

Standard interface

User Manual

03/2022



Starting the training application

When device will be switched on, the Standard interface app will launch automatically and home screen will show up with your device.



Screenshot: The preview screen from the application may differ depending on the device ordered.

To start a training session and set up a exercise, press [LET'S LOSE WEIGHT] button. After pressing above button, screen with a selection of modes will be displayed.

Select mode



Screenshot: The preview screen from the application may differ depending on the device ordered.

There are three options on the [SELECT WORK MODE] screen:

TRAINING IN VACUUM

selecting training in vacuum option,

TRAINING IN INFRARED

selecting training in infrared option,

TRAINING IN VACUUM AND INFRARED

selecting training in vacuum and infrared option,

after choosing a work mode, a screen with a selection of training programs [SELECT PROGRAM] will be displayed.

Training program selection



Depending on the selected work mode, there are five (if only infrared work mode was chosen) or six (for other work modes) training programs:

SOFT WALK

program dedicated to people who are first time users of Vacu devices and people starting fitness trainings,

AEROBICS

program dedicated to people who do sport and for whom training on a treadmill is not enough,

Training program selection

FAST BURNING

program dedicated to people who want to get rid of excess body fat and cellulite,

LYMPHATIC DRAINAGE

program for the more effective elimination of cellulite and body fat. The program is only available when vacuum work mode was chosen earlier. After selecting this program, the user will be asked to choose the minimum and maximum value of vacuum. The higher the difference between the two values, the harder the training.

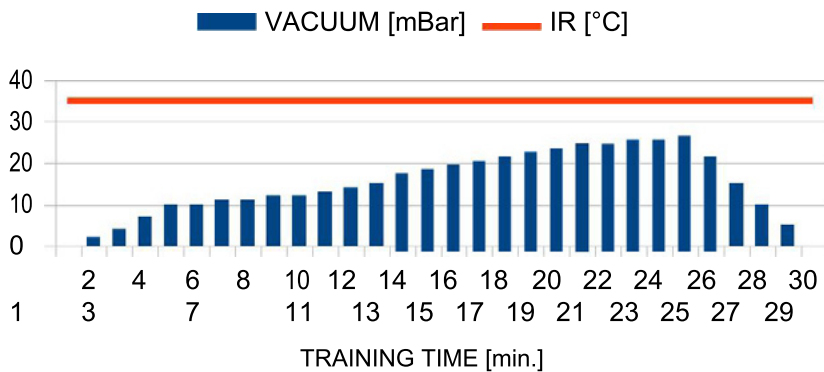
HEAVY TRAINING

program dedicated to the most demanding users. Note – the program requires previous experience in fitness trainings,

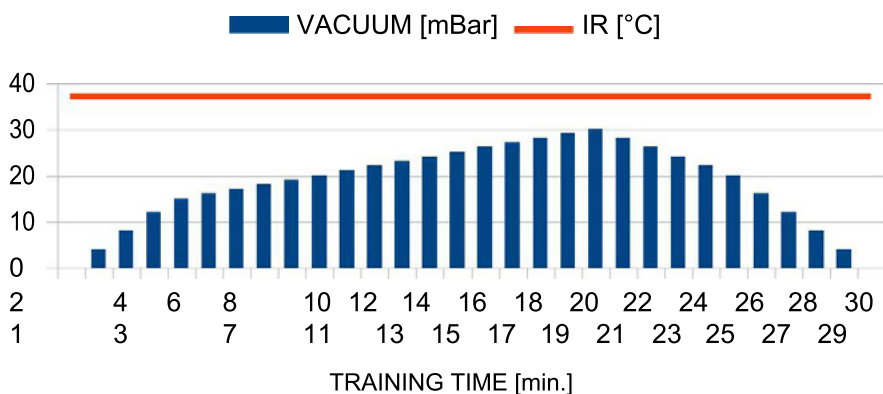
MANUAL

the user chooses the duration of the training on his own. After choosing this program, the user will be asked to set the duration of the training. Maximum duration of a training session – 60 minutes.

Features of **[SOFT WALK]** training:



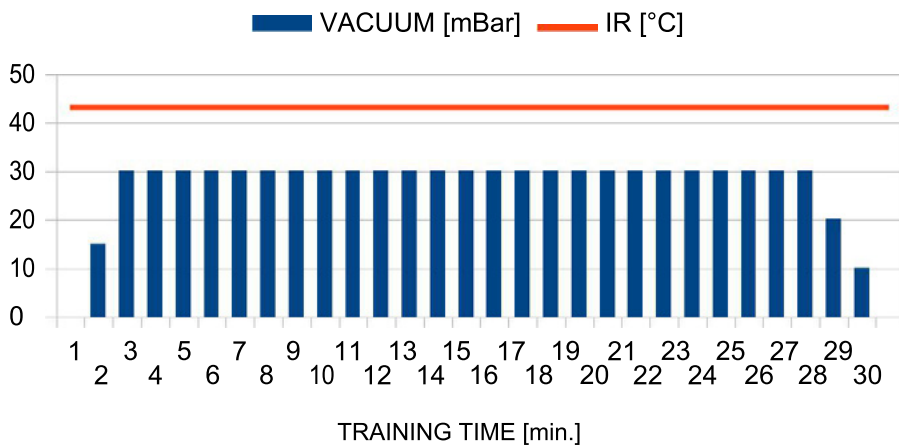
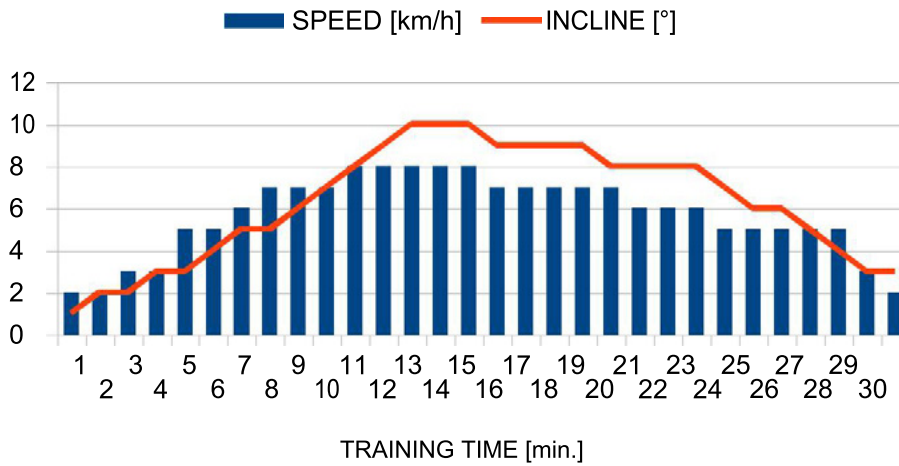
Features of **[AEROBIC]** training:



