

USER MANUAL

DUO PRO



CE
0197

ELECTROSTIMULATORS GLOBUS

This product has been manufactured by: SAVIA L.t.d. - 2nd Industrial District, Feng Huang Village (Shenzen) - Made in PRC - sales@tyece.com

Imported and distributed by: Domino s.r.l. - via Vittorio Veneto, 52 - 31013 Codognè -TV-ITALY- Tel. (+39) 0438.7933 - info@globuscorporation.com

This product has been manufactured according to the technical regulations in force and it has been subjected to certifications according to 93/42/CEE directive for medical devices in order to assure the product's security. The user must follow all prescriptions and restrictions shown in the operating manual in order to keep the maximum security level of the product. The manufacturer declines all responsibility for every different use from what indicated in this operating manual. All complete or partial reproductions of texts and/or pictures of this operating manuals made by any electronic or mechanic equipments are strictly forbidden without written permission of the manufacturer.

INDEX

-Index of programs DUO PRO	3
-Accessories	5
-Precautionary measures	7
-Palm technical features	9
-Electrode and battery removal	
-Description of the Palm	10
-Display	11
-How to use the Palm	12
-First use	
-How to pause the program	
-Automatic function	
-Automatic switching-off	
-Electrode contact	
-Empty battery	
-Memory function	
-Intensity of stimulation	
-Special functions	
-Keyboard lock key	
-Battery replacement	14
-How to connect the cables	14
-How to place the electrodes	14
-Common questions	15
-Guarantee terms	16
- Electrode placement	17

INDEX OF PROGRAMS DUO PRO

SPORT

- 1- Capillarisation:** 25 minutes. Increasing the capacity to sustain an intense muscular effort over a period of time
Intensity: Moderate (very visible muscle vibration)
- 2- Warm up:** 10 minutes. Preparing the muscle for effort by starting with light, easy controlled work.
Intensity: Moderate (muscle vibration)
- 3- Muscle relaxant:** 20 minutes. Improving recovery immediately after effort. Relaxing effect.
Intensity: Moderate (muscle vibration)
- 4- Maximum force:** 20 minutes. Improving the capacity to produce maximum force. Developing muscle mass.
Intensity: Maximum tolerated (maximum muscle contraction without pain)
- 5- Resistance force:** 25 minutes. Increasing the capacity to sustain effort over a period of time.
Intensity: Medium to strong (very visible muscle contraction)
- 6- Explosive force:** 20 minutes. Increasing the capacity for instant maximum force. Transforming pure force into explosive force.
Intensity: Maximum tolerated (maximum muscle contraction without pain)
- 7- Reactivity:** 15 minutes. Increasing the capacity to achieve maximum and very brief muscle contractions at high execution speed.
Intensity: Maximum tolerated (maximum muscle contraction without pain)

FITNESS

- 8- Drainage Arms:** 30 minutes. Massage.
Intensity: Moderate (muscle vibration)
- 9- Drainage Legs:** 25 minutes. Deep massage.
Intensity: Moderate (muscle vibration)
- 10- Drainage Buttocks:** 25 minutes. Massage.
Intensity: Moderate (muscle vibration)
- 11- Drainage Abdomen:** 25 minutes. Massage.
Intensity: Moderate (muscle vibration)
- 12- Drainage Hips:** 25 minutes. Massage.
Intensity: Moderate (muscle vibration)
- 13- Lipolysis Legs:** 30 minutes. Reshaping undesirable areas.
Intensity: Moderate (muscle vibration and light contractions)
- 14- Lipolysis Hips, Buttocks:** 30 minutes. Reshaping undesirable areas.
Intensity: Moderate (muscle vibration and light contractions)
- 15- Lipolysis Abdomen:** 30 minutes. Reshaping undesirable areas.
Intensity: Moderate (muscle vibration and light contractions)
- 16- Lipolysis Arms:** 30 minutes. Reshaping undesirable areas.
Intensity: Moderate (muscle vibration and light contractions)
- 17- Firming Legs, Hips, Buttocks:** 30 minutes. Firming the tissues.
Intensity: Moderate (visible and tangible muscle contractions)
- 18- Firming Abdominals:** 30 minutes. Firming the tissues.
Intensity: Moderate (visible and tangible muscle contractions)
- 19- Firming Arms:** 30 minutes. Firming the tissues.
Intensity: Moderate (visible and tangible muscle contractions)

20- Toning Arms, Shoulder: 25 minutes. Toning and strengthening muscles.

