



Aspire
Lite

USER MANUAL



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ABOUT ASPIRE LITE

Aspire Lite is an Electro Muscular Stimulation (EMS) wearable that was created with the idea to help both men and women, leading sedentary lifestyles to stay in shape. It is highly intelligent and categorized as a high-tech wearable. EMS training systems allows users to train and work out more effectively and efficiently. Aspire Lite takes it a step further by allowing users to get in a workout without needing to physically exercise.

HOW IT WORKS

Aspire Lite delivers refined electrical pulses to the muscles via the 4 inbuilt dry electrodes in the Aspire Lite pants. Utilizing EMS, it penetrates deep into the skeletal muscles, contracting up to 90% of the muscle fibers and is used as a fitness enhancement tool.

In addition to tightening the muscles, the special frequency breaks down cellulite cells constructively. It also promotes the circulation of blood flow and removes lymphatic drainage. The intensity of the impulses is fully adjustable to suit the user's comfort level.

KEY BENEFITS

- ✓ INCREASES ABDOMINAL STRENGTH
- ✓ IMPROVES SKIN TONE
- ✓ INCREASES CORE STRENGTH
- ✓ FASTER FAT LOSS
- ✓ IMPROVES METABOLISM
- ✓ IMPROVES BLOOD CIRCULATION
- ✓ IMPROVES POSTURE
- ✓ REDUCES STRESS AND DISCOMFORT
- ✓ REDUCES APPEARANCE OF CELLULITE

ASPIRE LITE PANTS

The Aspire Lite device can be attached to the pants at the right side of the waist area via a connection pad. The figure-fitting shapewear contains special electrodes for muscle stimulation. These electrodes will send gentle impulses to the muscle groups and work the problem areas by tightening the connective tissues and reducing cellulite.

The pants are made from breathable, skin-friendly material, providing maximum flexibility and high energy conductivity. It is designed to promote an unlimited scope of movement for maximum efficiency.

Built with cutting-edge technology, the anti-bacterial fabric maximizes conductivity of high-energy electrodes while ensuring comfort for even the most sensitive skin.

ASPIRE LITE DEVICE

The Aspire Lite device is used to activate the electrodes of the pants. This simple and modern device is user-friendly and easy to operate.

INSIDE THE BOX

- Aspire Lite Device
- Aspire Lite Pants
- User Manual
- USB-C Charging Cable
- Laundry Bag

SAFETY

To ensure proper use of the Aspire Lite system, please read this manual carefully before use and follow the instructions herein. Store this manual in a secure place for future references. The manufacturer is not liable if the following provisions are disregarded.

Do not operate the system if it is damaged. In case of doubt, please contact technical support.

1. The system should only be used in combination with authorized external devices and components.
2. The Aspire Lite system should not be tampered with and should be handled with care.
3. In the event of malfunctions, it is imperative to inform technical support and to shut down the system, if required. Please refrain from attempting to perform repairs on the system on your own.
4. The USB - C cable provided is only intended to charge the control box approved by the manufacturer of the device.
5. Exercise must only take place with proper understanding on how to operate the system.
6. All current contraindications in this manual must be observed before exercise.
7. The Aspire Lite system is not a toy. It is not intended to be used, handled or operated by children.

8. The use of the system is not permitted for persons with reduced physical, sensory and mental capabilities, unless they are instructed and supervised by an adult person, who assumes full responsibility for the safety.

9. The system is suitable to be used outdoors but like any other technology or electrical component, the system cannot be exposed to wet conditions or environments. E.g swimming pools, rainy weather or even using it in the shower.

Users have to acknowledge that they have understood the explanation above and that none of the mentioned risks or diseases apply to them and proper medical advice has been obtained when in doubt. This is to ensure a safe and enjoyable experience.

Users have to read the safety instructions and possible risk factors carefully before commencing exercise with the Aspire Lite system. Failure to do so might result in possible injury or life threatening situations.



WARNING: Exercise caution when using this device as part of your lifestyle. Always be aware of your surroundings to avoid injury to yourself and others.

CONTRAINDICATIONS

Listed below are the conditions that have to be taken into consideration before using Aspire Lite. If you are unsure, please consult with your doctor before use.

