

MAGNETIC SLIM User Manual

Pelvic Floor Muscle Trainer

1. Safety Instructions

- Do not use during pregnancy or with implanted electronic devices such as pacemakers.
- Keep the device away from water and high temperature.
- Do not use on damaged skin or open wounds.
- Stop using immediately if you feel discomfort or pain.
- Keep out of reach of children.

2. Device Overview

The trainer combines low-frequency electrical stimulation with intelligent biofeedback, delivering targeted th

3. How to Use

- Step 1: Charge the device fully before first use.
- Step 2: Select a preset program according to your training goal.
- Step 3: Adjust the intensity level to a comfortable strength.
- Step 4: Follow the real-time biofeedback guidance during the session.
- Step 5: The device turns off automatically when the program finishes.

4. Charging

Connect the USB-C cable to a standard 5V adapter. The OLED panel indicates the charging status. A full c

5. Care & Maintenance

- Clean the device surface with a soft dry cloth after each use.
- Do not use alcohol or abrasive cleaners.
- Store in a cool, dry place.

6. Specifications

Stimulation Frequency: 1 - 100 Hz | Pulse Width: 100 - 400 us | Intensity: 10 Levels | Programs: 6 | Display