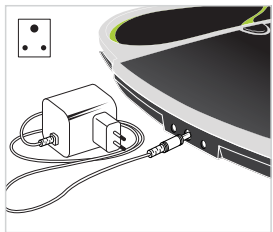
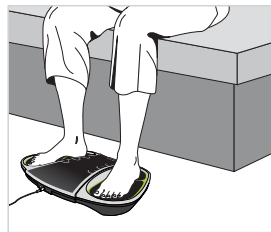


WeightWorld™

## CIRCULATOR

**STEP#1**

Plug the power cable into the nearest electricity socket and the power input of the device.

**STEP#2**

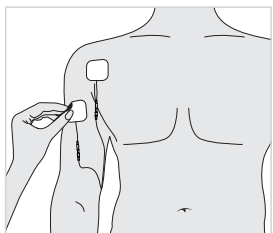
Sit down on a chair or a sofa and place both of your bare feet on the foot shaped pads of the device.

**STEP#3**

To turn the device ON, press the power button on the device or the remote control. Adjust the intensity through -/+ button.

**STEP#4**

Connect the electrode pads with the connecting wire. Now plug this wire into the accessories socket on the device.

**STEP#5**

Peel off the protective membrane from the body pads and carefully place them on clean, dry, uninjured skin.

**USER MANUAL**

Please read the user manual carefully before using the product

Key Components	3
<b>Instruction for using Foot Pads</b>	
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Remote Control	7
<b>Indications for use</b>	
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Frequently Asked Questions	10
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- 1 Sole / Foot Pads
- 2 Time Buttons  
- / + 1-60 minutes  
(default 30 minutes)
- 3 Sole Intensity Level Buttons  
- / + 1-99 (Electrode pads)
- 4 Body Intensity Level Buttons  
- / + 1-99 (Electrode pads)
- 5 Power Button  
Press to turn device on/off
- 6 Power and Accessory Sockets  
Power and Electrode Pads sockets (simply plug in the leads, connect the pads and select body intensity levels)
- 7 AC/DC Adaptor
- 8 Remote Control
- 9 Electrode Pads  
To target specific areas of pain and swelling



**!** WE STRONGLY RECOMMEND THAT YOU READ THE CONTRAINDICATIONS BEFORE USING THIS PRODUCT TO ENSURE YOUR SAFETY.

## FOOT PADS

### Foot and Leg Stimulation

1. Insert the two AAA batteries provided into the remote control.
2. Plug the device into the nearest electricity socket.
3. Sit down on a chair or a sofa and place the device in front of you on the ground.

#### **!** Please do not stand on the device




Place both of your bare feet on the foot shaped pads on the device.

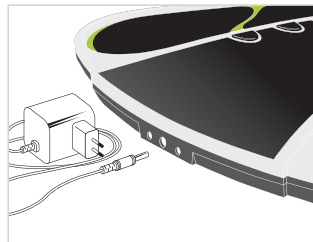
**Important:** Remove your shoes, socks and stockings before using the device. Both the feet are required for the stimulation to work


Sit comfortably with both your knees bent at 90 degree angle for maximum effect.

#### Recommendation


Although it is not mandatory, we recommend that you apply balm on your feet to improve its conductivity.

4. To turn the device ON, press the power button  on the device or the power button on the remote control. When turned on, the default duration shows  30 minutes and intensity  is also defaulted to zero (0).




5. Either directly through the device or using the remote control, adjust the intensity  through -/+ button.

Continue to increase the intensity until you either feel or see your feet and calves muscles contracting and expanding. Please note that the optimal intensity level varies from person to person.

6. Similarly, either directly through the device or using the remote control, adjust the duration  through -/+ button.

**!** For optimum result, please do not lift your feet while the device is on.

7. The device will turn off automatically once it has run for the duration chosen. Alternately, you can switch off the device by pressing the power button  or the remote control.



Additional reusable body pads that have been provided with the device can be used to address other body parts such as shoulders, knees, elbows, back or arms. These body pads can be used independently or simultaneously with the foot pads.

## ELECTRODE PADS


### Body Stimulation



1. Thoroughly wash the intended treatment site and then dry it properly.


Connect the electrode pads with the connecting wire. Now plug this wire into the accessories socket on the device.