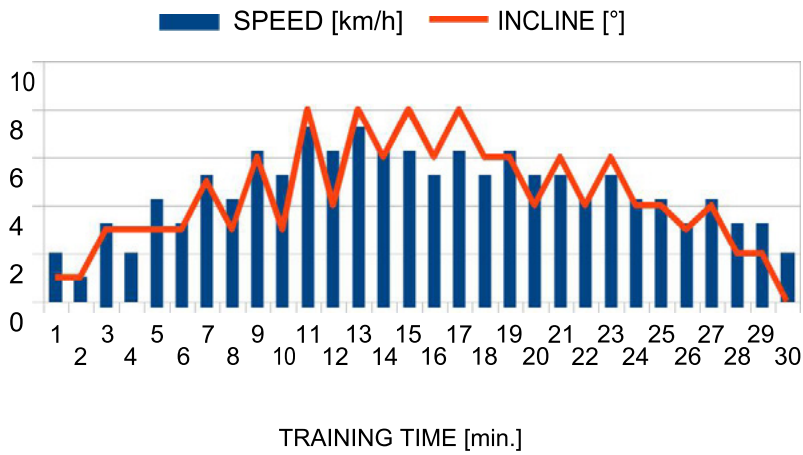
Features of **[FAST BURNING]** training:



Features of **[HEAVY TRAINING]** training:



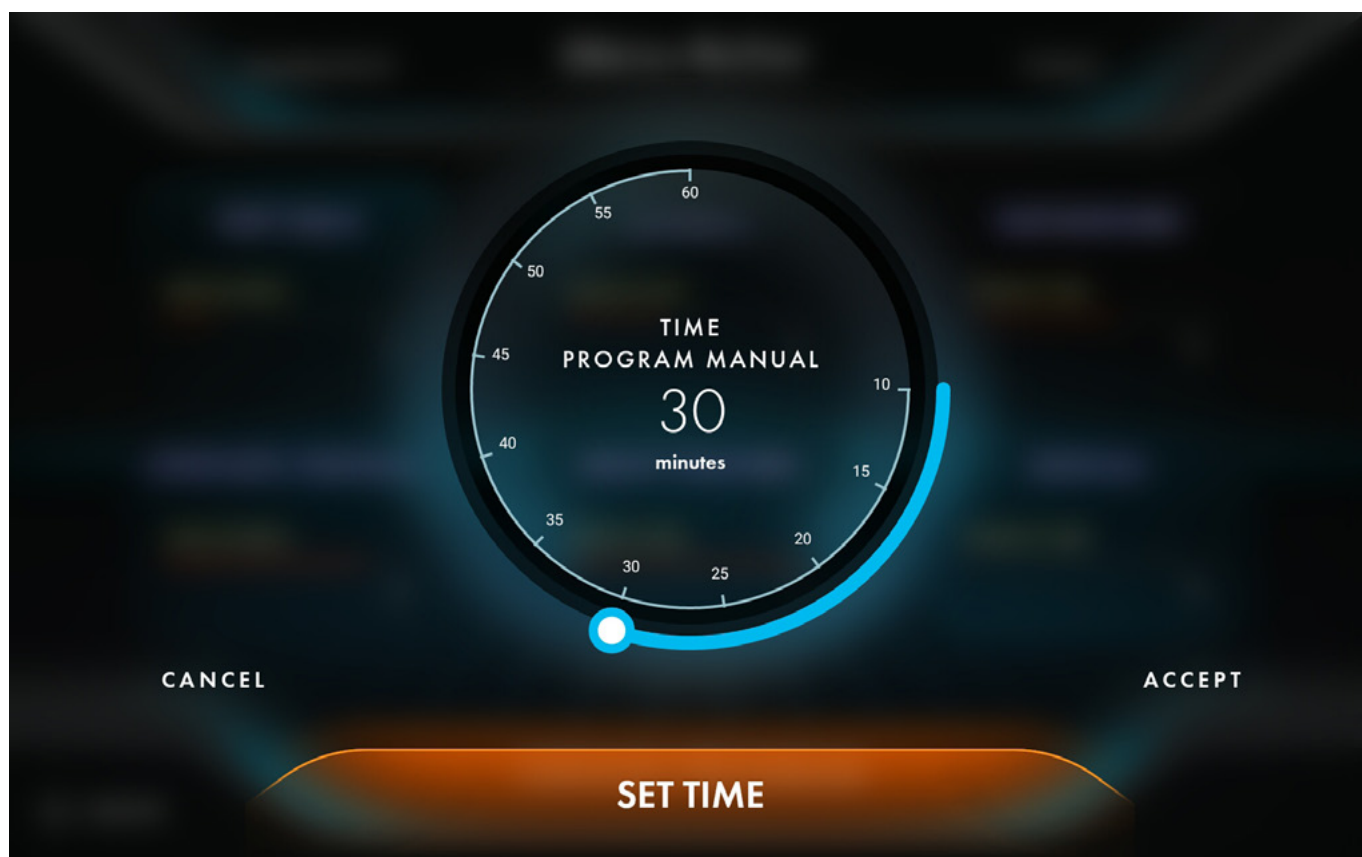
Features of **[LYMPHATIC DRAINAGE]** training:



After selecting a training option, a screen with training parameters will be displayed.

Training

The duration of training is predefined and equal to 30 minutes apart from the [MANUAL] program. In manual program the user can set the duration on his own by moving the pointer around the clock's circumference or pressing the arrows.

