cm	94~122cm
Waist	74~96cm	78~101cm	82~106cm	86~111cm	90~117cm
Hips	85~110cm	89~115cm	93~120cm	96~124cm	100~130cm
Suit length	102cm	103cm	104cm	104.5cm	105cm



About YDSTRONG



Shenzhen YDSTRONG Smart Health Technology Co., Ltd. specializing in R&D, production and sales of textile electrode clothing and flexible sensor electrodes. Our products are sold in 69 countries and regions globally across China, Hong Kong, Southeast Asia, Australia, Middle East, Africa, Europe, South America and North America. The EMS muscle stimulation developed by us provides a completely new way of exercise. This is unprecedented in the training industry and we are continuously innovating and moving forward. We believe this is the way to the future.

