

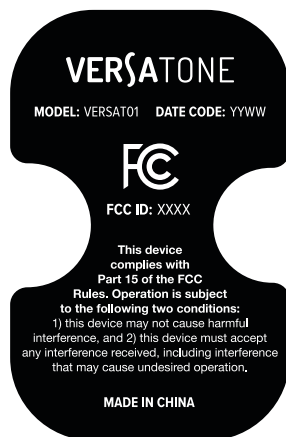
# VERSATONE

## Instruction Manual



Read instructions carefully and thoroughly before first use.

# SAFETY NOTICES



# SAFETY NOTICES

**PLEASE READ ALL INSTRUCTIONS BEFORE USING THE VERSATONE. DO NOT THROW AWAY THESE INSTRUCTIONS.**

1. This product is not intended for medical use.
2. Consult your physician before using this product if:
  - a. You are pregnant.
  - b. You have been fitted with a pacemaker, an implant, or other medical aid.
  - c. You suffer from diabetes.
  - d. You have a circulatory disorder.
  - e. You have any concerns about your health.
  - f. You are allergic or sensitive to silicone, rubber, polyester, or fiber fabric.
3. Older or infirm persons should consult their doctor before using the product, even if they have no specific preexisting conditions.
4. Stop using immediately if you feel discomfort or pain.
5. Do not use this product immediately before going to bed. The appliance has a stimulating effect and can delay sleep.
6. If you suspect a problem, stop using the device immediately.
7. Store the device in its packaging for prolonged storage or in a secure, dry and cool place.
8. Do not place any other objects on the device.
9. To avoid the risk of damage to device, keep away from moisture. Do not use if the device is wet or damp.
10. The device may not be used by children from 13 years of age and younger or by persons with reduced physical, sensory, or mental capabilities or lack of experience and/or knowledge. Children should not play with the device. Cleaning and user maintenance must not be performed by children unless they are over 13 years old and supervised. Children younger than 13 years of age are to be kept away from the device.
11. Do not attempt to disassemble or repair the device. Repairs may only be carried out by a suitable qualified technician.
12. Do not apply to broken or irritated skin or areas affected by rashes. Discontinue use immediately if irritation or sensitivity occurs.

## CAUTION - ELECTRONIC DEVICES

Do not use this device with the following medical electronic instruments. Using this device with the following medical electronic instruments may cause malfunctions and/or severe damage to your health.

1. Internally transplanted electronic medical devices such as pacemakers.
2. Electronic medical life-support equipment such as an artificial cardiopulmonary machine.
3. Electronic medical devices attached to the body such as an electrocardiogram scanner.

# SAFETY NOTICES

## CAUTION - PERSONAL INJURY

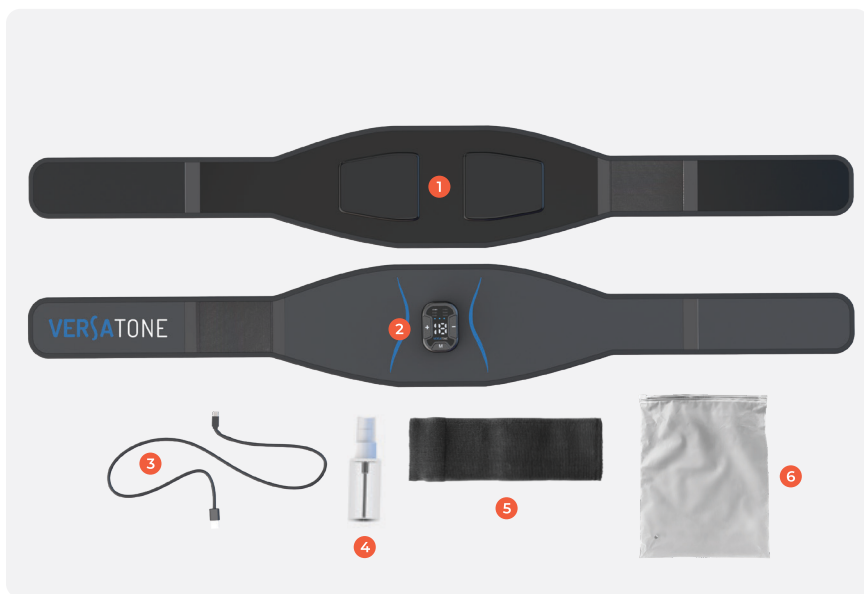
Please read through and follow the listed precautions below before using this device. This device may cause injury, electric shock, malfunction, or dirty.