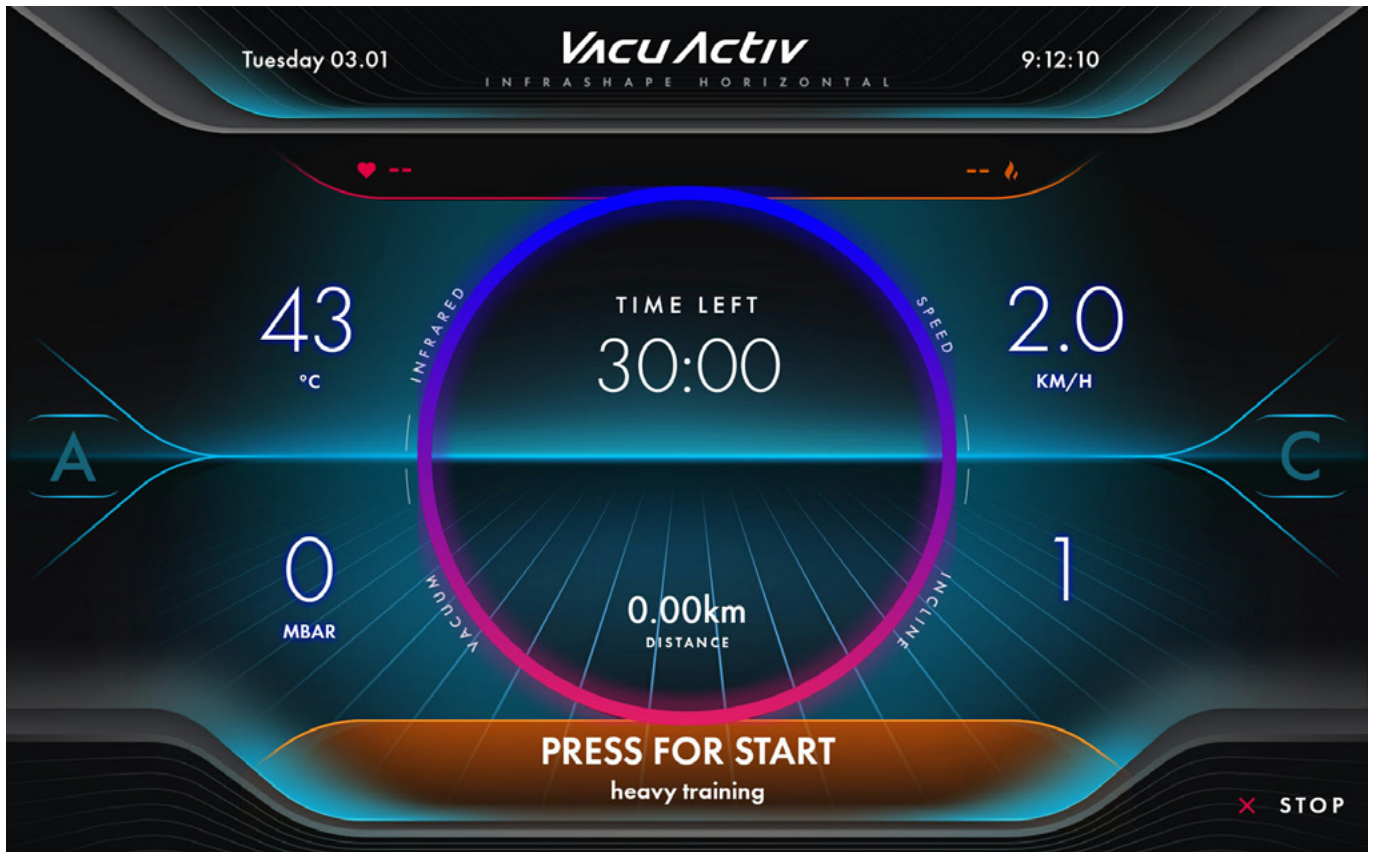


Manual to set the **vacuum range** (from 0 to 30 millibar)



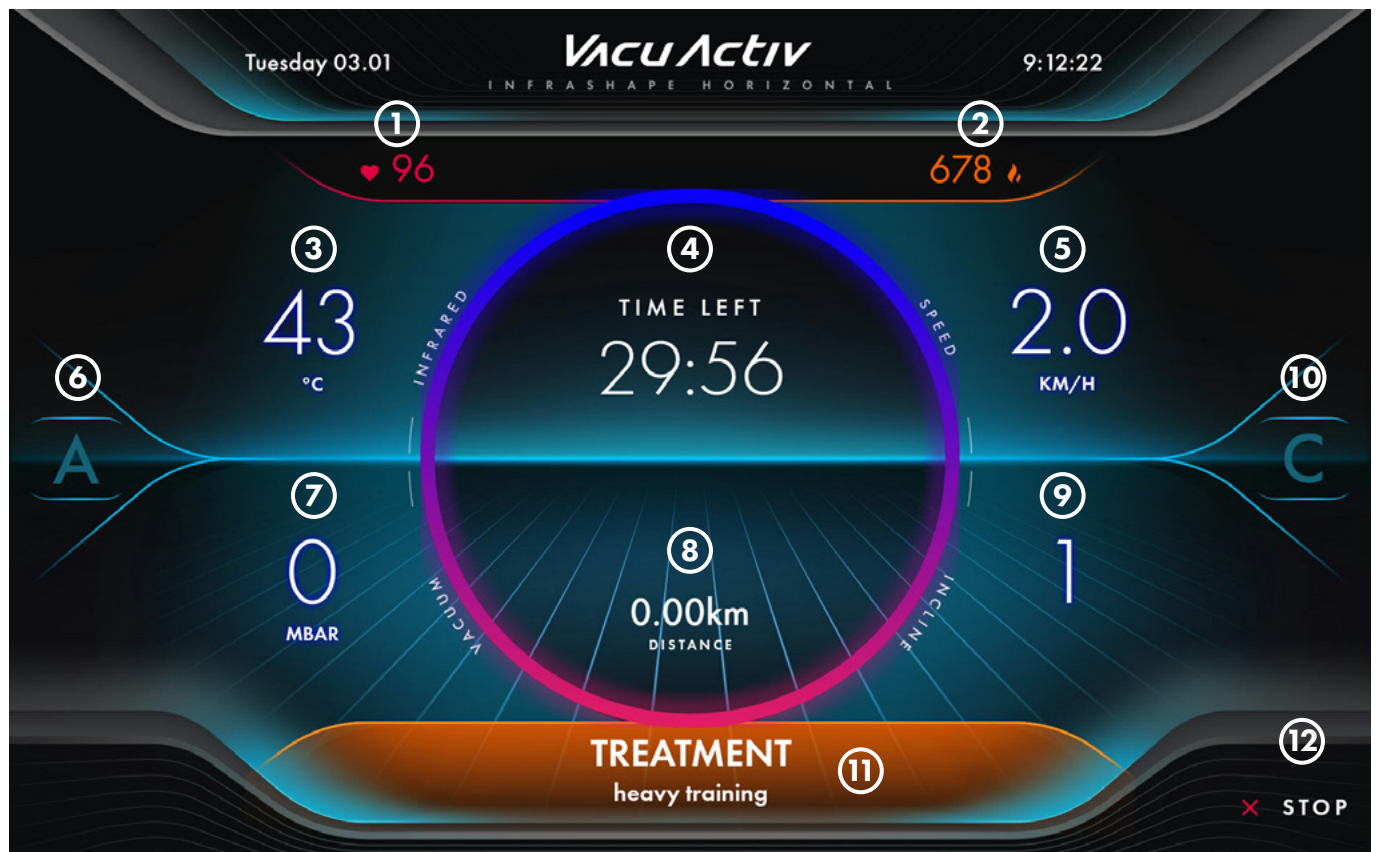
Training session screen

Press **[PRESS FOR START]** to begin the training session.