Intensity: Moderate to strong (vibration and intense contractions)

21- Toning Legs, Hips, Buttocks: 25 minutes. Toning and strengthening muscles.

Intensity: Moderate to strong (vibration and intense contractions)

22- Toning Abdominals: 25 minutes. Toning and strengthening muscles.

Intensity: Moderate to strong (vibration and intense contractions)

23- Sculpt Arms: 20 minutes. Sculpting muscles, creating a more sportive figure.

Intensity: Moderate to strong (vibration and intense contractions)

24- Sculpt Legs, Hips, Buttocks: 20 minutes. Sculpting muscles, creating a more sportive figure.

Intensity: Moderate to strong (vibration and intense contractions)

25- Sculpt Abdominals: 20 minutes. Sculpting muscles, creating a more sportive figure.

Intensity: Moderate to strong (vibration and intense contractions)

26- Toning Chest: 15 minutes. Toning, strengthening the pectoral muscle to increase chest volume.

Intensity: Moderate (comfortable vibration and contractions)

27- Toning Face: 15 minutes. Toning face muscles. (Round electrodes are recommended)

Intensity: Low (comfortable vibration and contractions)

REHAB

28- Immobilisation Arms: 15 minutes. Keeping the muscles in shape during a period of cessation of activity.

Intensity: Moderate (visible and tangible muscle contractions)

29- Immobilisation Legs: 25 minutes. Keeping the muscles in shape during a period of cessation of activity.

Intensity: Moderate (visible and tangible muscle contractions)

30- Tens: 30 minutes. TENS allow the relaxation of the muscle, as well as pain relief. TENS utilises the nervous system's own pain relief mechanism to ease both acute and chronic pain. The treatment can be performed every day until the pain disappears.

Intensity: Pins and needles sensation without pain. Should not cause muscle contractions

31- Tens Endorphinic: 30 minutes. This treatment can be performed every day until the pain disappears and it can be alternated with the other TENS treatments. The stimulation with light contractions, causes the circulation increasing and helps the muscles to relax. The effect, induced by the release of endorphins, causes a delayed analgesic action but that continues for hours (6 / 12 hours)

Intensity: Moderate (muscle vibration)

32- Tens articular pain: 30 minutes. Pain relief - does not treat the cause of the pain.

Intensity: Low (pins and needles sensation, without muscle contraction)

33- Tens, pain relief - NECK: 25 minutes. Pain relief - does not treat the cause of the pain.

Intensity: Low (pins and needles sensation, without muscle contraction)

34- Tens SCIATICA: 30 minutes. The program is ideal for people who suffer of pain caused by the sciatic nerve inflammation. The pain often starts from the lumbar zone and spreads until feet. Place the electrodes on the painful leg as specified in the images of this manual. It can be performed every day until the pain disappears.

Intensity: pins and needles sensation without pain. Should not cause muscle contractions.

35- Tens Muscle relaxation: 30 minutes. It relaxes the muscle after an intense sports training and it can be used whenever the muscle is contracted.

Intensity: Low (pins and needles sensation, without muscle contraction)

Accessories

- Electrostimulator
- Carry case
- Two connection cables
- Case of 4 reusable adhesive electrodes (5 x 5 cm)
- Case of 4 reusable adhesive electrodes (5 x 9 cm)
- Three battery stylos 1,5 V AAA
- Operating manual

Accessories on request

- Ball pen
- Kit splitter (2 connector + 2 connection cables) (4 channels with 8 electrodes)
- Conductive band for legs
- Face electrodes
- Y cables
- Gel

This stimulator is supplied complete of cables and electrodes. When you open the packing verify that the simulator equipment is complete. If some of the above mentioned accessories are missing, you should immediately contact the shopkeeper. Also check the stimulator and electrodes integrity.

Electrodes: The electrodes are usable by only one user they are self-adhesive and do not need gel. The electrode cable is female. They are branded CE complied with MDD 93/42/EEC requirements.

All the information can be subject to changes without notice.

The symbols mean that the apparatus is in accordance with medical CE requirements type BF.

Due to the presence of stimulation programs of clinical kind, the machine is to be considered a medical device. Therefore, the machine is certified by the Notified Body (see cover), according to the 93/42/CEE european directive for medical devices. The certification covers the clinical uses.



The presence of this symbol on your instrument indicates that it conforms to the requirements of Directive 93/42/EEC for medical devices. The authorizing organism is no. 0197.