Heart

- Cardiovascular disease
- Bloodstream problems
- High blood pressure
- Hypertension
- Artificial pacemaker
- Internal defibrillator
- Bypass
- Cardiac infarction
- Arteriosclerosis
- Angina pectoris
- Sick-Sinus-Syndrome
- Carotid Sinus syndrome

Skin

- Neurodermatitis
- Psoriasis
- Generally dry skin
- Open skin injuries, eczema etc. under or near the electrodes

Metabolism

- Diabetes mellitus
- Gall or kidney stones

Implants

- Metal implants near electrode areas
- Piercings in electrode areas

Bleedings

- Hemophilia (Bleeding tendency)
- Blood flow disorders
- Circulatory disorders
- Internal/External bleeding
- Thromboses

Neurology

- Epilepsy
- Parkinson's disease
- Multiple sclerosis

- Amyotrophic lateral sclerosis
- Spastic spinal paralysis
- Strong migraine
- Disorientation

Gravidity

- Existing pregnancy
- Coil (6-8 weeks after deployment)

Internal Medicine

- Tumor
- Suffering from cancer
- Operations within last six months
- Stroke
- Lymphedema
- Acute inflammation
- Inflammation around the leg veins
- Effusions in the body cavities

Orthopedics

- Orthopedic complaints
- Diseases that complicate sports activities
- Rheumatic diseases
- (Articular) gout
- Osteoporosis
- Progressive muscle dystrophia
- Tendinopathy (Sinews disease)
- Spinal disk syndrom
- Disk prolapse
- Fractures

Others

- Influence of alcohol
- Influence of drugs
- Anxiety of electricity

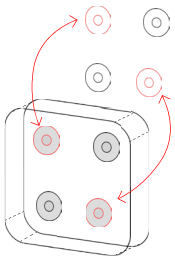
USER GUIDE

PUTTING ON THE ASPIRE LITE PANTS

1. Only use Aspire Lite pants that are in your size. This is the only way to ensure proper positioning, contact and function of the electrodes. If you are unsure of your size, please refer to our size chart on www.alphabodytec.com.
2. Wear the Aspire Lite pants without any underclothing. The electrode pads have to be in full contact with the skin and muscles for optimum contraction.

CONNECTING THE ASPIRE LITE DEVICE

Ensure that the Aspire Lite device is fully charged with the cable provided before using.



1. After putting on the Aspire Lite pants, connect the device to the pants. Ensure the device is properly connected by aligning and fastening all 4 buttons securely.



2. Press and hold the power button located on the center of the device for 1.5 seconds to turn it on. The device will beep and the power button will turn blue to signal that the device has been turned on. The intensity of the device will be at 0% when it is just turned on.



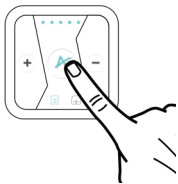
3. Begin adjusting the intensity. Press the power button once to select the muscle group you wish to target. Press the '+' or '-' buttons to increase or decrease the intensity of the stimulation.



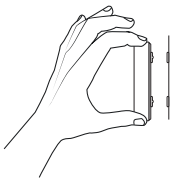
4. Press the power button once again to change the muscle group selected and adjust the intensity by pressing the '+' and '-' buttons.



Optional: Spritz some water on the electrodes on the inside of the pants for better conductivity.



5. There is a timer pre-set for 30 minutes and will start once you increase the intensity on the device. The device will automatically shut down after 30 minutes. If you wish to end the session before the 30-minute mark, press and hold the power button to turn off the device.



6. Gently remove the device from the pants.

BATTERY

BATTERY LIFE

Your fully charged Aspire Lite device has a battery life of up to three hours of usage, or three days in standby mode. Battery life and charge cycles vary with use and other factors; actual results will vary.

CHARGING

Plug the provided USB-C charging cable into the USB port on your computer or a UL-certified USB wall charger.

Connect the other end of the charging cable to the USB-C charging port at the bottom of the device. The pins on the charging cable must lock securely with the port. The connection is secure when the power button lights up in red.

A full charge takes about two to three hours. Once the device is fully charged, the light on the power button will turn blue.



USB - C
Charging Port



USB - C
Charging Cable

CLEANING THE ASPIRE LITE DEVICE

Only use a soft lint-free cloth. Rough materials, towels, paper towels and other similar aids can damage the device.

Make sure that no moisture enters the openings and do not use any sprays, solvents or scouring agents. Do not spray cleaning product directly on the device.

PREVENTIVE MAINTENANCE

- Disconnect the device from the pants immediately after use.
- Disconnect charging cable from the device once fully charged.
- Keep the device away from liquids.
- Hang the pants in a dry place. Do not leave the pants wet overnight.

BATTERY STORAGE AND HANDLING

The device contains sensitive components, including the battery. Avoid exposing your device to very cold or very hot temperatures. Low or high temperature conditions may temporarily shorten the battery life or cause the device to temporarily stop working properly. Avoid dramatic changes in temperature or humidity when using the device, as condensation may form on or within the device.