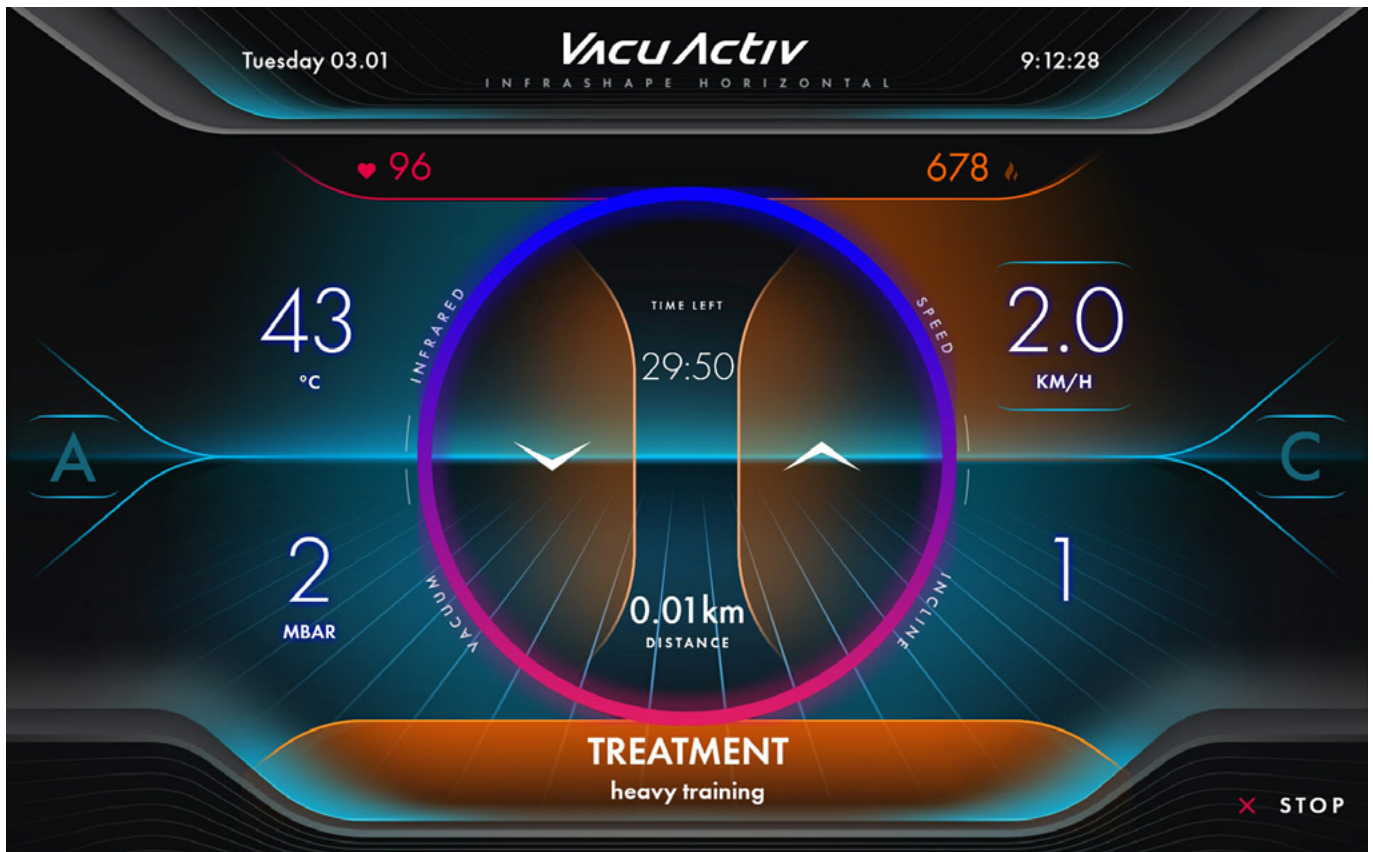
Training session screen

Started training screen



- | | |
|---|---|
| ① Pulse value during training | ⑦ Underpressure value |
| ② Calories burn during treatment | ⑧ Distance traveled |
| ③ Infrared temperature | ⑨ Incline value |
| ④ Time left until the end of the training session | ⑩ Turning on/off the Collagen lamp |
| ⑤ Treadmill speed | ⑪ Selected program information |
| ⑥ Turning on/off Aromatherapy | ⑫ STOP button will stop training and the summary screen will be displayed |