Attention: read the instruction

Type BF applied parts (floating circuits)

PRECAUTIONARY MEASURES



This symbol warns you to read the operating instructions prior to use



Contraindications

- Do not stimulate the neck region (carotid sinus).
- Patients who have a demand type cardiac pacemaker.
- Stimulation should be not used on cancer patients (previous permission received by the oncologist).
- Do not stimulate the cerebral zone.
- Do not use on undiagnosed pains until aetiology is established.
- Do not use on sores and dermatological diseases.
- Do not use on acute traumas.
- Do not stimulate recent cicatrix.
- Do not use during pregnancy.
- During driving car.
- It is absolutely forbidden to stimulate the ocular and genital zone
- It is also forbidden the use of the stimulator in the water (it is not protected against the water seepage). Not to use the stimulator in environment where combustible gas, inflammables, or oxygen are present.
- It is also required to use with caution in case of capillary fragility because an excessive stimulation could cause the break of more quantity of capillaries. Anyway it is always preferable to contact your doctor before using.



Adverse possible effects

Skin irritation can occur in rare case. In case of allergic reactions by the use of gel, stop the treatment and contact the specialist doctor.

If during the stimulation treatment tachycardia or extrasistolia should appear, it is better to stop the treatment the sensation will pass immediately.



Precautions for using

- Do not make any modifications or repairs by yourself. Authorized centres can only execute the repairs.
- Do not give a shock to the product by clashing, overturning or shaking. It may cause a trouble or accident in a long run although no immediate trouble occurs.
- Store the electro stimulator at a place free from a splash or water. Avoid installing at places subject to undue humidity, temperature, dust or places exposed to direct sunbeam.
- Do not use thinner, gasoline, kerosene, cleaning powder or chemicals; for cleaning the machine it is sufficient a soft duster
- Take away the battery from the electro stimulator in case of prolonged no use.
- After a long period of no use it is advisable to check the correct working.
- For cleaning the machine and the cables, it is sufficient a soft duster lightly humid.

Warnings



- The stimulator must be used only for transcutaneous neuro-stimulation.
- The neurostimulation apparatus should be used only under the continued supervision of a physician.
- The stimulator should be only used with skin electrodes intended for nerve and muscle stimulation.
- The user must keep the device out of reach of children.
- Electronic monitoring equipment (such as ECG monitors and ECG alarms) may not operate properly when stimulation is in use
- Stimulus delivered by this device may be sufficient to cause electrocution: Electrical current of this magnitude must not flow through the thorax because it may cause a cardiac arrhythmia.
- Do not use the apparatus in case of any health problem without consulting your doctor.
- In case of damage of the covering apparatus, this has to be replaced.
- It is advisable not to use the apparatus together with other electronic equipment above all those used for support of vital functions.
- The device must be used only by person with mental competence.
- Do not use the stimulator near short wave devices.

Use destination



Read the operating manual carefully in order to avoid to carry out installation, use and maintenance non adequate that could damage the apparatus the operator and the user.

The stimulators are used in the following operating environment and field:

- home;
- surgeries hospital;
- physiotherapeutic surgery;
- rehabilitation centres;
- treatments of pain in general
- in any type of sequential electro stimulation,
- Aesthetic and sports use,

The use of the stimulator is allowed to patients (rightly informed about the methods), doctors and paramedic.

The presence of clinic stimulation, makes this product a medical device.

The certification cover the clinic applications.

