IMPORTANT NOTE: FCC RF Radiation Exposure Statement

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 0.5 centimeters between the radiator and your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter."

WARNING: This equipment may generate or use radio frequency energy. Changes or modifications to this equipment may cause harmful interference unless the modifications are expressly approved in the instruction manual. The user could lose the authority to operate this equipment if an unauthorized change or modification is made.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications, However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Recrient or relocate the receiving antenna.
 Increase the separation between the equipment and receiver.
 Connect the equipment into an outlet on a circuit different from that to which the receiver is
- Consult the dealer or an experienced radio/TV technician for help.

Safety precautions

Safety cannot be guaranteed if the product is used in a manner other than that described in this manual. How to handle a product If you use it incorrectly as an unfamiliar place, it may cause failure or accidents, so please be aware of it before using it.

Purpose of use of the product

The purpose of this product is effective muscle training through electrical stimulation. Do not use it in any way other than the product usage. (This product is not a medical device.)

Who to Use

This product is designed for those who understand the contents of the user manual and can use it safely. On notices it if you are not familiar with it or if you are difficult to bandle it according to this booklet, such as children. Continuous use can also strain the body, so the recommended usage standards for EMS devices (two times a week, within 20 minutes per session) and Use it according to your health condition.

Excluded from use

- 01 Please do not use it for the next person. Skin, body trouble, or accidents can occur.
- Anyone with heart closese Pregnant immediately after childbirth
 flyou have a pacemaker, an artificial pacemaker, or an artificial metal or electronic device in your body.
- ◆ Feople with skin problems furfaction, dermatifis, wounds, perceptual disorders, etc. | ◆ Feople who are taking medication
 ◆ Feople with fever (33°C) ◆ Feople with blood pressure ◆ People with bone problems such as cateoporcois

Restricted Places to Use

Do not use it in the following situations or places.

● Driving a vehicle ● Eating food ● Drinking, drinking, and drinking ● Moist place such as bathroom ■ Taking a shower ■ Sleeping

Precautions for Use

Use of this product can cause accidents or wounds in the following cases:

- 01 Do not put this product in contact with children or pets. Risk of burn or accidental swallowing.

 If swallowed, consult your doctor immediately.
- **02** Do not use this product for children or pets. Also, children and pets can use the products they saw Please be careful not to play.
- 03 Do not arbitrarily disassemble, open, modify, or repair this product.

 It can cause a fire, failure, or accident.
- 04 Do not impact this product by dropping or bumping it. There is a risk of damage.
- 05 Do not pour or heat this product into water, or charge, use, or leave it at high temperatures.

 There is a risk of fever, fire, or rupture.
- 06 Please refrain from using this product at the same time as other electronic and medical products.
- 07 Do not use this product for any purpose other than those specified in the user manual

2. Application Installation

The FIET application uses accurate diagnosis to design my own routines and change my habits This is a FIET-only Digital Health Care application that helps you form.

■ Before installing the app, turn on the [Smartphone > Settings > Bluetooth] and [Smartphone > Settings > Location] functions X You can use the FIET app for Android 7.0 or higher and IOS 8.0 or higher.

FIET Fitness & Sports exclusive app installation

You can download the FIET-only app from the App Store or the QR code below



FIET Device Installation

FIET Device provides exercise prescriptions to improve musculoskeletal disorders by diagnosing motion measurements Provides EMS exercises that increase the effectiveness of exercise. Use the FIET device through the FIET-only app Make it registered, please. Device registration proceeds to the next step through the app.

♠ Registered(Authorized Dong's ♠ Inquiry ♠ Puck registered *You can check the installed Puck on Bluetooth registered devices

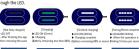


The FIET-only app provides you with your own customized solution to 'be who you are' Please check the details and how to use it through the app.



FIFT PUCK INDICATOR

Once connected to the FIET EPS, the Puck informs the progress of the FIET Device













3. Product Configuration





FIET Gear Configuration





4. How to wear FIET Wear

FIET Weer is a Tech Weer for diagnosis and improvement, consisting of [EMS Shape Weer] and [Adaptive

orage: ween; (a) ENS Shape Wear: Techware to deliver electrical impulses to major large muscles to help them contract,

relax and recover accordingly (3) Adaptive Shape Wear: Healthware that stabilizes muscles and improves movement through posture correction through taying effect to prevent misculoxidetesi disorders





Take off your underwear or change into underwear that does not overlap the conductor pad

Please wear it so that the pad is located in the large muscle area. Figure Victor II, to vicin the year or state of the legal state and the conductive seal to the upper tricker, and biness. Lover garment. Pull on the next so that it doesn't lift and eign the conductive pads to the gluteus maximus a

 If the conducting pad does not adhere directly to the human body by wearing underwear, no current will flow. - Wear's noted up like wearing stockings and take it off. If you pull in too hard, The built-in wires may break. - The sound of the thread popping while wearing the wear may occur. This is the exact connection you

have made when you made Wear It is a natural obenomenon that the sewing line that is set as a reference line is torn to do so.