Training session screen - Speed editing

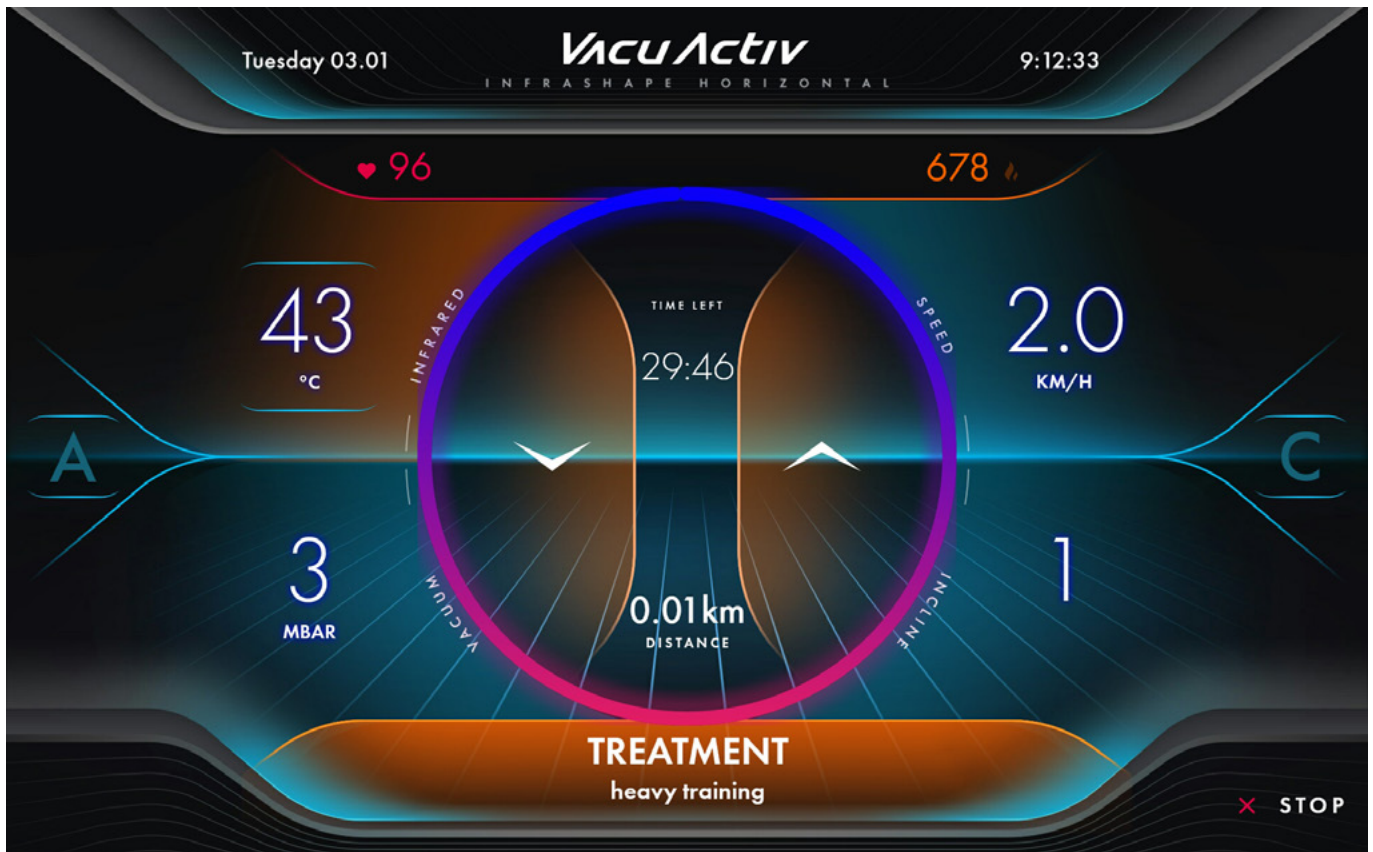


To edit the speed of the treadmill, press the speed value. Up and down arrows will appear in the center of the screen to adjust the speed to your need.

To close speed editing, click the speed value again or wait 5 seconds, the edit value mode will automatically disappear.

- treadmill speed [**SPEED**] from **0.8 to 12 km/h**

Training session screen - Infrared IR editing

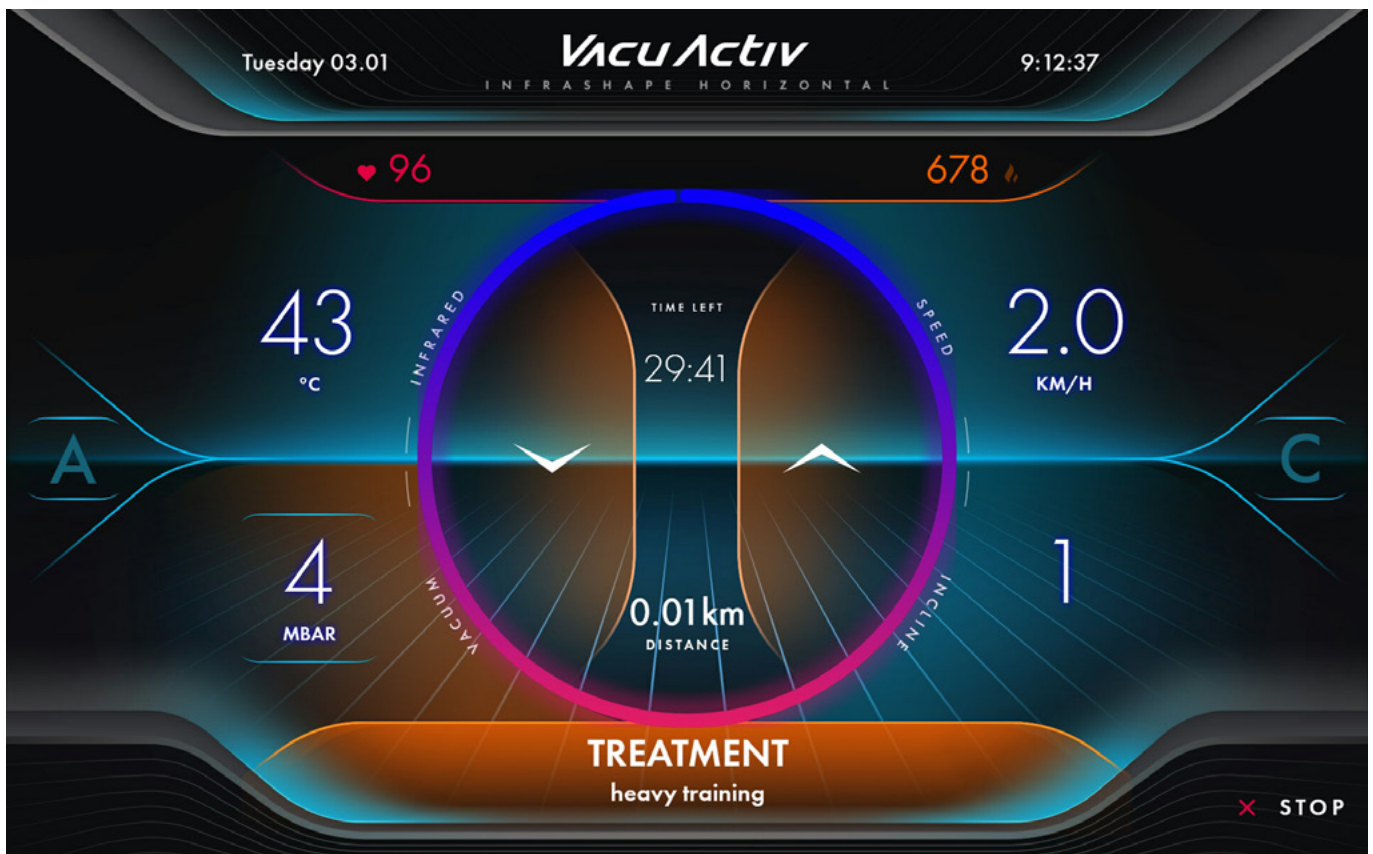


To edit the infrared temperature, press the infrared value. Up and down arrows will appear in the center of the screen to adjust the temperature to your need.

To close infrared editing, click the infrared value again or wait 5 seconds, the edit value mode will automatically disappear.