2. Ensure that the device is turned off when you are attaching the pads.


Peel off the protective membrane from the body pads and carefully place on the clean, dry, uninjured skin.

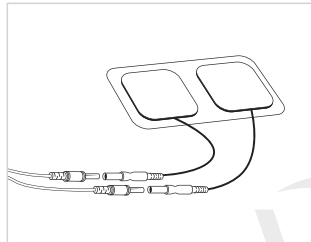
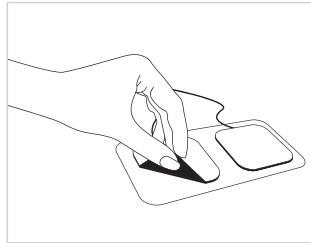
3. Turn on the device either through the power button  on the device or the one on the remote control.

When turned on, the default duration shows  30 minutes and intensity  is also defaulted to zero (0).

4. Either directly through the device or using the remote control, adjust the intensity  through -/+ button for body.

5. Similarly, either directly through the device or using the remote control, adjust the duration  through -/+ button.

6. The device will turn off automatically once it has run for the duration chosen. Alternately, you can switch off the device by pressing the power button  on the device or the remote control.



7. Carefully peel the electrode pads from the skin.

**⚠ Please do not pull the electric wire to peel the pads off. They may get damaged.**

8. Place the pads on either side of the plastic Pad Protectors.

**Important:** Store these pads in cool areas with temperature under 30°C in a dry and ventilated place. Avoid exposure to sunlight.

**Important:** If these pads get dry and lose their stickiness, then put a few drops of water on them and rub them evenly and gently to rehydrate them.







### Remote Control

It allows you to sit comfortably and operate the device without having to bend repeatedly. Remote Control should be pointing towards the electronic display of the device where its receiver is located.



### Contraindications

Foot Pulse should not be used by the following persons:

-  Pregnant ladies in the first trimester of pregnancy
-  Those with a pacemaker installed in their body
-  People with Deep Vein Thrombosis
-  People with a cardiac condition
-  Epileptic people
-  If you have varicose veins

### Additional Warnings

Do not use the pads / device on or near the area mentioned below:

- Infected tissue
- Bones and joints (knees, elbows, shoulder joints)
- Heart
- Head
- Eyes
- Reproductive organs

Under the below mentioned specific cases, do not use the pads / device on or near the area in question:

- Pregnancy – womb / stomach
- Epilepsy – neck area
- Cut or bleeding skin – even if the wound is starting to heal

- The device and its pads should be used for the intended purpose only.
- Use only the accessories purchased from or supplied by the manufacturer. Using unauthorised components will void the warranty.
- Avoid exposing the device and pads to extreme heat.
- Do not spill liquid on the device or on accessories.
- Keep it out of children's reach.
- Do not stand on the machine.
- Avoid opening the device or repairing it yourself. Doing so will void the warranty.
- Contact the authorised agent if the device does not function properly.
- After use, unplug the device from the socket.
- Regularly check the batteries of the remote control to ensure they are not drained out.
- Do not immerse the device in water or clean it with chemicals.
- Clean the foot pads with a soft, damp soapy cloth after use.
- Place the electrode pads on the protective membrane after use.

  
C I R C U L A T O R



**Q. How long should I use it for?**

A. It is recommended that you use it for 30 minutes to begin with. You may then increase the duration and frequency depending on your comfort level.

**Q. At what intensity level should I use it?**

A. It is advisable to start with a low intensity and increase it gradually, depending on your comfort level, until you see or feel your foot and leg muscles contracting and expanding, or feel mild tingling sensation in your feet.

**Q. Do I need any prescription from a doctor for using the product?**

A. You do not need any prescription from a doctor as it is a safe product available over-the-counter.

**Q. Can I use the device with pain relief methods?**

A. Yes. You may continue using any other pain relief method or prescription along with Foot Pulse.

**Q. Are there any side effects of using this product?**

A. The mild current penetrates the body through the skin only to a depth of 1-2 inches. Such a small electrical impulse does not pose any danger nor does it cause any side effects.

**Q. Can it cause skin irritation?**

A. It is unlikely, but possible in case of certain sensitive skin types. If that happens, it is advisable to use it for a lesser duration and / or reduce the intensity.