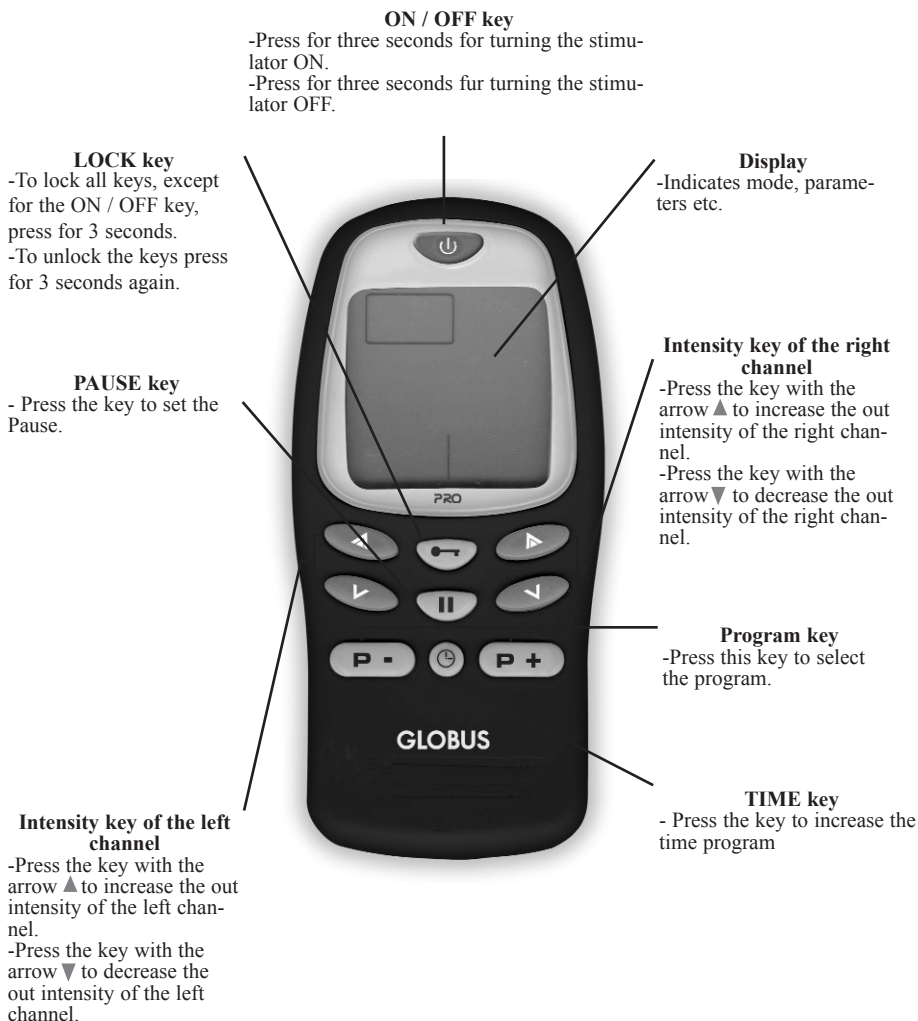
Number of channels:	2.
Out current:	100 I pp
Wave form:	Square, biphasic, symmetrical, compensated impulse
Running frequency:	1-120Hz.
Impulse amplitude:	50-320 μ s.
Supply:	3 batteries of 1,5V AAA type LR03.
Weight:	95 gr.
Classification:	Power supply type BF.
Certification:	Certificate CE MDD (Medical Device Directive)
Storage and transportation temperature:	from -10°C to 45°C
Max. relative humidity:	75%
Atmospheric pressure:	from 700 hPa to 1060 hPa
Use conditions	
Temperature of use:	from 0°C to 40°C
Max. relative humidity:	from 30% to 75%
Atmospheric pressure:	from 700 hPa to 1060 hPa

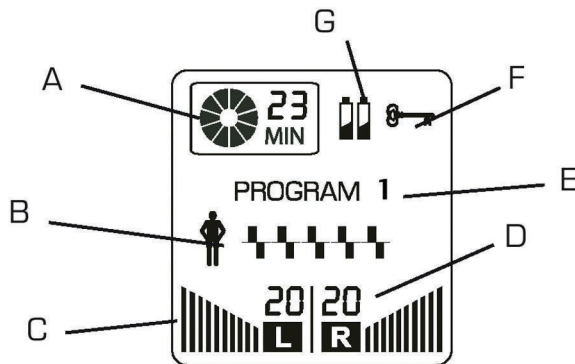
The name of producer is reported in the last page.

Device removal

Don't throw the battery or electrodes out but recycle or get rid of them appropriately following the removal rules in force in your country.

DESCRIPTION OF THE PALM





The device has a big display, which continuously gives information about the different parameters in use.

A Timer:

Shows the remaining time in minutes. The timer zone consists of a circular graph representation, which moves during the performance.

B Performance indicator:

The figures of small man and impulses, indicate the correct execution of the program. The represented graphic impulses are animated in different ways for each program. When this zone is light, it means that a program is in progress.

C Intensity graphic indicator:

The graphic bar shows the intensity level in use.

D Intensity numerical indicator:

Shows the used intensity level included from 0 to 20 scale.

E Program indicator:

Shows the selected program.

F Lock key indicator:



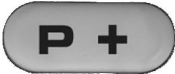



It shows that the keyboard is locked except for the ON/OFF switch.

G Battery indicator:

The indicator lightens when the batteries are almost empty.