- infrared intensity **[INFRARED]** from **25 to 50C°**

Training session screen - Vacuum editing

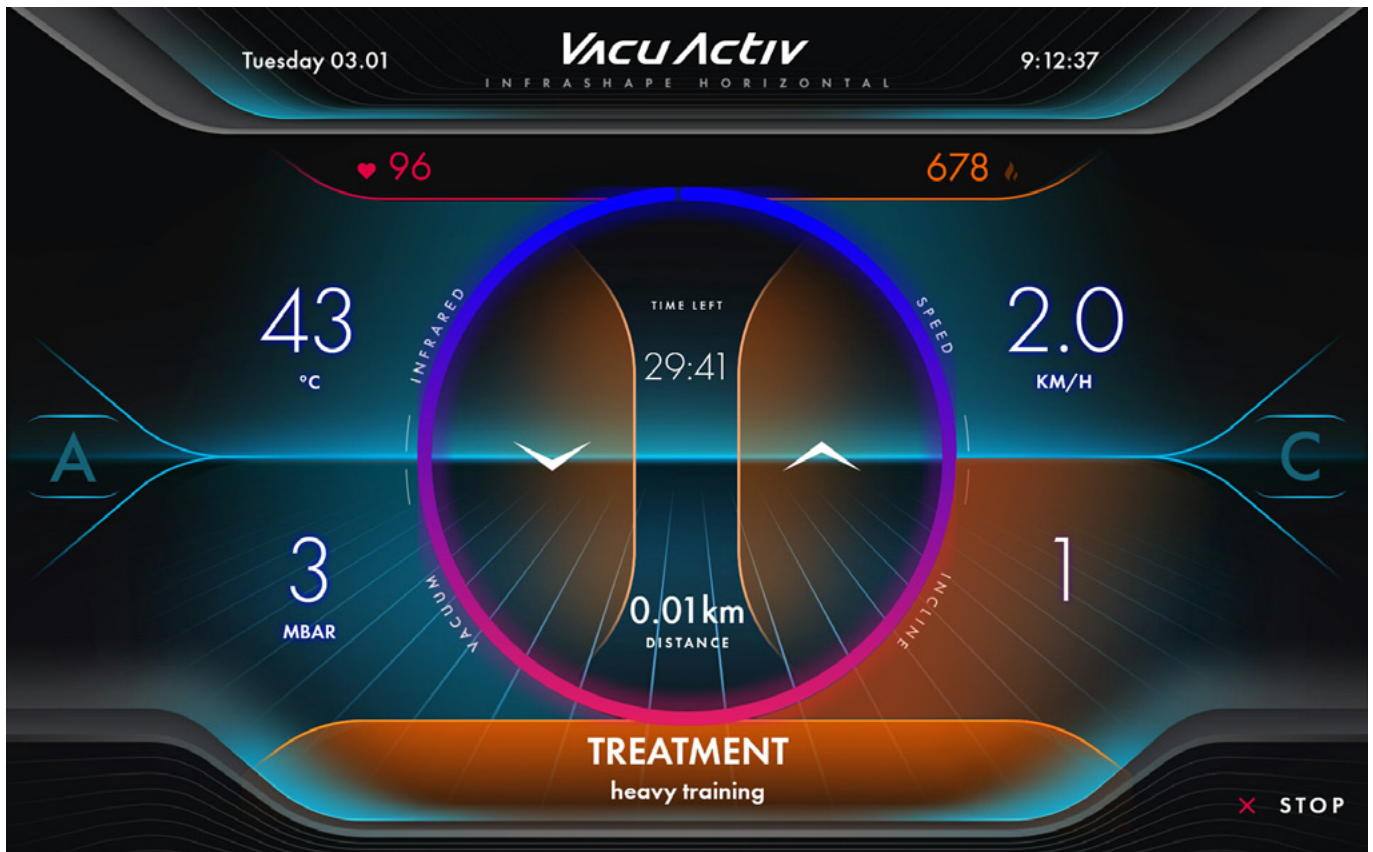


To edit the vacuum underpressure, press the vacuum value. Up and down arrows will appear in the center of the screen to adjust the underpressure to your need.

To close vacuum editing, click the vacuum value again or wait 5 seconds, the edit value mode will automatically disappear.

- vacuum value **[VACUUM]** from **0 to 30 millibar**

Training session screen - Incline IR editing

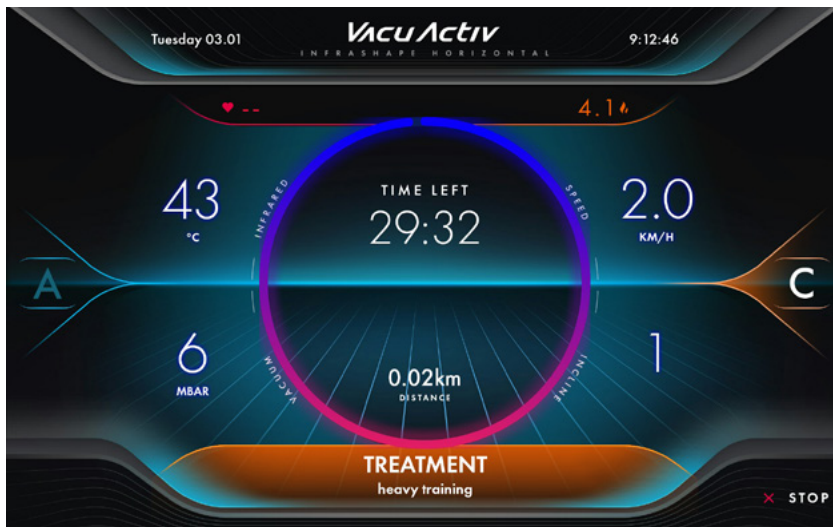


To edit the incline angle, press the incline value. Up and down arrows will appear in the center of the screen to adjust the treadmill angle to your need.

To close incline editing, click the incline value again or wait 5 seconds, the edit value mode will automatically disappear.

