



# 虚拟健身房888 指南



虚拟健身房如名字所述，能够通过刺激运动神经，让人进行144种不同类型的健身运动却不费任何力气。这款仪器由伦敦大学发明

## 使用规则

**规则1**：所有用户必须填写医疗和食物摄入量调查表。使用起搏器患者和孕妇禁用

**规则2**：必须坚持使用，一两次使用不能创造奇迹。

**规则3**：所有用户必须进行初步会诊，包括以下内容：

\*告知他们治疗次数取决于

**A**/体形，

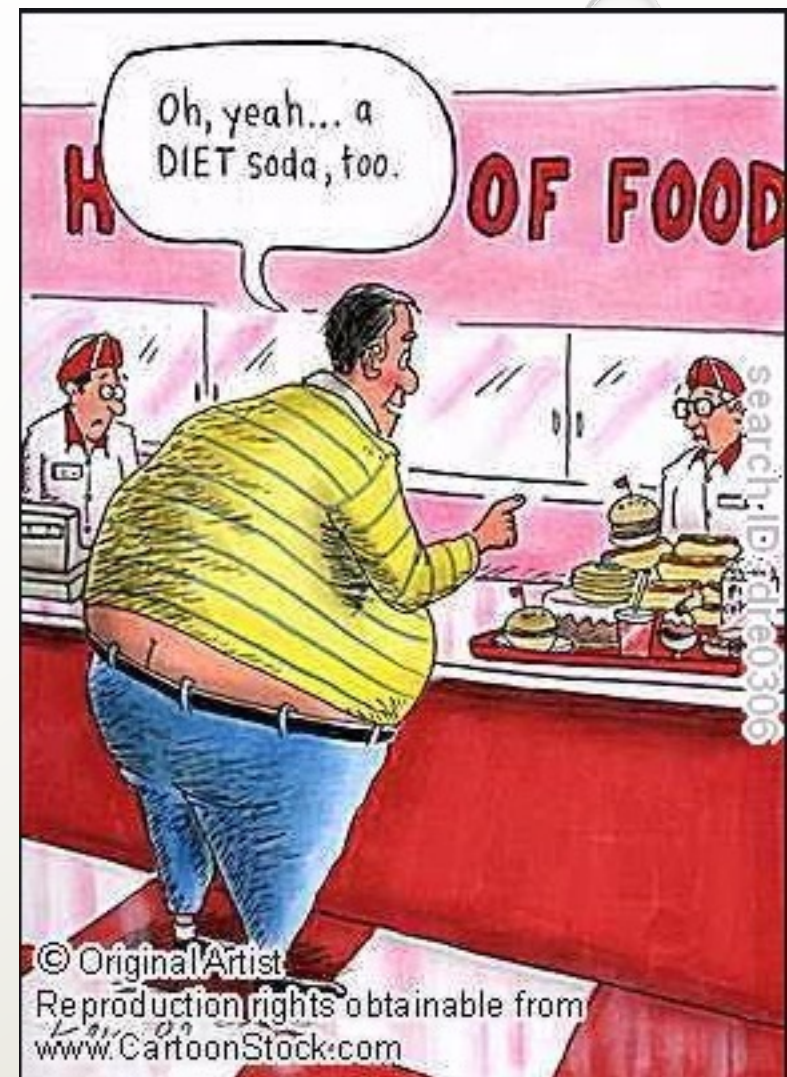
**B**/患者过去或现在是否锻炼，

**C**/饮食和生活习惯：

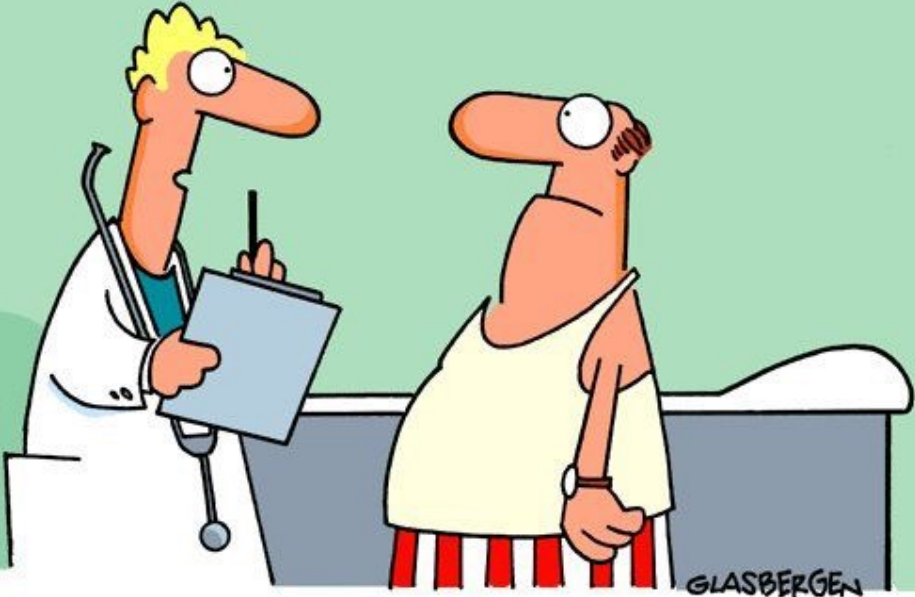
\*如果用户吸烟或喝酒，他们将需要更多的治疗

\*如果用户吃炒饭，油炸和高脂肪食物或含大量糖的食物，将需要更多的治疗，并且永远无法减肥成功，拥有他们梦寐以求的身体

\*虚拟健身房治疗就像去真实健身房一样，需要关注饮食。一次虚拟健身房治疗相当于一个月普通健身强度。肥胖的人去健身房一年（相当于12次虚拟健身房治疗）几乎得不到什么成效。事实上，大多数肥胖的人去了一年健身房后根本没有减肥效果。



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**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**

**规则4**：尽管虚拟健身房可以代替运动，但如果能额外运动会带来更好的效果。人们总是有各种各样的借口为什么他们不想进行虚拟健身房治疗或运动。

**规则5**：为了达到效果，用户必须每周至少来2到3次，并且周周坚持。

**规则6**：监督并报告每天吃的东西。这必须包括所有吃的食物，无论是从别人盘子里吃的，还是半夜从冰箱里拿的。一切意味着必须包括口香糖，糖果，花生，饼干等等所有吃的东西的卡路里。

**规则7**：压力大的人需要更多的治疗

**规则8**：糖尿病或甲状腺功能减退者需要更多的治疗

**规则9**：虚拟健身房将帮助患者恢复健康。那些患有脂肪肝的人在经过一定数量的虚拟健身房治疗后将痊愈。

- 虚拟健身房可以平衡荷尔蒙。荷尔蒙失衡会影响情绪和自信，所以在经过一定量的治疗后，平衡荷尔蒙会让人自我感觉更好
- 虚拟健身房能增加能量。人们在日常生活中将有更多的精力
- 虚拟健身房增加性欲。将有助于提高性生活的质量
- 虚拟健身房可调节重要器官，进一步提高您的健康。
- 健身与抗衰老并驾齐驱。您将变得更健康，更年轻，活得更长。

## 治疗前必须的步骤

1. 客户填写健康问卷

2. 客户签署同意书

3. 客户填写营养/食物摄入量问卷

4. 讨论&咨询客户健康目标和食物摄入量评分

5. 未经医生许可，不接受有医疗或精神疾病的客户

6. 客户被要求保留自己的一套粘合贴片，以避免可能的细菌感染

7. 评估客户的体质和生活方式以及治疗次数：一次治疗相当于在健身房锻炼一个月

8. 现实期望：如果客户需要在健身房炼 2-3年才能得到理想的身材，利用我们的仪器相当于需要2个疗程或24-32次调理

9. 已经证明过身体在燃烧脂肪之前会使用食物作为能量。因此适当的饮食是至关重要的。吸烟+酒精会增加毒性，因此需要跟多治疗

10. 粘合贴片可能会导致发红，通常在 15 分钟到半小时后消失

11. 客户必须被告知健康危机/赫克斯海默反应后，强烈的排毒反应

# 健康状况调查问卷

条件	目前的状态	以前的状态	时间的发生，多久以前	从来没发生过	推荐
心脏起搏器					不，禁用
孕妇过程中					不，禁用
坐骨神经痛					看坐骨神经 -p98
腕管					无效
分娩后一个月					必需的- 平坦的腹部和排毒
剖腹产后四个月					注意/询问医生
瘢痕疙瘩					无效
癌症					注意/询问医生
心脏问题					注意/询问医生
内脏脂肪/脂肪肝					需要的—需要更多治疗
低能量					需要的—如果低能量继续存在，请咨询
肿胀					需要密集排毒
癫痫发作					注意/询问医生
荷尔蒙失调					必要的 - 如果病情持续，请咨询医生
糖尿病					注意/询问医生
金属板					注意/询问医生
咳嗽/呼吸问题					注意/询问医生
发烧					注意/询问医生
其他疾病					注意/询问医生
其他精神疾病					注意/询问医生
高血压					注意/询问医生
手术					注意/询问医生
感冒					注意/询问医生
头疼					注意/询问医生
定期锻炼					期待增强的核心力量、速度和耐力
吸烟 / 酒精					需要密集排毒
药物					需要密集排毒

\* 请列出服用的药物: \_\_\_\_\_

\* 请列出服用的维生素: \_\_\_\_\_



保存记录

始终在和之前进行拍照  
每次治疗后

在客户站的地板上做一个X

在摄影师站的地板上做一个X

3. 从以下角度拍照

正面

左前四分之一，

左侧，

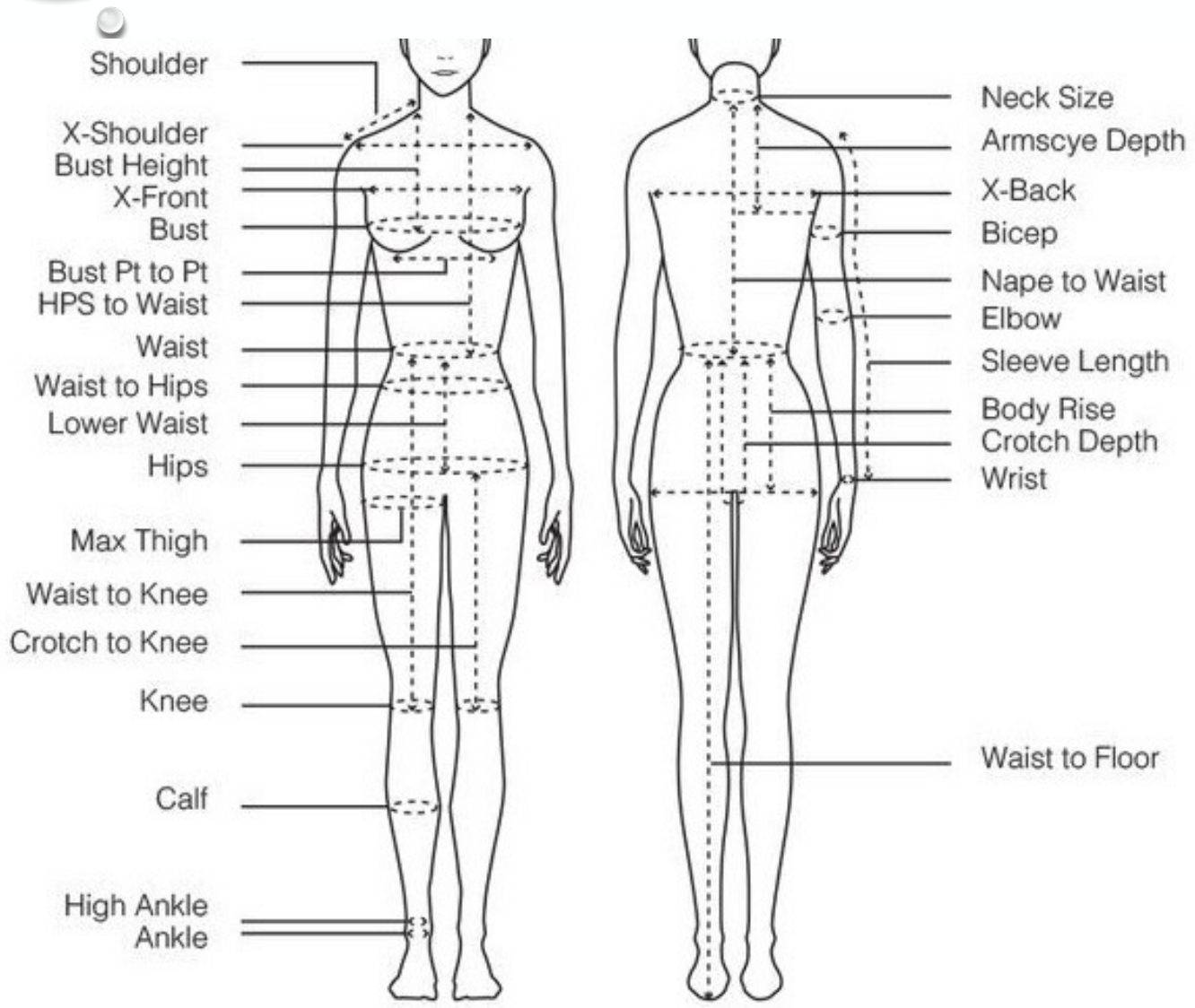
左后四分之一

返回

右后四分之一，

右侧，

右前角



保存记录  
治疗前后测量

对腹部进行**5-8**次测量标志。 标记在胶带上方和下方

**3-7** 腿部测量。 标记在胶带带上方和下方

**1-2** 手臂上的测量标识。 标记在胶带上方和下方

胸部肩部和颈部的 **2-5** 个测量值。 标记在胶带上方和下方



## 配件

自我粘合贴片必须用于同一个用户，可以多次使用

自我粘合贴片经过测试证明能够准确地传输虚拟健身房信号。不要使用未经授权方的自我粘合贴片，因为其未达到虚拟健身房的使用标准，不能达到最终效果。**IELLIOS TED**自我粘合贴片由专利的银网格结构及多层次组合而成，精心设计专门用来精确控制电极表面的信号分布，网格结构能够在达到预计电压时免于边缘刺痛。运用我们的专利多层多种粘合的自我粘合贴片避免了单层凝胶贴片带来的问题。



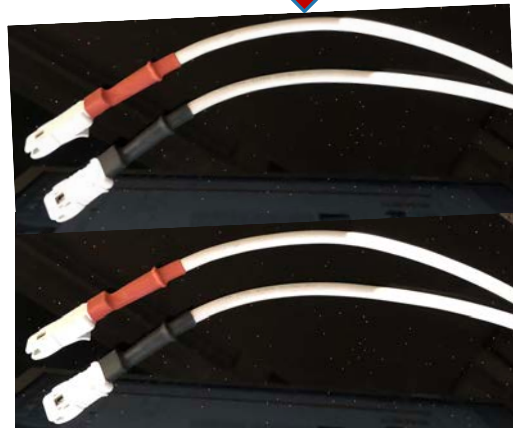
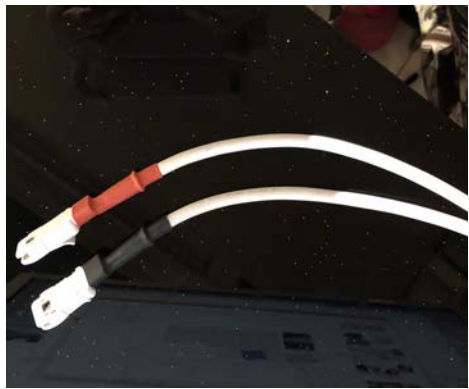
# CABLES: There are 8 White cables and 8 Gray cables

8 根白色电机线由 5 根，用于频道 10.11.13.14.15 的两个夹子和 3 根带四个夹子的双头电机线组成，用于通道 9,12 和 16。这些具有插入 3 针 的 3 公插座 - 机器右侧的 3 针插座

8 根灰色电机线包括用于通道 1-7 的 7 根灰色单根电机线，带有两个夹子和 1 根双电缆，带有用于通道 8 的四个夹子。这些具有 4 针 插到 4 公插座，可插入 机器左侧的 4 针 插座。

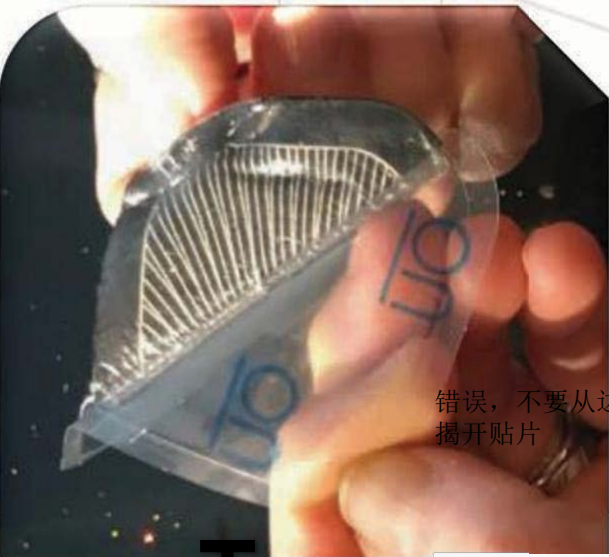
单头电机线-带两根链接线

双头电机线-带四根连接线



连接频道1-8  
用于腹部和臀部

## 怎样使用贴片



错误，不要从边缘  
揭开贴片



正确，永远持贴片中间部分防止  
贴片边缘磨损，若贴片边缘磨损会  
带来痛感

## RIGHT OF THE MACHINE

5 Single White Cables

机器右侧 5 根白色单头线



R

## RIGHT OF THE MACHINE

3 DOUBLE White Cables

机器右侧 3 根双头白色  
连接线





机器左侧的 8 根单头灰色连接  
接线。

频道1-7 有 7 根单头连接线

频道8 有 双头连接线

## Before Starting the Device ALWAYS CHECK:

在仪器背部有电压开关，可以手动更改电压，从110V到230V，适用于全球的不同电压标准。请确保此电压使用于本国的电压标准



注意 若在国家电压标准为230V时，将开关置于110V，两者的电压差异会使电压适配器爆炸。设备将送回至英国维修，维修费自理



检查插头  
插头是否插好？



ALIGN AND PRESS THE CABLEs  
对齐并按压电机线



安全地拧入并锁定每根电缆。  
除非必要，否则不要拆下电缆

# Starting the Device STEP BY STEP:

STEP 1. TURN ON THE KEY TO THE ON POSITION



STEP 2. YOU WILL NOW HEAR THE FAN.

STEP 3. PUT THE PADS ONTO THE CLIENT'S BODY (SEE PADDING LATER)



STEP 4. ATTACH THE CABLES ONTO THE PADS SEE NEXT PAGE ON HOW TO CONNECT THE CABLES



STEP 5. MAKE SURE ALL THE CHANNELS ON THE RIGHT SIDE ARE NOT LIT UP



STEP 6. MAKE SURE ALL THE CHANNELS ON THE LEFT SIDE ARE NOT LIT UP.



THE MACHINE WILL NOT START IF ANY OF THE CHANNELS IS LIT UP

STEP 7



STEP 8



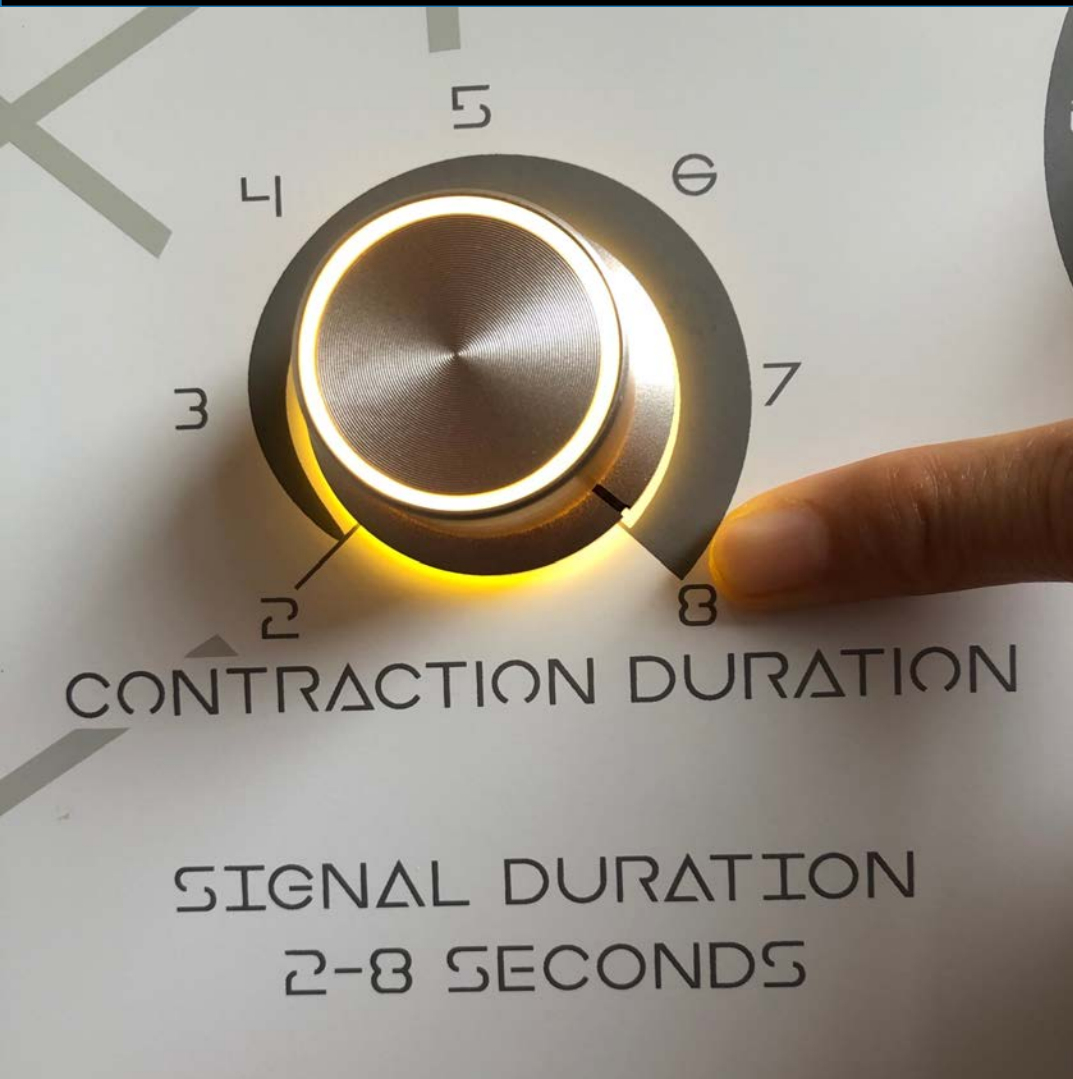
BEFORE  
STARTING  
THE  
MACHINE

启动机器  
之前。

Check the Deeper Muscle / Visceral Fat  
Waveform. It must be turned all the way to the  
left  
检查深层肌肉/内脏脂肪波形。必须一直向左  
转

Check the Subcutaneous Fat /muscle/ Detox  
Waveform. It must be turned all the way to the right  
检查皮下脂肪/肌肉/排毒波形。它必须一直向右  
转





Check the Contraction Duration It should be on 8 secs.  
For Aerobics like Exercise Put Contraction Duration at 2 secs

检查收缩持续时间它应该是 8 秒。对于像运动这样的有氧运动，收缩持续时间为 2 秒



Check the Rest Duration. It should be on 8 secs ONLY so that you can have enough time to turn on all the channels. AFTER YOU HAVE TURN ON ALL THE CHANNELS PUT IT ON 2  
检查休息时间。它应该只打开 8 秒，以便您有足够的时间打开所有频道。在您打开所有频道后，将其设为 2

Set the time of Treatment.  
TREATMENT SHOULD BE 45 MIN TO ONE HOUR

设定治疗时间。治疗应该是 45 分钟到 1 小时

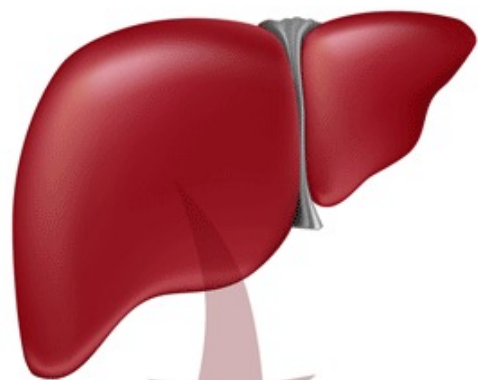


Time set to 45 minutes here. This is ONLY  
an example.

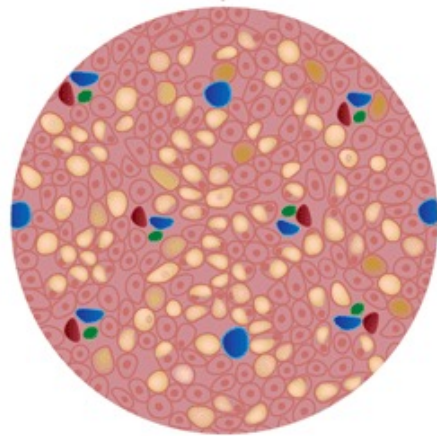
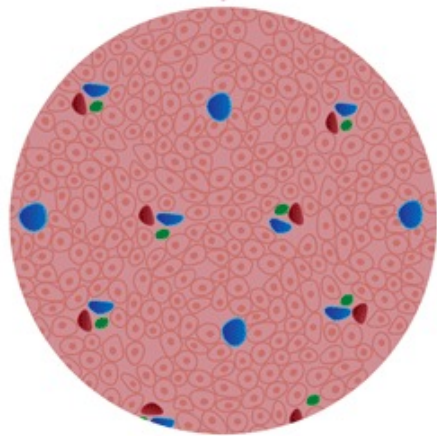
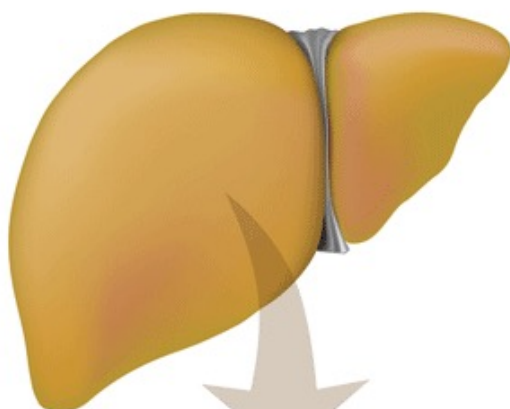
这里的时间设置为 45 分钟。这只是一个例子。



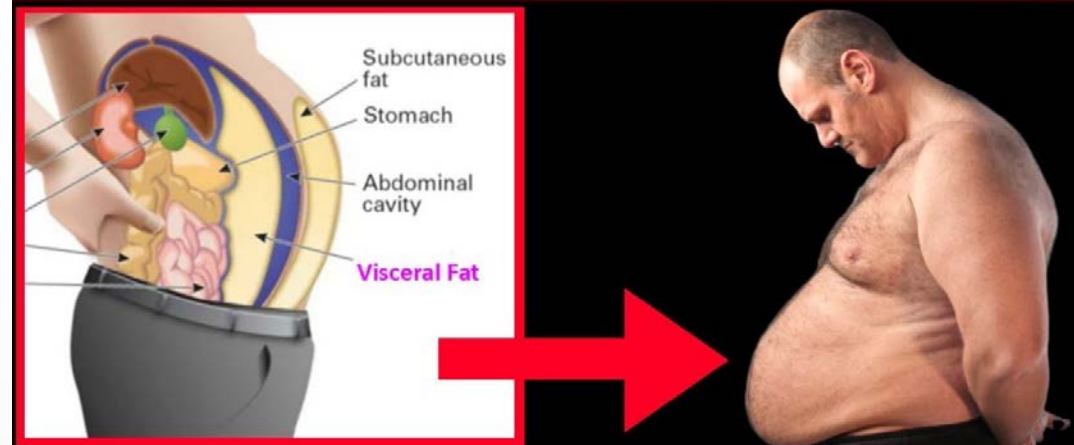
Healthy liver



Fatty liver



# VISCERAL FAT



对于有内脏脂肪或有脂肪肝证明的客户，治疗时间必须为1小时。在剧烈运动或虚拟健身房治疗的前20-30分钟，身体会燃烧皮下脂肪。至少在治疗30分钟后，身体将开始燃烧内脏脂肪。因此，内脏脂肪燃烧需要一个小时的治疗，并在15-20次治疗后获得无脂肪肝的超声报告。