1. Do not heat this device or remote control in the microwave.
2. Keep away from fire.
3. Use this device only as directed in this manual.
4. Do not use this device on children or pets.
5. Do not use this device as a toy.
6. Do not use this device while driving or operating heavy equipment.
7. Do not submerge this device.
8. Do not use this device in places with high humidity.
9. If you feel pain or discomfort while using this device, discontinue use immediately.
10. If you experience skin roughness, rash, redness, burns, or inflammation, discontinue use immediately.
11. If this device emits an abnormal smell or sound, power off and discontinue use immediately.
12. If this device contains water or other foreign substances, power off and discontinue use immediately to avoid risk of short circuit or fire.
13. Do not bend or fold the pads. This may break the device.
14. Increasing electric pulse intensity and/or using the device too long will lead to muscle fatigue, skin irritation, and redness.
15. Remove jewelry, necklaces, earrings, belts, etc. before using this device.
16. Remove electronic devices such as watches, pedometers, cellphones, smart watches, etc. before using this device. Place them away from the product to avoid electronic device malfunction.

## CAUTION - DEVICE DAMAGE

1. Do not use this device after heating or cooling to avoid deformation of the device.
2. Avoid moving this device between sharp temperature changes if-possible.
3. This device is not waterproof. Use this device in a dry location. Do not submerge this device in water. Avoid using this device in areas with high humidity such as bathrooms.
4. Clean the area of use on your body prior to using this device.

# VERSATONE CONTENTS



1. Versatone Belt
2. Control Unit
3. USB Charging Cable

4. Spray Bottle
5. Belt Extension Kit
6. Storage Pouch

## Before Each Use

- We recommend charging the Versatone before each use.
- Before applying the Versatone belt to the skin, make sure to clean the silicone pad.
- Do not use lotions or oils before putting on the Versatone belt.
- Removing the Versatone belt will power off the motor when not in contact with skin. Make sure the Versatone belt is properly powered off before adjusting for abdominal or back treatment.

# CONTROL UNIT



## Modes of Operation

1–19 Intensity Levels per Mode | EMS (STIM): 4 Modes | TENS: 2 Therapy Modes

### STIM 1

Firming

### STIM 2

Toning

### STIM 3

Strengthening

### STIM 4

Combination

### TENS 1

Pressure Point

### TENS 2

Deep Muscle

## How Does It Work?

### What does EMS (electronic muscle stimulation) do?

EMS stimulates healthy muscles in order to improve and facilitate muscle performance. Use for the improvement of muscle tone, firmness, and strength.

### What does TENS (transcutaneous electrical nerve stimulation) do?

TENS provides soothing, temporary pain relief associated with sore and aching muscles due to strain from exercise or normal household and work activities. It is also intended for symptomatic relief and management of chronic, intractable pain.

The Versatone has 4 EMS modes and 2 TENS modes.

# USAGE INSTRUCTIONS

## STEP 1



Mount Control Module onto the Versatone EMS belt.

## STEP 2



Lightly mist water onto the silicone pad.

## STEP 3



Press "+" to turn ON and start.  
Press "+" to increase electric pulse intensity.  
The default intensity setting is 0.

## STEP 4



Press "M" to cycle through modes.  
Modes can be changed during workouts.  
Intensity level resets to 0 after mode change.

## STEP 5



Press "-" to decrease electric pulse intensity.  
Press and hold "-" to turn OFF.

# CARE & MAINTENANCE

## After Each Use

Remove the Versatone and clean thoroughly with a soft cloth. Pat dry and store in a cool, dry, and clean place.

## Cleaning

**Always turn the Versatone control unit OFF before cleaning.**

- Cleaning while powered ON may cause minor electric stimulus.
- Do not rub the electrodes with excessive force. This may damage the electrodes.
- Do not rinse with water.
- Do not clean the control unit with paint thinner, benzene, or alcohol.
- Make sure your hands are clean when handling the silicone pad.
- Do not apply water on the control unit.

### Instructions:

- Gently wipe off any sweat or moisture from the silicone pad with a soft cloth to avoid scratching the surface.
- If dirty, wet a soft cloth with diluted detergent (5% detergent to 95% lukewarm water). Wring out excess water from the cloth and gently wipe off dirt.
- Rinse the cloth with water, wring out excess water, and wipe off remaining detergent.
- Let the product air-dry in a well-ventilated place out of direct sunlight.