- treadmill inclination angle **[INCLINE] levels from 0 to 10**

Turn on/off Aromatherapy and Collagen Lamp

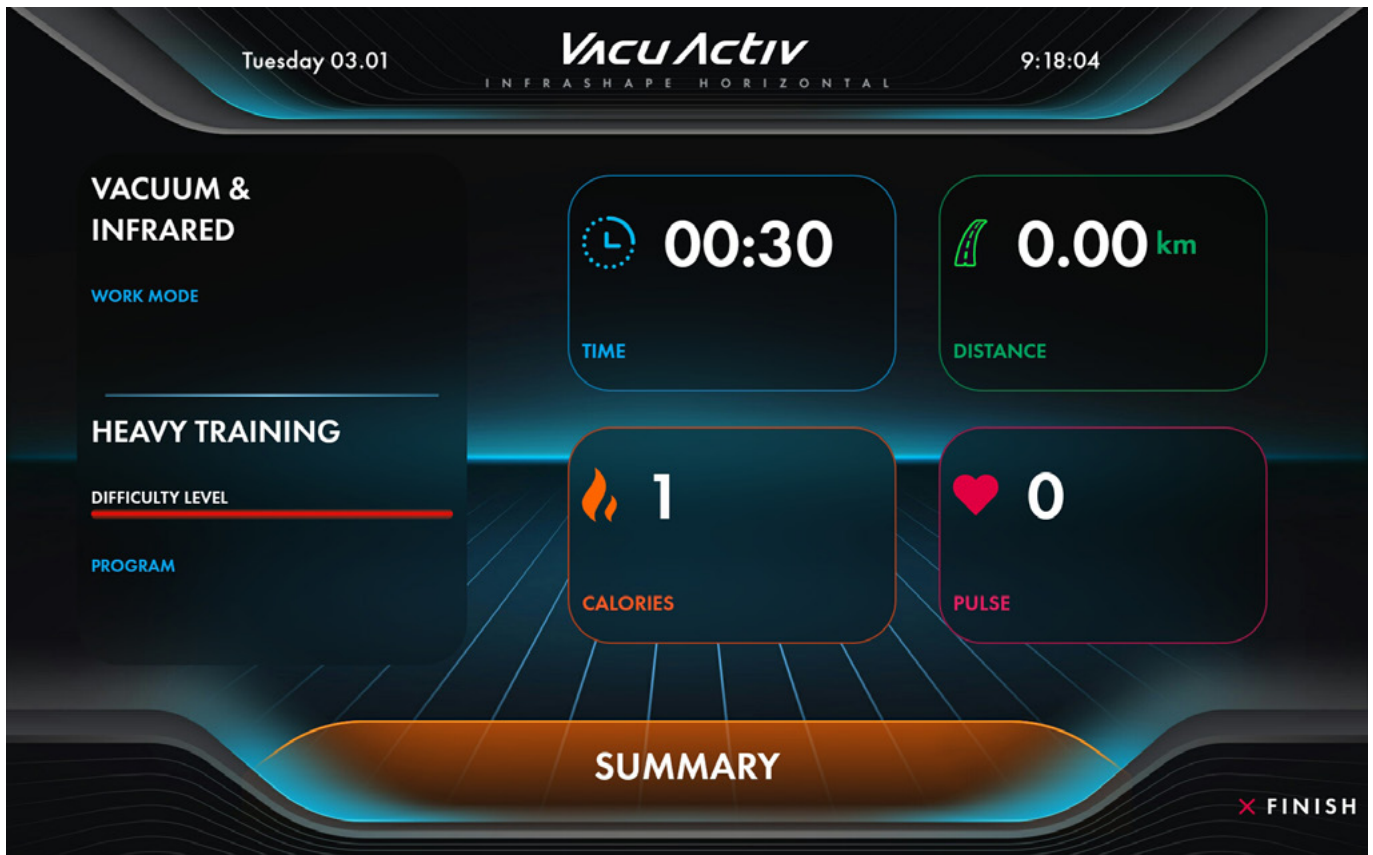


To turn the aromatherapy or collagen lamp on or off, select the button on the screen marked with the letter [A] or [C].

Both functions can be turned on simultaneously during training



Summary screen



When the training session time lapses or if you press [STOP], the training is stopped and the summary screen [SUMMARY] is displayed.

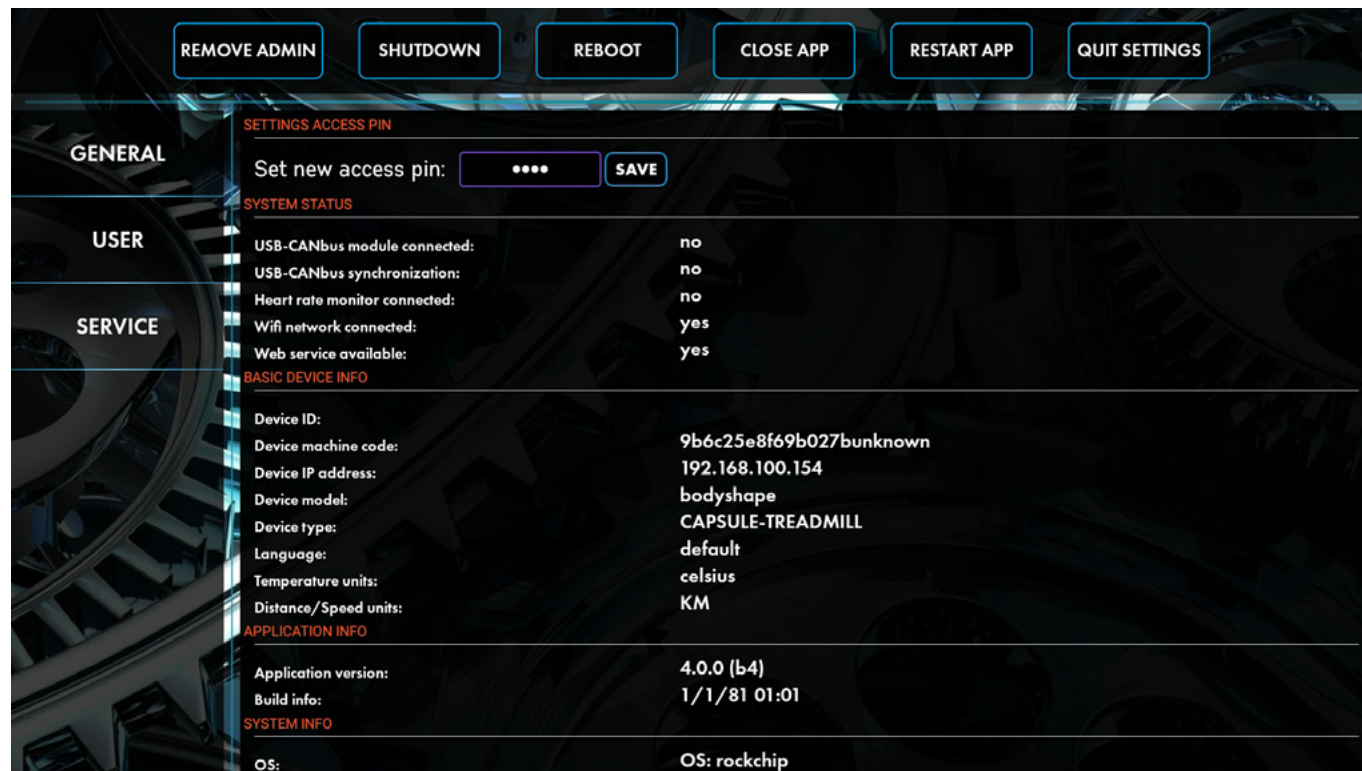
Settings - Service settings

To go to the settings of the device, touch the upper left corner on the home screen.



The first displayed screen allows to enter the service code; after you enter and confirm the correct access code, the service settings screen will be displayed.

The service settings screen displays three categories for selection.



[GENERAL TAB]

The GENERAL section contains information about the device, connection status of individual components of the device, software version, ID and the possibility of checking new software updates are available.