STEP 13



它应该只打开 8 秒，以便您有足够的时间打开所有频道

# 启动

如果一切正常  
启动机器

STEP 14



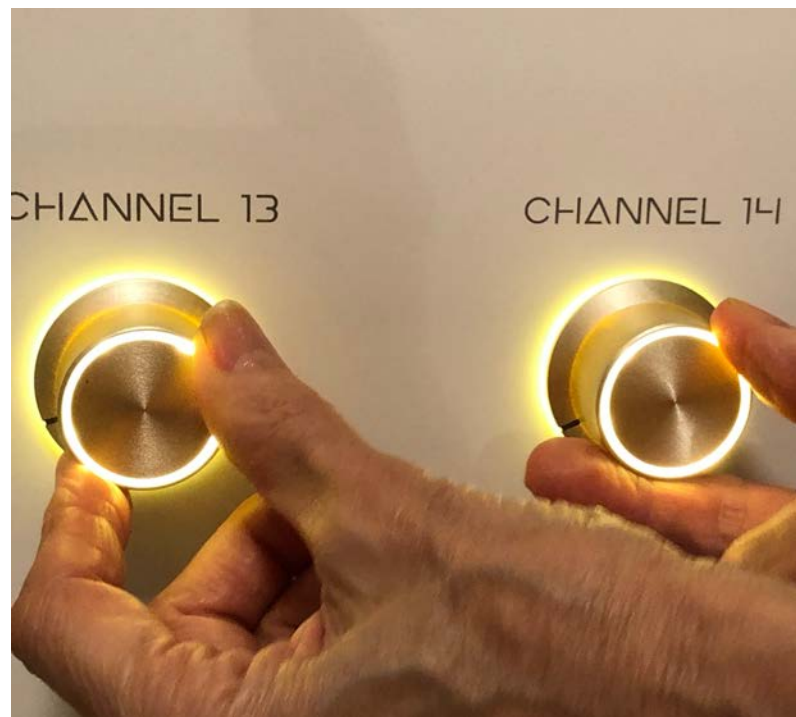
按绿色按钮启动机器

仅当休息亮起时，才将右侧的电压旋钮 (9-16) 旋转。



如果你的手把它转得高于1的话，你必须把它转回1。

继续打开右侧的电压旋钮（9-16）  
只有当 休息时间灯亮



# NOW start turning on on the left side VOLTAGE knobs (1-8)

STEP 17



STEP 18



**TURN ON KNOBS  
ONLY WHEN  
THE RESTING  
LIGHT IS ON**

STEP 19



**TURN ON KNOBS  
ONLY WHEN  
THE RESTING  
LIGHT IS ON**

STEP 20



TURN RESTING KNOB  
TO 2 SECS

INCREASE THE RIGHT SIDE VOLTAGE KNOBS IN EXTREMELY SMALL INCREMENTS

EVERYTIME YOU INCREASE THE VOLTAGE A LITTLE

**ASK CLIENT:** ARE YOU OK? CONTINUE UNTIL YOU GET A CONTRACTION

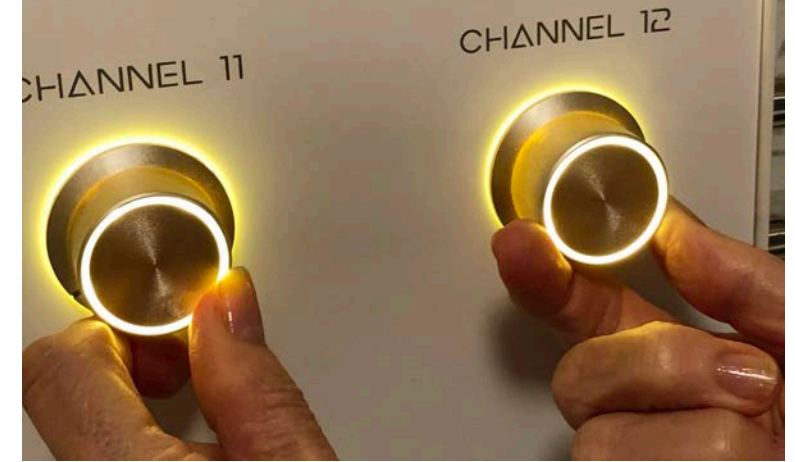
STEP 21



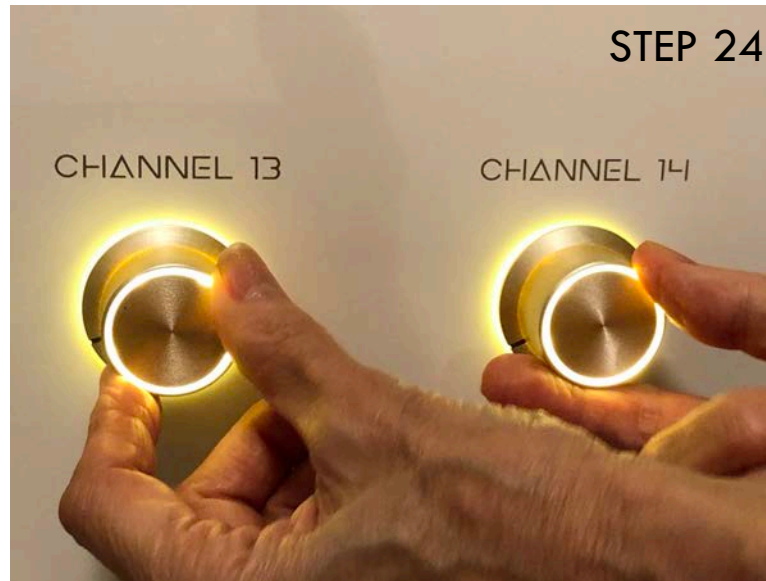
STEP 22



STEP 23



STEP 24



STEP 25





INCREASE THE RIGHT SIDE VOLTAGE IN EXTREMELY SMALL INCREMENTS

STEP 26



STEP 27



STEP 28



STEP 29



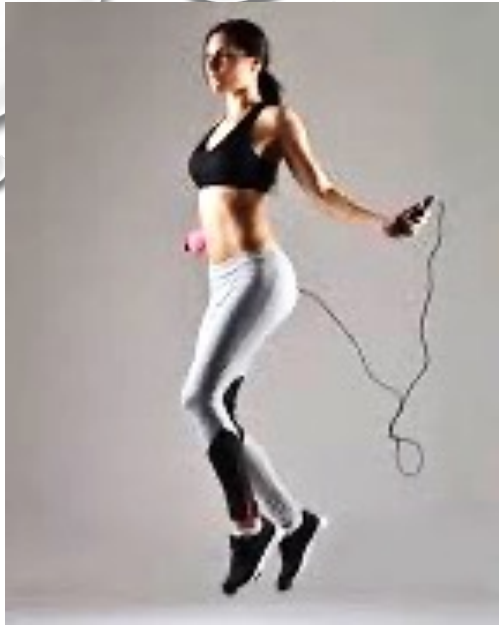
每次你增加一点电

询问客户：你还好吗？

继续，直到您观察到客户有 8 秒的收缩



RESISTANCE / STRENGTH  
EXERCISES



## AEROBIC EXERCISES



CHANNELS 9 - 16

**CONTRACTION  
TIME 2-6 SECS**



内脏脂肪的



**INDIVIDUALS WITH DETOX  
NEEDS SHOULD BE LEFT ON  
THE DETOX WAVEFORMS LONGER**

仅在 休息按钮亮起时更改波形

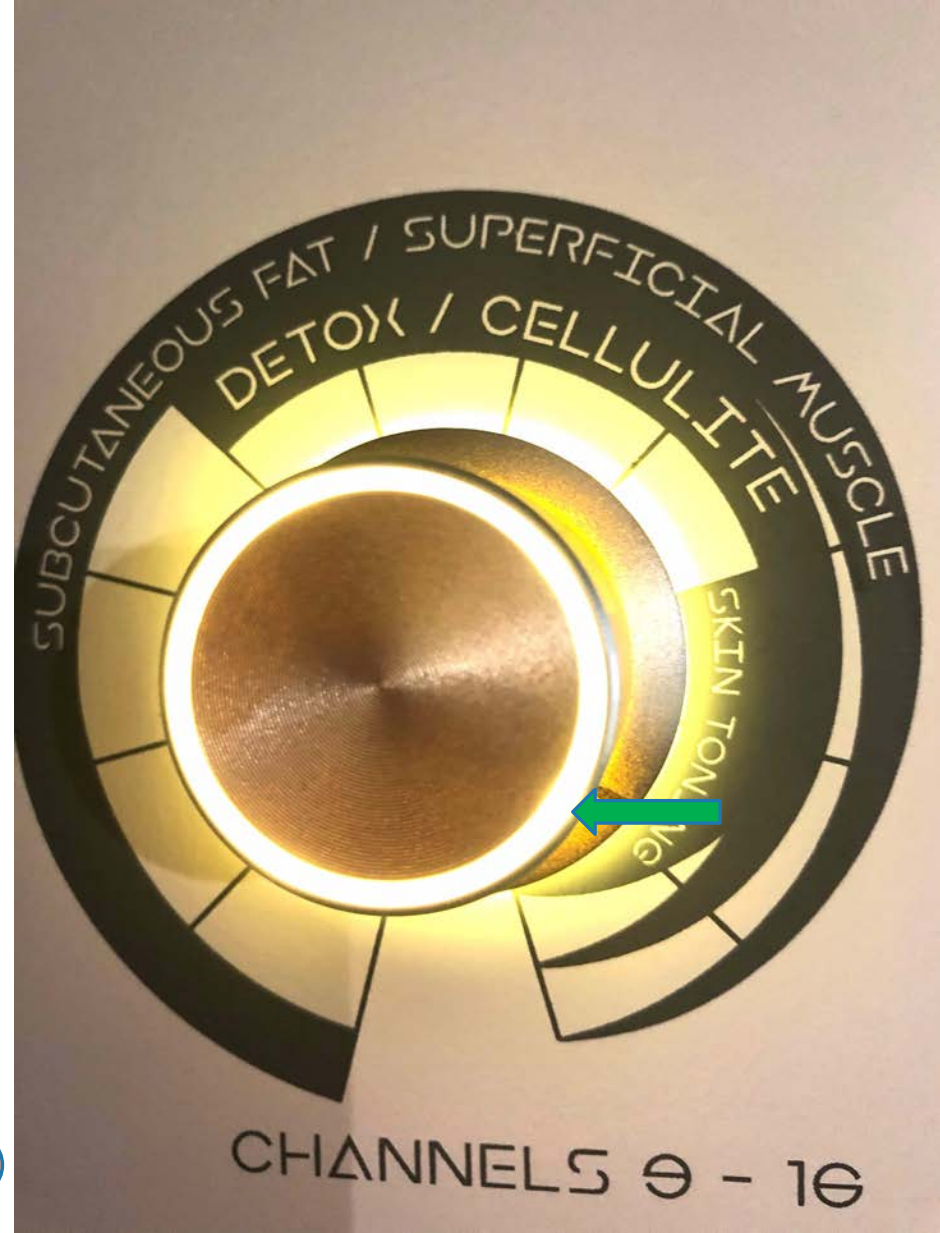


左侧的肌肉/内脏脂肪  
波形

至少两次逆时针，等  
待至少 4-5 次收缩然

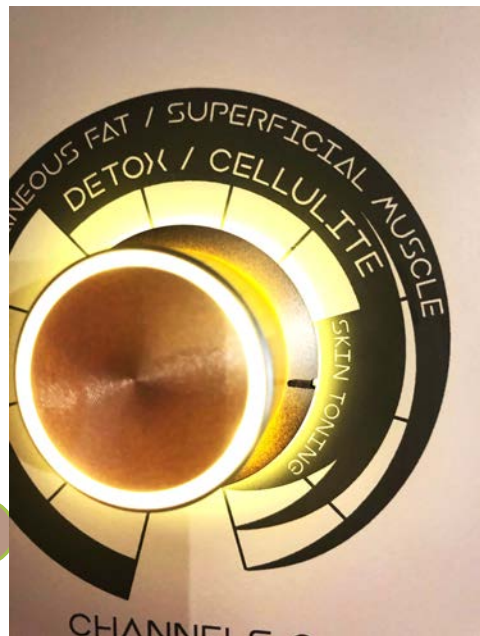
后将波形向右旋转，  
顺时针等待至少 4-5  
次收缩，

然后将左波形逆时针  
旋转，依此类推.....



CHANGE THE WAVEFORM ONLY WHEN THE REST DURATION BUTTON IS LIT UP

两种不同位置的  
波形



您永远不会同时打开两个波形。

你总是在改变一个波形之后等待至少 4-5 次收缩，然后再改变另一个

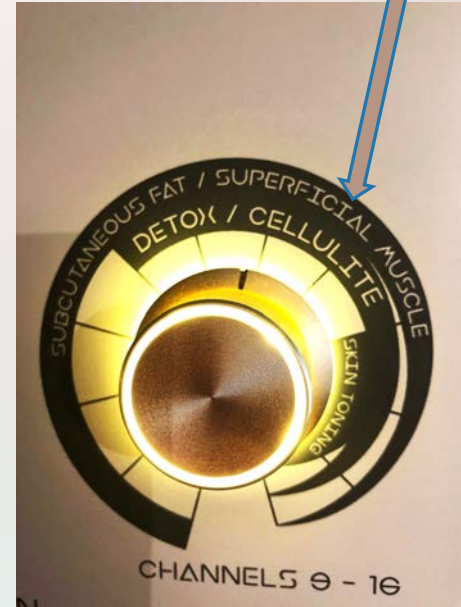
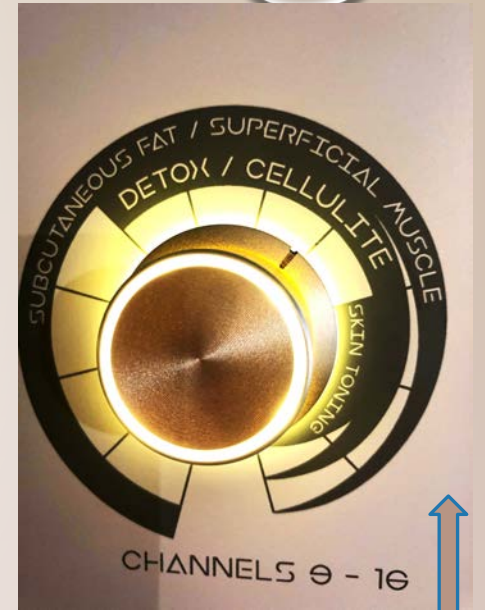


CHANGE THE WAVEFORM ONLY WHEN THE REST DURATION BUTTON IS LIT UP

随着电压的增加，收缩会增加



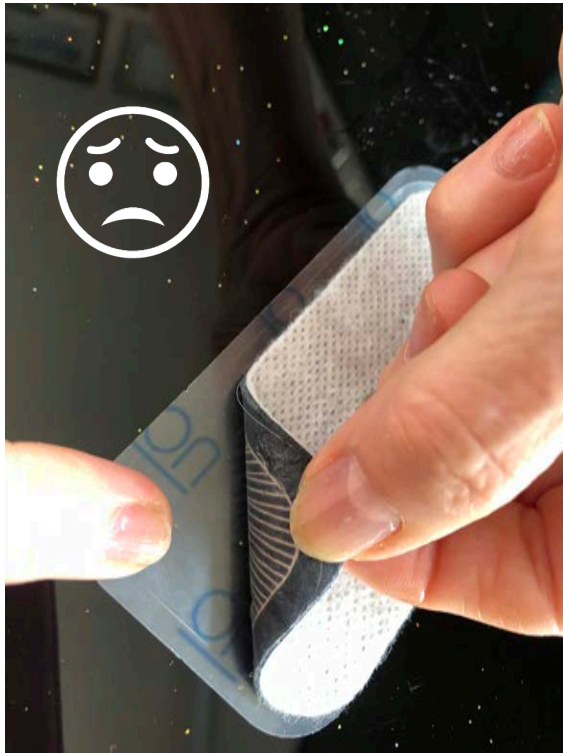
收缩会增加  
随着你把更深的肌肉波形在左边逆时针



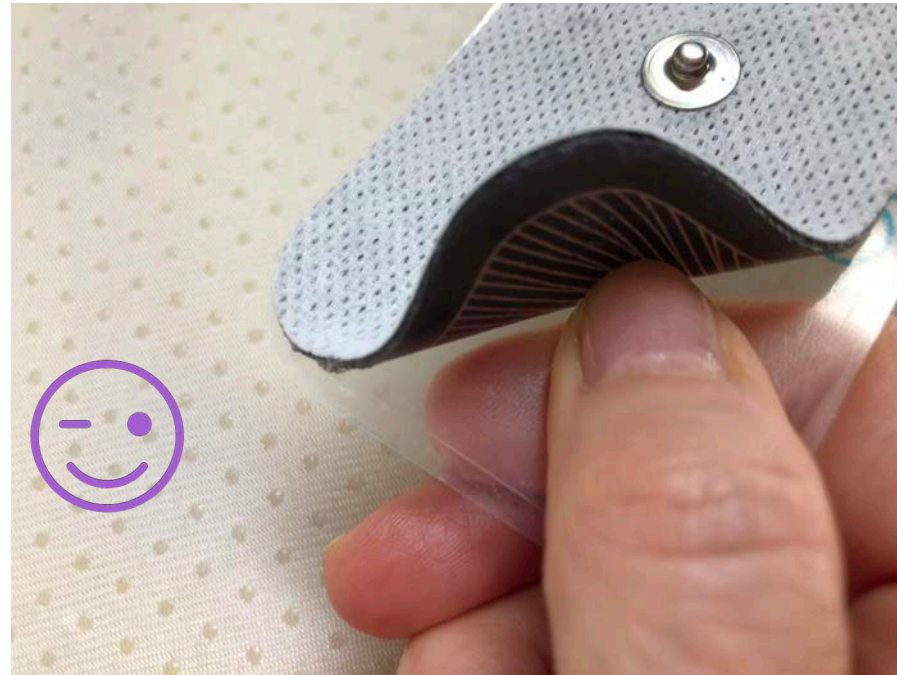
收缩也会增加  
随着你把排毒/  
皮下脂  
肪的波形在右  
边逆时针

IN ORDER TO GET RESULTS THE CLIENT MUST HAVE VISIBLE CONTRACTIONS

## TAKING THE PADS OFF THE PLASTIC



WRONG. NEVER  
HOLD PAD FROM THE  
EDGES



CORRECT. ALWAYS HOLD PAD FROM THE MIDDLE TO AVOID WEARING OFF THE EDGES.  
IF THE PAD EDGES ARE WORN OFF THE PAD WILL GIVE A NOXIOUS SENSATION



# Check Pads

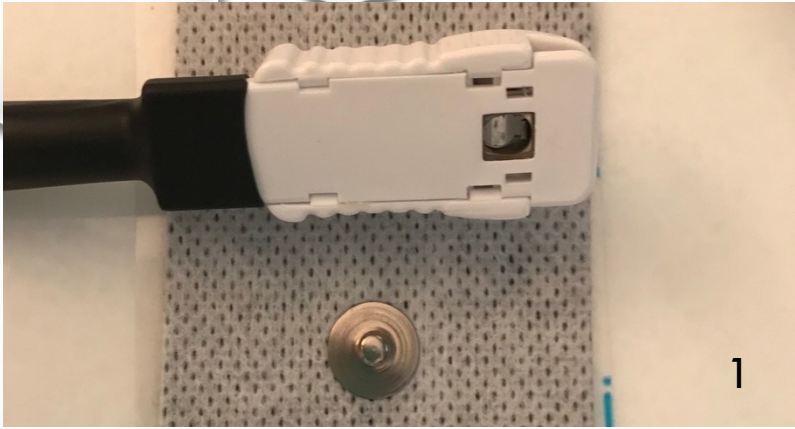
CHECK PADS TO SEE THEY ARE WORN OUT. IF THEY ARE WORN OUT, REPLACE THEM **IMMEDIATELY**



DO NOT PUT SELF ADHESIVE PADS ON ABRASIONS OR WOUNDS OF THE SKIN. CHECK THE SKIN BEFORE YOU PLACE THE SELF-ADHESIVE PADS.



C  
h  
e  
c  
k  
  
B  
o  
d  
y



Observe the snap and the hole under the clip.



Flip open the clip and place clip on top of connector



Pressing the clip down firmly onto the connector



Push the clip upwards



Close the clip



Make sure the clip now is secured and the cables are attached firmly onto the pad.

PLACE PADS AT LEAST FIVE FINGERS FROM EITHER SIDE OF THE SPINE

N  
O  
P  
A  
D  
S  
N  
E  
A  
R  
T  
H  
E  
S  
P  
I  
N  
E

## PADDING RULES:

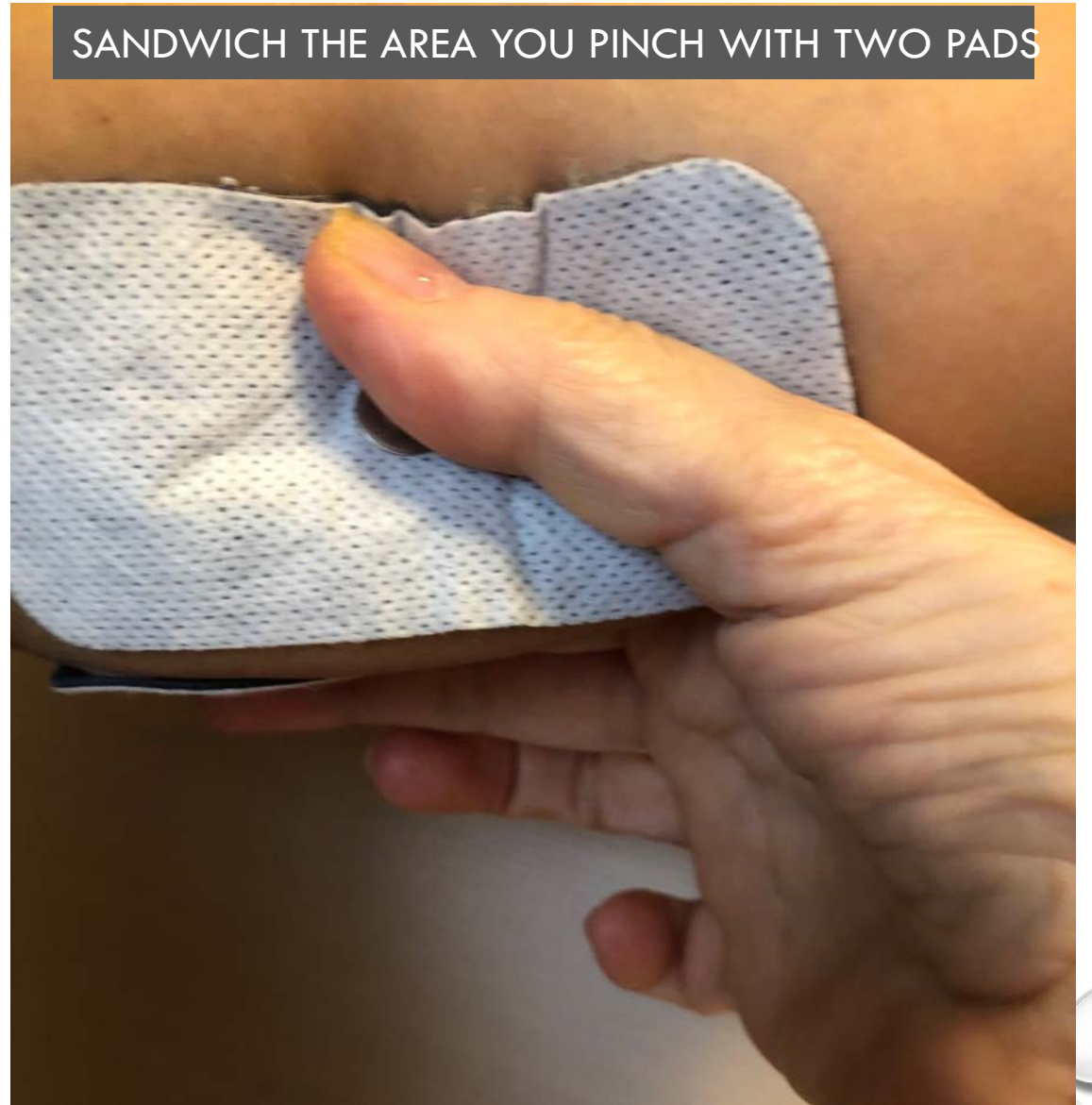
1. PLACE PADS AT LEAST FIVE FINGERS FROM EITHER SIDE OF THE SPINE
2. GRAB THE FAT OR MUSCLE AND SANDWICH IT WITH TWO PADS ONE FINGER APART



PINCH THE FAT OR MUSCLE ON TARGET AREA



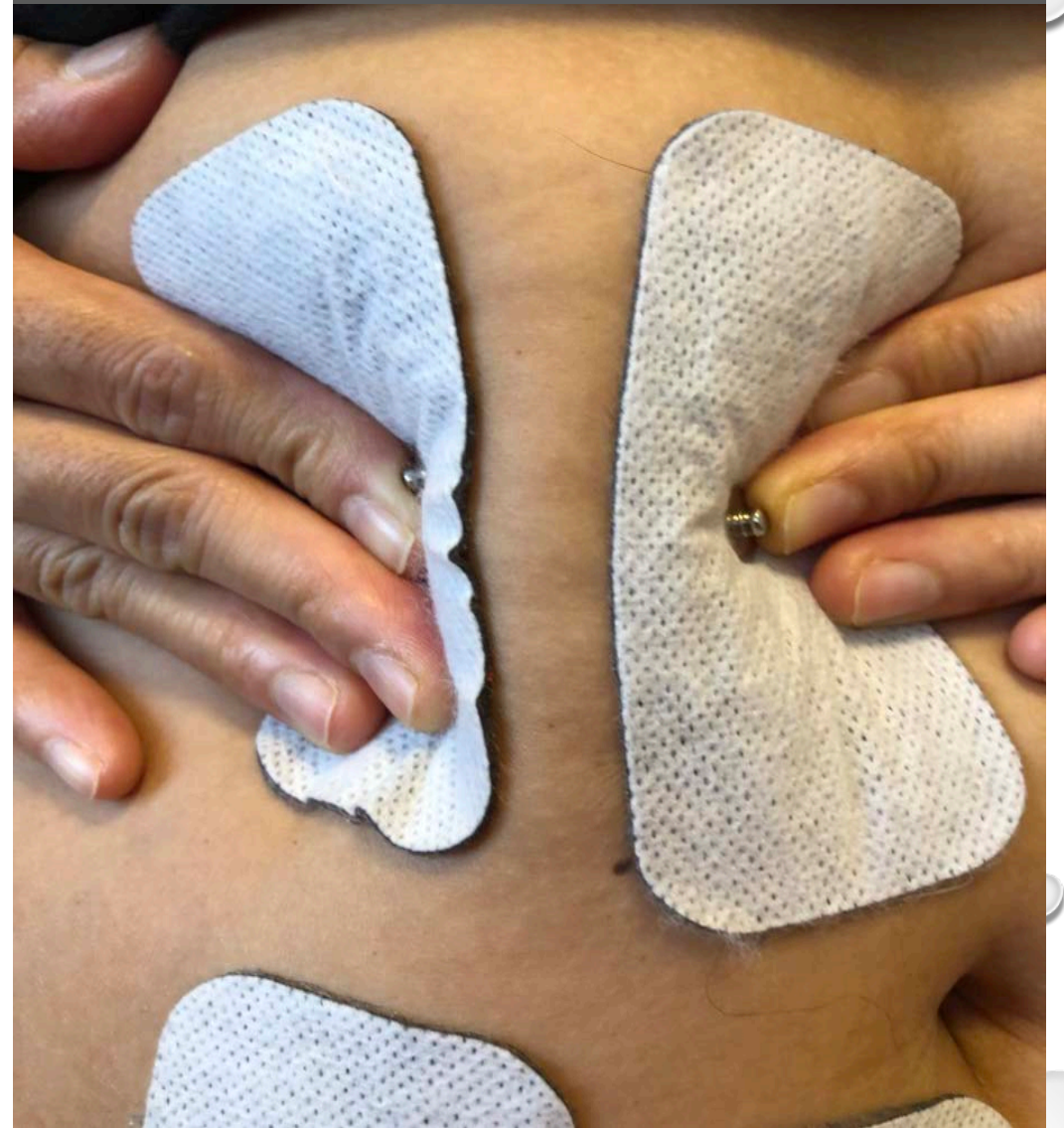
SANDWICH THE AREA YOU PINCH WITH TWO PADS



PINCH THE FAT OR MUSCLE ON TARGET AREA



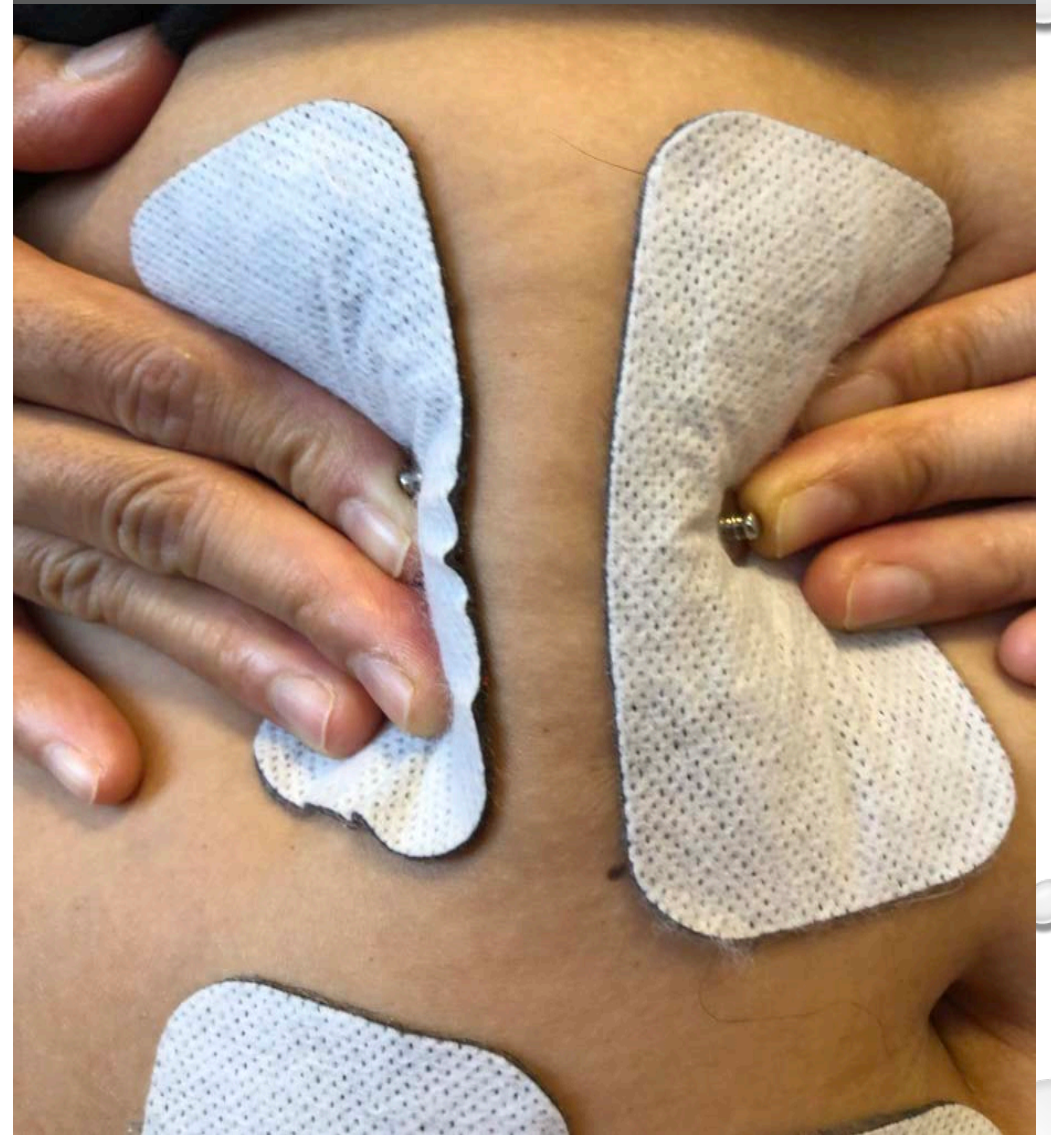
SANDWICH THE AREA YOU PINCH WITH TWO PADS



PAD LOWER ABDOMEN FIRST ON THE LEFT SIDE



THEN PAD UPPER ABSOMEN ON SAME SIDE ... ETC





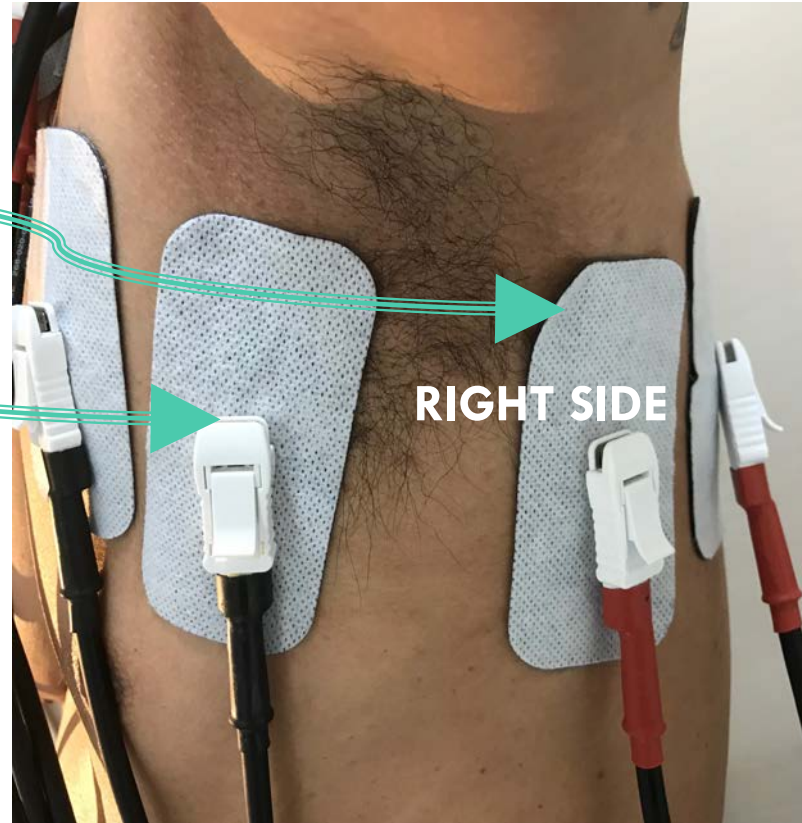
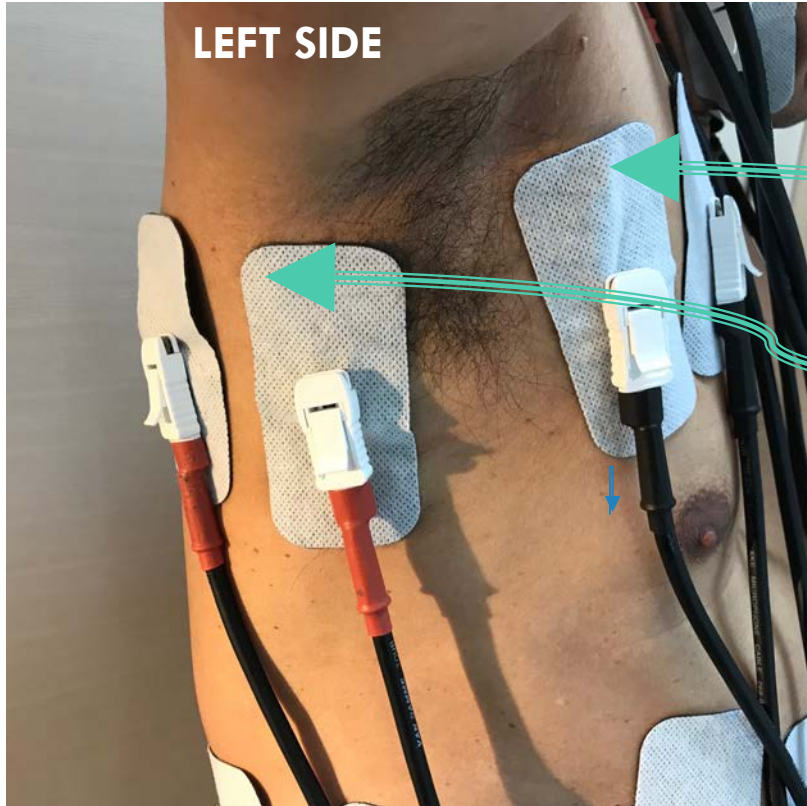
连接  
脂肪跟脂肪  
或  
肌肉跟肌肉

# PADDING RULES

BACK

FRONT

BACK



**WHEN RED IS ON THE LEFT**  
**WHEN RED IS ON THE BACK LEFT**  
**WHEN RED IS ON THE BACK RIGHT**

**BLACK MUST BE ON THE RIGHT**  
**BLACK MUST BE ON THE FRONT RIGHT**  
**BLACK MUST BE ON THE FRONT LEFT**



### Severe Foot Swelling:

1. Take quad cable from channel 9. Two red on the SAME foot.
2. **PLACE THE TWO BLACK ON THE LOIN OF THE OPPOSITE LEG**

### Mild Foot Swelling:

1. Take quad cable from channel 9. One red on the left foot. One red UNDER the knee of the same left leg.



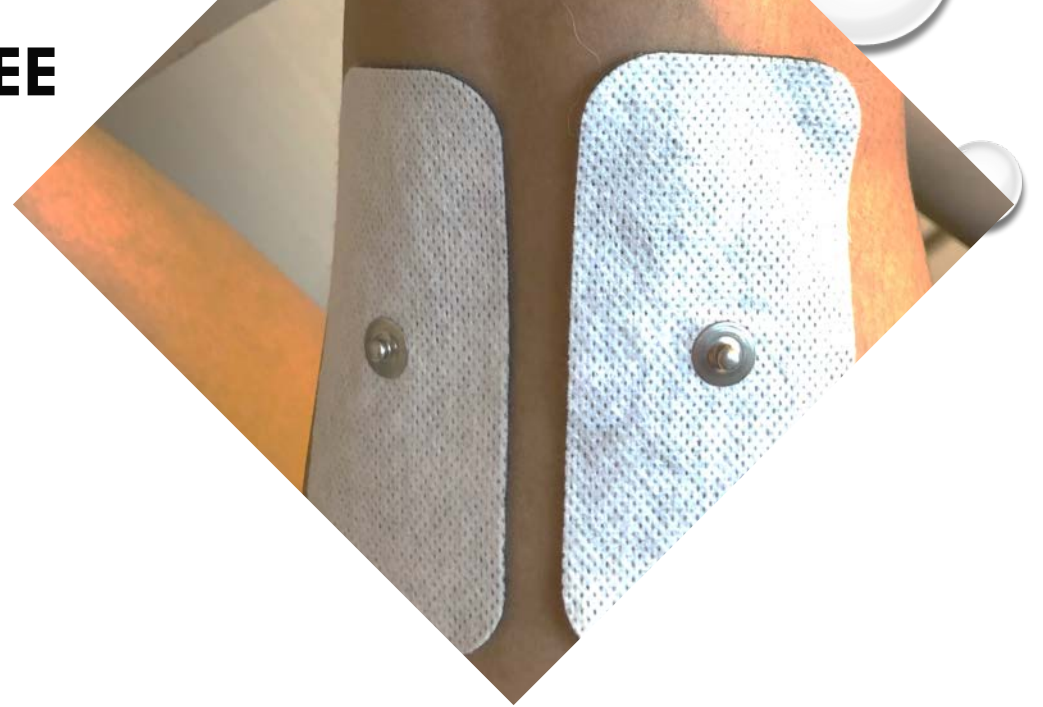
2. **PLACE THE TWO BLACK ON THE LOIN OF THE OPPOSITE LEG**
3. Mirror padding on the other side with quad cable 16