The puck adedicated design for coveraine the function of the RET Water is located in the upper and lower

*Too No. 1 Puck. Bottom: No. 2 Puck *Please check the back of Puck un on the PET-only app. connect the Puck, and then exercise mode according to the program or purpose

Of State earning to make yourself by following the vides provided by the Fibroniy app.

When you've done with the earning, earning age, put it in a dedicated changing case, change it, and above it.

FIET EMS mode

The NET frequency mode is based on the stimulation of versions reflux of the cateodast pump. Active recovery mechanisms and present muscle growth and dramage. To implement the mechanism of controllor, institution, yet? To the PGA approval criteria and the purpose of exercise (balance, endurance, muscle strength, etc.)

O Frequency Mode Delivery Criteria

Sequence mode: All motion provided by the ep
_ Frequency tailored to characteristics when you select motion

_-requency tailores to characteristics whele you select motion.

The program must externatically.

Incidivate model: beartise other than app-grovided exercise __characteristics of exercise and frequency model
Check the characteristics:

(Frequency model "Feel" - "Seep Please proceed as instructed by flop.

O FIFT FMS mode

To prevent muscle injury, increase local blood flow Modes that help you build muscles that are suitable for exercise Warm-up

Endurance Resistance

immediately after exercising, you can quickly get rid of caygen and its effects on your tired muscles

Recovery

It stimulates blood circulation through epithelial cell stimulation Modes to promote the removal of circulatory waste JUVIS

5. Laundry and management

During FIET Wear, EMS Shape Wear is a Tech_wear that works in conjunction with a device, so please use it for a long time without any inconvenience with proper washing and maintenance.

O Washing method

Miss Shape Warr. Takks sure to remove and remove the device Folious has switting earthoid bown below and wash only the FITU Warr reparating. Fresh of an intervent of the second control of the s



- I recommend you wash it right after exercising.
- Please make sure that the device (Puck) is discorn Drying using hot air tools such as irons and dryers is prohibited

Use a neutral detergent in lukewarm water below 30°C

- Soaking or twisting in water is prohibited.

O Management method

Keep children under the age of 14 out of reach of pets

Interproteins further the age of a low or freed to piec.
 Do not drop or impact the charging case or the plock
 Please charge the pluck after use and store it
 This sea should be not buffer and can be used to a times based on 20 minutes of frequency mode.
 Do not charge the pluck as high temperature
 Do not charge the pluck as high temperature
 Pluck is an electric device. Please of the sware in the pluck.

 Do not use or store the Puck/Wear in the following places. : Places with direct sunlight, places with a lot of water, heating equipment, etc. Dusty places, bathrooms, etc. Moisturizing places, vibration-

6. Product specifications and warranties

Name of the product Function Storage		FIET EMS Shape Wear	
		low-frequency muscle movement, Motion sensing 10°C-30°C, Humidity 50-85% RH	
		Puck(15.6g, 2ea) include weight 88.9g	
d	Waterproof	PX5	
e Operating Environment v Communication i Battery		10°C-40°C, Humidity 30-85% RH, Pressure 70-106Kpa	
		BLES2	
		Rechargeable lithium polymer(180mA)	
c	rated voltage	DC 5V, 2A	
c	Time setting	20min	
	0.00 1	r v	

ceremen	rec ne	
Quality Assurance		→ ■ This product was manufactured through
Name of the product	□ EMS Shape Wear □ Adaptive Shape Wear	thorough quality control and rigorous inspection
	☐ EMS Shape Wear ☐ Adaptive Shape Wear	It is a product that has passed the appearance, specifications, and physical properties inspection.
Warranty	Device 12month / Wear 6month	After opening the product, we cannot
Fit products can be ex or compensated accord Dispute Resolution Star by the Fair Trade Comm Seller : FIET Manufacturer : Device(S Wear(Ne	ing to the Consumer dards notified ission.	return it because of the outstormer's simple change of mind. Falure of normal use products within it warranty period can be repaired/eaching free of charge. However, due to consumer negligence, carelessness, and natural disasters even within the warranty period. If a roblem occur, proceed to load if resoil















FIET Gear

[60cm, C type USB Cable]