HOW TO USE THE PALM

First use

1.  Attach the electrodes to the cable and place them on the skin.
(See Placement of Electrodes chapter of this manual).
2.  Turn the stimulator ON by pressing for three second the ON/OFF key. The stimulator automatically shows the last used program. The intensity indicator is positioned on 0 in both channels.
3.  Select the program you want to perform pressing the P+ or P- key.
4.  Increase the used channel intensity by pressing the arrow of (L) switches ▲ Increase the intensity until the wished level, maintaining a pleasant feeling.
To decrease the intensity press the arrow ▼.
5.  Increase the used channel intensity by pressing the arrow of (R) switches ▲ Increase the intensity until the wished level, maintaining a pleasant feeling.
To decrease the intensity press the arrow ▼.
6.  Every time you want to turn-off the stimulator, press the ON / OFF key. It can be used as an emergency button.

NOTE: Each program has a predefined duration time. The intensity resets to 0 when the program ends.

How to pause the program

You can pause the program by pressing the PAUSE switch. Start the stimulation by pressing the PAUSE switch again. The program continues where the stimulation was shut off.

Automatic functions

Automatic Switching-off

If the electric stimulator is not in use for more than 5 minutes and the intensity in both channels is on 0, the stimulator automatically switches-off.

Electrode contact

If the electrodes are not correctly placed on the skin or the cables are not well connected, the intensity of channels is automatically shut off to 0.

In case the electrodes are not correctly placed before starting a treatment, it is not possible to increase the channel intensity.

This is a security measure to preserve the user from unpleasant possible effects.

Empty battery

The battery indicator lights up on the display when the batteries are almost empty. As long as stimulation feels the same as usual you can continue the treatment. It is time to replace the batteries when stimulation starts diminishing or the stimulator shuts off.

Memory function

The electric stimulator keeps on the memory the last performed program which is repurposed when you turn on the stimulator again. The memory function takes back the unit to the first program every time you change the batteries.

Intensity of stimulation

The intensity value for obtaining a special contraction is completely subjective. It can depend on a series of factors like as the electrode position, the adipose stratum, the perspiration etc. For these reasons the same current intensity value can give different sensations from a person to another from a day to another or furthermore you could feel more contraction on the left limb rather than the right one.

You have to regulate it on the bases of your sensations.

Special Functions

Keyboard lock key

When you have reached the wished intensity level, you can lock the keys except for the ON / OFF switch, by pressing the LOCK key for 3 seconds. This function will avoid you the accidental use of switches during the treatment. The keyboard lock is released when the key is pressed for three seconds again.

Note: You cannot change the intensity value during the ramp up and ramp down in all intermittent programs, which foresees cycles of work and recovery.

Battery replacement

Shut off the stimulator. Remove the battery cover by sliding it downwards and take out the batteries. Place 3 alkaline batteries of 1.5V AAA type LR03 and close the cover. Make sure that the new batteries are correctly placed with respect to the polarity (note marks for + and -)

Electrode and battery removal

Don't throw the batteries or electrodes out but recycle or get rid of them appropriately following the removal rules in force in your country.

How to connect the cables

It is possible to use one or two cables depending on use of one or two channels.

Connect the cable connector to the relative output placed on the inferior part of the unit. The outputs are exactly below the correspondent channel (left or right).

How to place the electrodes

Remove the electrodes from the original wrapping and connect the cable plugs to them. Place the electrodes on the skin following the images present in this manual. At the end of the treatment put back the electrodes in their special seat.

Note: The new electrodes have a hermetic wrapping, therefore check that they are new and supplied together with the unit.

ATTENTION: Don't remove the electrodes when the unit is working.



Why does the intensity return immediately to 0 when increasing its value?

The unit has a control of current supply. In case the circuit is open the intensity is automatically shut off. It is therefore necessary, before starting any treatment, to be sure that the cables are well connected and the electrodes completely placed on the skin.

What to do when the discharged battery indicator appears?

You can continue your stimulation until it starts diminishing; then turn off the unit, disconnect the electrode cables and change the batteries.

Is it possible to use the electric stimulator during the menstrual cycle?

Possible interferences, like anticipations, delays, accentuations or reductions of the cycle can be subjective and variable. It is however advisable to avoid treatments in the abdominal zone during the cycle.

Is it possible to use the electric stimulator during lactation?

Until now it has not found collateral effects in relation to the electric stimulator use during the lactation. It is however advisable not to treat the thoracic zone.