3. Mirror padding on the other side with quad cable 16

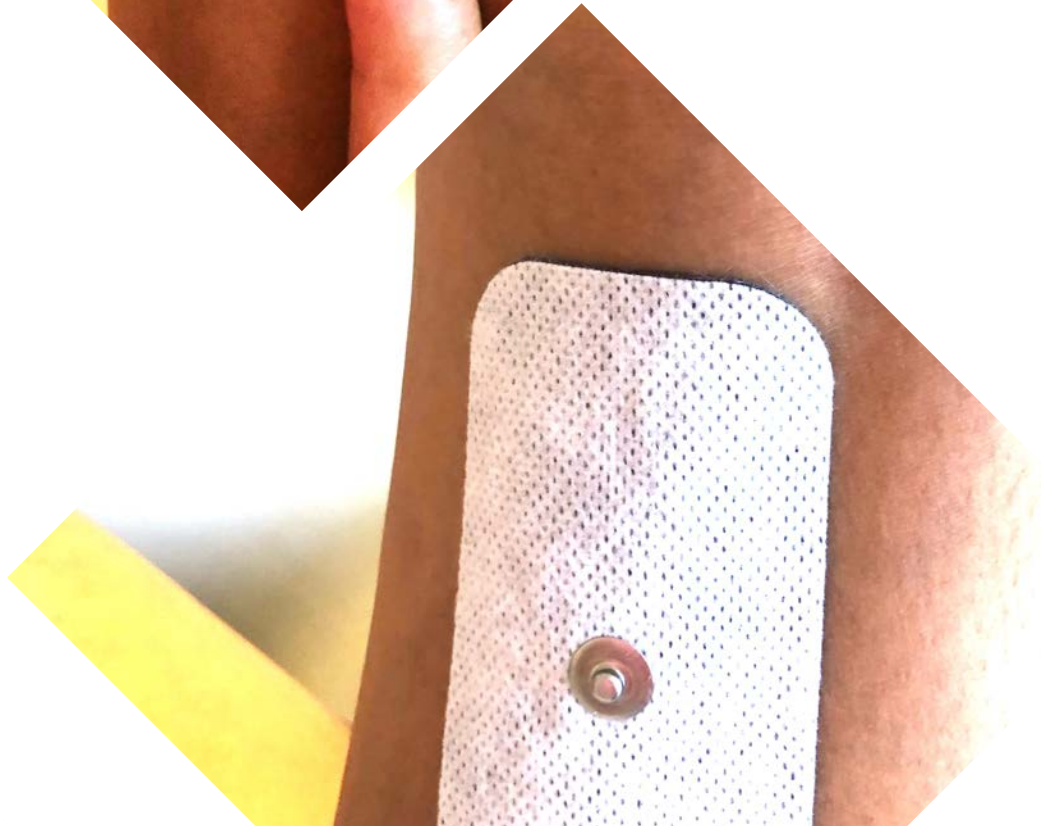
Detox is Mandatory

**UNDER THE KNEE  
PROPER PAD  
PLACEMENT**



**YOU NEVER PLACE PADS ON THE CALFS**

**IT USUALLY GIVES PEOPLE CRAMPS**



# STEP BY STEP

## Lower Body DETOX



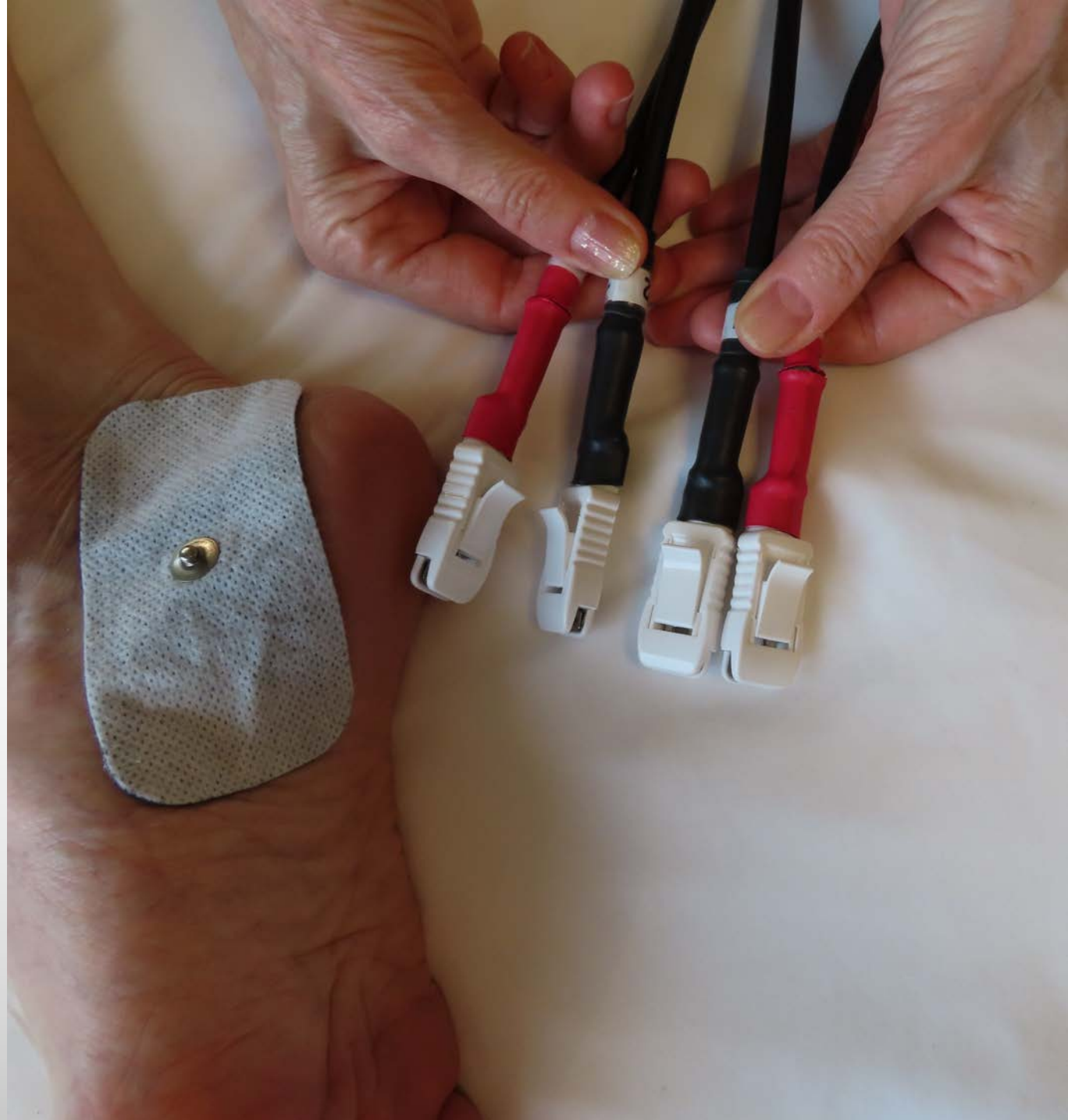


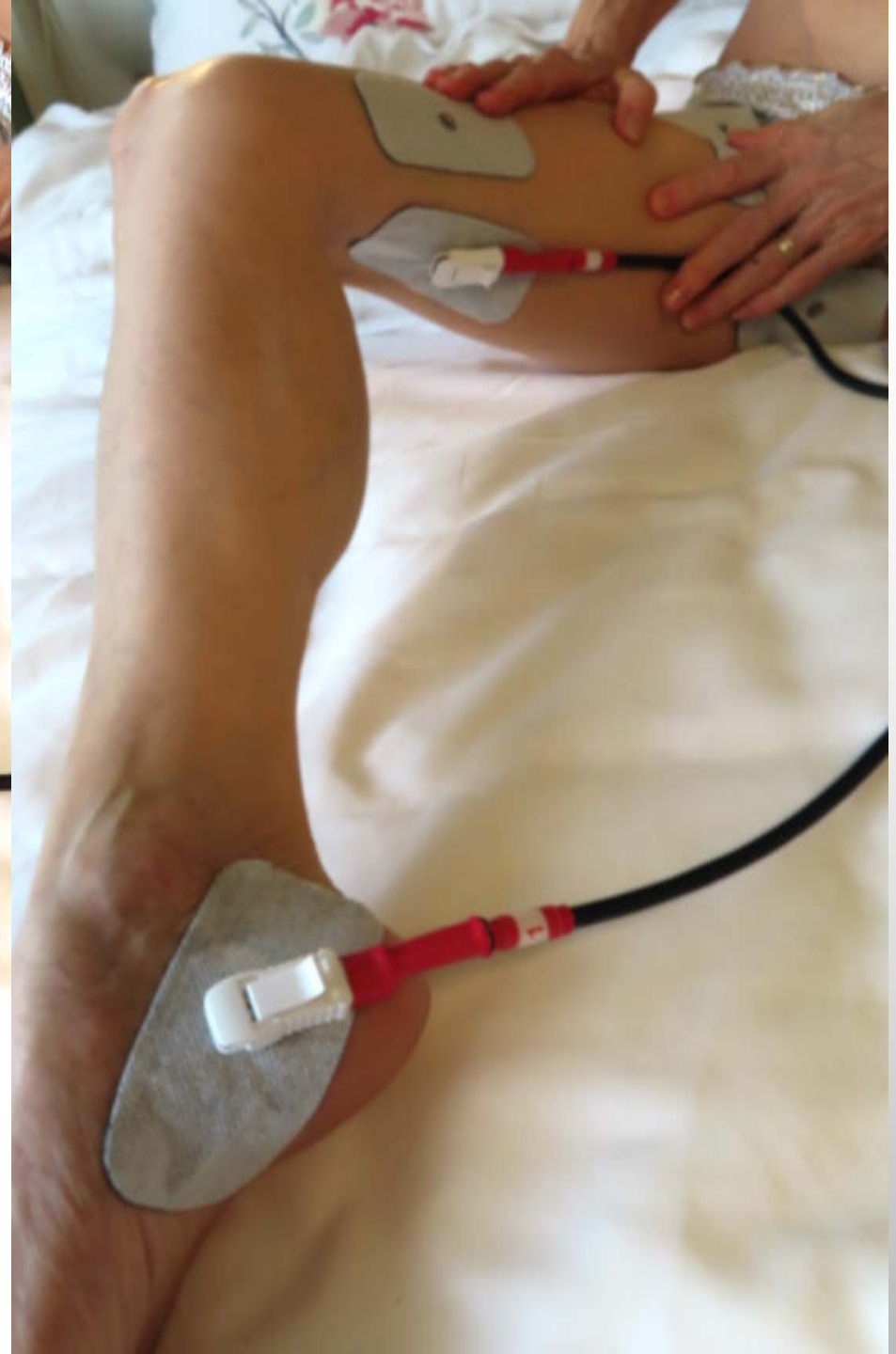


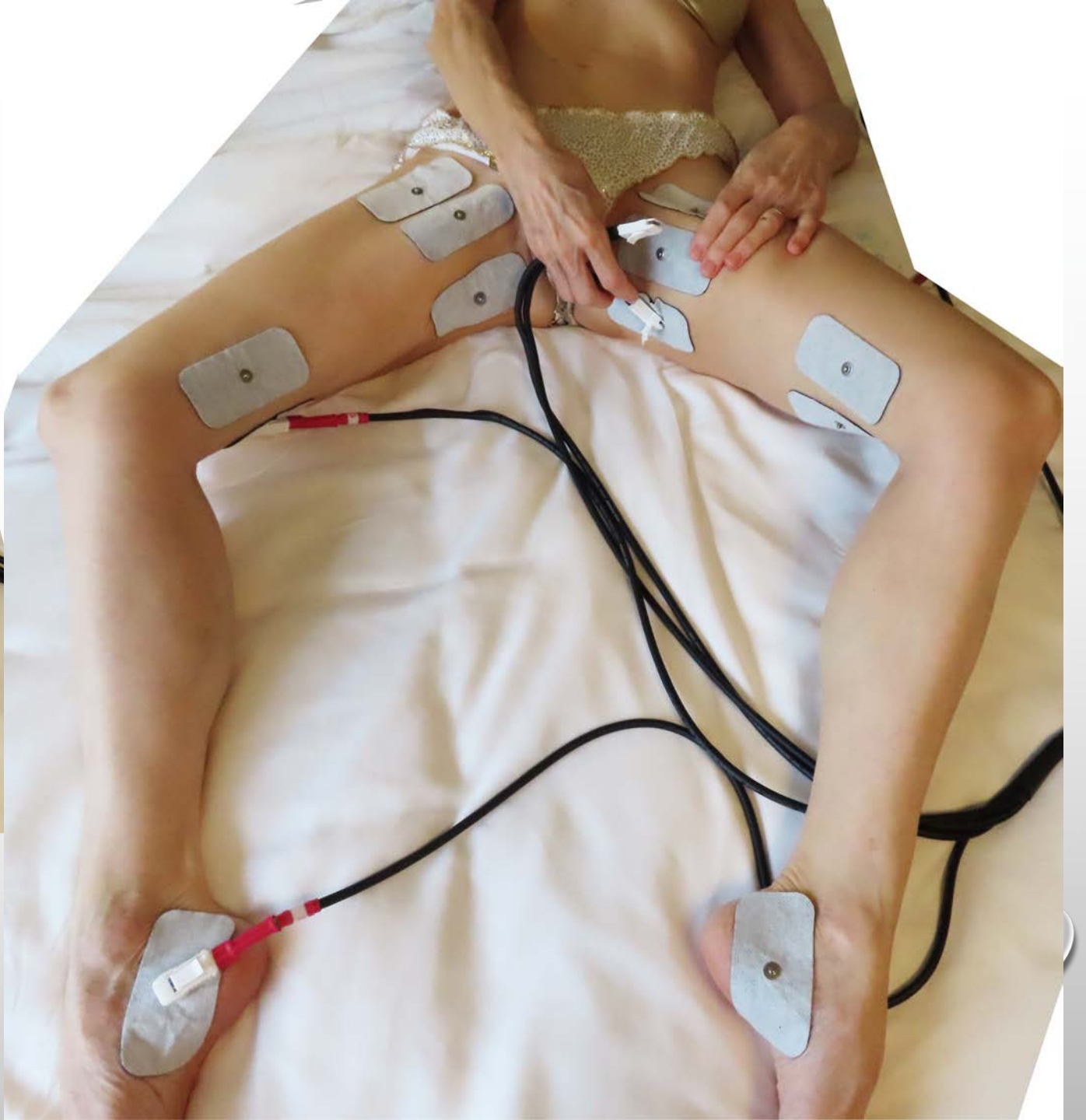


# How to Connect the Cables for Detox

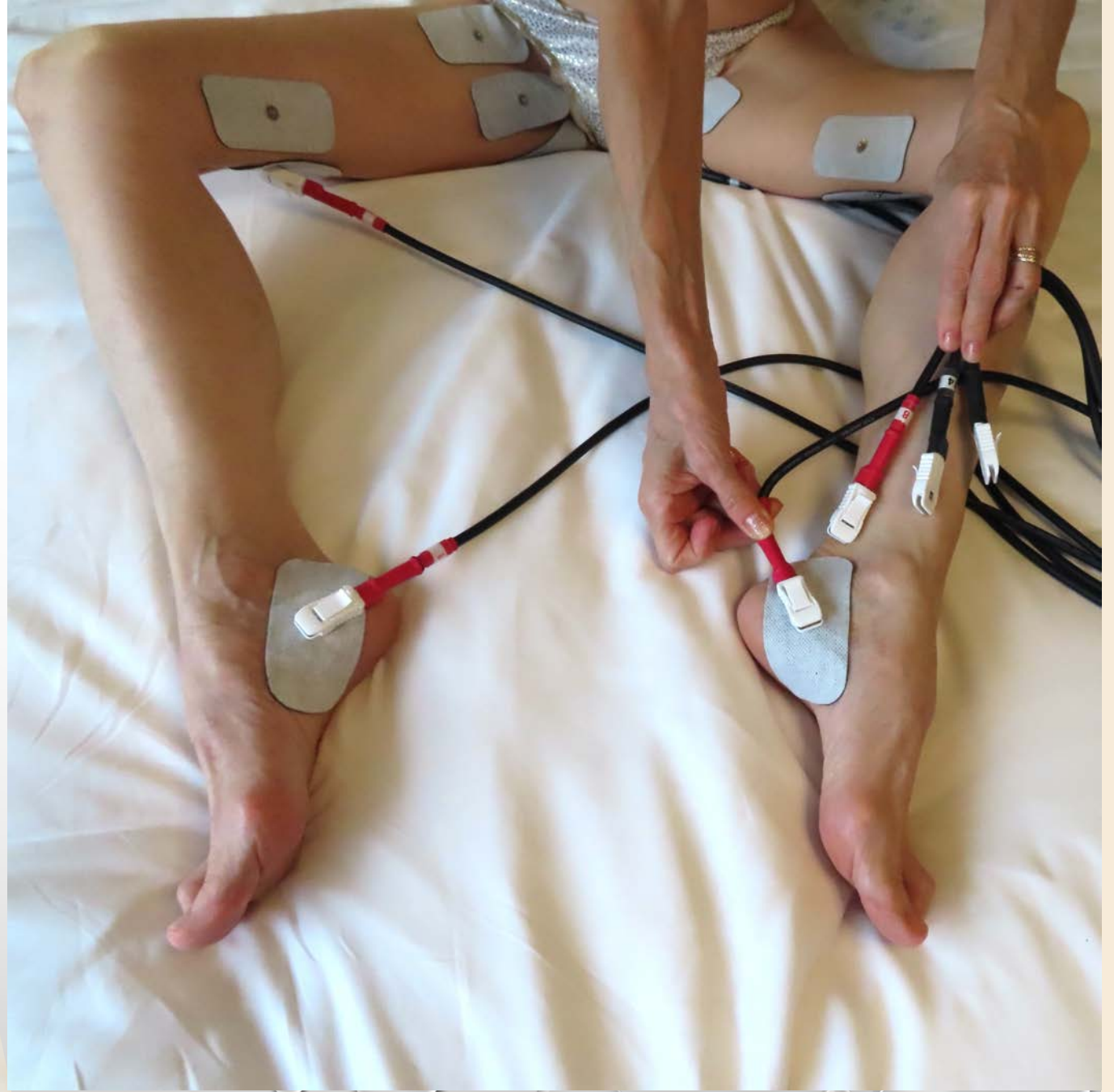
## 1. Double Cable 9







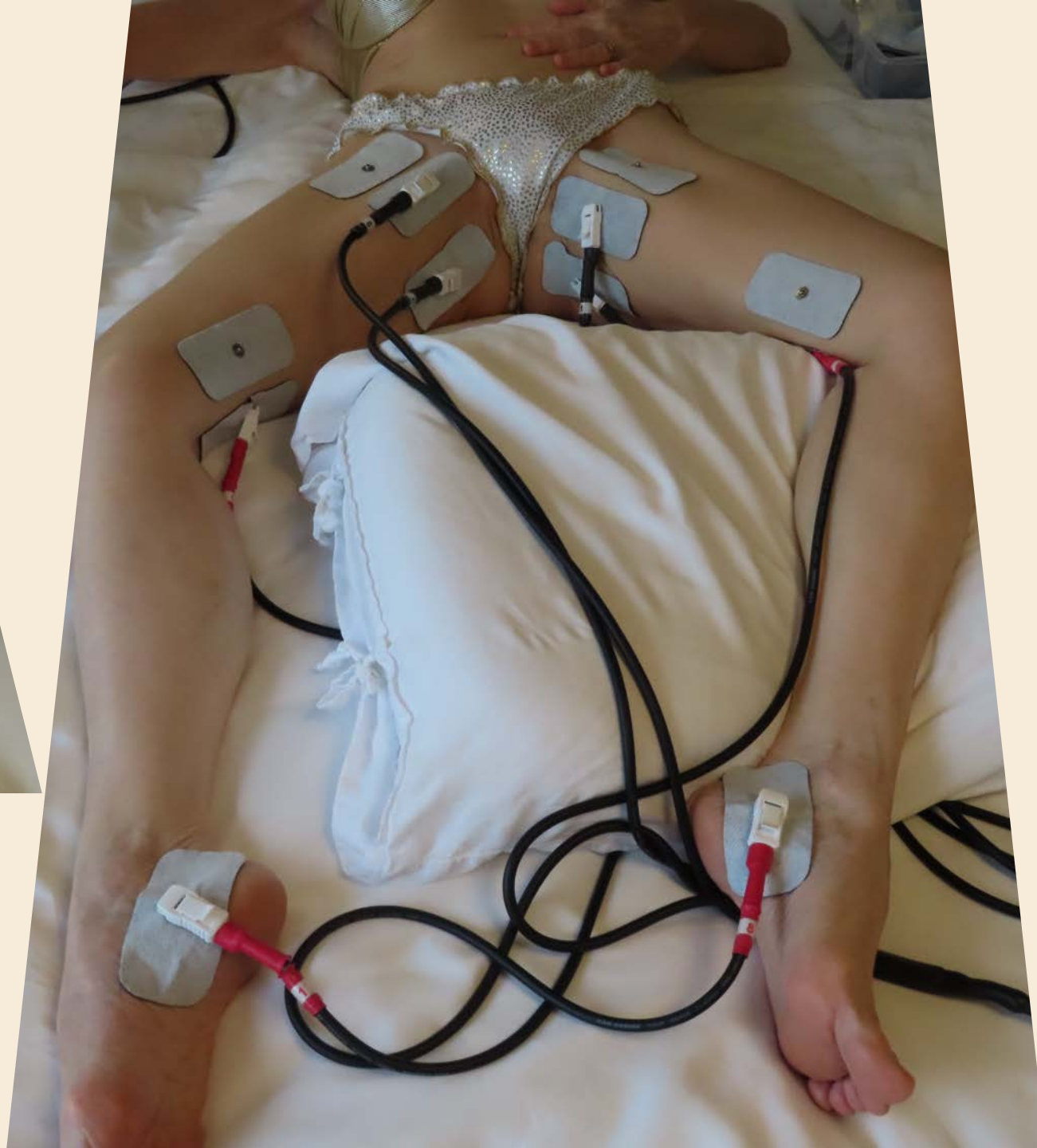




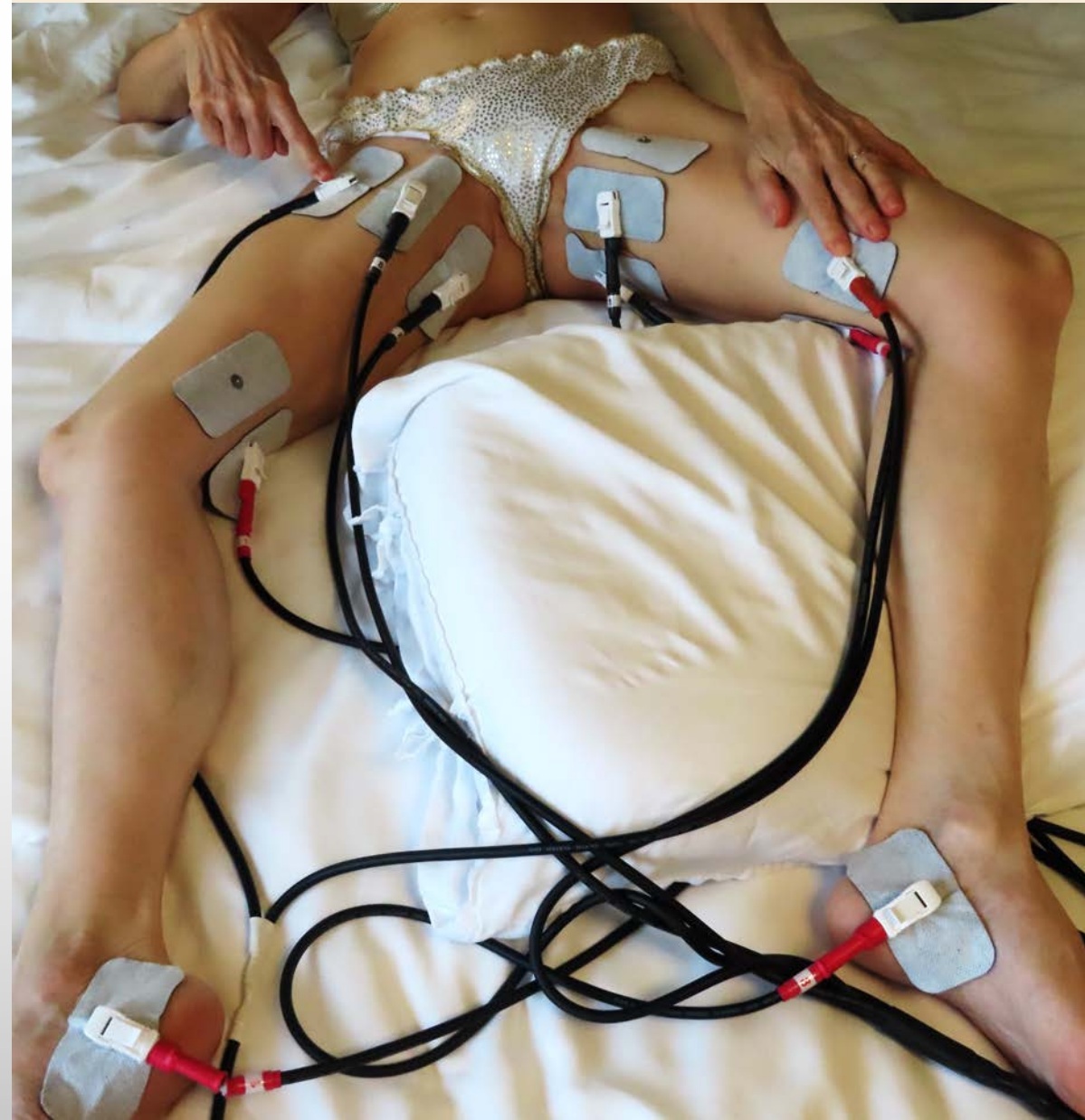
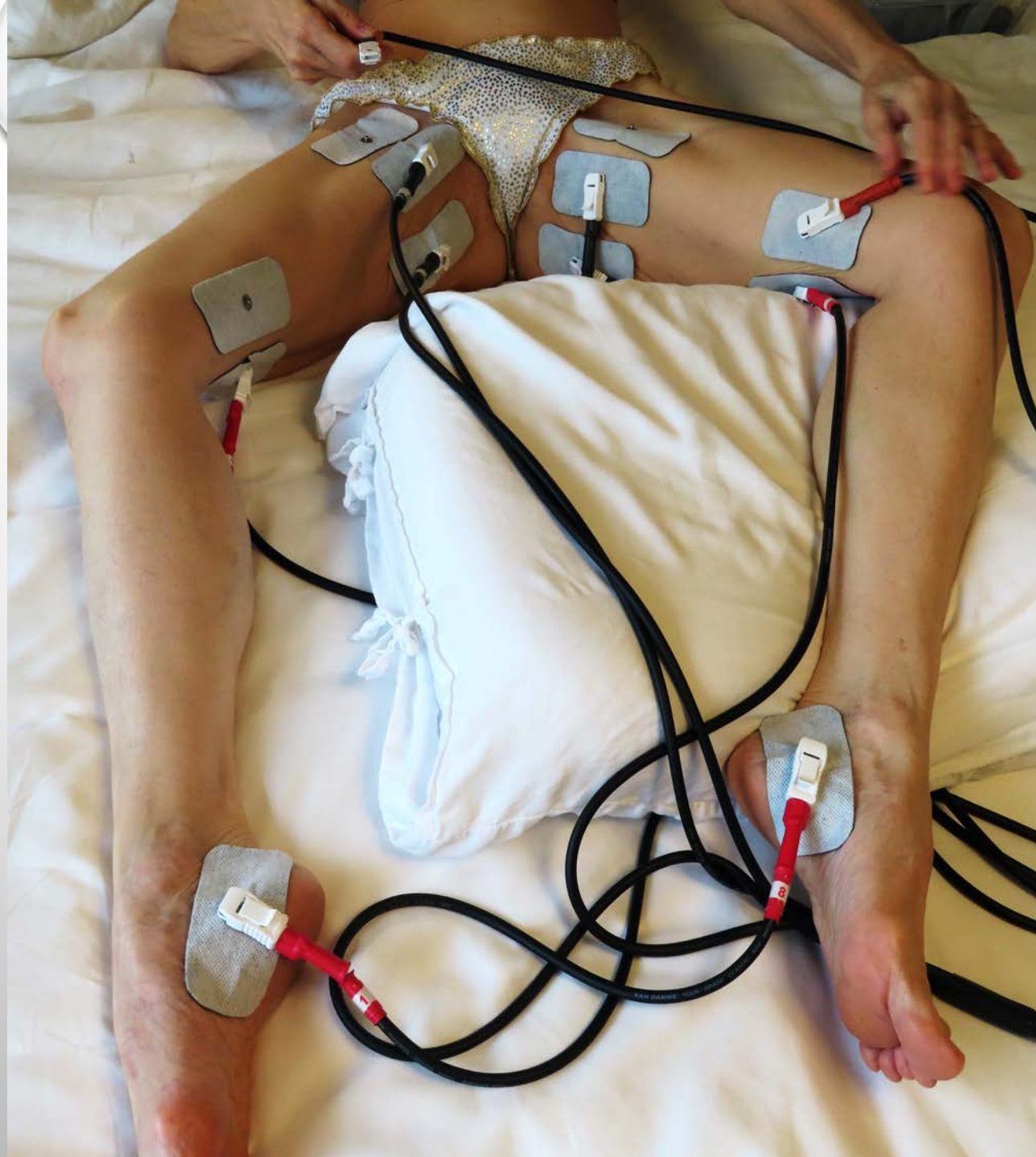