**Q. What are the patches for?**

A. The patches can be used along with the foot pads to reduce pain or improve muscle movement in other parts of the body such as shoulders, back, knees, calves, biceps, triceps and elbows.

**Q. Are there any areas where I should not use the patches?**

A. The patches should not be attached to the head, chest, throat, neck and face as it is unsafe. Also, do not use them on open wounds, broken or bleeding skin and directly on the bones.

**Q. Do I need to take (or stop taking) medicines with this device?**

A. You do not need to take any medicines with this device. However, if you have been taking medicines prescribed by your doctor then please continue to do so as per the prescription because this is not intended to replace any medication.

**Q. Does the Foot Pulse vibrate?**

A. As the Foot Pulse is not a massager, it does not vibrate. Instead, it sends mild current that stimulates the nerves in the soles of the feet. This causes normal contraction and expansion of muscles.





**Q. Is there something wrong with me or the device if one foot feels a stronger stimulation than the other?**

A. The impulses sent to both the feet are always of the same intensity. However, sensitivity of both feet is never exactly the same. When one foot is discernibly more sensitive than the other, the user experiences a disparity in sensation. In such cases, the intensity should be kept at a level that makes the more sensitive foot comfortable. The other foot will be receiving the impulses irrespective of your feeling it.

**Q. My foot is too small or too big for the foot pad on the device. Does this matter?**

A. No, it does not matter. Just ensure that you place maximum portion of the soles of your feet on the pad and the device will take care of the rest.

**Q. Do I need to apply any special cream on the sole before using the device?**

A. It is recommended to hydrate / moisturise your feet before using the device. A heel balm is preferable.

**Q. Earlier I could feel the stimulation at much lower intensity but now I have to increase the intensity a lot more. Is something wrong?**

A. No, nothing is wrong. It is expected that with regular use as your feet become used to the sensation, you will need slightly higher intensity of stimulation. However, you need to ensure that you are properly hydrated and your sole is not dry. So do not forget to apply the heel balm before using the device.

**Q. Can I use foot pads and electrode pads at the same time?**

A. Yes, you can use them simultaneously or independently.

**Q. Do I need to drink water before using the device?**

A. Yes, it is advisable to keep yourself properly hydrated during the therapy. So drink sufficient water before and after the therapy.

**Q. What technology is this device using?**

A. The WeightWorld Circulator uses EMS, or electromyostimulation. EMS elicits muscle contraction with electric currents through appropriate body parts, and has been used by healthcare professionals and athletes around the world.



Problem	Possible Cause	Solution
<b>The device does not vibrate</b>	The device is not designed to vibrate	Please refer the FAQs section.
<b>My legs are aching after treatment</b>	You may have set the (⚡) intensity too high for your own comfort	Adjust and set the intensity (⚡) at a lower level
	You are using the device too frequently	Keep sufficient gap between two consecutive treatments
<b>The device is on (lights are on) but I cannot feel anything through the footpads</b>	The device is not being used correctly	Check whether your hands can feel the stimulation. To test this, place both your bare hands on both the footpads and increase the intensity. If you feel the stimulation then the device is working fine but if you do not feel it even at the highest intensity then please contact your authorised dealer.
	Not placing both bare feet on the foot pads at the same time	Ensure that both your feet are bare and they are placed properly and simultaneously on the foot pads. Then increase the intensity (⚡) until you feel the stimulation.
	Your feet may be dry	Moisturise the soles of your feet, preferably with heel balm to improve its conductivity with the electrical impulses.

Problem	Possible Cause	Solution
	You may be dehydrated	Drink sufficient water before and after the treatment. Water being excellent conductor of electricity, dehydrated body (under 60% water) reduces the impact of electrical stimulation.
	The (⚡) intensity level may be too low	Keep in creasing the intensity and take it to the maximum level until you feel the stimulation. Do not compare yourself with other people who feel the stimulation at lower level of intensity because everyone is different.
<b>The electrode pads do not stick on the body now</b>	The electrode pads will undergo wear and tear with regular use. To improve their longevity, please ensure that the skin on which they are applied is dry, clean and free of lotions.	Put a few drops of water on the sticky side of the pad and rub it on the surface. This should improve its stickiness. Also ensure that the electrode pads are stuck on the protective plastic after use. If the pads still do not stick then contact the authorized dealer to get them replaced.