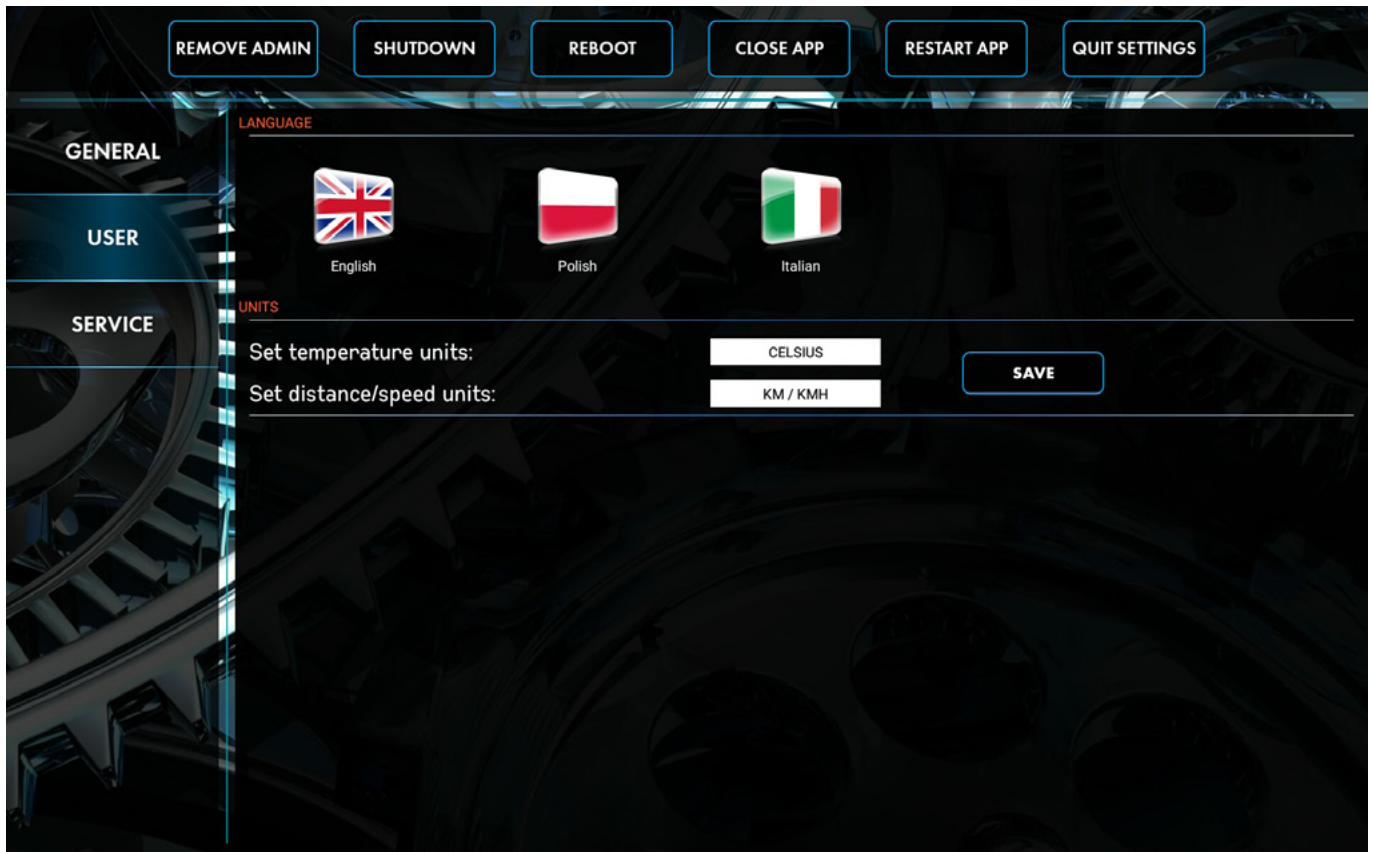
[USER TAB]

The USER section contains user interface related settings such as changing the language or units displayed on the training screen.

[SERVICE TAB]

The Service section contains information about the device's operating time counters, changing the vacuum range and the status of connected bluetooth devices, such as a heart rate monitor.

User tab

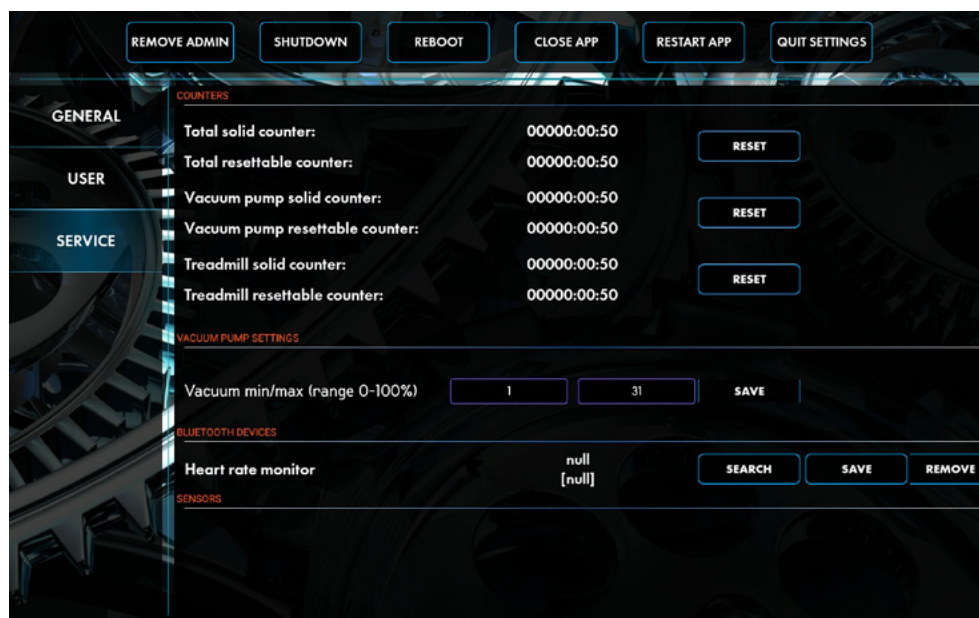


USER tab is used to select the interface language, as well as for changing displayed units for temperature, speed and distance run.

The language can be changed by selecting and pressing one of the flag icons in the language section. To save chosen language, press the SAVE button

To confirm any changes press the SAVE button. The settings will be saved permanently.

Service tab



Service tab screen shows the service parameters of the device. The device operation time counters are located on the top section called „**COUNTERS**“. Counters have been divided into those that can be reset and those that cannot be reset.

Counters for specific elements and functions are used to analyze device parameters and the effect of operating time on individual components.

Erasable timers can be reset at any time, during service work or when replacing a component, for example for a walking belt, which have to be replaced when it wears out.

In the section „**VACUUM PUMP SETTINGS**“ there is possibility to adjust the vacuum range is done by entering a value in the range from 0 to 100%. To confirm the change of a setting, press the SAVE button next to the parameter.

In the section „**BLUETOOTH DEVICES**“ below the counters, you can add devices for measuring the heart rate pulse of the exercising person. The heart rate monitor is provided to the training person by the gym or studio staff. To find a heart rate monitor and pair it with the device, make sure the device is turned on. Then, by pressing the SEARCH button, the program will search for the available heart rate monitor. Select it and press the SAVE button. The LED on the heart rate monitor will start blinking at 2-3 second intervals.

Heart rate measurement

Measurement of heart rate during the workout is done with a telemetric belt. In order to obtain an optimal reading, the belt should be gently moistened and then put directly onto the chest.

ATTENTION

If you cannot get a regular measurement of the heart rate, check the belt's fitting; the rubber electrode should adhere flat to the body and the belt should be placed in the right place on the chest – not too low.

Telemetric belt maintenance

1. Carefully wipe the belt and dry the elastic belt after each use,
2. Store the telemetric belt in a cold and dry place,
3. Do not expose the belt to direct sunshine for long periods of time, and
4. Do not expose the belt to very high (over 50°C) or very low (under -10°C) temperatures.

Notes

Notes

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