**Mirror Image**  
**Double Cable 16**  
**1 red on foot**  
**1 red under the knee**

**2 black on the**  
**upper thigh**  
**of the opposite leg**



Single Cable 11: From the Knee to the Upper thigh of the opposite leg



# Mirror Image

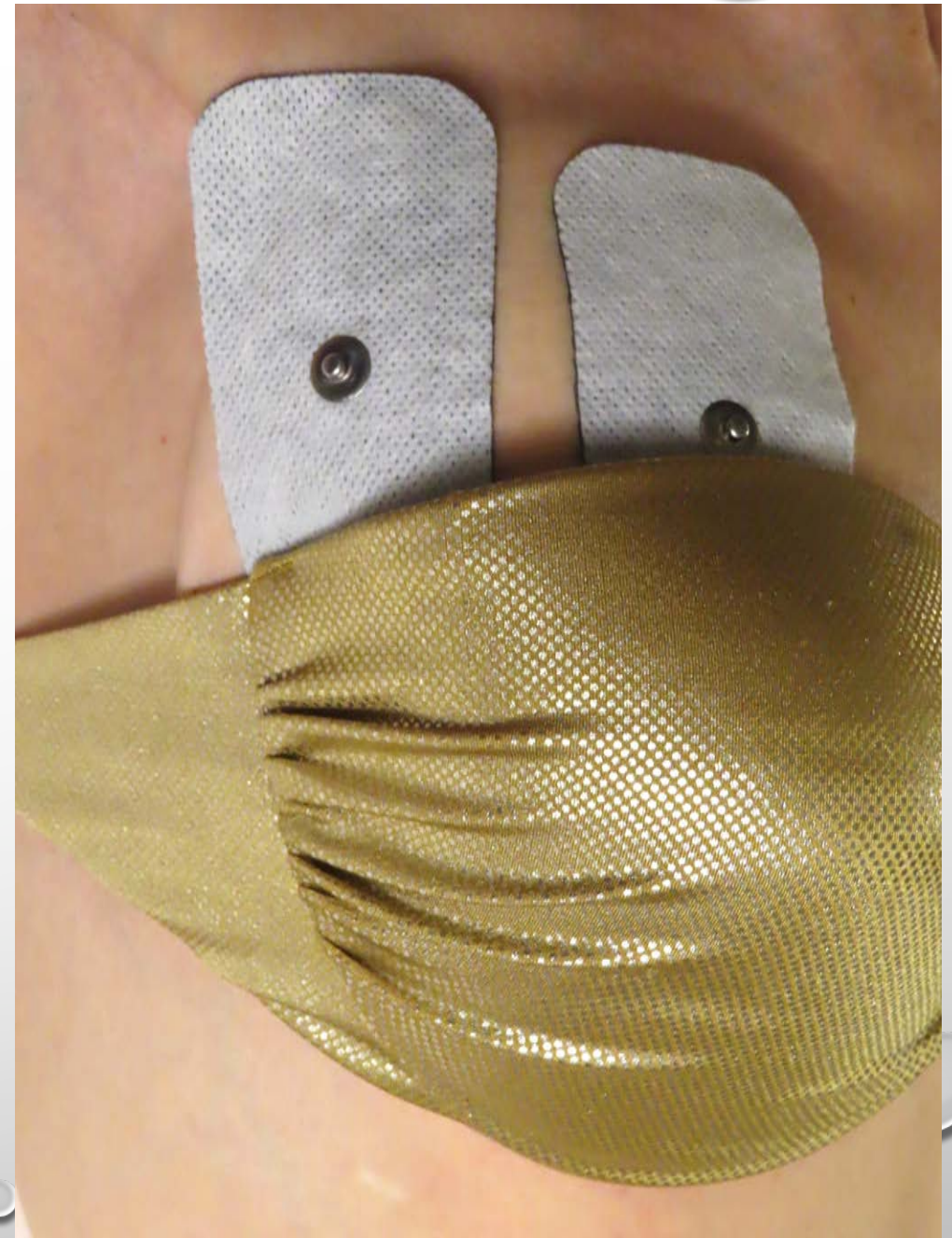
Single Cable 15

1 red under the knee

1 black on the  
upper thigh  
of the opposite let



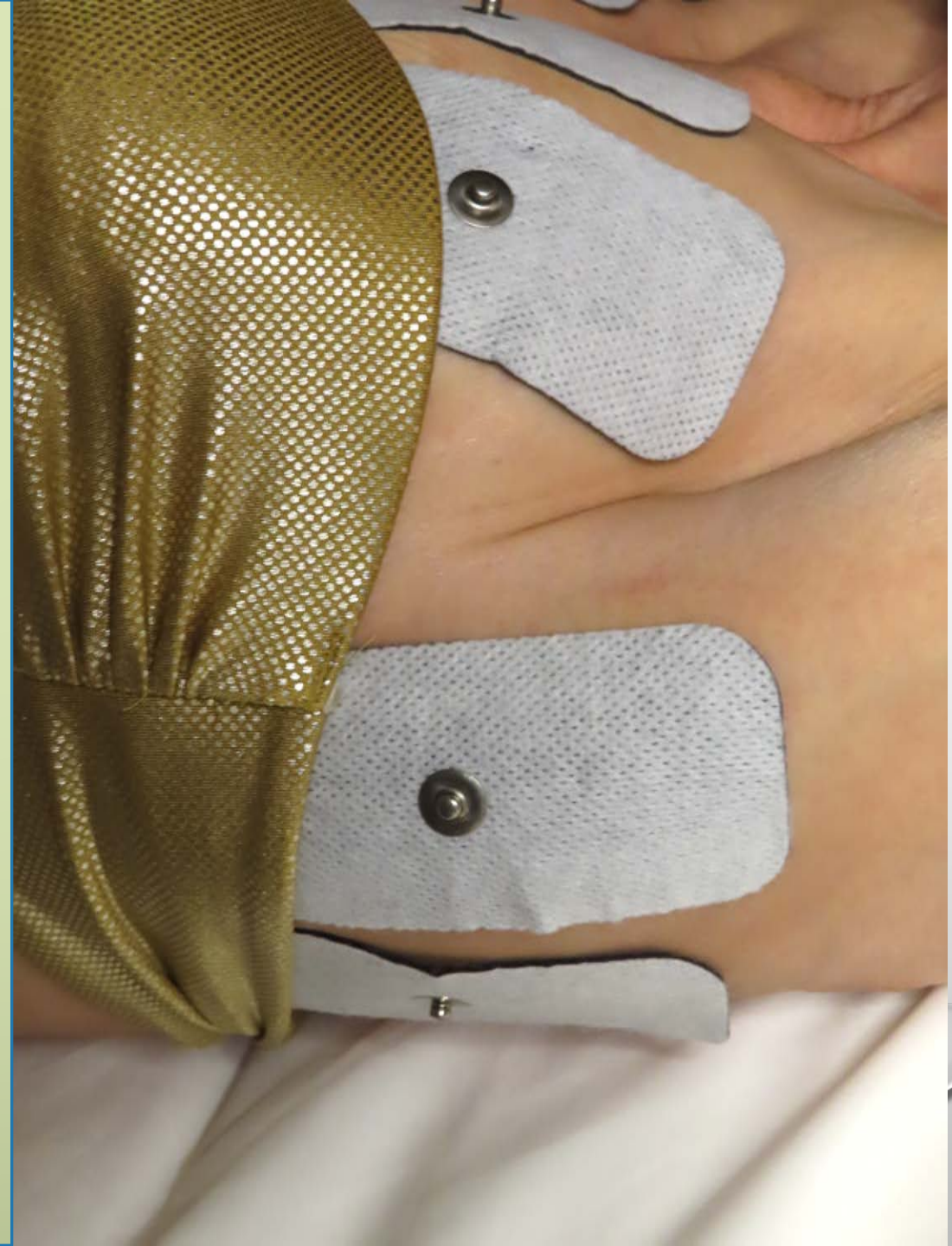
**STEP  
BY  
STEP  
UPPER  
BODY  
DETOX  
&  
BREAST  
LIFT**





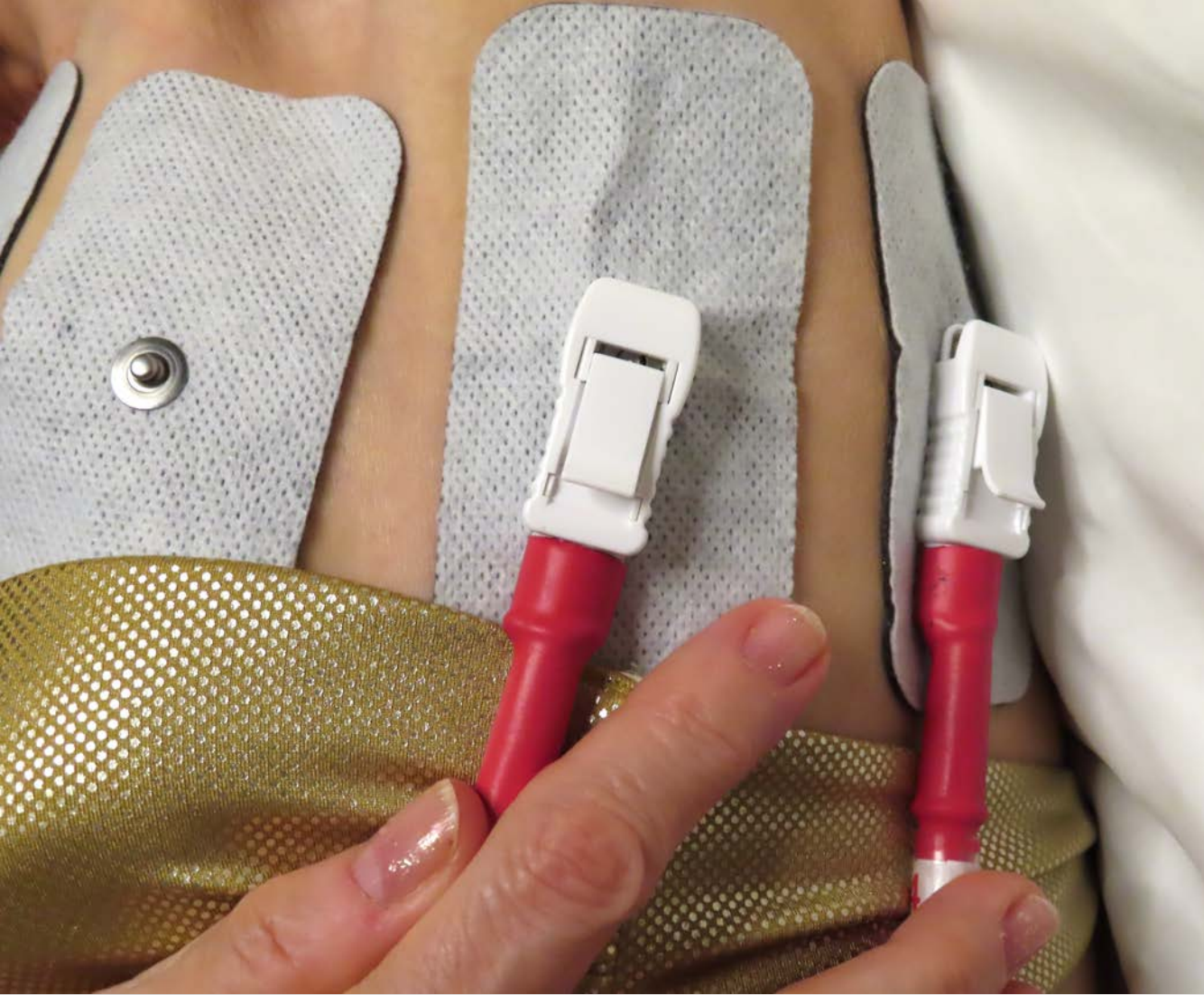
DETOX & BREAST LIFT

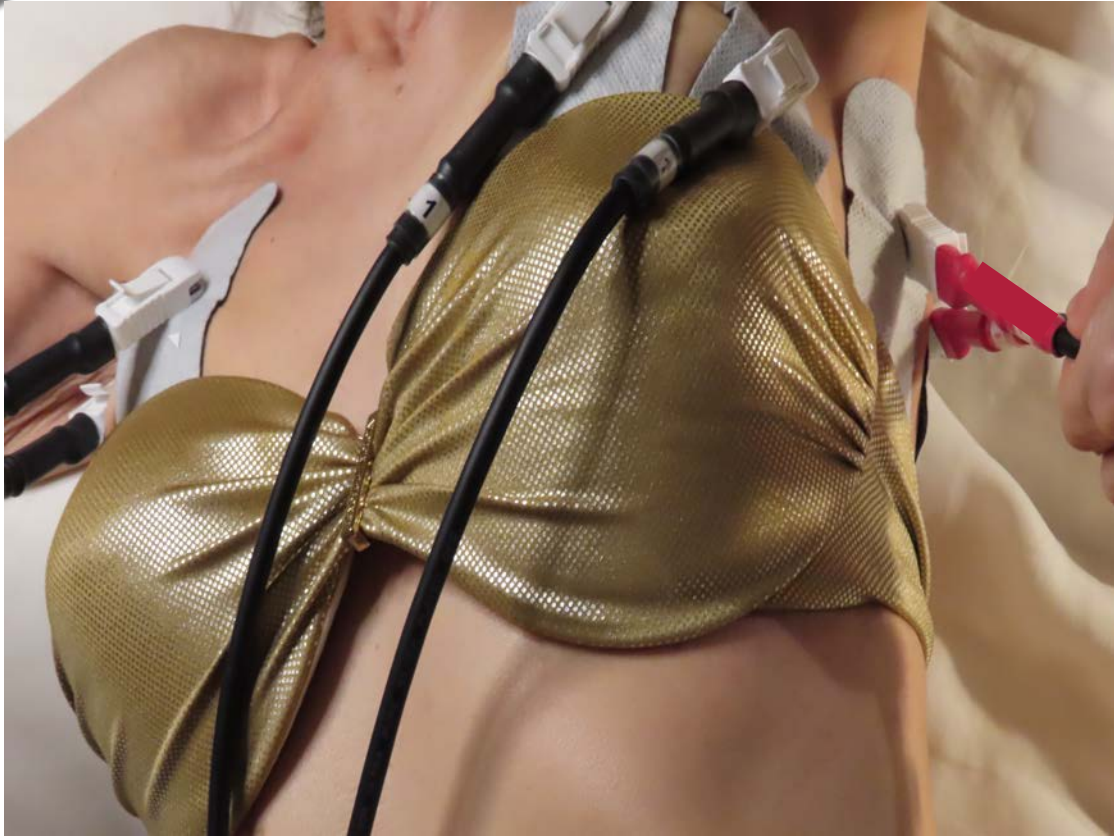
**MIRROR IMAGE  
ON THE OTHER  
BREAST AND BACK**

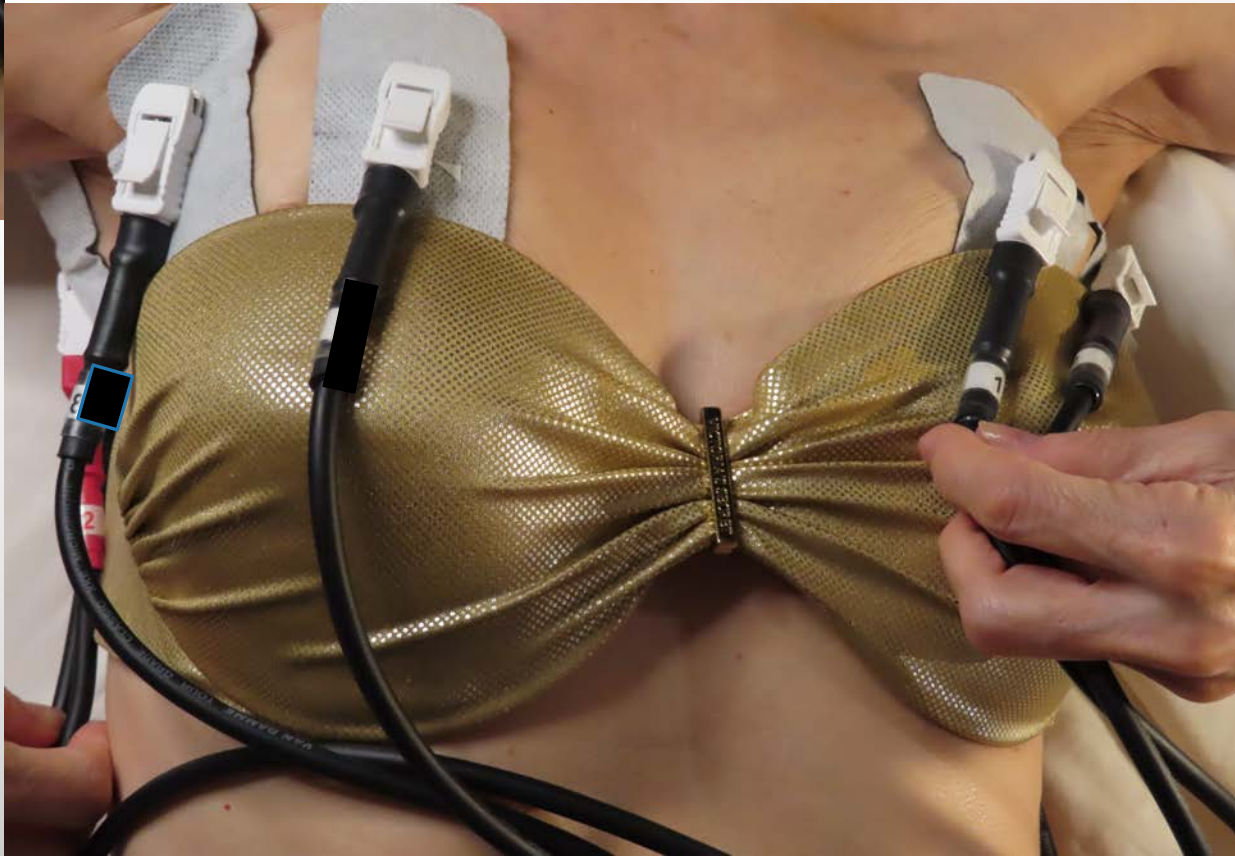
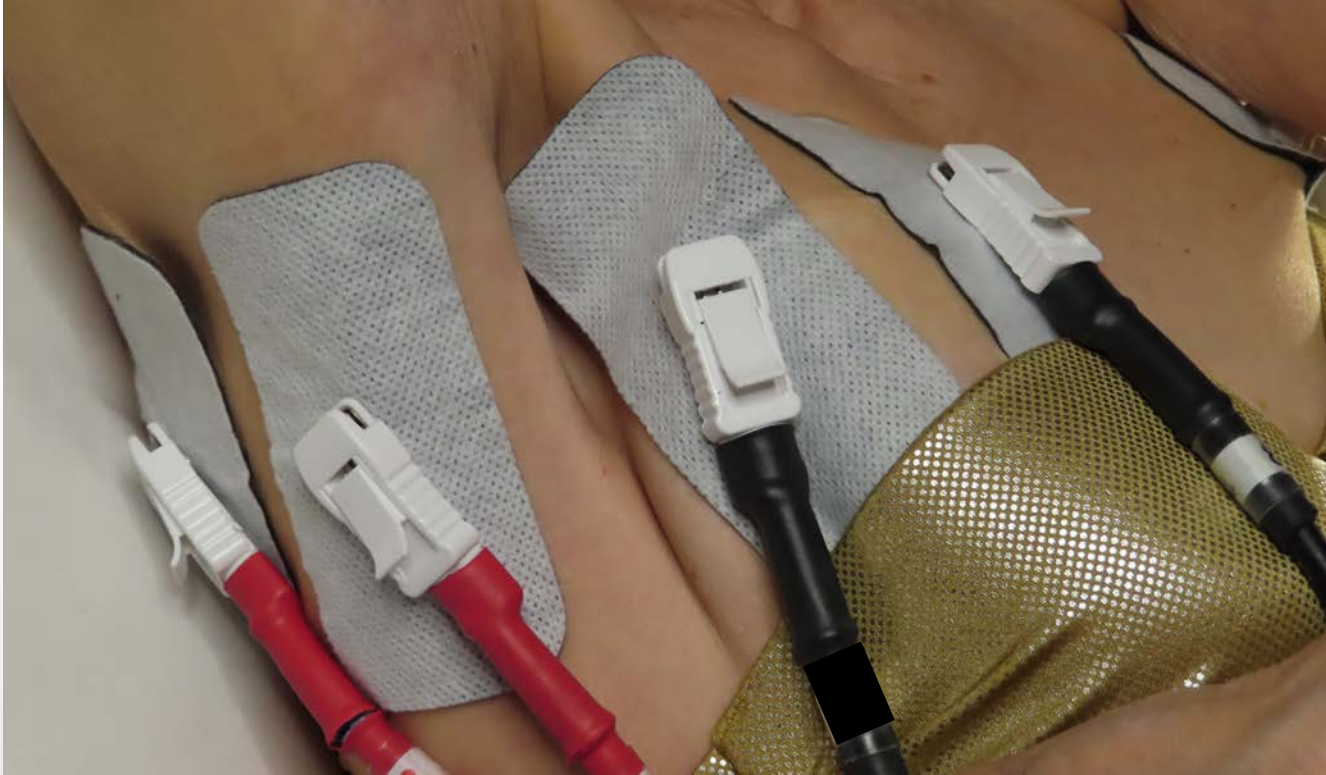


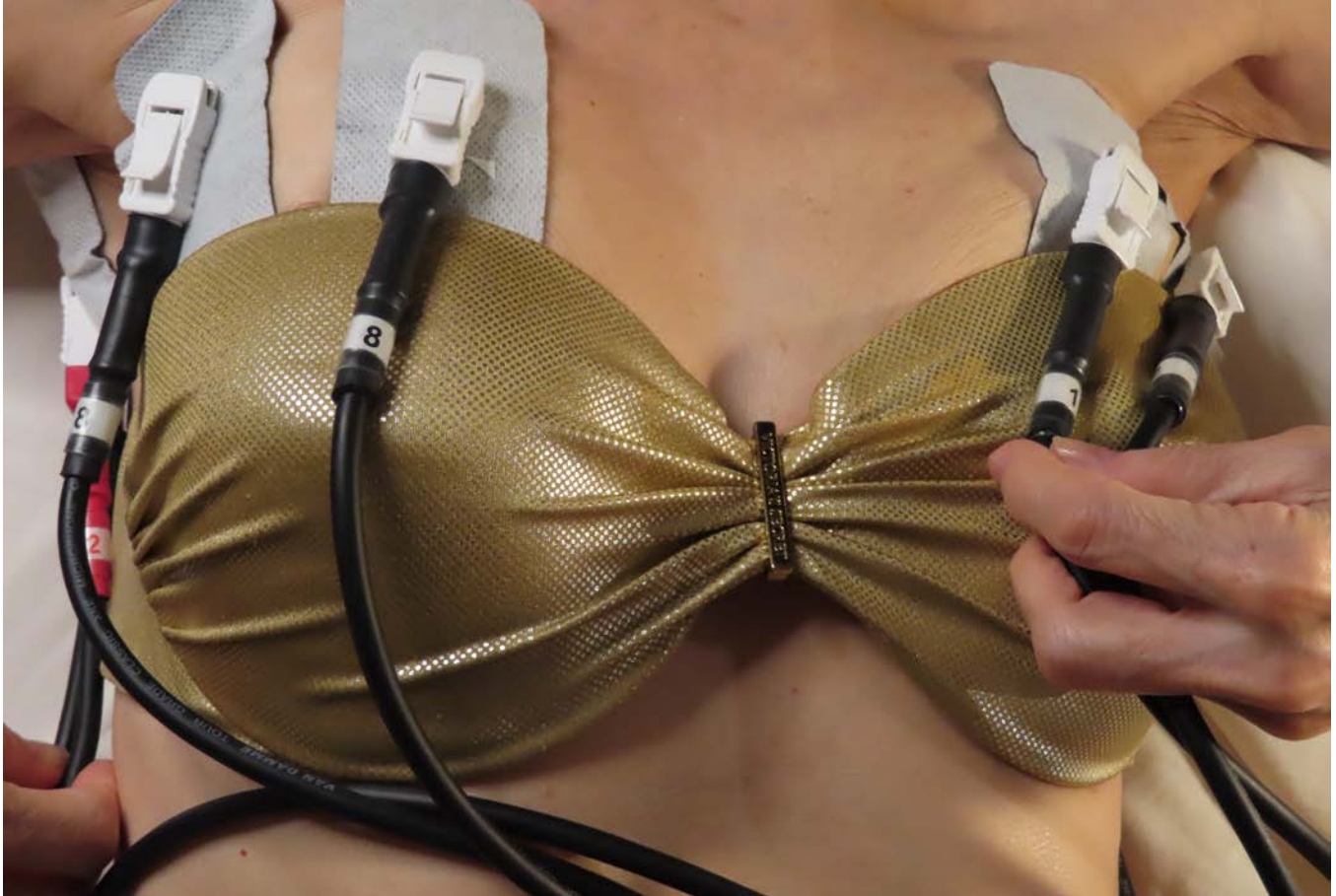


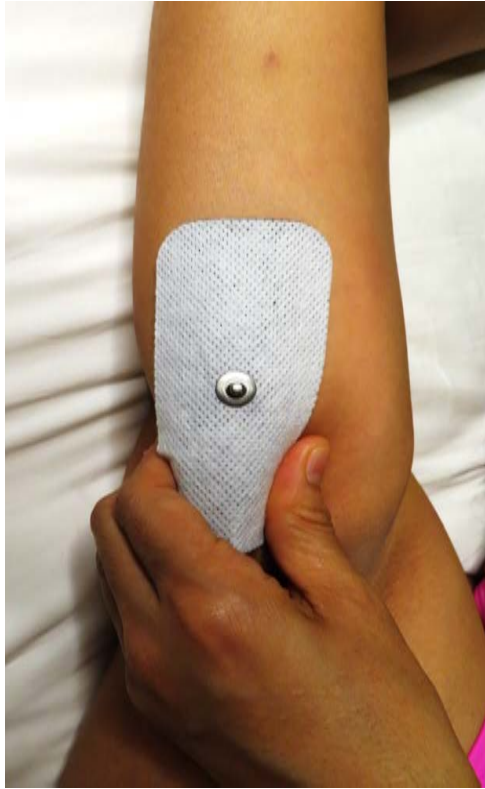












# Arms' Shaping & Detox

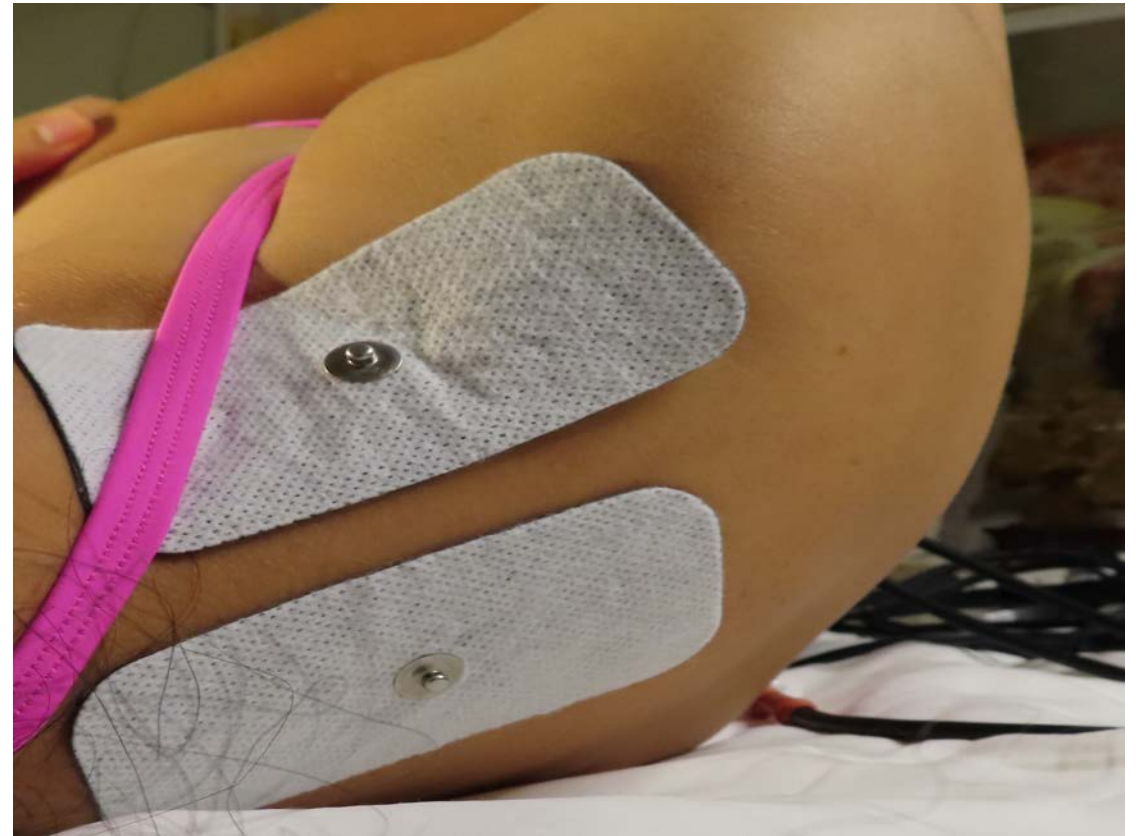


Mirror Image

**Black on  
one arm**

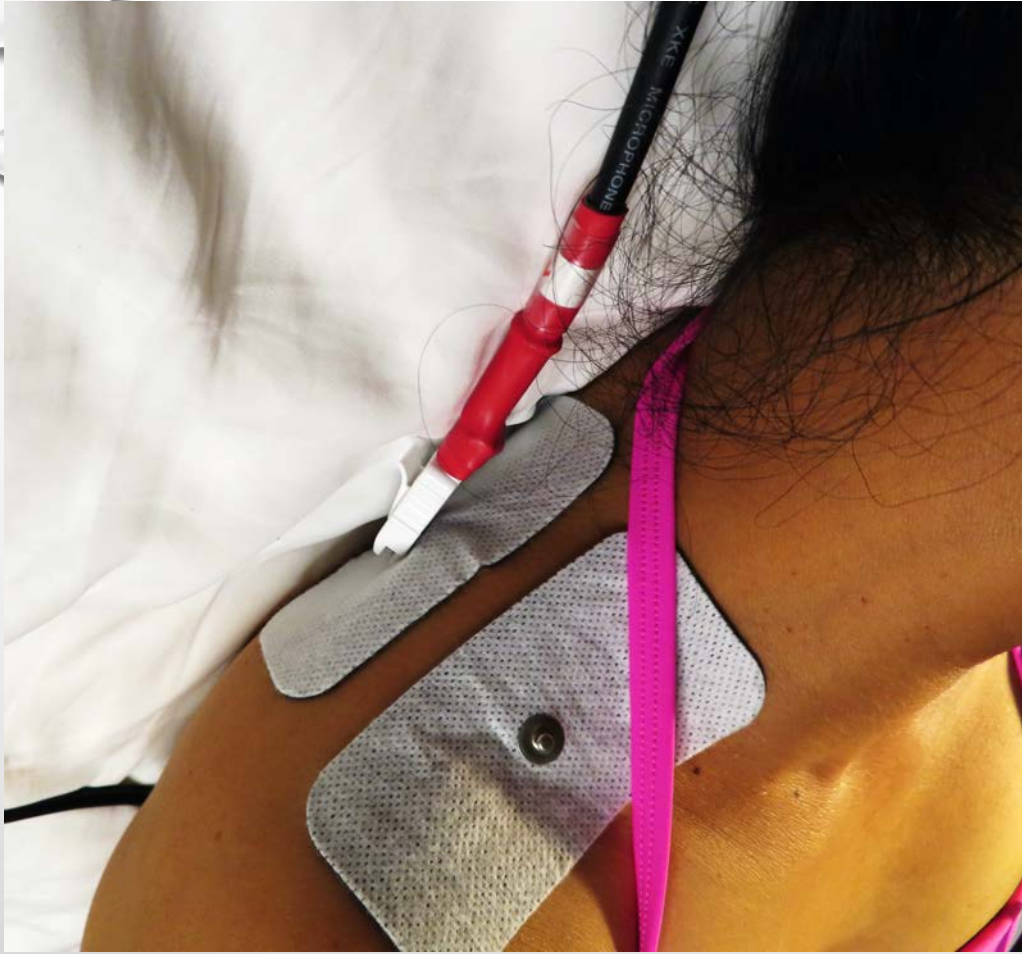
**Red on  
the other arm**





# Shoulder Sculpting & Detox

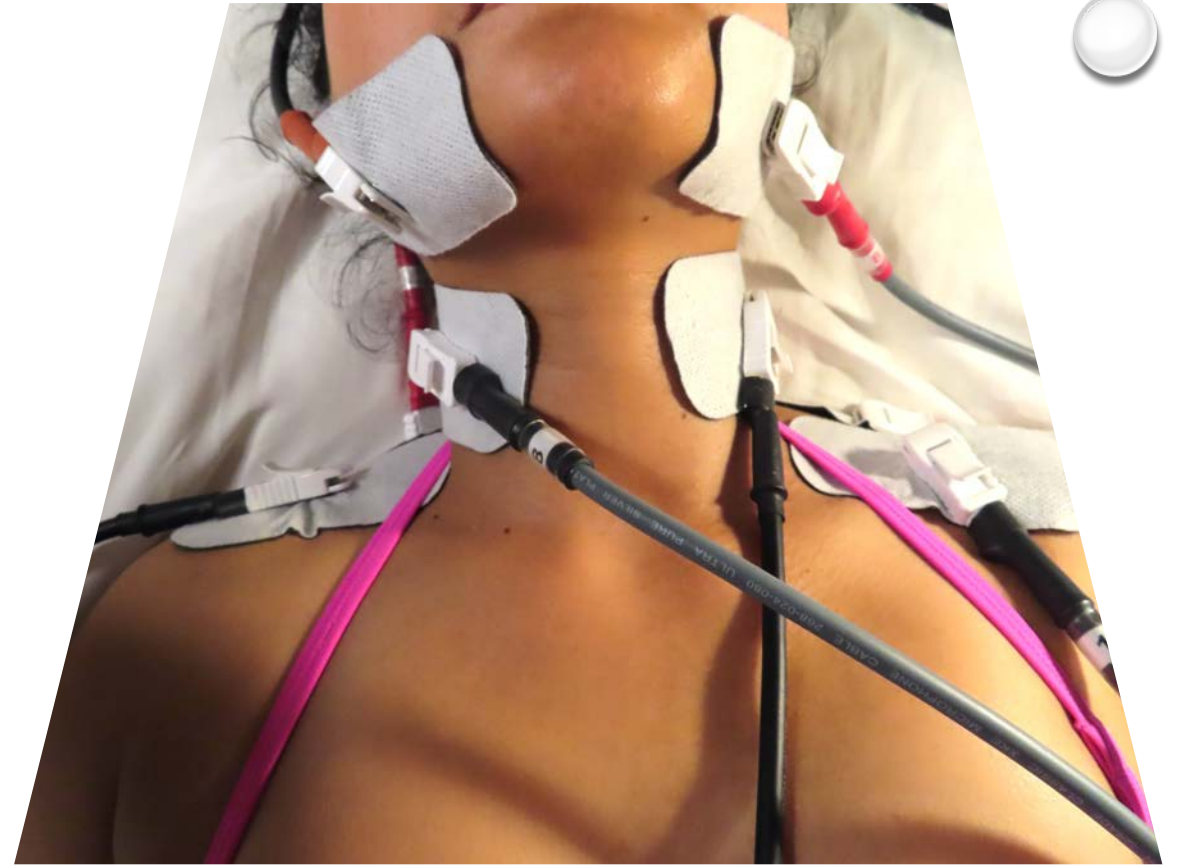
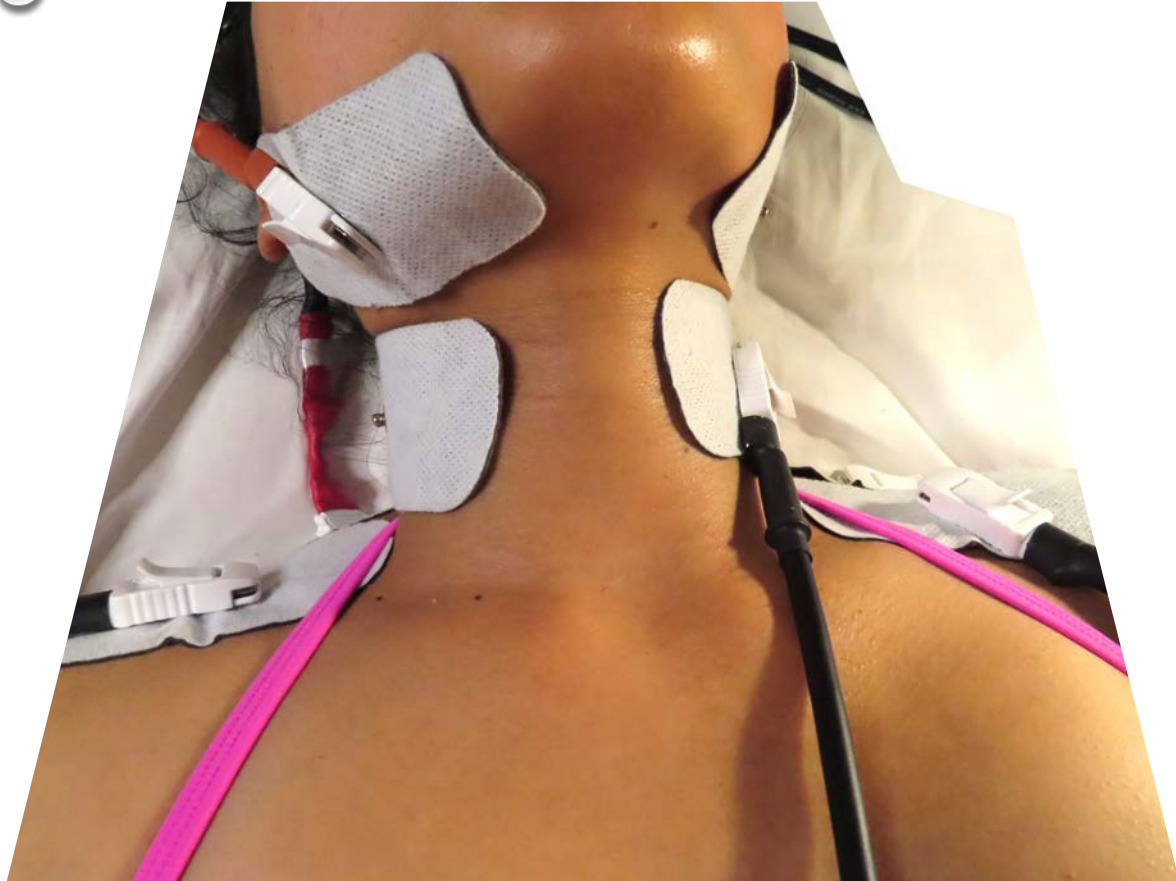