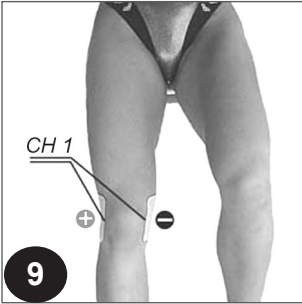
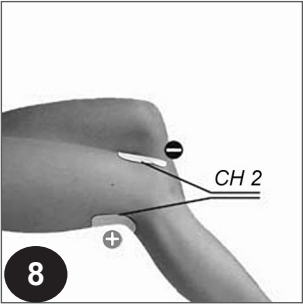
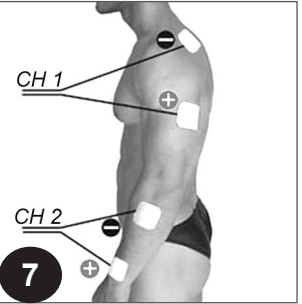
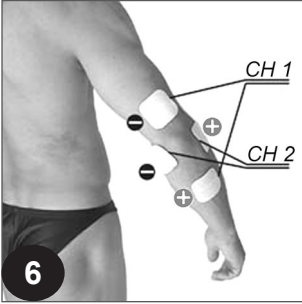
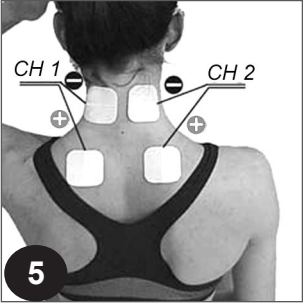
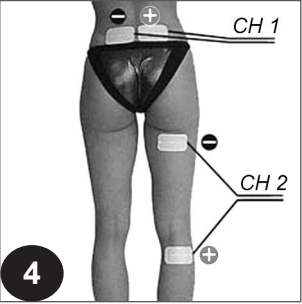
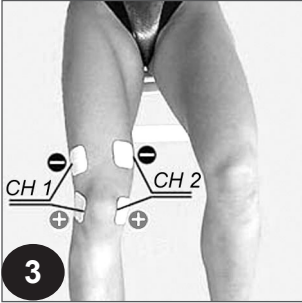
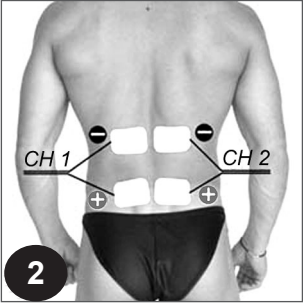
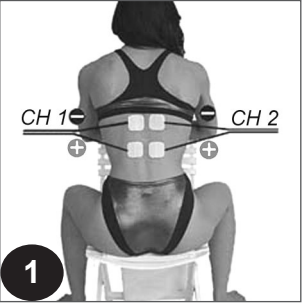
Does the presence of dermatological diseases like psoriasis, urticaria, etc. prevent the electric stimulator use?

Yes, it is advisable not to treat epidermic zones, which present important dermatological diseases.

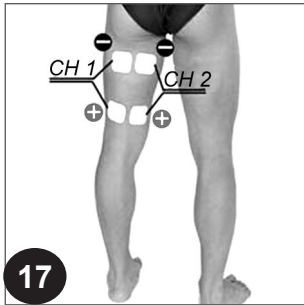
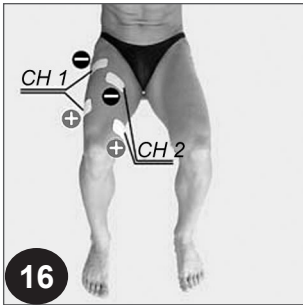
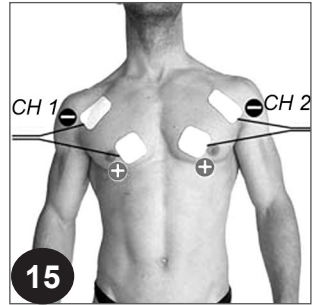
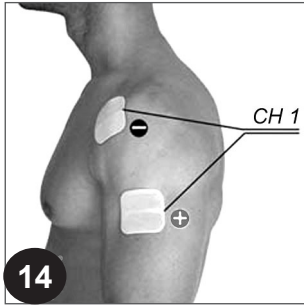
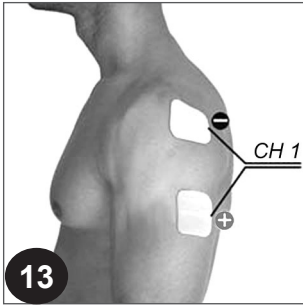
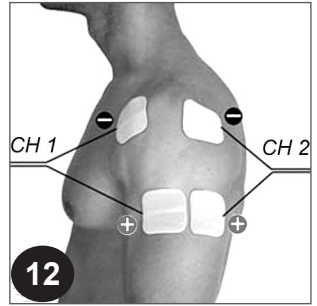
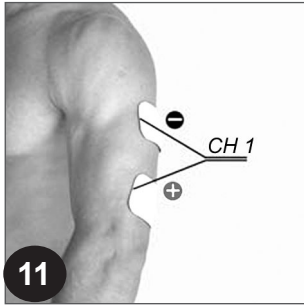
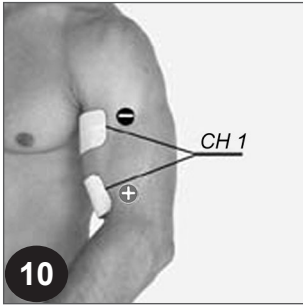
How long after is it possible to see the first results?