Damage to the device caused by contact with liquid inside the device is not covered under the warranty. Do not store your device with metal objects, such as coins, keys or necklaces.

Do not make any unauthorized alterations to the device. Doing so may compromise safety, regulatory compliance, performance, and may void the warranty.



WARNING: Only use chargers marked: Output 5V 1A. If you do not know the voltage and current of your charger, use the included USB cable to charge the device from your computer. Using a wall charger other than the recommended specifications can damage the battery and could result in fire or leakage.

CARE

MAINTENANCE OF THE PANTS

The Aspire Lite pants is a special wearable with dry electrodes. Unlike other EMS systems, there is no need to soak the pants in water prior to use. The impulse areas necessary for electro muscular stimulation are placed directly on the skin.

There are a total of 4 electrode pads on the pants covering 2 muscle groups; abs and glutes.

The pants are a delicate garment, please use it carefully. Tiny threads, small bubbles, yellowing on the electrodes after use does not affect the function. Be careful not to bend or break the contact plate. Only clean the magnetic connectors with alcohol if there is some rust on them. Keep the suit away from fire, steel, iron and magnets.

WASHING

Please observe the care instructions on the label of the Aspire Lite pants and the enclosed washing instruction. Please follow the following points below on how to properly care for your suit. You are advised to wash the pants after you use it. Do not leave the pants soaked with sweat for more than 2 hours as this will cause premature degradation of the components.

- The Aspire Lite pants has to be washed with a low pH detergent in a washing machine, hand washing is not recommended as it might damage the suit.
- Put the pants in the washing bag provided before placing it into the washing machine.

- The washing machine has to be set on gentle wash and spin dry. Do not use solvents or abrasives.
- Ensure the pants are placed in a proper place for drying as moisture retention might cause the magnetic points on the suit to rust.
- Clean the contact surfaces of the buttons on the suit with a dry, clean cloth to prevent any sweat or greasy residue from damaging it.



WARNING: Do not wash the pants with the device attached. The Aspire device should not be in contact with water or moisture under any circumstances.

SPECIFICATIONS

Name of product:	ALPHABODYTEC
Model:	ASPIRE LITE
Weight:	50g
Dimensions:	60mm x 60mm x 14mm
Power Consumption:	0.666W
Powered by:	Rechargeable Li-Polymer Battery
Battery Capacity:	180 mAh
Charging Input:	USB Type C (5V)
Display:	LED Light Indicator
Waveform:	Biphasic symmetrical
Shape:	Rectangular and bipolar
Max Out Volt:	36V
Max Out Current:	2mA
Pulse Duration 1:	Continuous
Pulse Width:	250-350us
Frequency 1:	3-7hz
Muscle Groups:	2 channels (GLUTE,ABS)
Duration per session:	30 mins

SUPPORT

REGISTRATION

Please register your Aspire Lite System on www.alphabodytec.com to activate your warranty.

DATA PROTECTION

Please note that all the data collected through the online registration falls under the Personal Data Protection Act (PDPA). Therefore, all consumer data will remain confidential.

CUSTOMER SUPPORT

We are dedicated to providing the best quality service. To reach Alpha Bodytec Customer Support, visit our website: www.alphabodytec.com

DISCLAIMER

The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.

Alpha Bodytec Pte Ltd makes no representations or warranties with respect to this manual or with respect to the products described herein.

Alpha Bodytec Pte Ltd shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

REGULATORY INFORMATION

To see the complete list of country certifications, refer to the Important Product + Safety Instructions included with your device or visit www.alphabodytec.com

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WARRANTY

WARRANTY COVERAGE

Alpha Bodytec's warranty obligations are limited to the terms set forth below: Alpha Bodytec, as defined below, warrants all Alpha software and garments against defects in materials and workmanship under normal use for a period of SIX (6) MONTHS from the date of retail purchase by the original end-user purchaser ("Warranty Period") whereas, the hardware Alpha Aspire Device will be under normal use for a period of ONE (1) YEAR from the date of retail purchase by the original end-user purchaser ("Warranty Period").

If a hardware and/or software defect arises and a valid claim is received within the Warranty Period, at its option, Alpha Bodytec will either (1) repair the hardware defect at no charge, using new or refurbished replacement parts, or (2) exchange the product with a product that is new or which has been manufactured from new or serviceable used parts and is at least functionally equivalent to the original product. (3) update or repair software bugs or glitches that may arise or (4) will repair or replace parts at a charge if Alpha Bodytec considers the product to be ineffective under the warranty obligations. A replacement product or part provided by Alpha Bodytec assumes the remaining warranty of the original product. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes Alpha Bodytec's property.