Neck &  
Face  
Sculpting  
&  
Detox









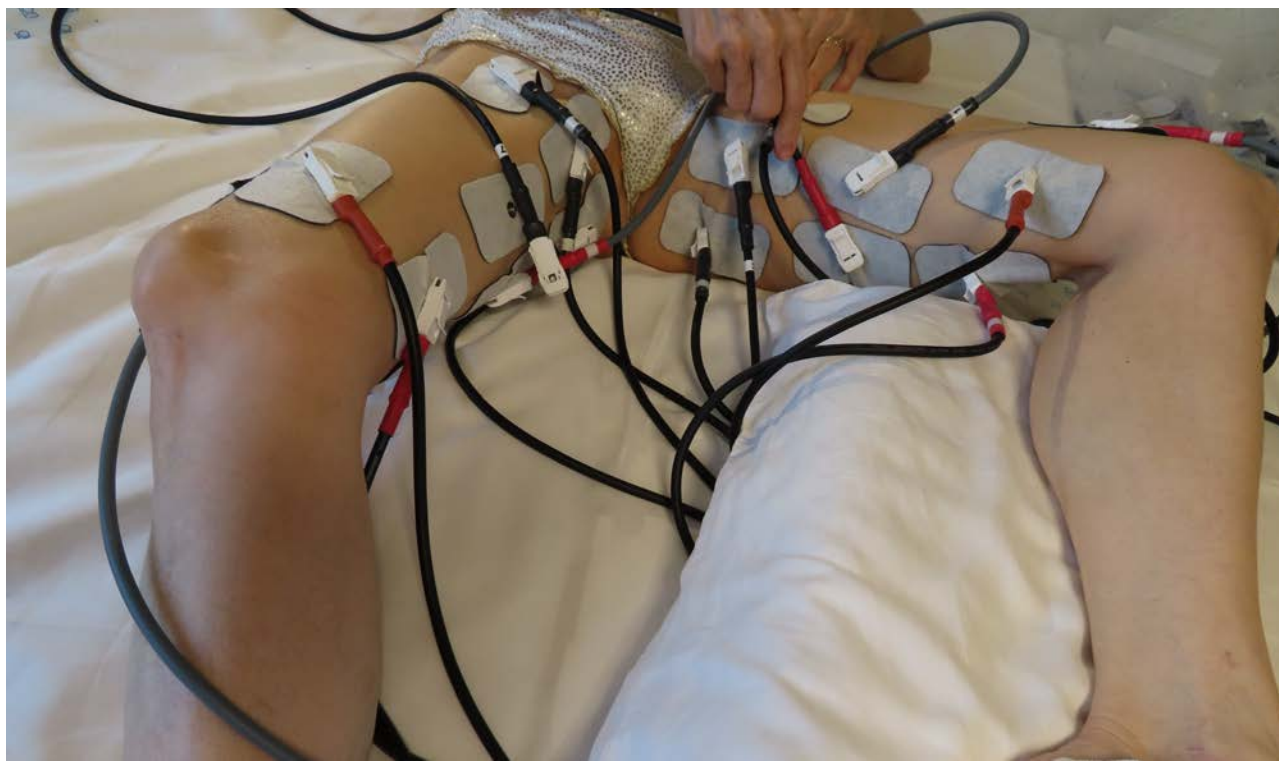


Knee  
&  
Inner  
leg  
Scupting

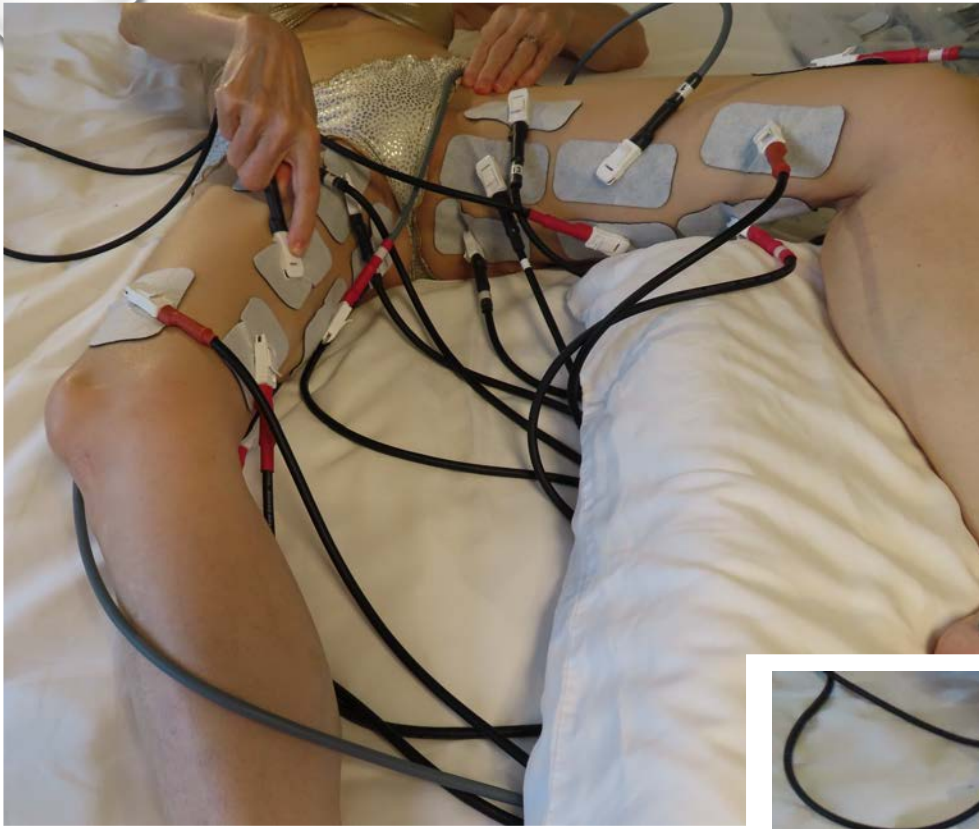




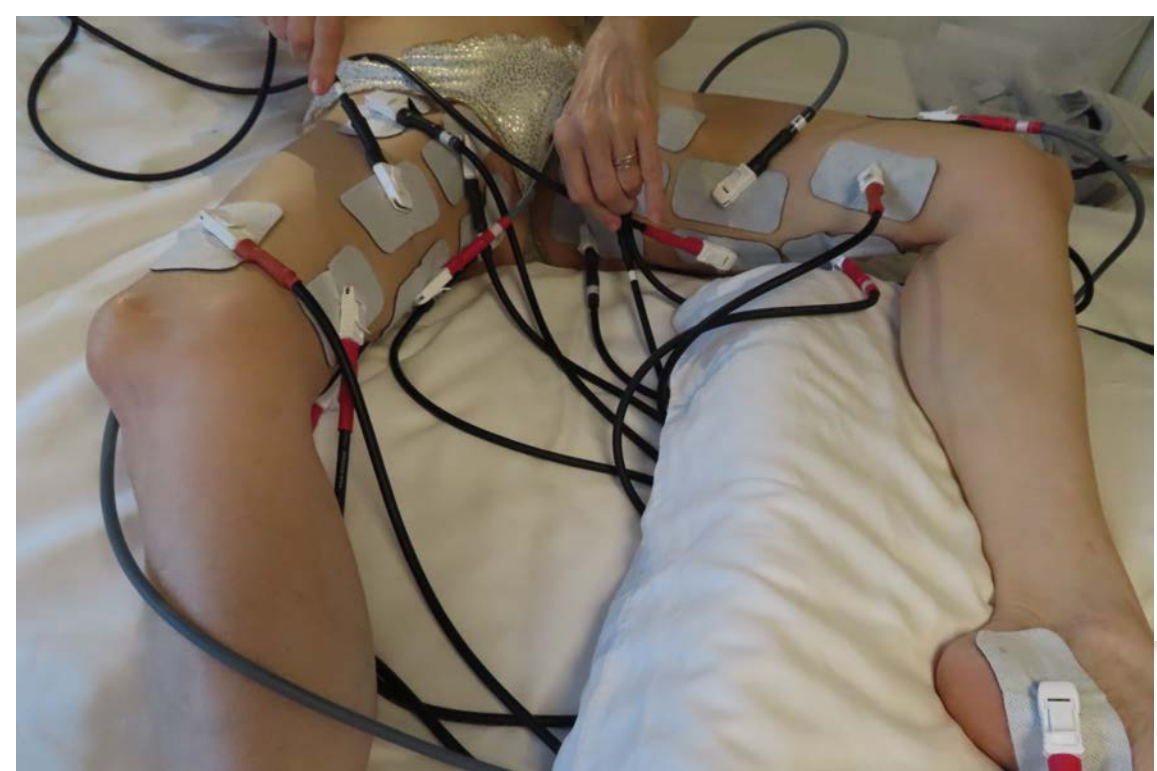
**DETOX IS  
MANDATORY**

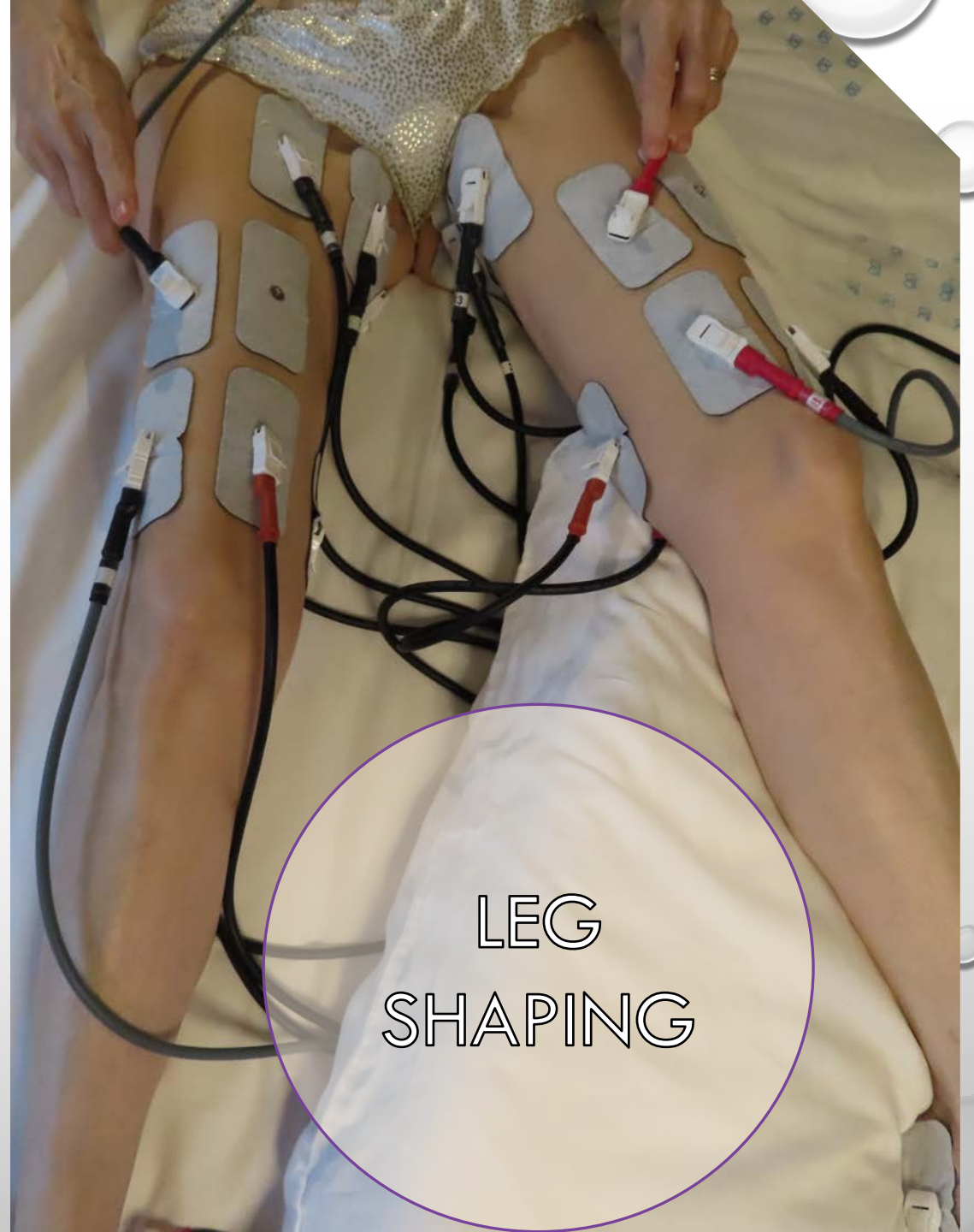




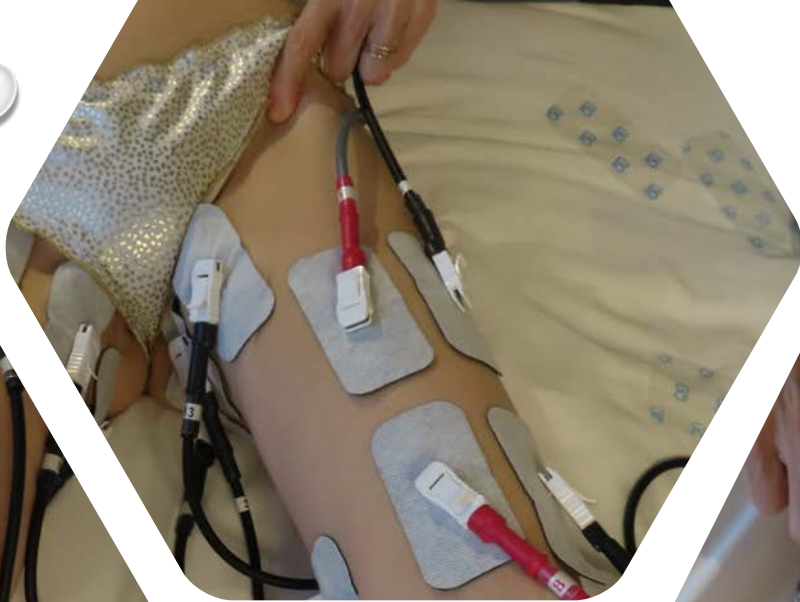


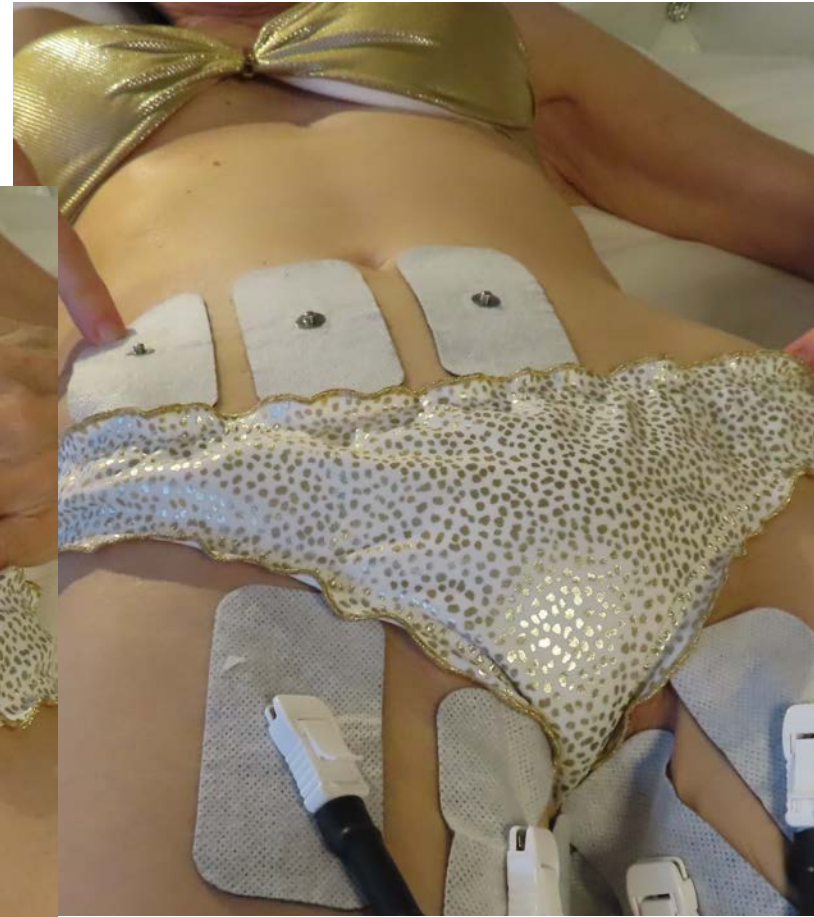
**DETOX IS  
MANDATORY**





LEG  
SHAPING

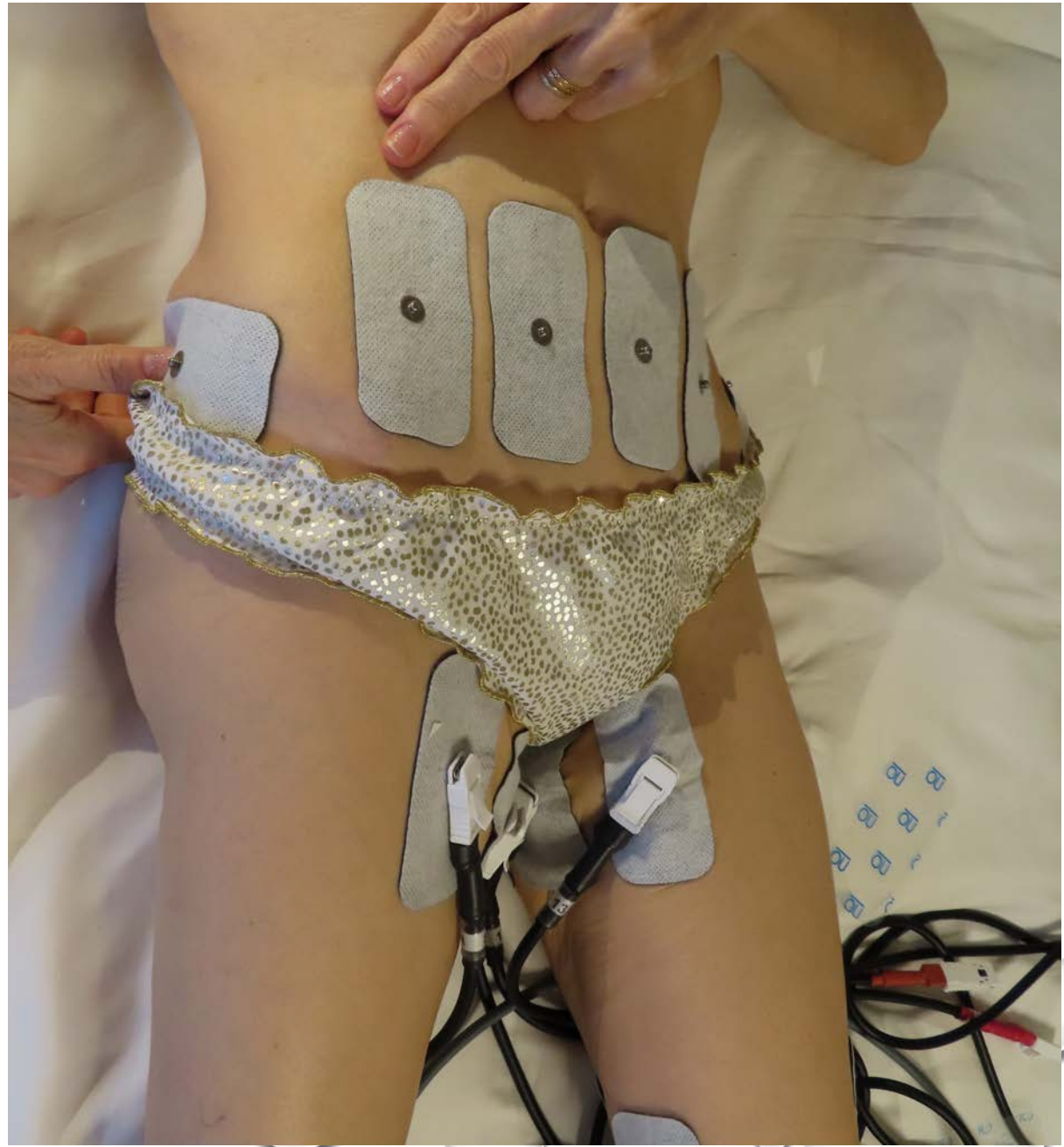
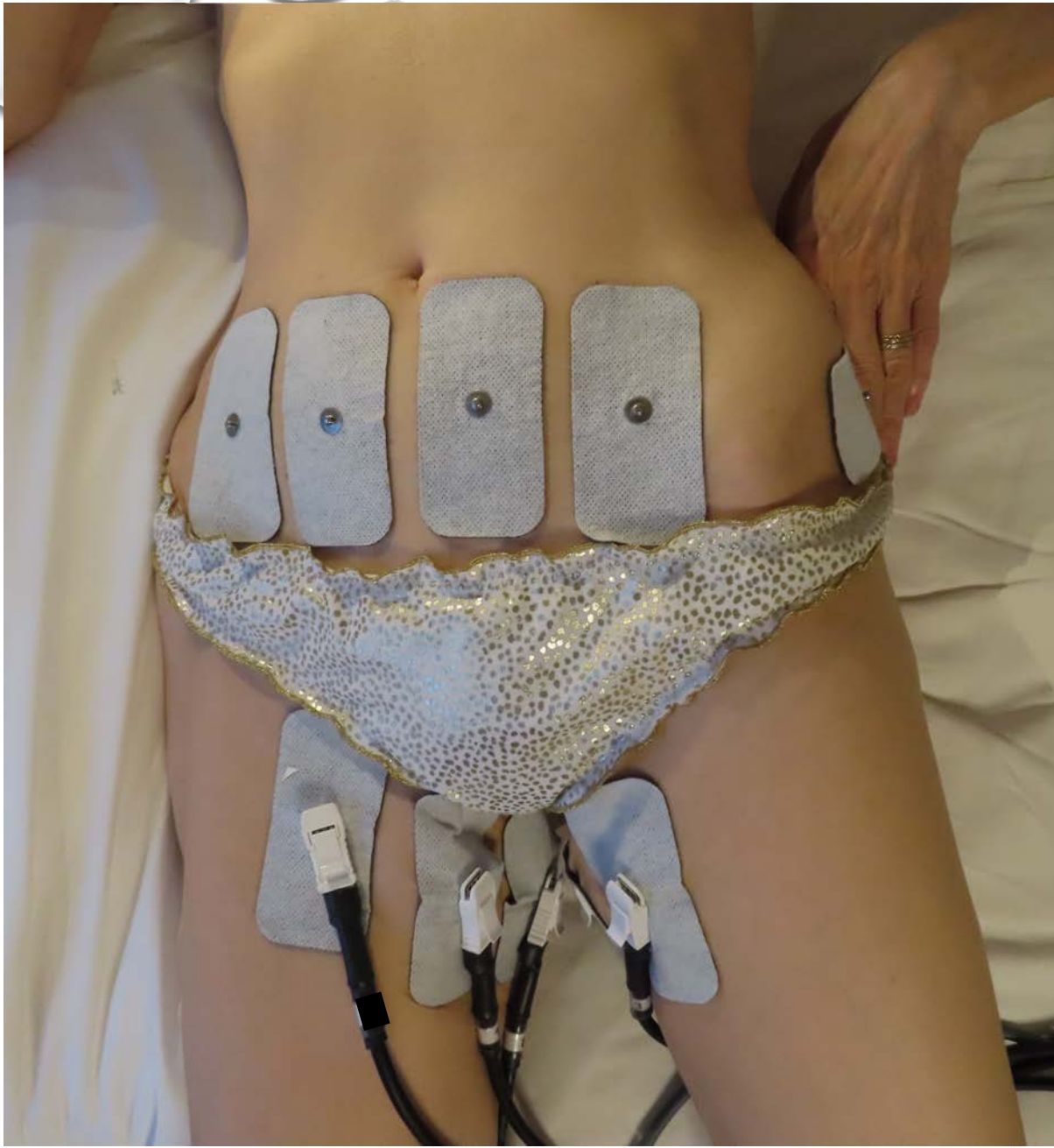