## Charging

Plug the USB cable into a USB-compatible wall charger.

- When plugged in and charging the indicator lights will be flashing blue. The indicator lights work as battery level indication.
- When fully charged all 3 blue indicator lights will appear solid.



# FAQ

## **Q: Can I use this product every day?**

A: Yes, the Versatone can be used every day. However, we suggest one workout course per day per body part. Do not use the Versatone on a single area of the body repeatedly to avoid muscle fatigue. If you feel discomfort or experience skin abnormalities, stop using the Versatone immediately and consult your doctor.

## **Q: Can I use the Versatone in a sauna?**

A: The Versatone is not waterproof. Do not use it in areas of high humidity such as saunas or bathrooms to avoid injury, product damage, or dirt built-up.

## **Q: How do I properly maintain the Versatone?**

A: Wipe dirt from the Versatone surface with a dry cloth. Refer to page 8 for more cleaning instructions.

## **Q: Which electric pulse intensity should I use?**

A: Set a low intensity level to start. Once you have adapted to the lower intensity levels, you can try turning the intensity up higher.

## **Q: Which parts of the body can the Versatone be used with?**

A: Do not use the Versatone on body parts above the neck, such as the head, face, or spine. Areas around the chest and shoulder blade should also be avoided.

## **Q: Can I use the Versatone if I have a heart condition?**

A: Those who have heart conditions should not use the Versatone. For more details, see the Safety Notices starting on page 3.

## **Q: Why did the Versatone suddenly power off during my workout?**

A: The battery is depleted and needs charged.

## **Q: Can women who are pregnant use the Versatone.**

A: Women who are pregnant should not use the Versatone. Women who are in postpartum should consult their doctor before using the Versatone.

# FAQ

## **Q: Can I use the Versatone while I am asleep?**

A: Do not use the Versatone while you are asleep.

## **Q: Will I experience muscle pain when I use this product?**

A: Similar to other exercises, you may experience muscle pain when you use the Versatone. Discontinue use or lower the workout intensity level if you experience any pain or discomfort.

## **Q: Why do I feel that the workout intensity of the Versatone is lower than previous uses?**

A: If you feel that the workout intensity of the Versatone is lower than previous uses or you cannot feel the electric pulses after several workouts, charge the battery.

## **Q: Why do I feel that the electric pulses are weaker over time than the first use?**

A: After using the Versatone over time you will adapt to the electric pulse intensity. This may make you feel that the workout intensity is not as high as before. As you adapt to your current intensity settings, increase gradually.



# Echelon® 1-Year Limited Warranty

For questions, assistance, or replacement parts, do not return to your retailer.  
Contact Echelon customer service below.

For refunds on items not purchased from Echelon directly, please contact your retailer.

Echelon warrants this product to be free of manufacturing defects. Should any such defect develop or become evident within one year from the date of purchase, Echelon will replace the entire product or, at its option, repair or replace the defective part(s) without charge.

Contact Echelon customer service at 833-937-2453 or at [cs@echelonfit.com](mailto:cs@echelonfit.com) to determine whether it is necessary to return the unit. To return, securely pack the entire unit. Be sure carton clearly identifies sender by name and address. Attach a letter or card describing defect and original sales receipt.

Mail prepaid to Echelon Fitness Returns, 2001 Riverside Drive, Building 2, Chattanooga, TN 37402

This warranty is void if damage or malfunction is due to abuse or failure to operate product in accordance with instructions and on recommended electrical current. This warranty gives you specific legal rights and you may also have other rights which vary from state to state. If you have any questions, or would like to learn more about Echelon, please contact us at 833-937-2453 or at [cs@echelonfit.com](mailto:cs@echelonfit.com).

Register your product online at [echelonfit.com/pages/register-warranty/](https://echelonfit.com/pages/register-warranty/)

## CUSTOMER SERVICE

/ Le service a la clientele / Servicio al Consumidor

833-937-2453 (+1.423.402.9010)

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DO NOT DISPOSE OF BATTERIES IN FIRE. ALWAYS DISPOSE OF BATTERIES  
PER LOCAL & FEDERAL GUIDELINES.

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Read Instructions  
Before Opening



PATENT PENDING

REV: 021423

Made in  
CHINA

For indoor  
use only

MODEL: VERSAT01