For warranty matters, you may visit our website or email us at info@bodytec.com.sg, or call us at **+65 6221 8386**.

EXCLUSIONS & LIMITATIONS

This warranty does not apply: (a) to damage caused by use with non-Alpha Bodytec products; (b) to damage caused by accident, abuse, misuse, rust, flood, fire, or other external causes; (c) to damage caused by operating the product outside the permitted or intended uses described by Alpha Bodytec ; (d) to damage caused by service (including upgrades and expansions) performed by anyone who is not a representative of Alpha Bodytec; (e) to a product, part or software that has been modified to significantly alter functionality or capability without the written permission of Alpha Bodytec ; (f) to consumable parts, unless damage has occurred due to a defect in materials or workmanship; or (g) if any Alpha Bodytec serial number or security seal has been removed or defaced. (h) or internal and external damage of the product due to wear and tear, rustiness found on metal counterparts, furring and/or sheering, torn and holes of fabric on the pants and/or broken zippers.

OBTAINING WARRANTY SERVICE

An Alpha Bodytec representative or service provider will help determine whether your product requires service and, if it does, will inform you how Alpha Bodytec will provide it. Alpha Bodytec or its service providers will provide warranty service on products that are tendered or presented for service during the Warranty Period, as permitted by law. You may be responsible for shipping and handling charges if the product cannot be serviced in the country it is in. In accordance with applicable law, Alpha Bodytec may require that you furnish proof of purchase details and/or comply with registration requirements before receiving warranty service which can be obtained through the online registration. If the Alpha product is still under a valid warranty, please drop Alpha Bodytec an email with your name and serial number.

FAQs

Q: CAN I USE ASPIRE LITE EVERYDAY?

We strongly recommend users to adhere to the recommended usage frequency of thrice a week, 30 minutes a session. Prolonged usage could result in muscle fatigue & other undesirable outcomes. You can adjust and increase the duration gradually over time once your body is accustomed to it.

Q: HOW LONG WILL IT TAKE TO SEE RESULTS?

Our trials and reviews from users show that first signs of results can be seen within 3-4 weeks. Depending on your diet and lifestyle, you will see varying degrees of effectiveness. It does take time and consistent usage for results.

Q: I FEEL MUSCLE SORENESS. IS THIS NORMAL

Aspire Lite works on EMS technology which causes your deep muscles to involuntarily contract through electric pulses, so just like normal workouts, you can expect to feel some soreness after. However, if you do not feel any soreness after, do not fret as everybody reacts differently to stimuli. Monitor your progress and increase the intensity on your next session.

Q: HOW HIGH SHOULD THE INTENSITY BE AT?

The intensity should be high enough for you to feel the sensation of your muscles being worked but not to the point of discomfort. Ensure that you are still able to move around without restriction. You can increase the intensity gradually, at your own discretion.

Q: IS EMS DANGEROUS?

No, EMS is not at all dangerous. Electro Muscle Stimulation has been used by chiropractors, physicians and osteopaths for decades, but only recently has it started to make headway in fitness training and beauty/wellness purposes. The systems use very low voltage electrical impulse.

Q: SHOULD I AVOID USING ASPIRE LITE IF I HAVE CERTAIN HEALTH CONDITIONS?

Almost everybody can use Aspire Lite without any issues. If you suffer from certain health conditions that prevents you from participating in conventional sports or exercise, do seek approval from a doctor first. However, due to the electrical impulses, do take note that you will not want to use Aspire Lite if you are:

- Pregnant
- Using a heart pacemaker
- Suffering from severe circulatory disorder & arterial circulatory disorder

Q: CAN I USE ASPIRE LITE POST-NATAL?

Yes, but we recommend usage only 6 weeks after delivery. Numerous studies show that EMS is able to target deep pelvic floor muscles, which will help in recovery. The positive effects of EMS apply to all connective tissue and skin structures that are overstretched during pregnancy.

Q: DOES ASPIRE LITE HURT?

Similar to conventional training, you will feel your muscles contracting during the session. However, as you can adjust the intensity, you can always ensure that these contractions are tolerable. The sensation might take a little getting used to as it is a new experience, but it is not painful in any way. In fact, most users love the sensation and compare it to a massage.

Q: CAN I USE ASPIRE LITE WHILE WORKING OUT?

Yes, of course. Aspire Lite allows maximum freedom during usage. You can engage in most activities wearing Aspire Lite.



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