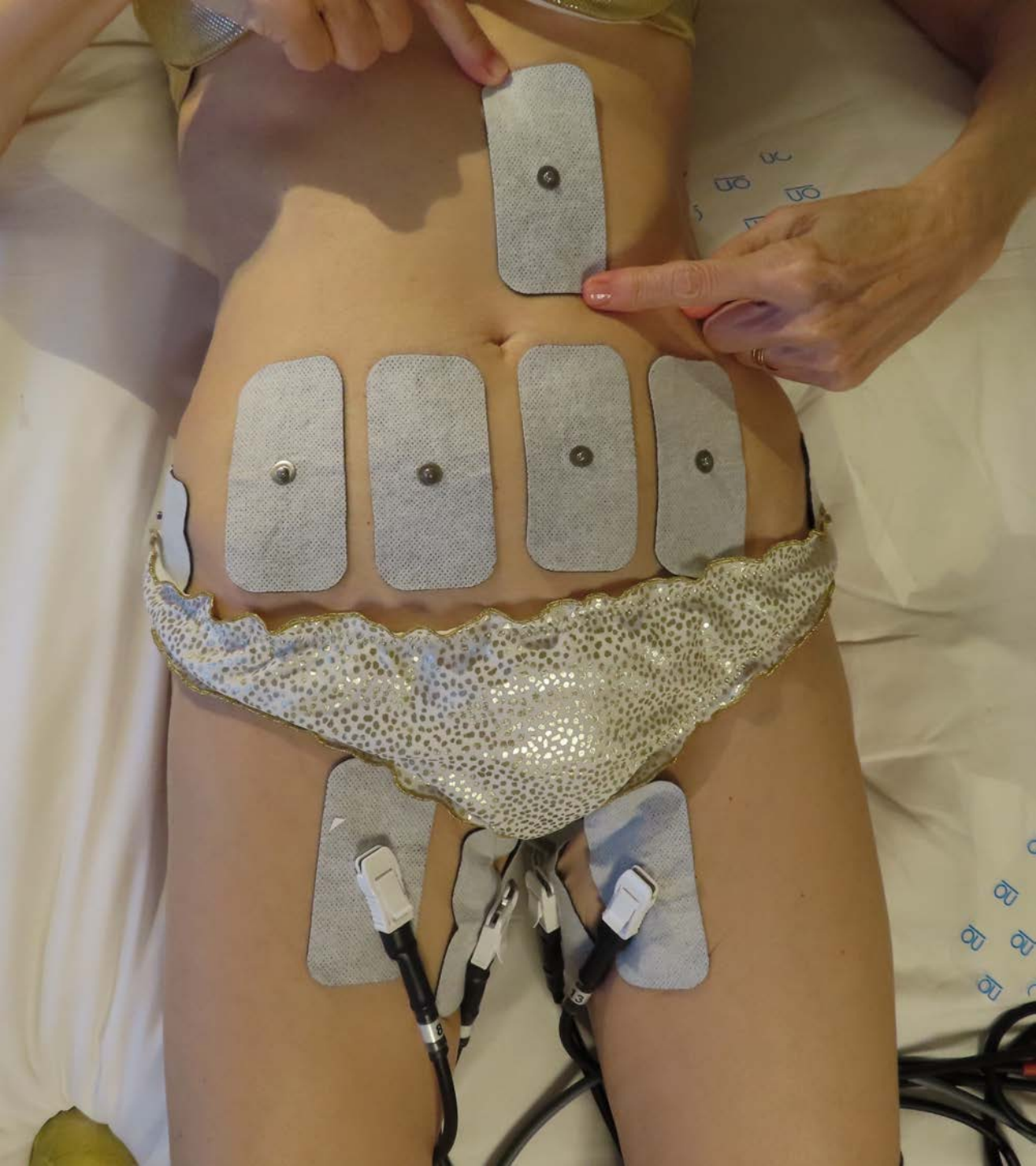


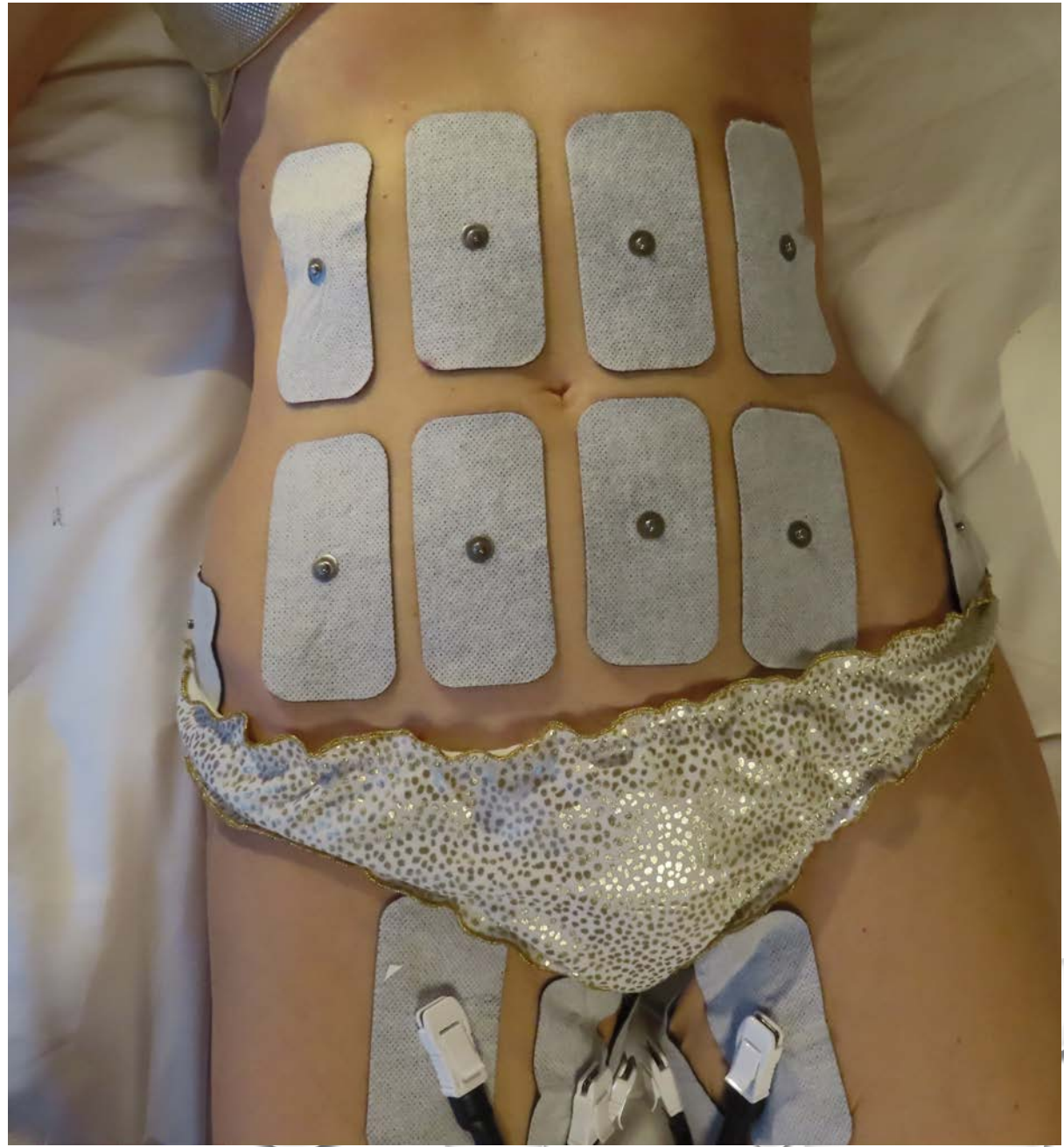
# Step by Step Abdomen Padding



**Pads MUST be one finger apart**

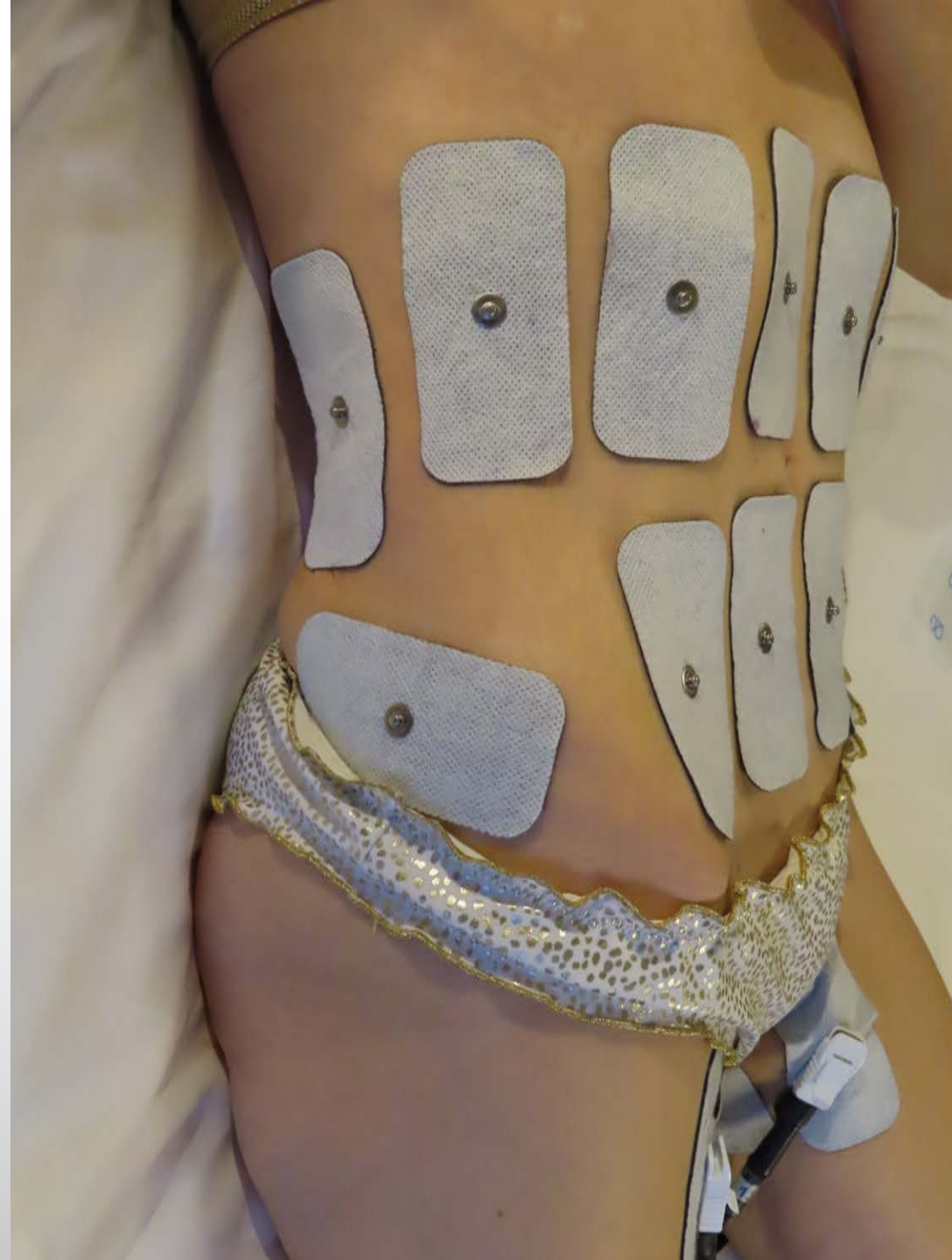












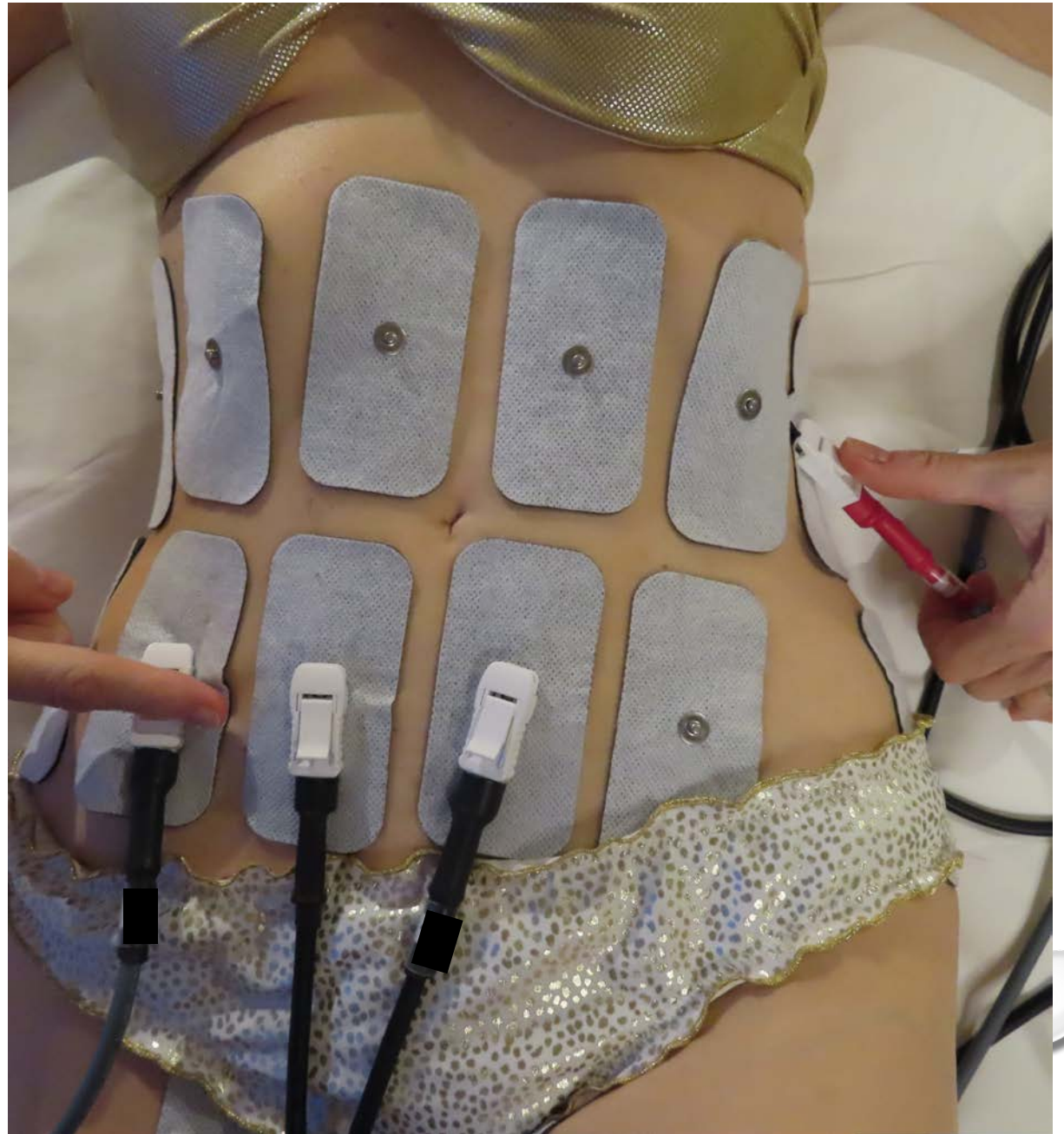
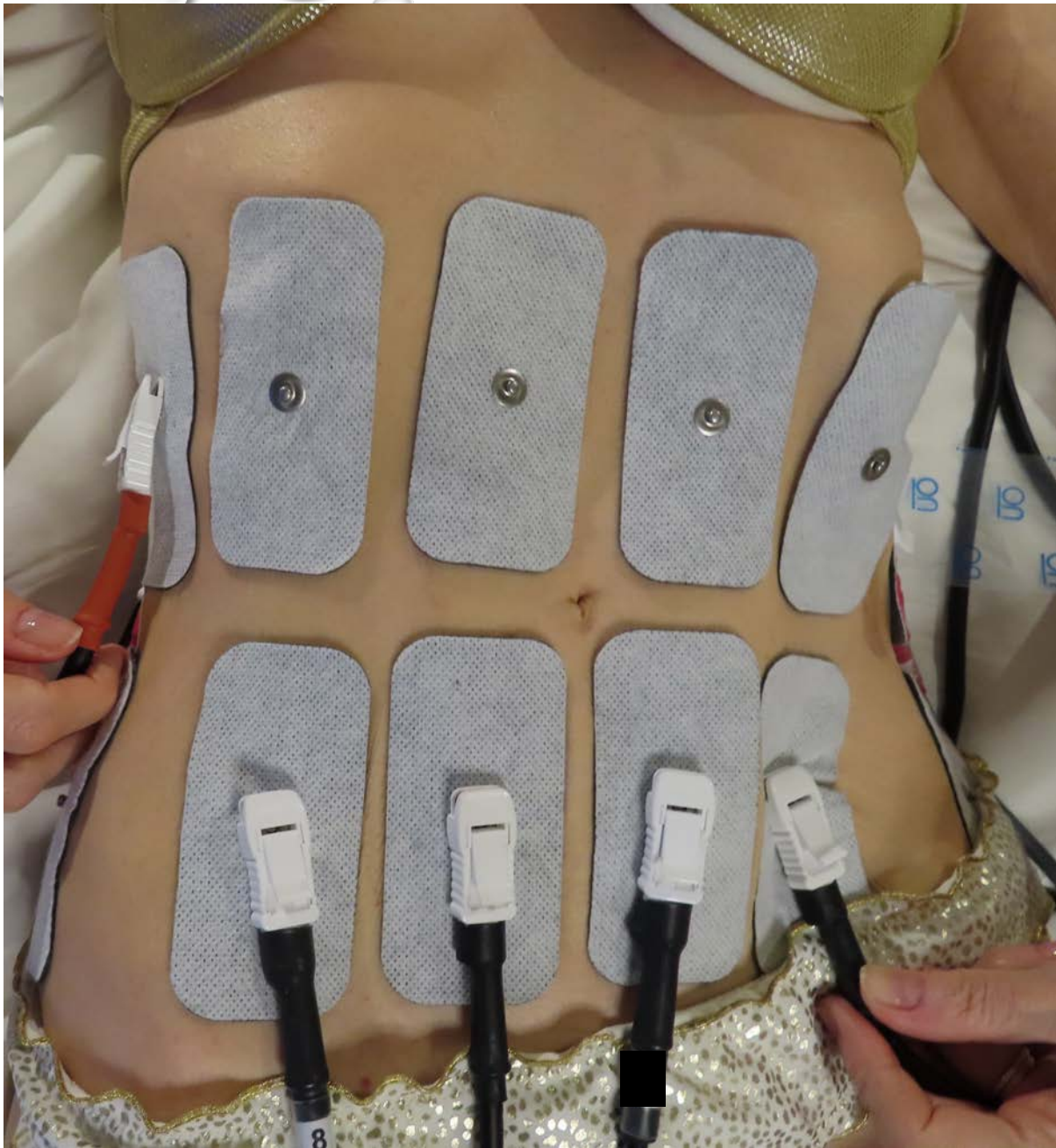
• Pads **MUST** be  
at least  
**FIVE FINGERS**  
Away from  
the **SPINE**

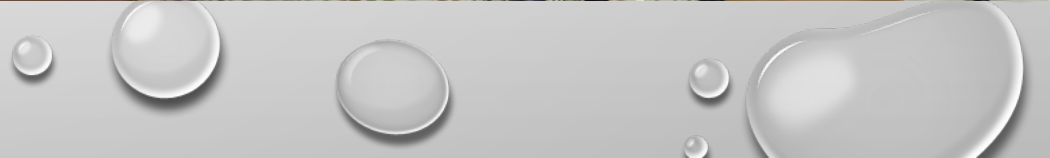
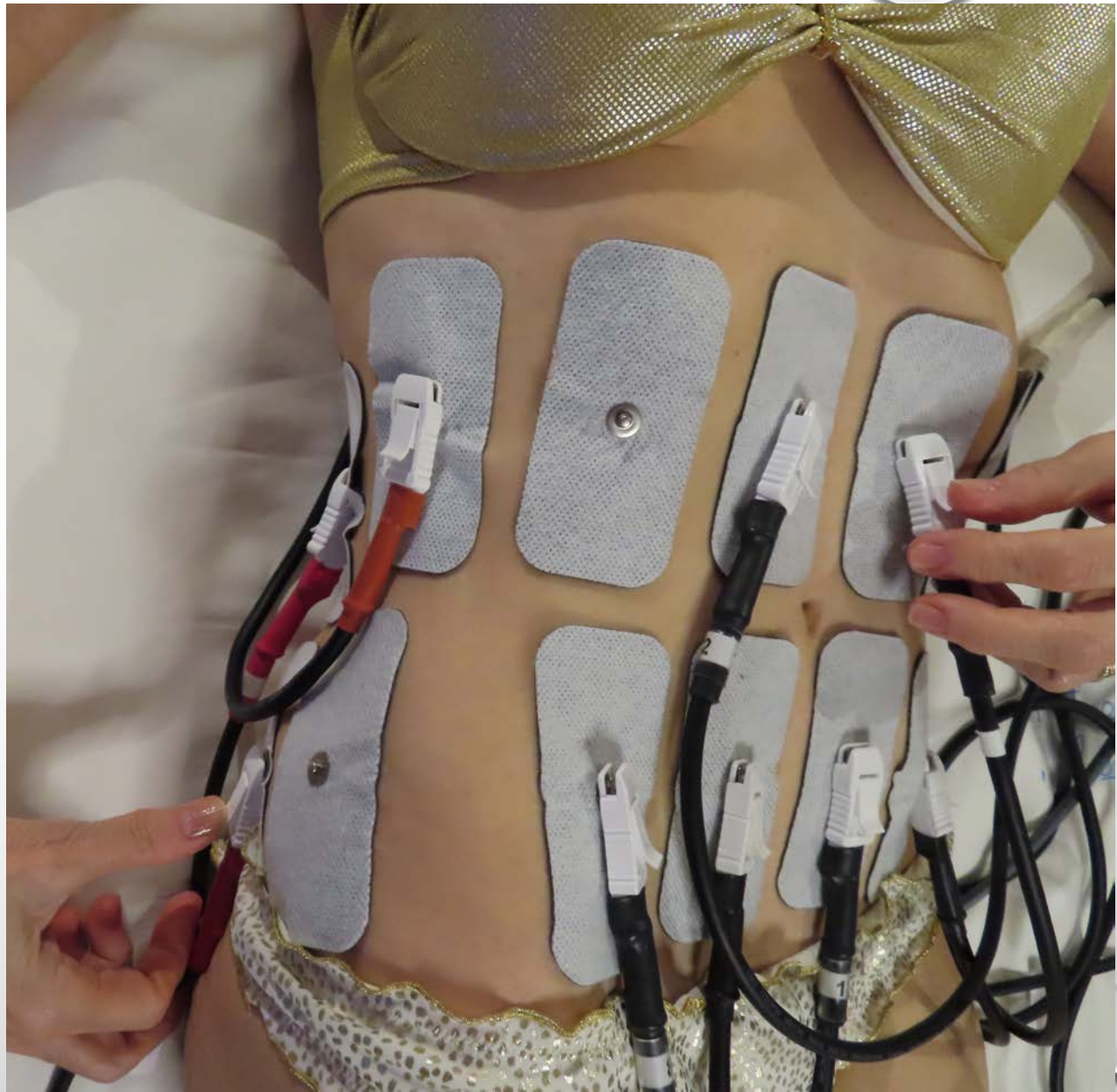
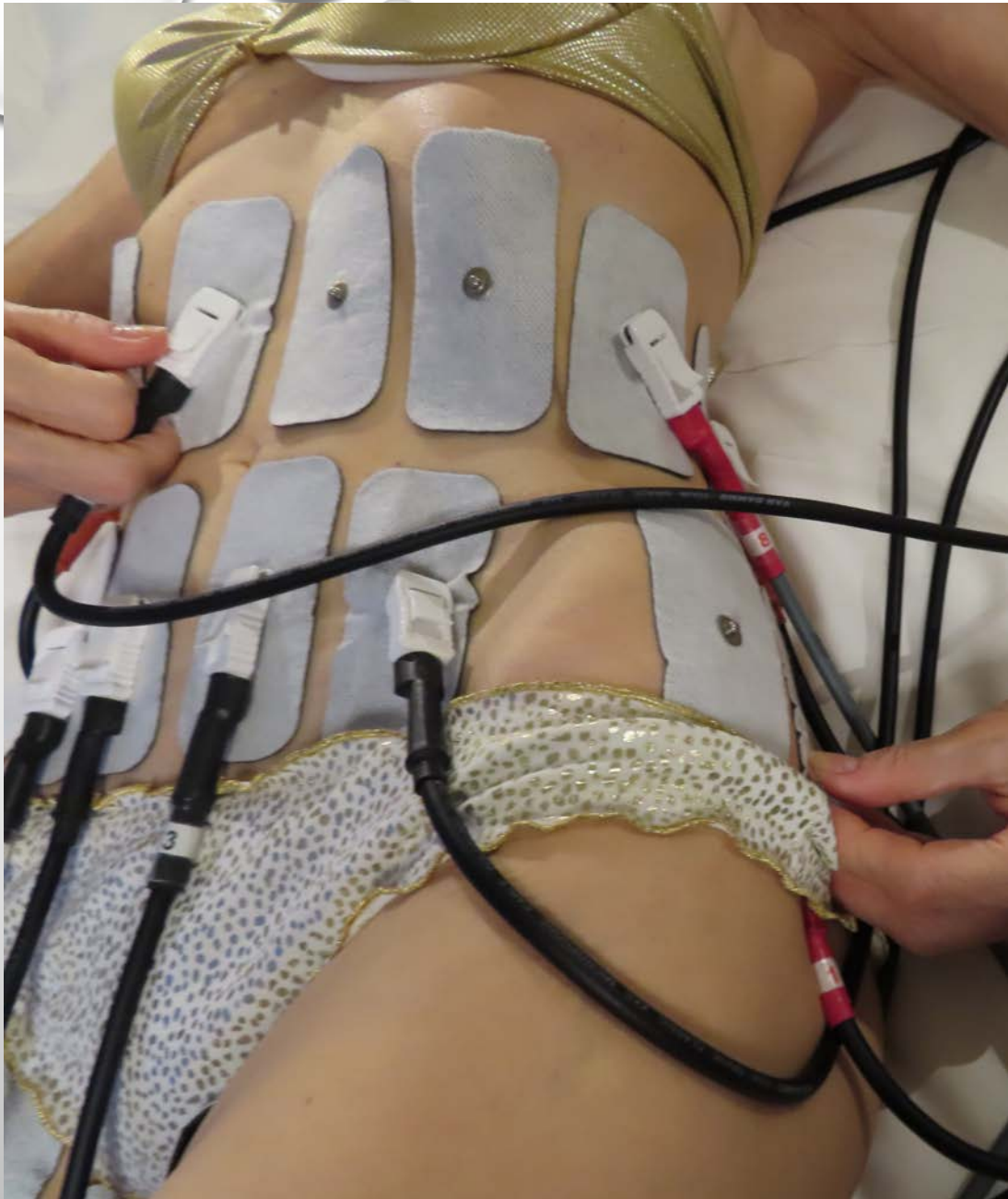


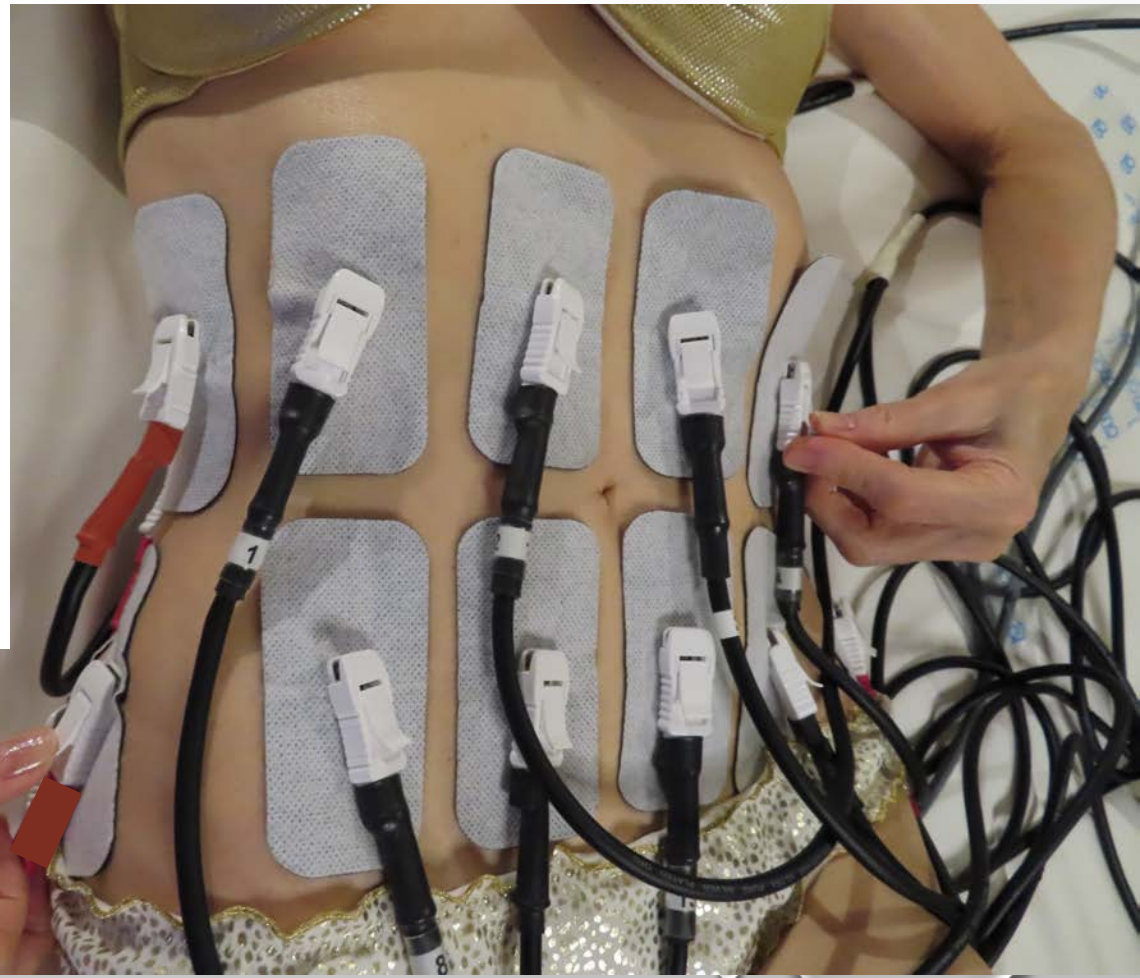
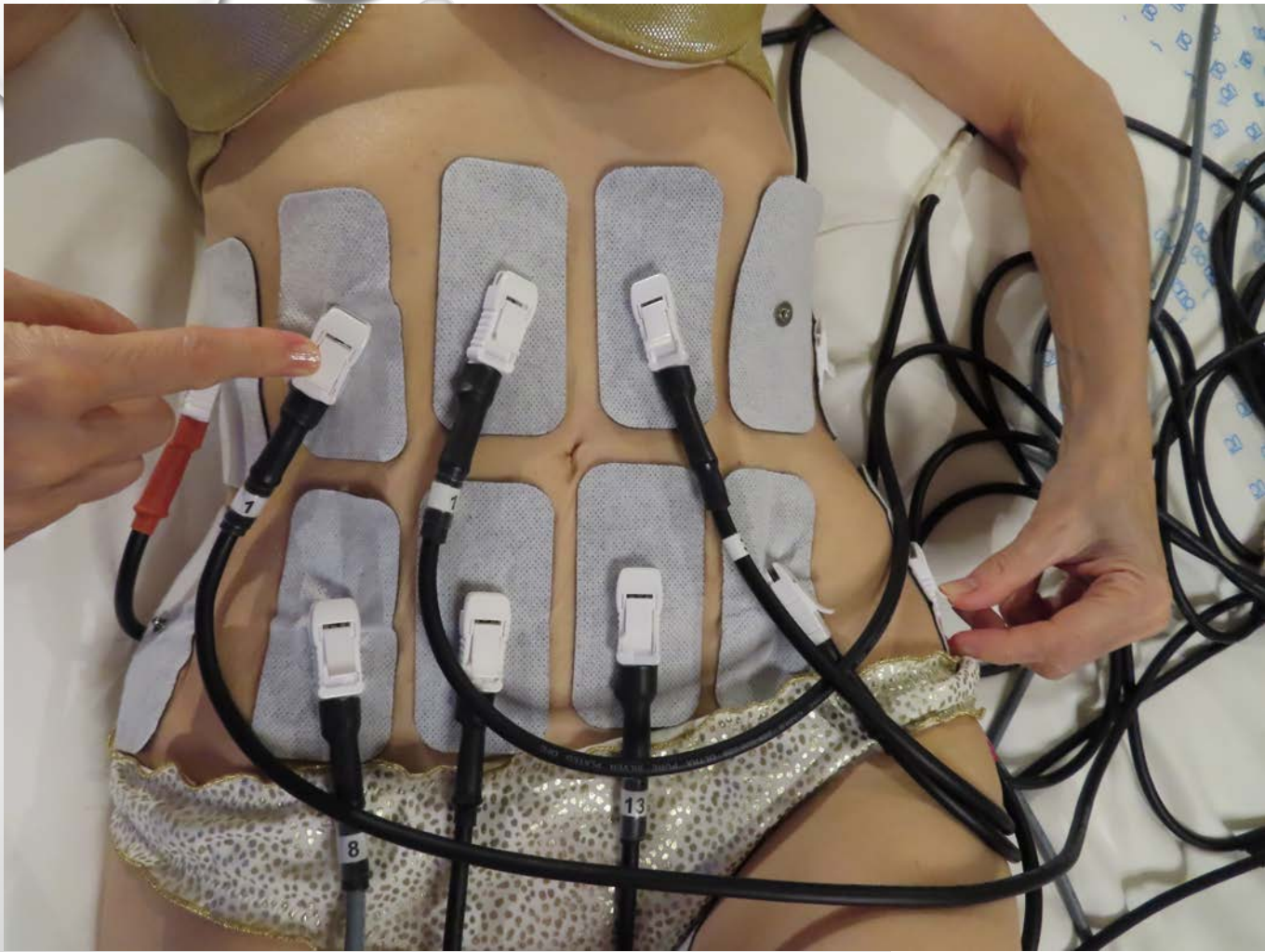