The aesthetic results obtained are always subjective. It is however possible to state that you can achieve good results about tonicity after 15 days with 3 or 4 sessions a week; for lypolysis and drainage treatment it is necessary at least 40 days. Better and speedier results are obtained if treatments are combined with a good physical activity and a correct life style.

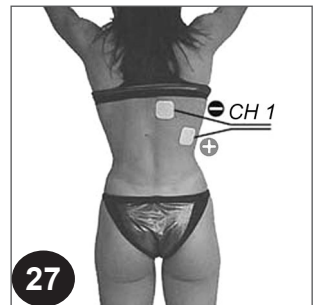
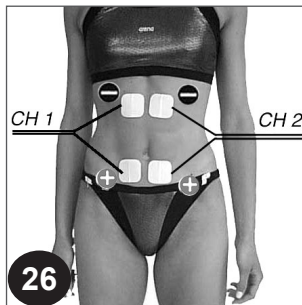
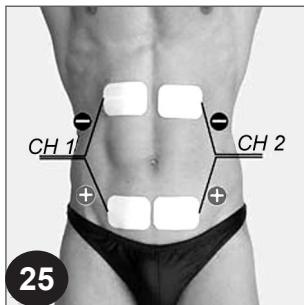
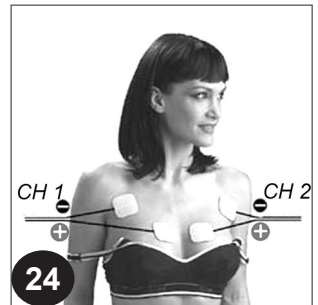
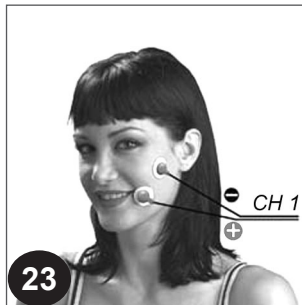
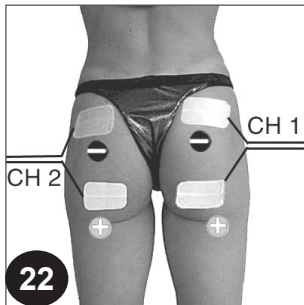
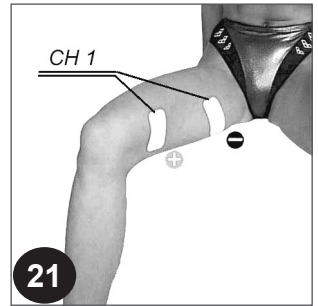
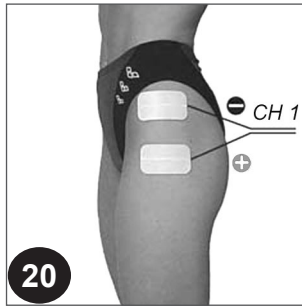
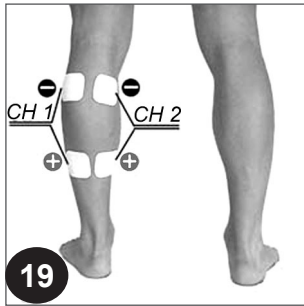
+ = Red