Alternative Padding





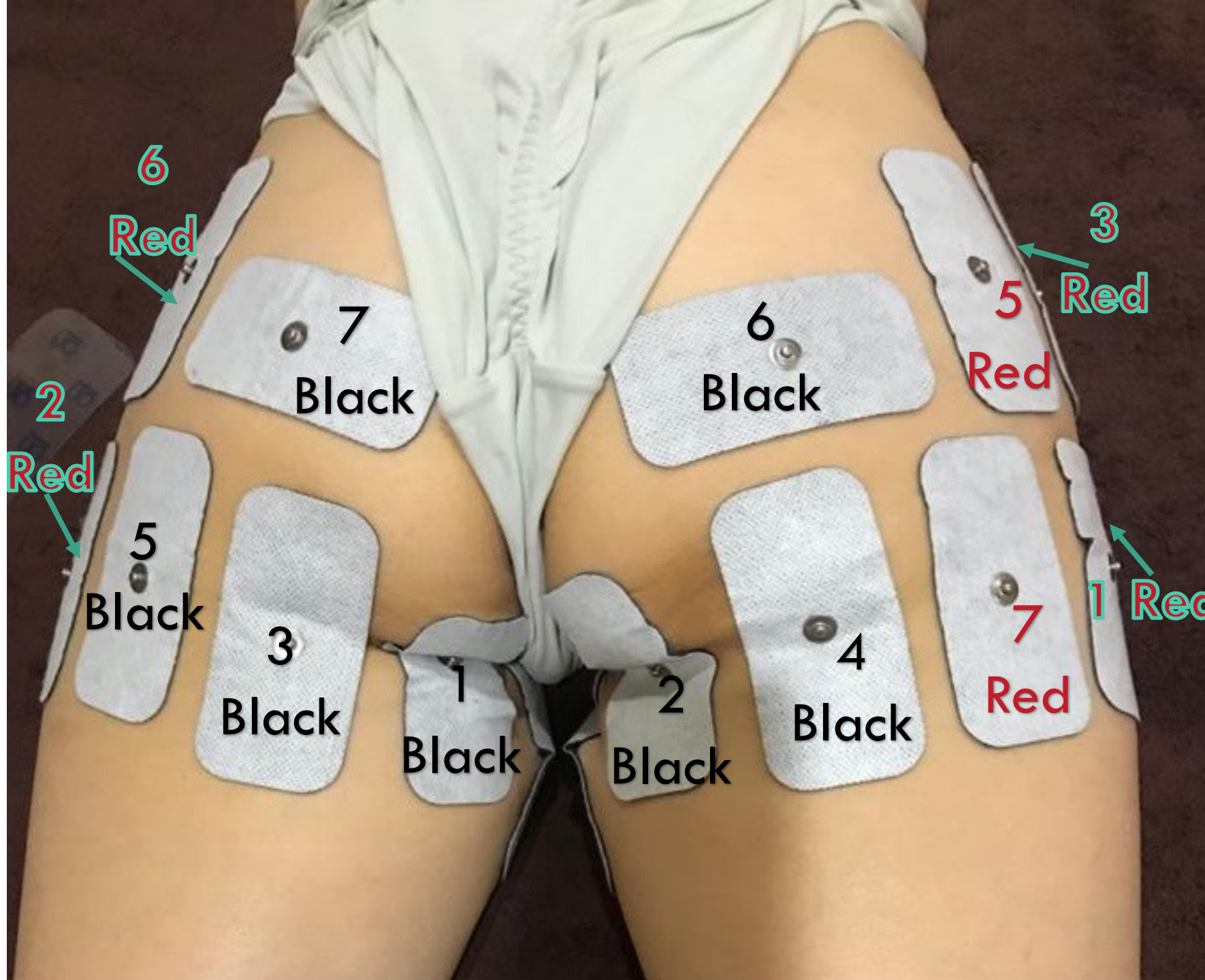


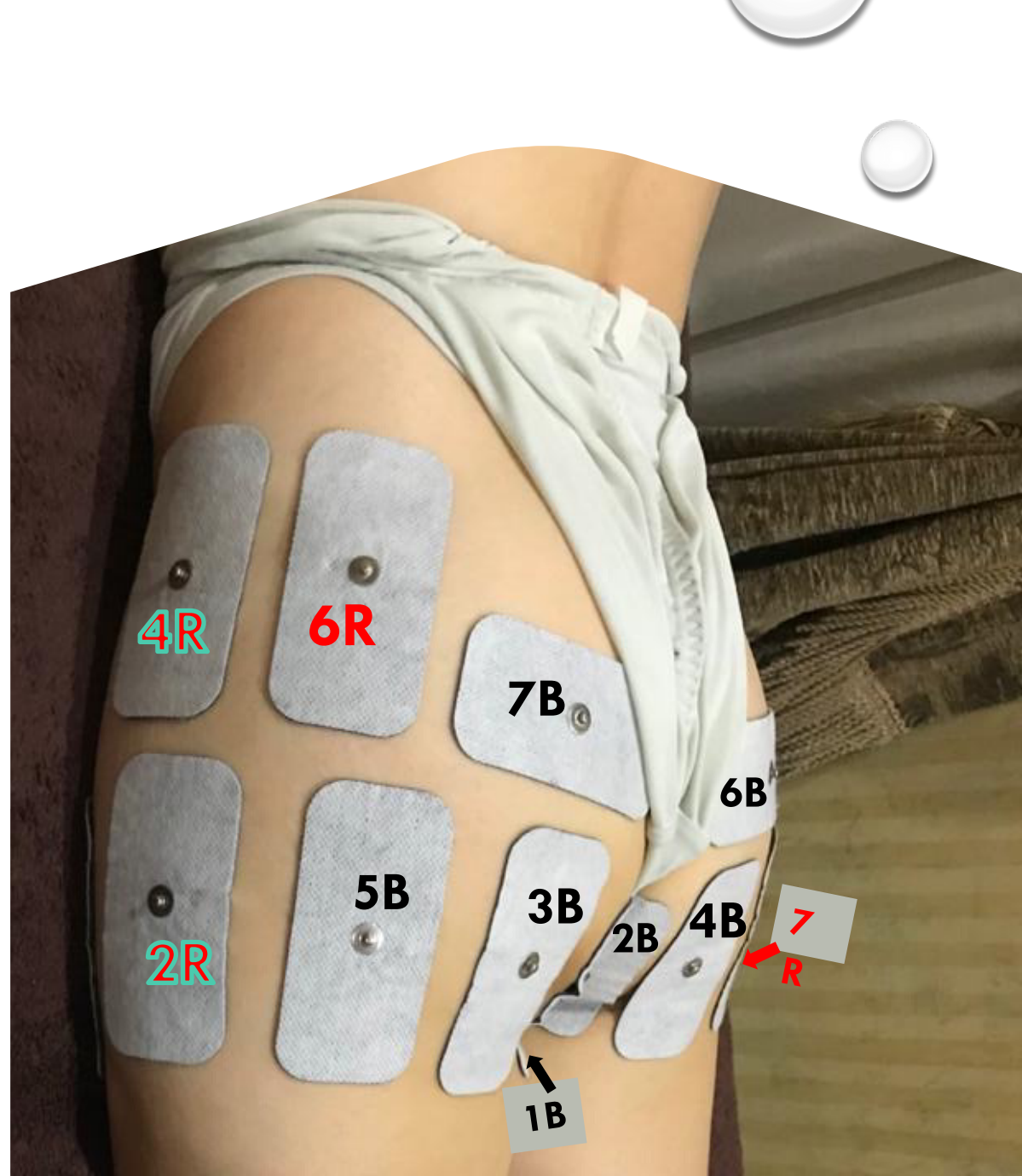
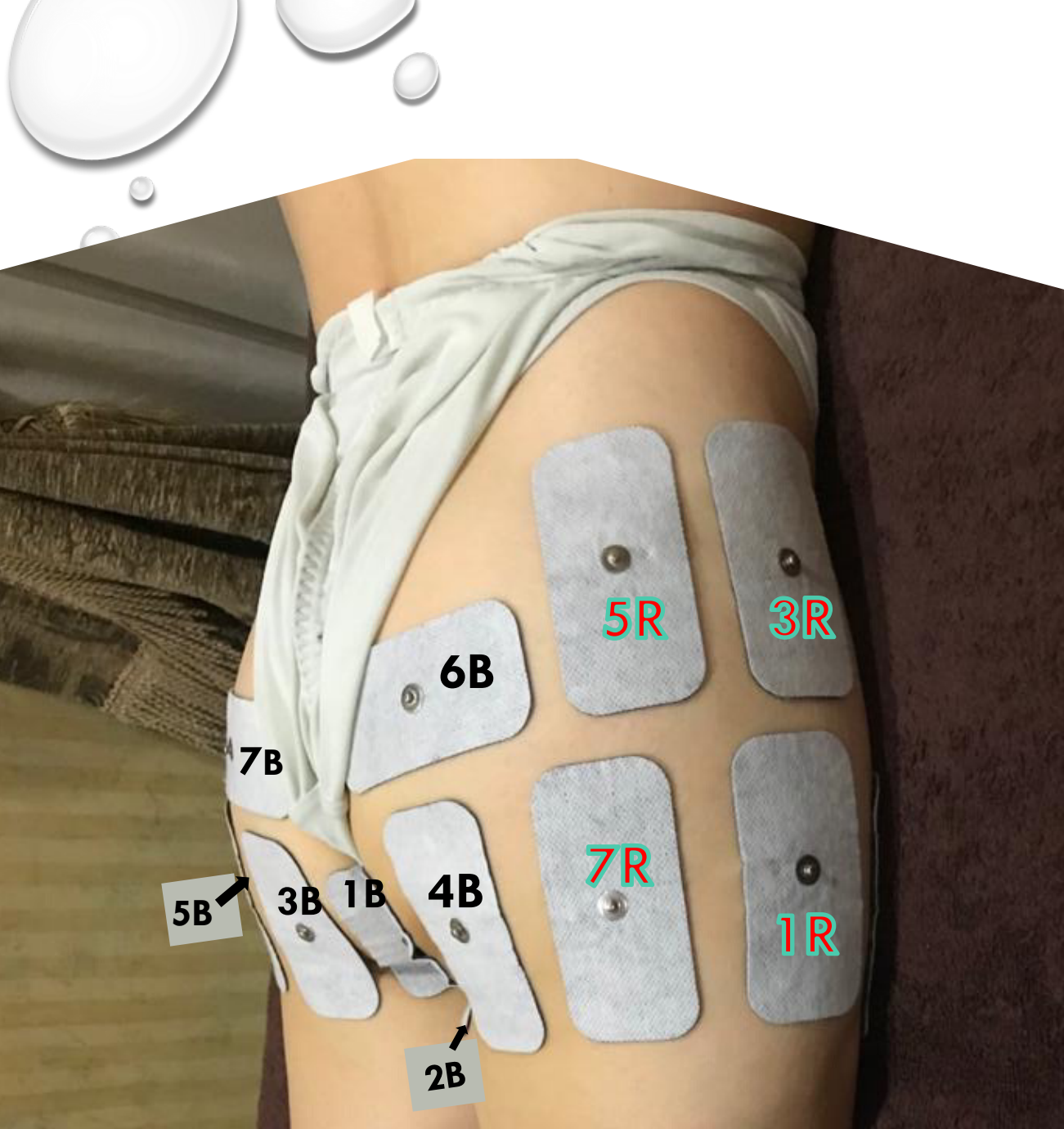


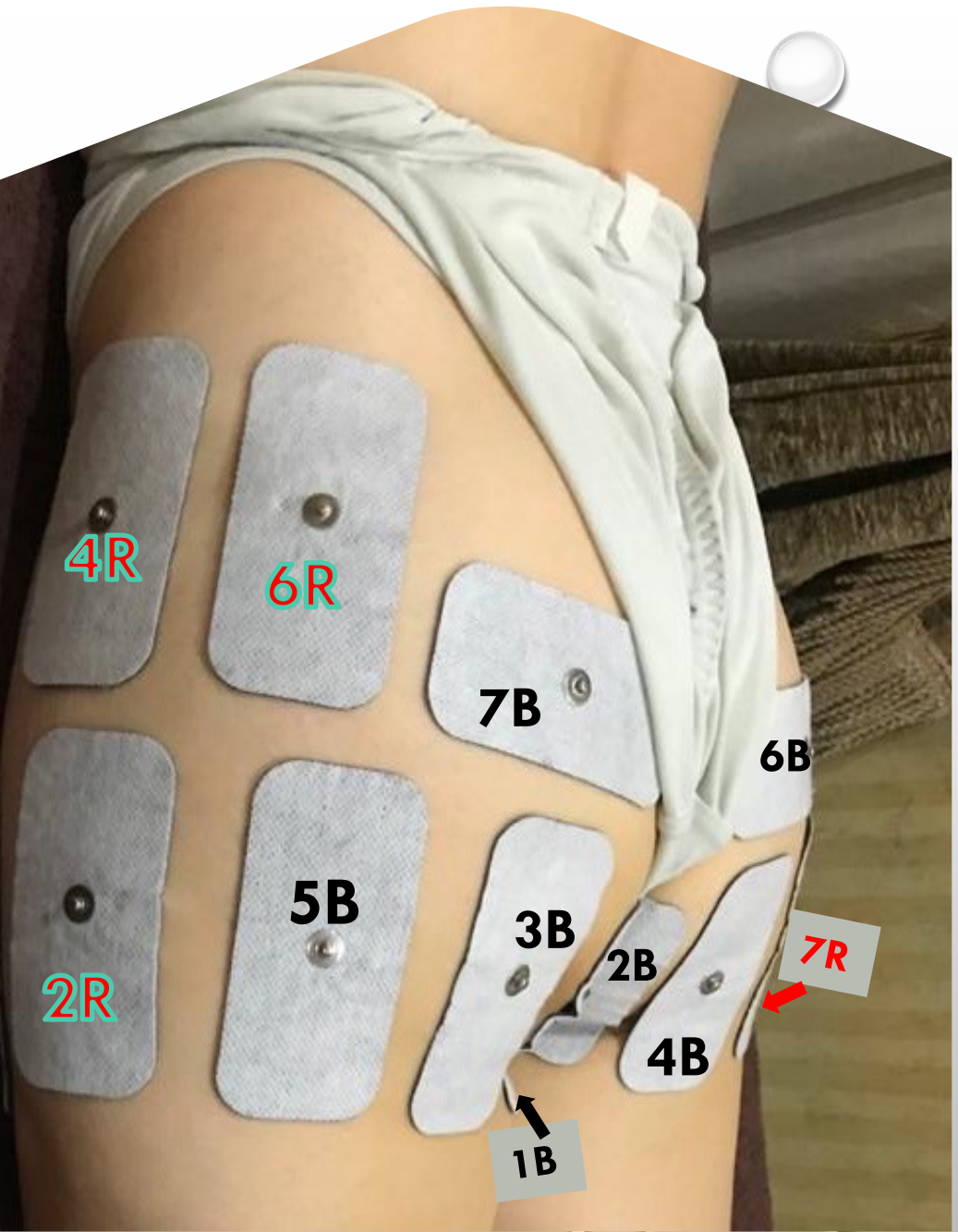
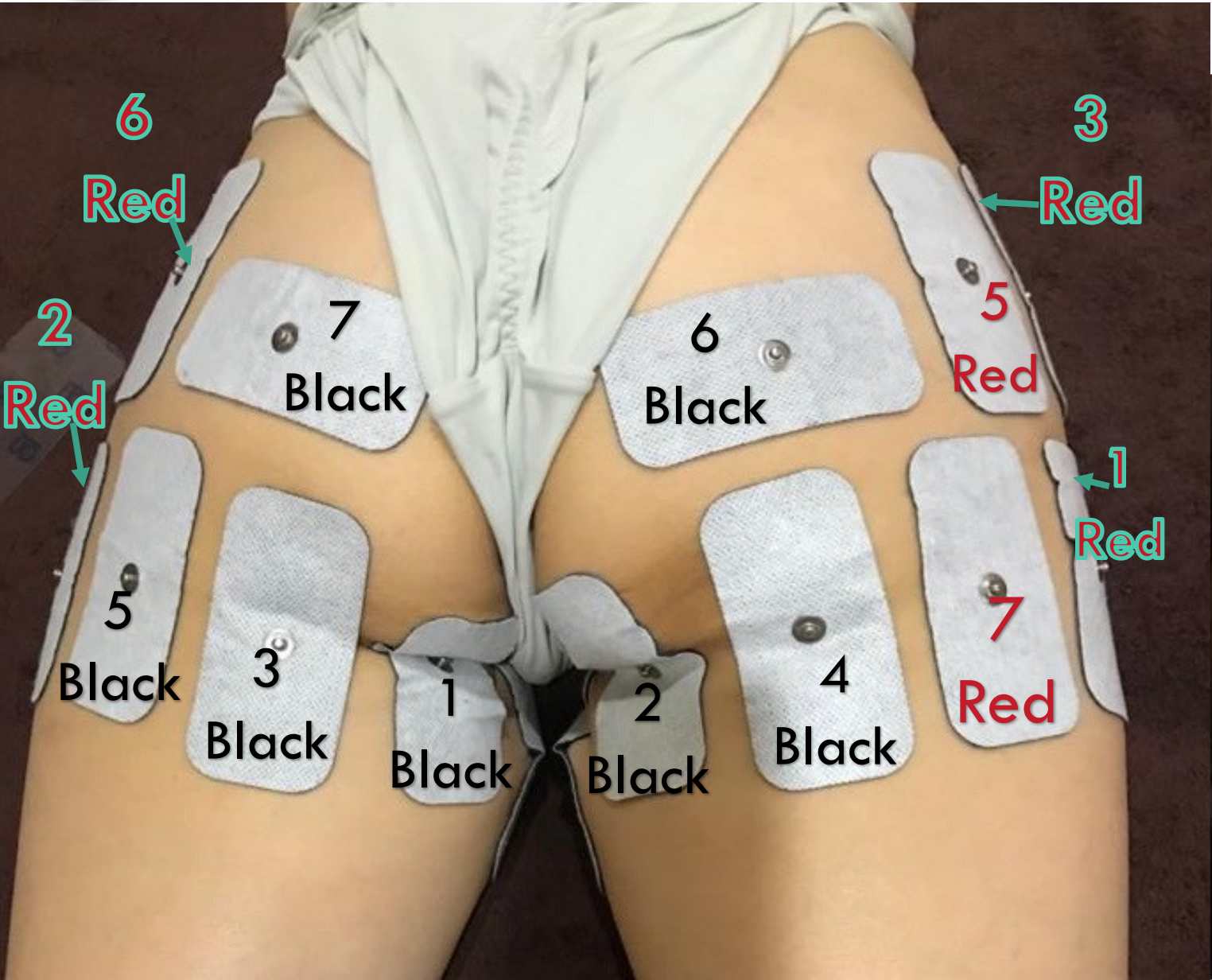


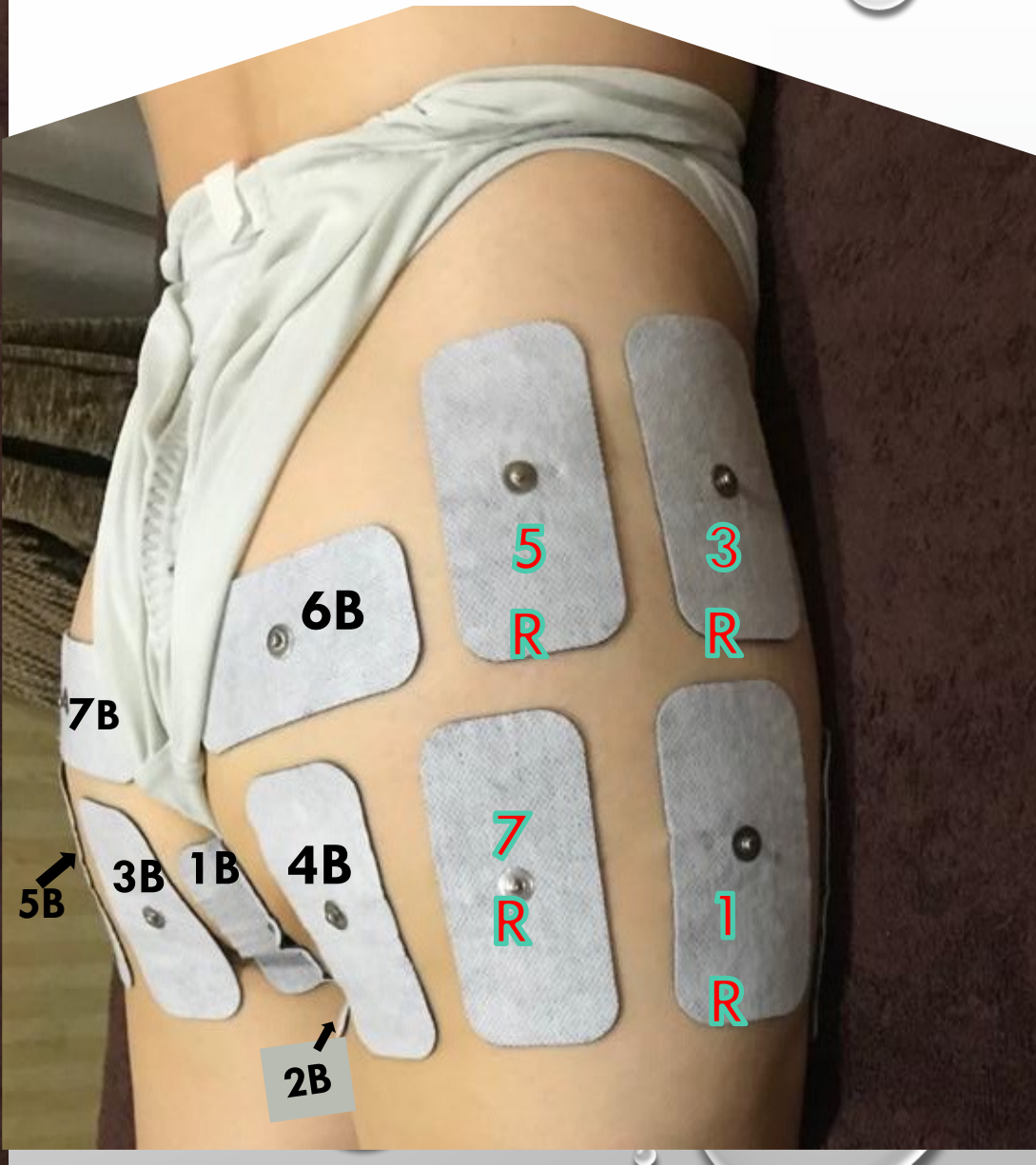
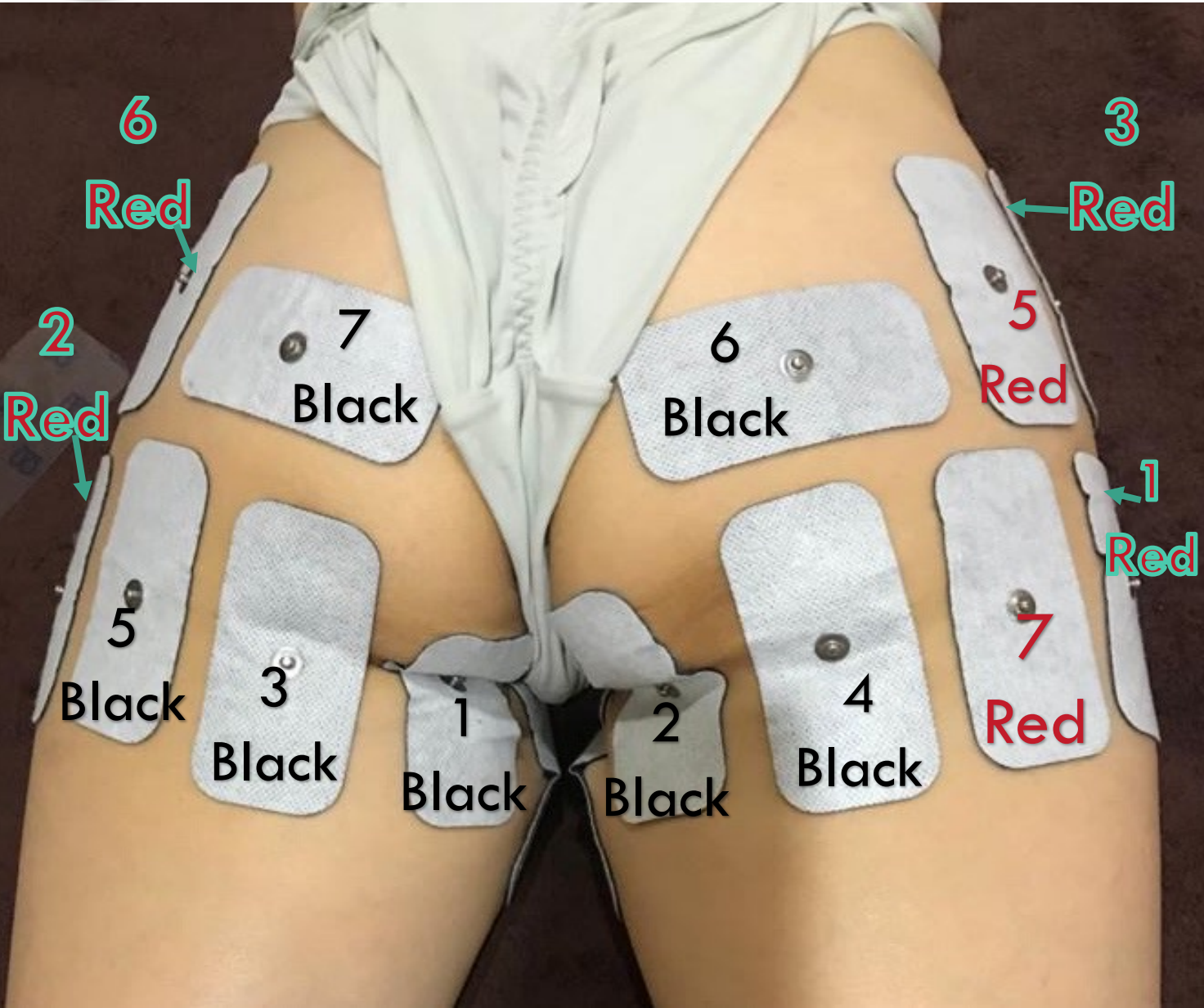
# BUTTOCKS

**R = RED**  
**B=BLACK**







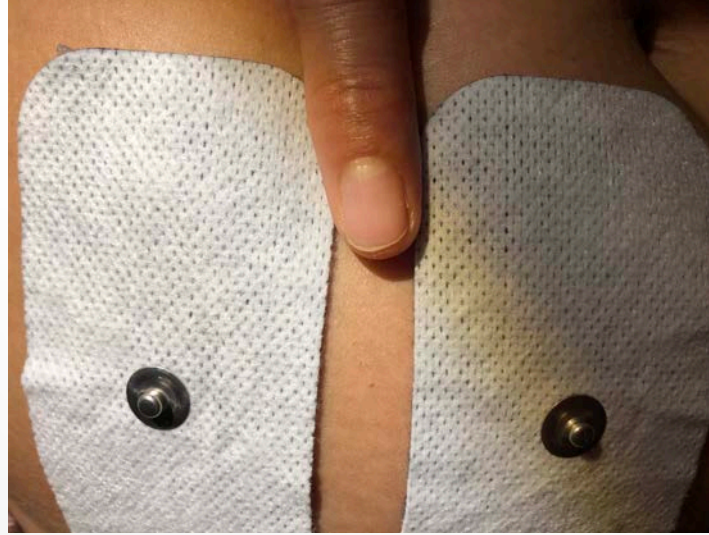


# ONCE AGAIN: PADDING RULES REMINDERS

1. ALL BLACK MUST BE TOGETHER



3. Pads are placed one finger apart

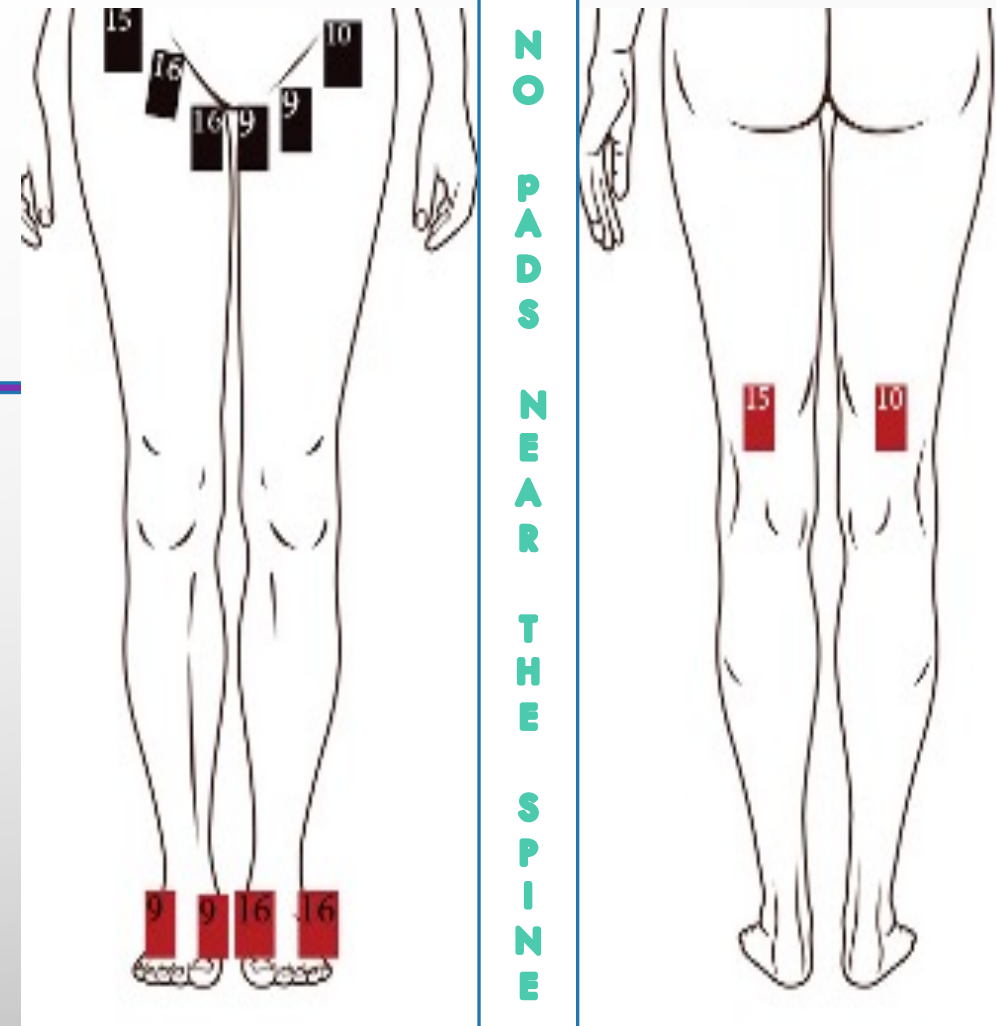
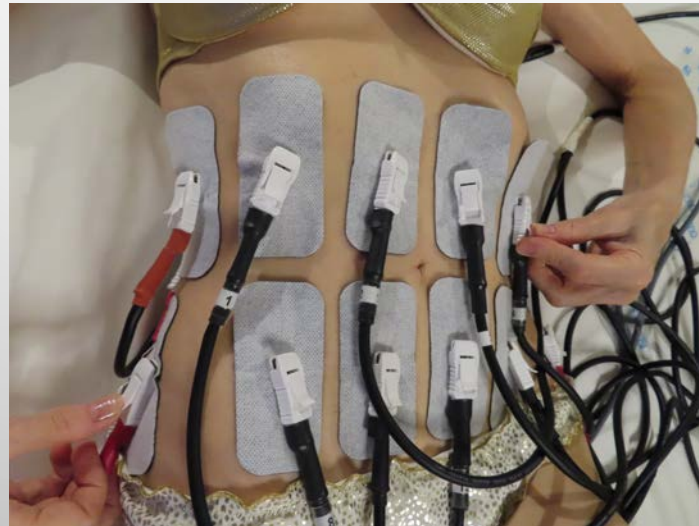


**LEGS DETOX: YOU ALWAYS PUT RED ON THE FEET AND BEHIND THE KNEES AND BLACK ON THE UPPER THIGHS**

2. ALL RED MUST BE TOGETHER



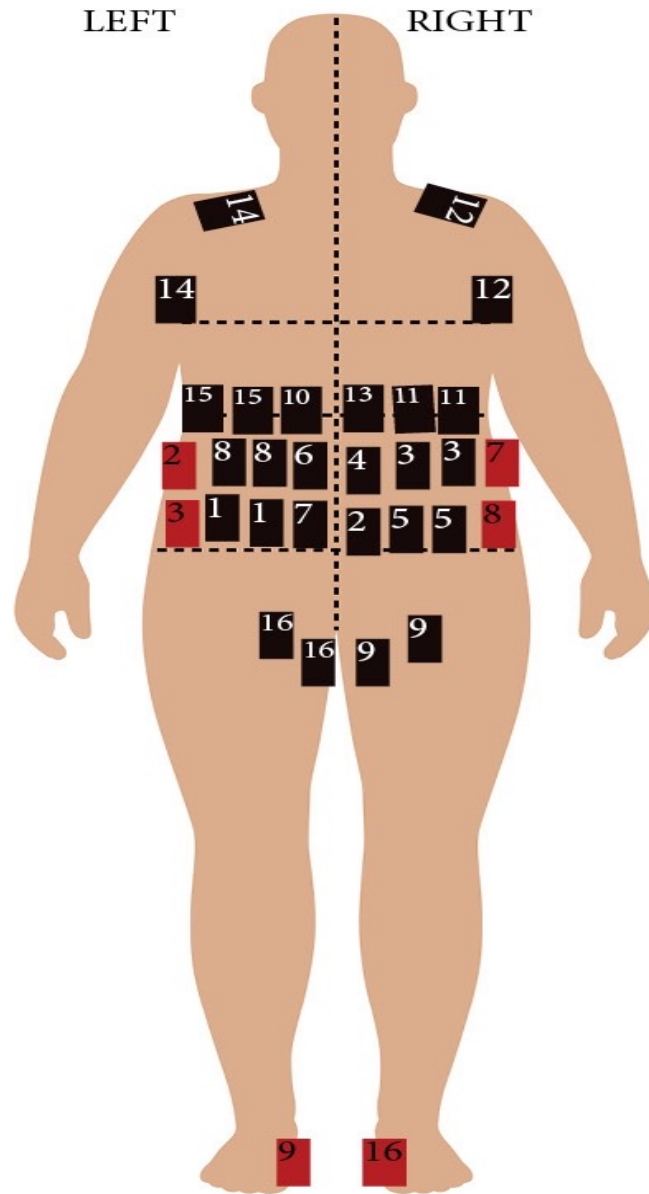
**4. USE ALL CHANNELS ON EVERYONE**



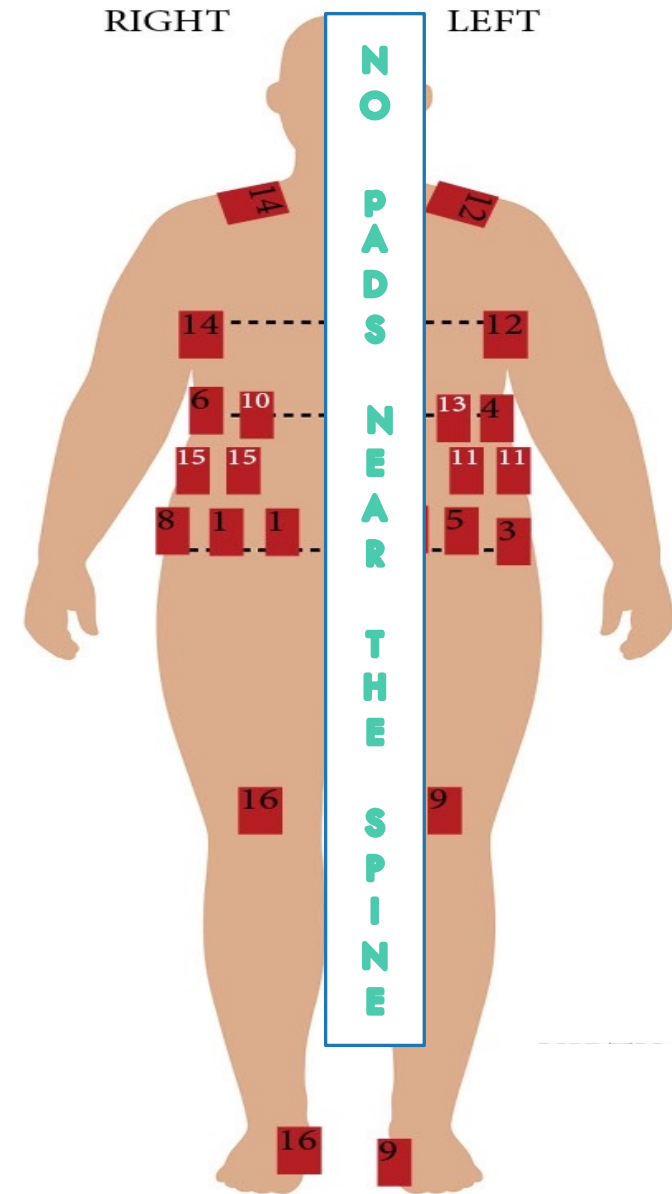
# OBESITY PADDING

Axilla and shoulders  
Detox and fat burning

\*For Obesity  
Padding you will  
need more quad  
cables.



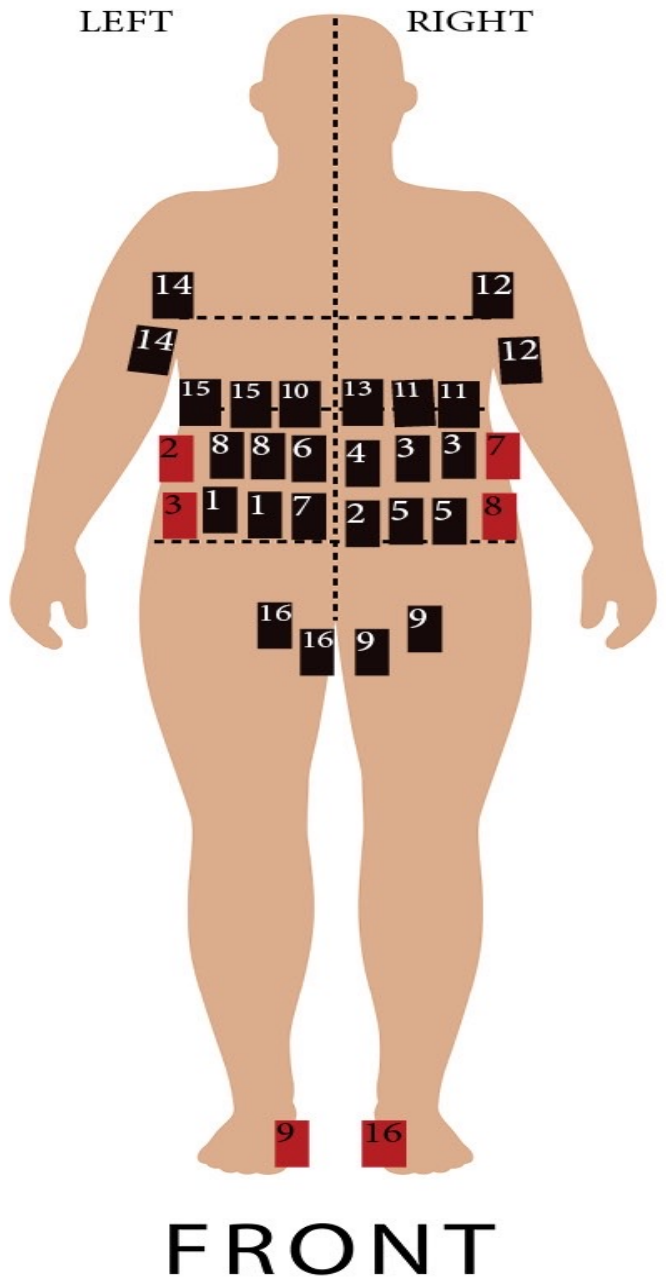
FRONT



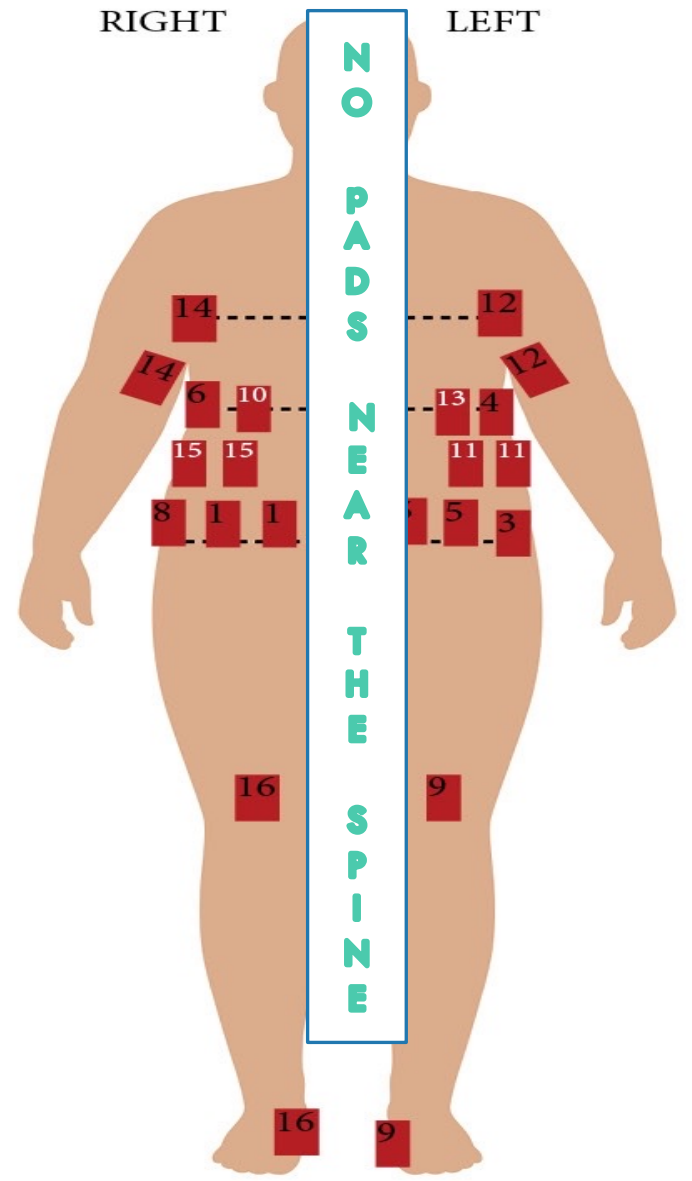
BACK

# OBESITY PADDING

\*For Obesity  
Padding you will need  
more quad cables.



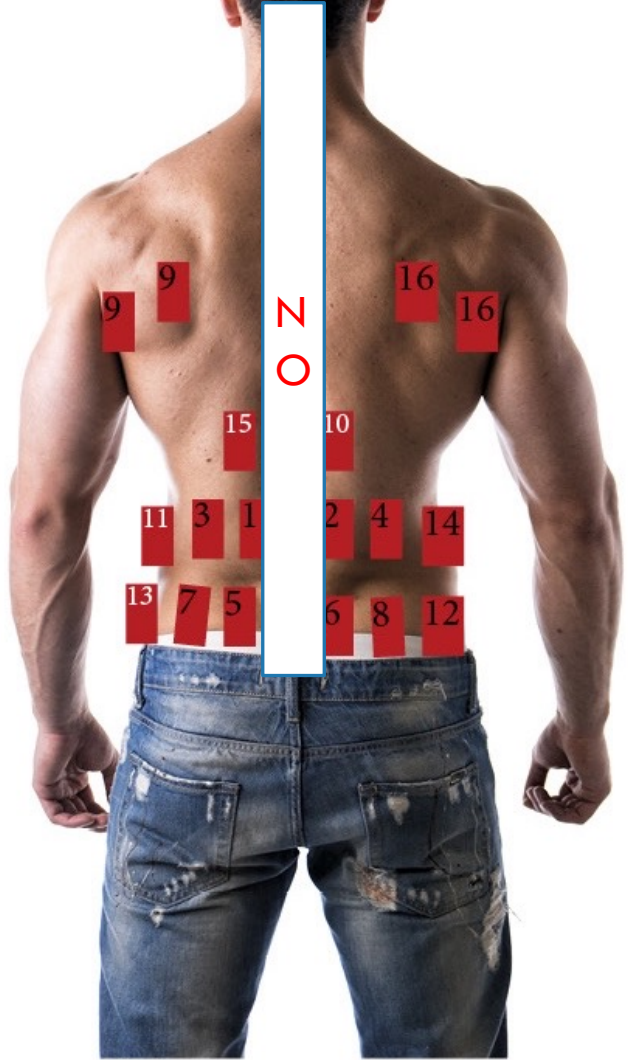
FRONT



BACK

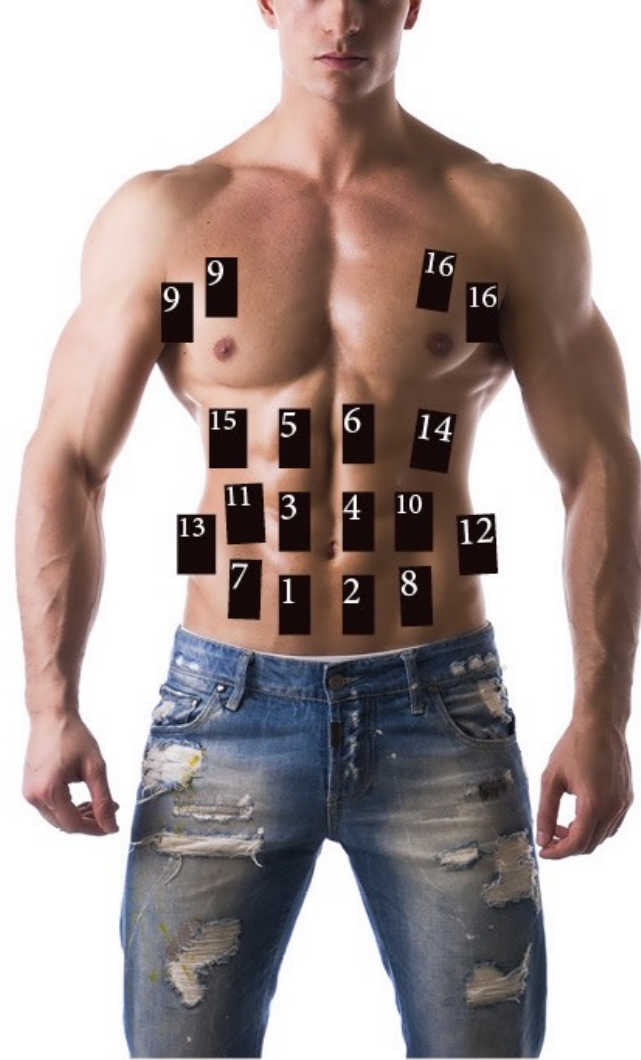
RIGHT

LEFT



LEFT

RIGHT



PADDING FOR MUSCLE BUILDING

In order to work out legs you will need to exchange at least 4 single cables for 4 quads. Put red pads where you now have black ones if you find that the red pads result in a greater contraction.

**Pads MUST be at least three fingers away from either side of the spine**



In order to work out legs you will need to exchange at least 4 single cables for 4 quads.  
Put red pads where you now have black ones if you find that the red pads result in a greater contraction.

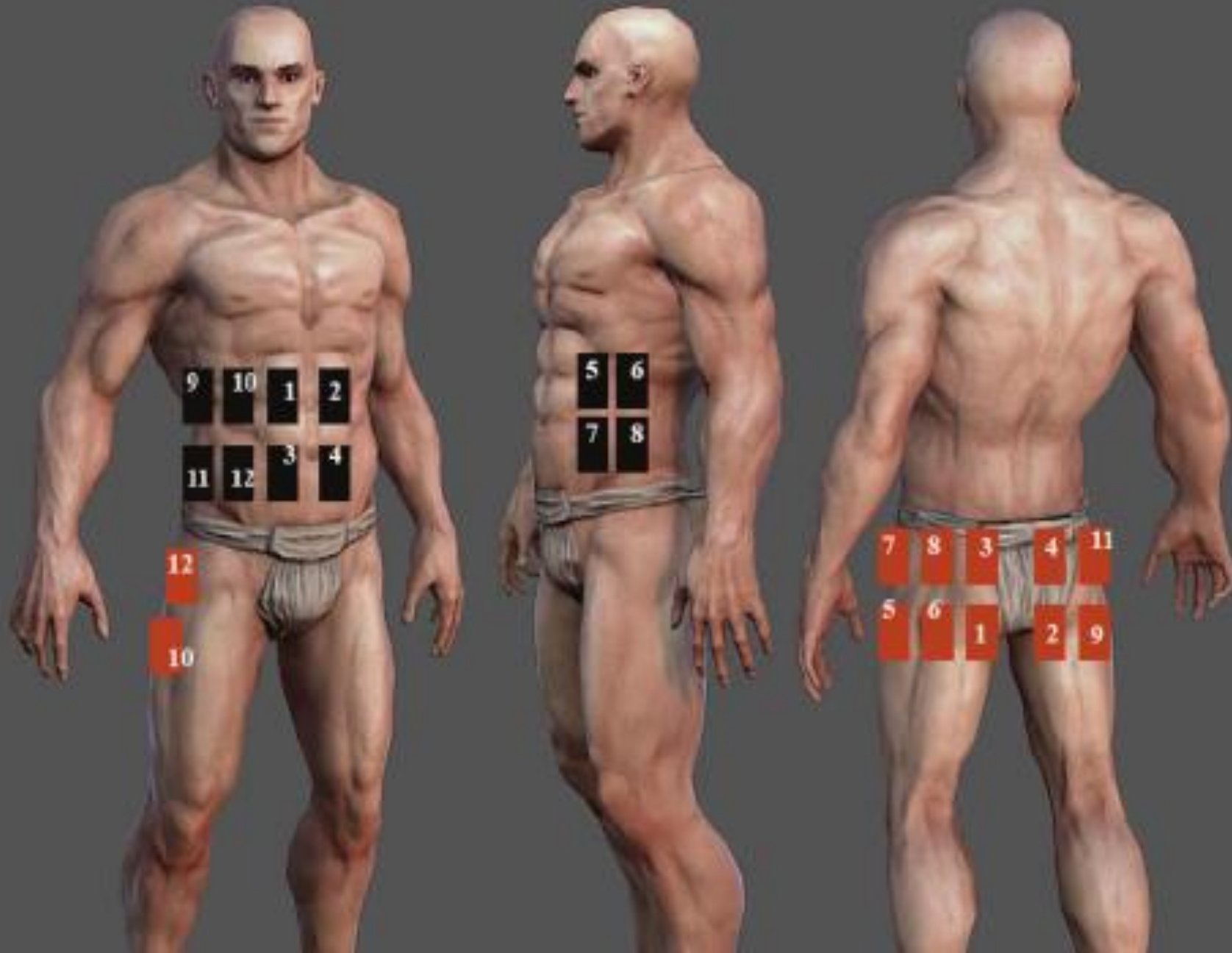
NO  
PADS  
NEAR  
THE  
SPINE



Pads  
MUST be  
at least  
three  
fingers  
away  
from  
either side  
of the  
spine



# ABDOMEN AND BUTTOCKS PADDING DETAIL



Abdomen and Buttocks  
COMBO PADDING

## AFTER TREATMENT



Closed ✓



Left opened ✗

### Cable removal

- When the treatment is done, quickly disconnect and remove the cables from the client.
- Make sure the clips are all closed

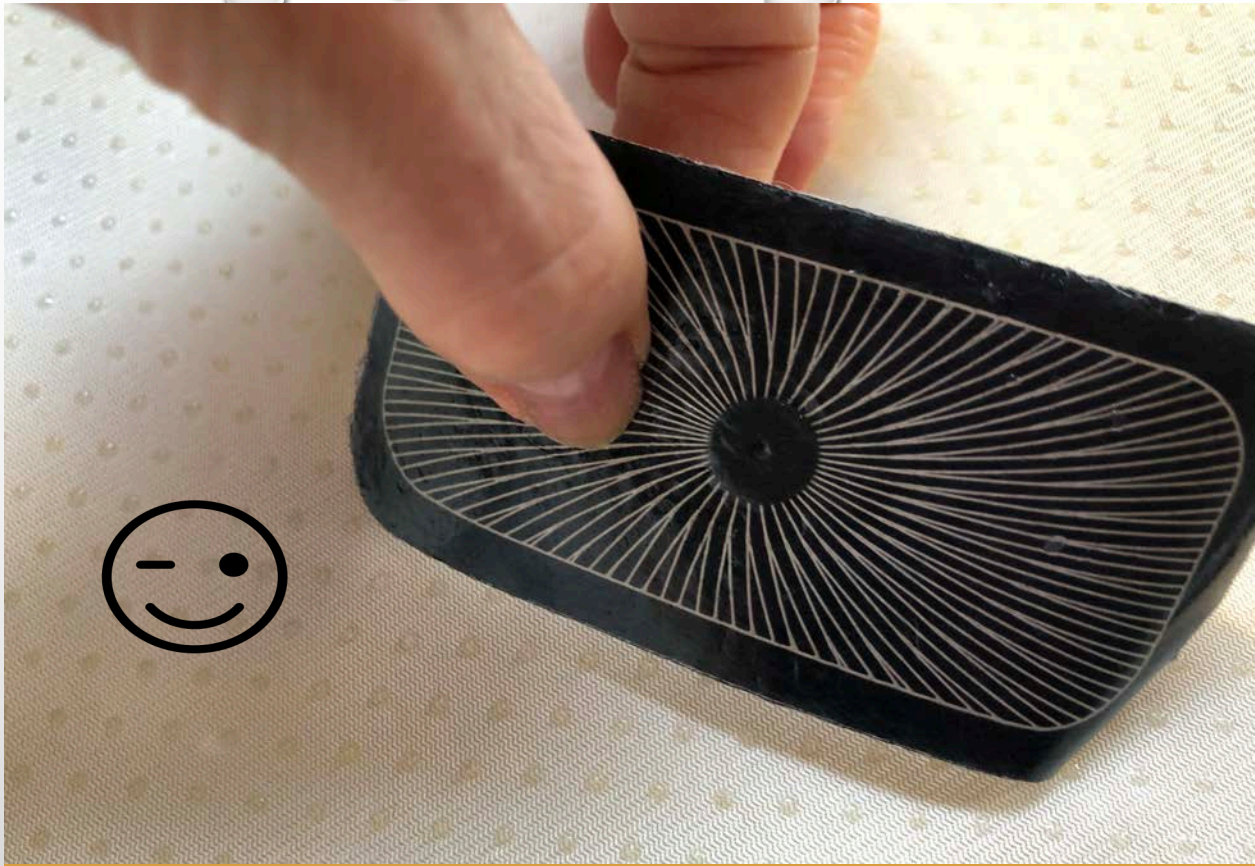
### Gel pad removal

- Remove the pads from the customer by holding them from the middle of the pad NOT the edge.
- **DO NOT REUSE THE PADS with another patient DUE TO HYGENIC REASONS.**

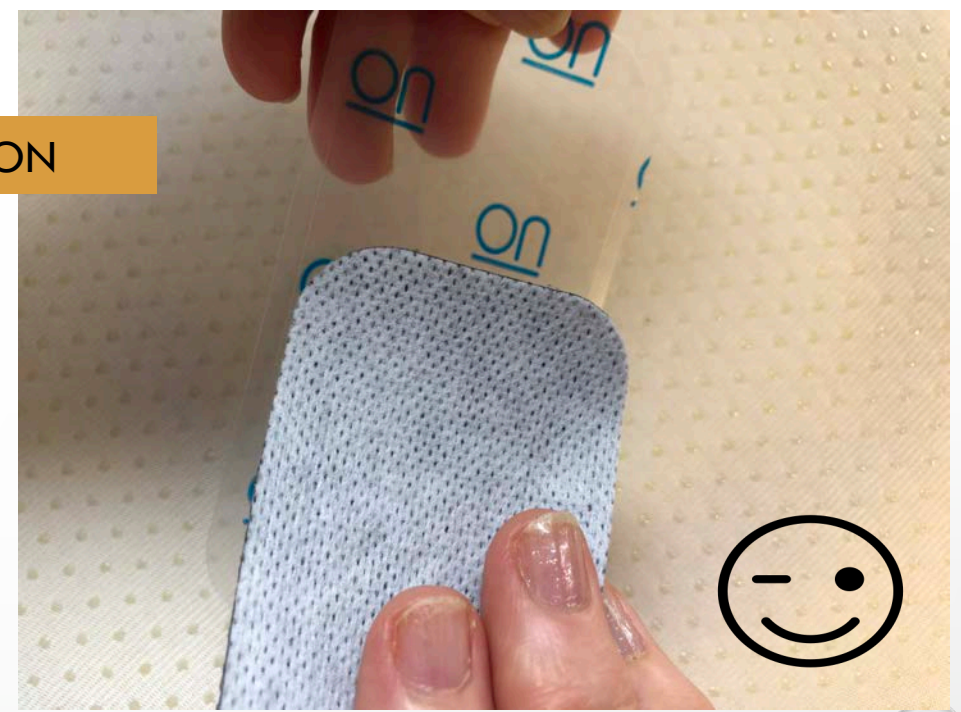


HOW TO PLACE PADS BACK ON THE PLASTIC

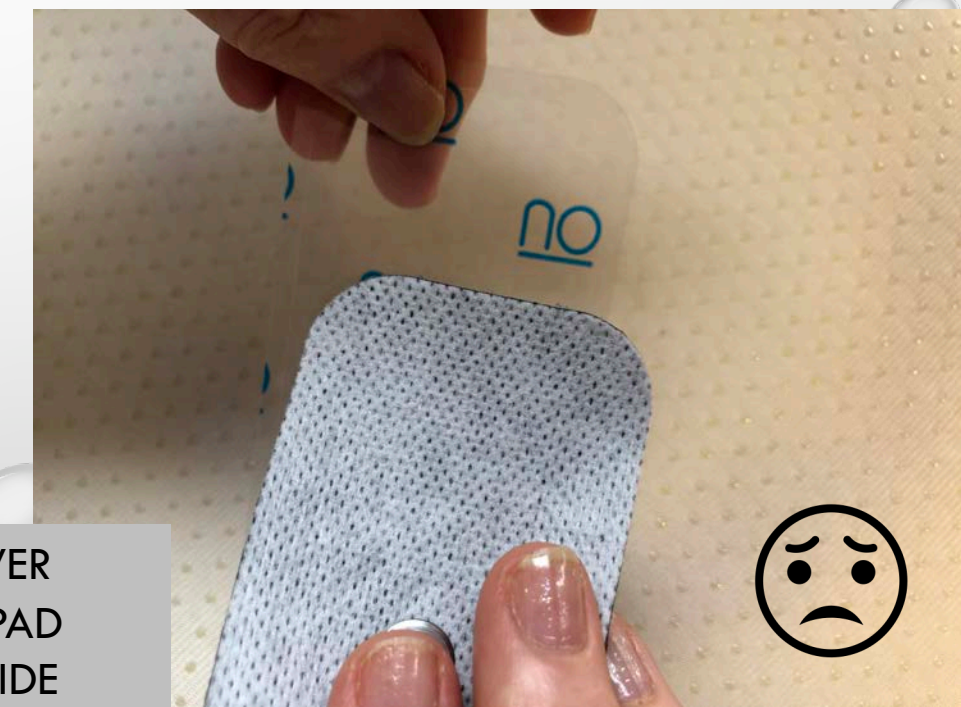
CORRECT. PLACE PAD BACK ON THE ON SIDE



CORRECT. ALWAYS HOLD PAD FROM THE MIDDLE OF THE PAD



WRONG. NEVER PLACE YOUR PAD ON THE NO SIDE



# 饮食建议



- 多喝水。
- 采取补充（乳酸，维生素C，奇托格鲁坎，维特B复合物，维生素D等）
- 把柠檬挤进水里。每天至少4个柠檬
- 早餐葡萄柚
- 每天至少两个苹果
- 新鲜蔬菜
- 避免酱汁
- 低脂肪饮食
- 最好避免服用炒饭或米饭
- 避免糖
- 无苏打水
- 减少酒精
- 鲜榨果汁
- 无糖绿茶
- 无吸烟

The Healing Crisis or **Herxheimer Reaction** is a short-term (from days to a few weeks) detoxification **reaction** in the body.

Our body is trying to eliminate existing toxins at a faster rate than they can be disposed of.



## HEALING CRISIS!!!

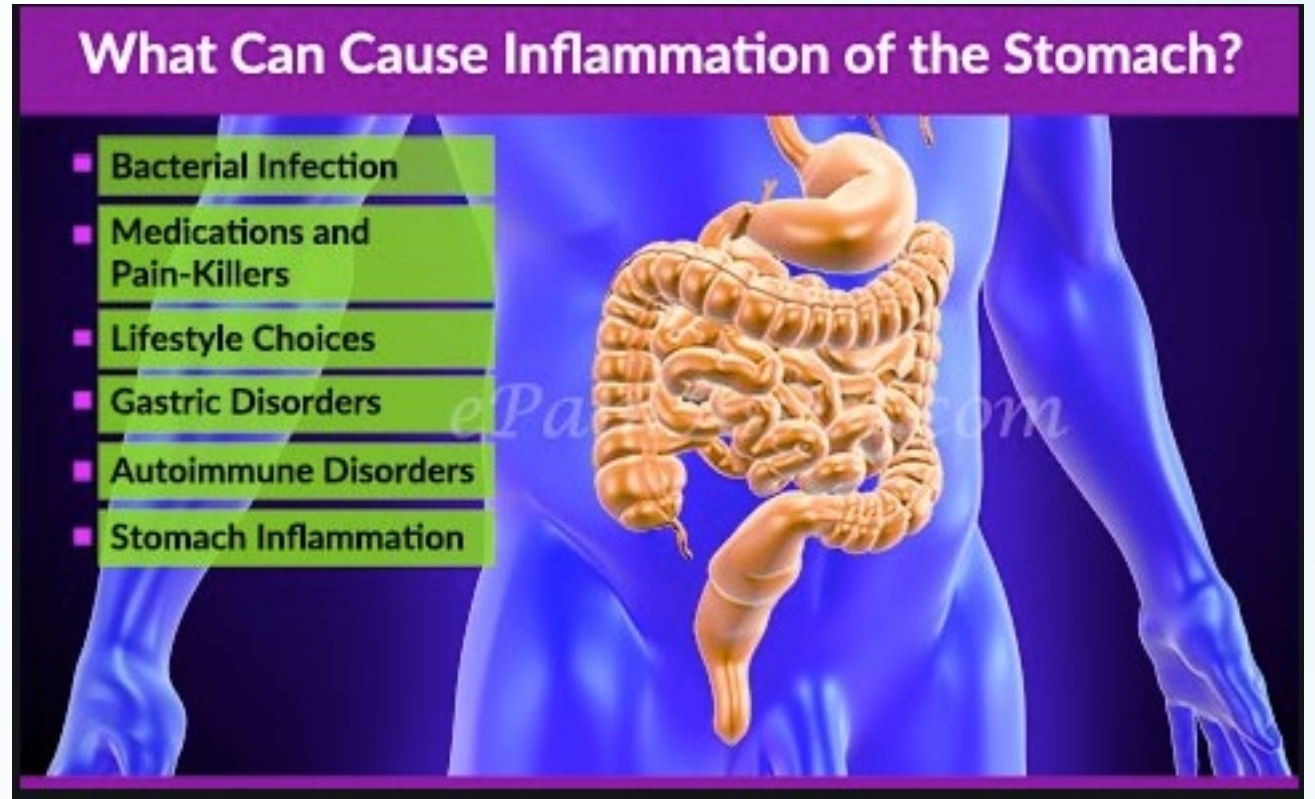


The Herxheimer Reaction symptoms range from none to severe. Symptoms include:

- Increased joint or muscle pain.
- Diarrhoea.
- Constipation.
- Fatigue and/or its opposite, restlessness.
- Cramps.
- Headache.
- Insomnia.
- Aches, Pains.

## STOMACH DISCOMFORT

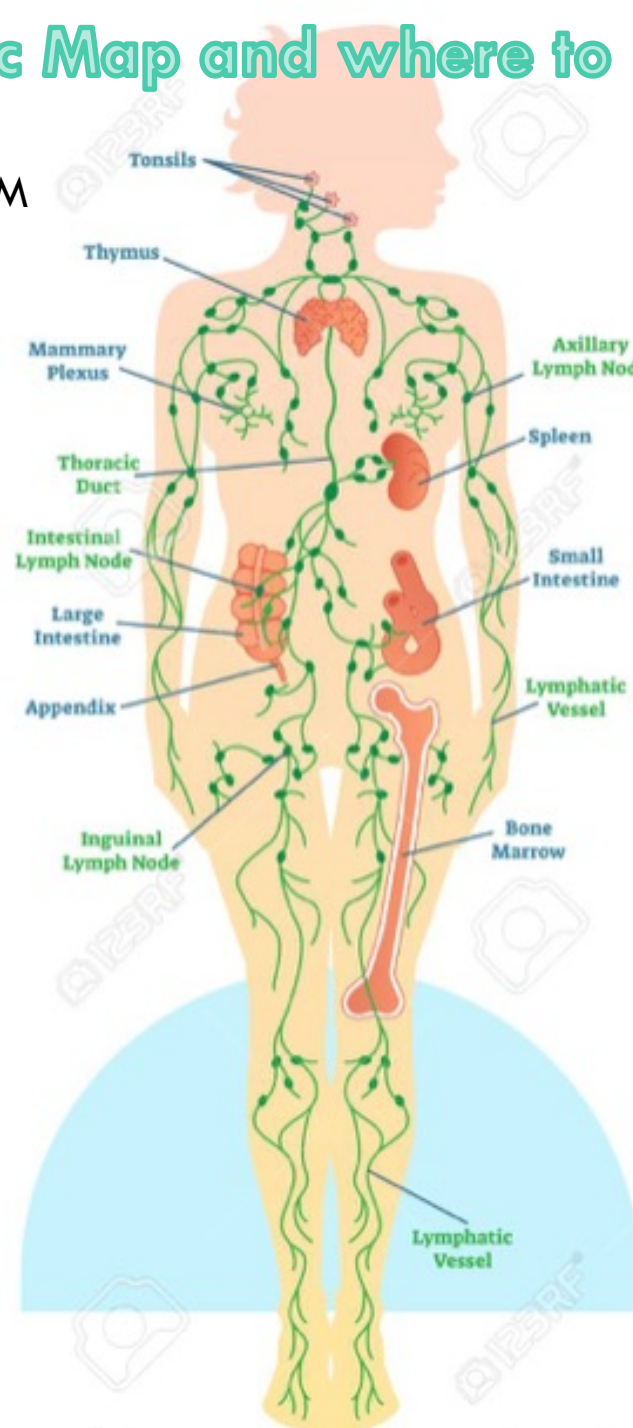
1. IMMEDIATELY DISCONNECT THAT SELF-ADHESIVE PAD.
2. TURN THE REST LIGHT TO 8 SECS TO GIVE YOU MORE TIME.
3. WHILE THE REST LIGHT IS ON, PLACE THIS SELF-ADHESIVE PAD AWAY FROM THE SITE OF DISCOMFORT BUT ON THE SAME SIDE OF THE BODY.
4. TURN REST DIAL BACK TO 2 SECS.



# Lymphatic Map and where to put the Pads for Detox



LYMPHATIC SYSTEM

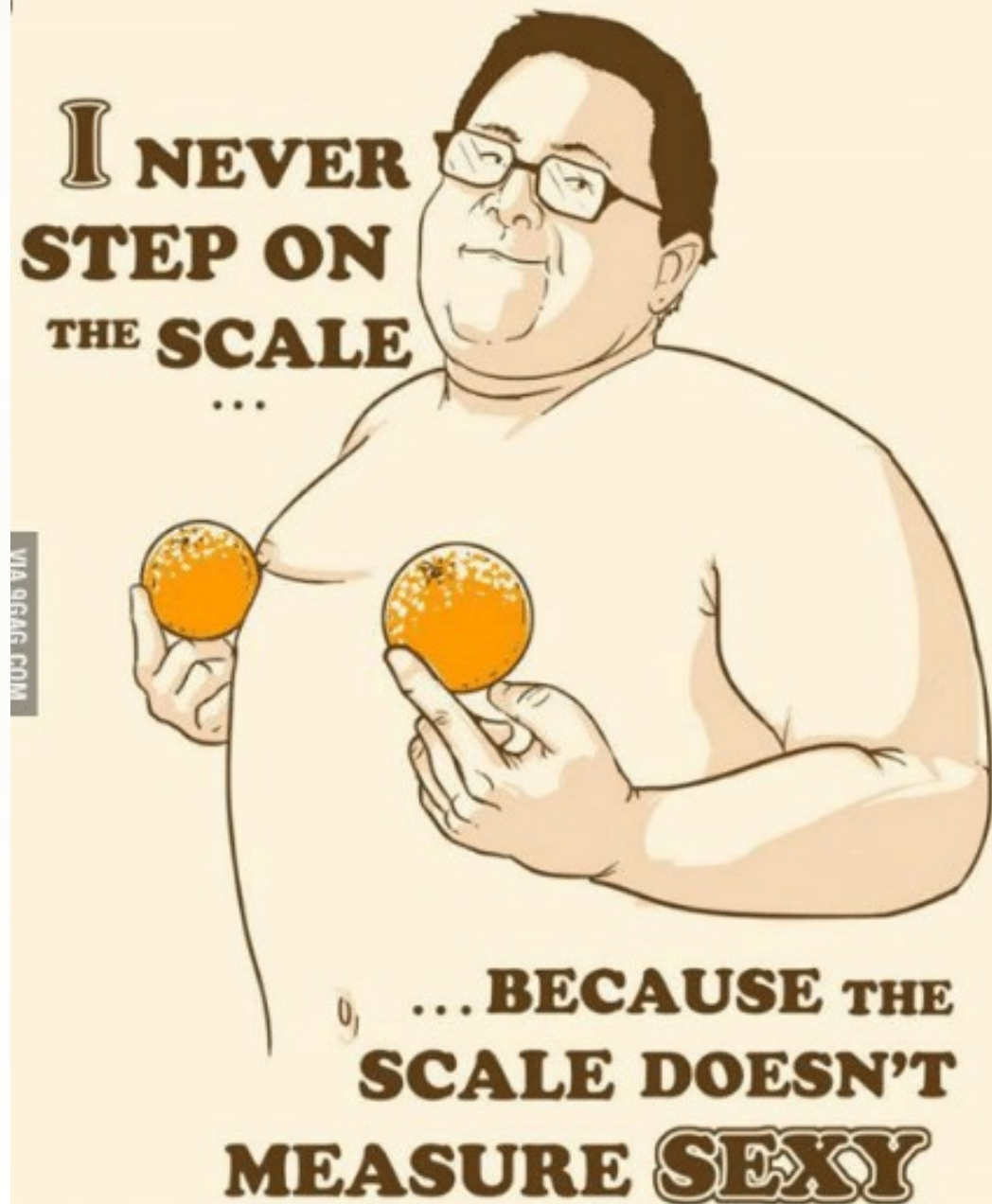


UPPER LYMPHATIC SYSTEM





虚拟健身房健康优势：  
经过一定数量的虚拟健身房  
治疗后，改善脂肪肝的形象。  
减少内脏脂肪  
增加新陈代谢  
荷尔蒙平衡  
能量增加  
性欲提升  
排毒  
抗衰是一种身体健康



How is the Virtual Gym different than Electrical Muscle Stimulators EMS or ELECTROMAGNETIC DEVICES?



VS



虚拟健身房让整个身体参与**完整的 8 秒收缩**，就像您在健身房进行的阻力和力量锻炼一样。

肌肉刺激器和电磁设备每秒发送多个脉冲，仅直接刺激刺激区域下的单个肌肉

PLEASE EMAIL US OR CALL US WITH QUESTIONS OR CONCERNS:

[science@iellios.com](mailto:science@iellios.com) [im@iellios.com](mailto:im@iellios.com) [quality@iellios.com](mailto:quality@iellios.com)

+ 44 0203 2399013 UK + 852 93405069 Hong Kong +347 305 0036

USA

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