+ = Red

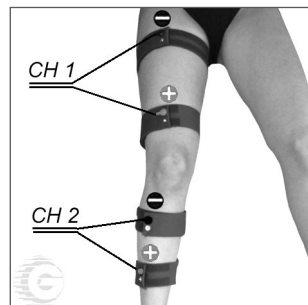
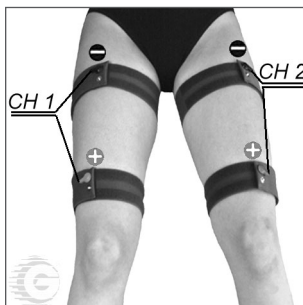
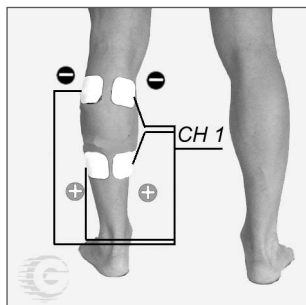
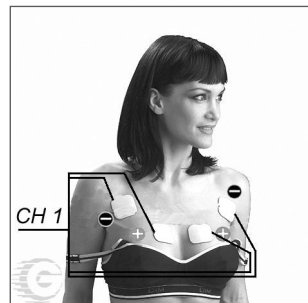
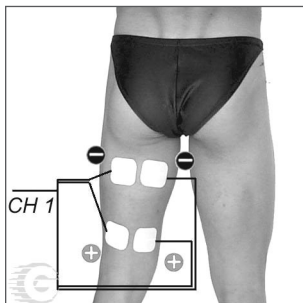
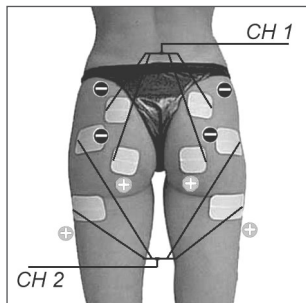
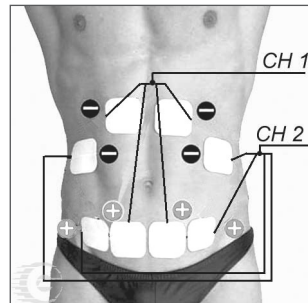
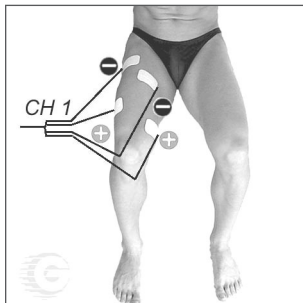


+ = Red



+ = Red

**WITH CABLES
ACCESSORY
KIT**



GUARANTEE TERMS

The device is guaranteed to the first user for a period of twenty-four (24) months from date of purchase against defects in materials or workmanship, provided that properly used and main-tained under normal conditions of efficiency. The warranty, if the user uses the device with professional purposes, shall be twelve (12) months from date of purchase against defects in materials or workmanship, if properly used and main-tained under normal conditions of efficiency. Warranty coverage is limited in the following cases:

- Six (6) months for supplied accessories such as batteries, chargers, power supplies, cables, etc.;
 - Ninety (90) days for the media containing software such as, for example, CD-ROMs, memory cards, etc. ...
 - No warranty for accessories and materials to be considered "consumables" such as, for exam-ple, electrodes, etc..
- The guarantee is valid and enforceable in the country where the product was purchased. In the event that the product is purchased in any country of the European Community, the war-ranty is still valid in all its countries.

To obtain warranty service, you must comply with the following warranty clause:

1. The products will be delivered for repair at the expense of the Client in original packaging.
2. The product warranty will be subject to the exhibition of a receipt (tax invoice, receipt or bill of sale), confirming the date of purchase.
3. The repair will not affect the original expiry date of the guarantee and will not lead to the renewal or extension thereof.
4. In case, when the repair work, we find no defect in the product itself, will still be charged for the costs of check technique
5. The warranty declines if the failure was due to knocks, falls, misuse or abuse of the product, use of an adapter or charger different from the original, accidental events, product alteration, replacement and posting of security seals and / or tampering product. The same also does not cover damages caused during the transport with not proper packaging.
6. The warranty is not responsible for the inability to use the product, other incidental or conse-quential costs or other expenses met by the buyer.

PRODUCTS CARE

Before returning the machine for repair, we recommend to read carefully the instructions in the manual and visit GLobus website in Club MyGlobus area under "what to do in case of pro-blems."

In case you need to return your product for assistance, contact your dealer or contact Globus Service in www.globuscorporation.com or www.globuscorporation.com, always accessing Club My Globus Area. Globus pro-duct support may be required to the dealer where you purchased the product or visiting Globus website in the CLub my Globus.

The size and features described in this manual may differ and are not binding. The manufacturer reserves the right to make modifications without notice.

