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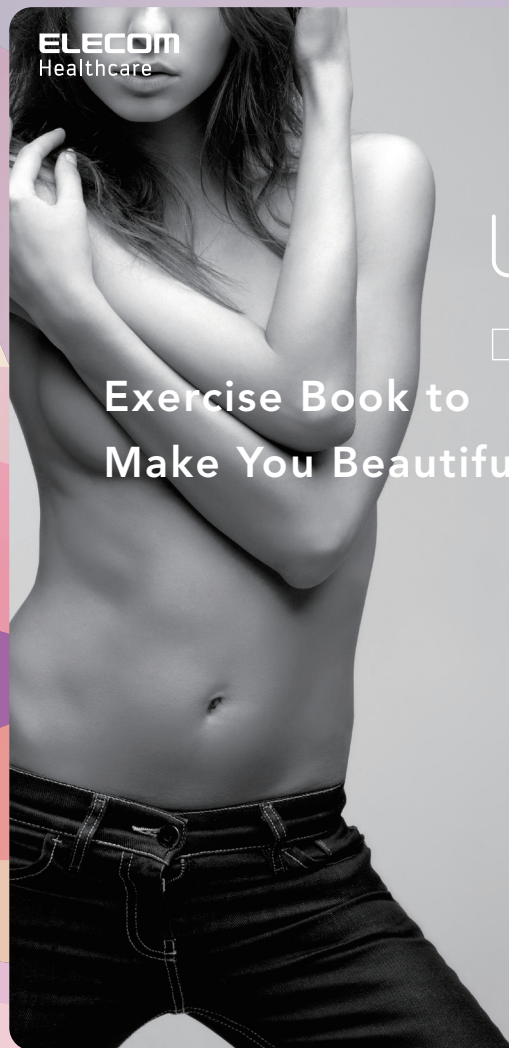
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EMS Exercise

Exercise Book to
Make You Beautiful



The Flexible-Body

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Exercise Book to Make You Beautiful

Exercise book to Make your beauty

Introducing the Pad



Core Pad

Training large muscle groups
such as the stomach, buttocks
and thighs.



Twin Pad

Tightening the flanks, upper
arms and inner thighs.

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Exercise 01

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Abdominal muscle exercises for women

Exercise for abdominal muscular girls

For a beautiful abdomen with a vertical line


By training the abdominal muscles, fat and internal organs inside the muscles are arranged to their correct positions, making a beautifully tightened belly.


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attachment position

Training muscle 01

Rectus abdominis

Type: Core Pad
Mode: A*



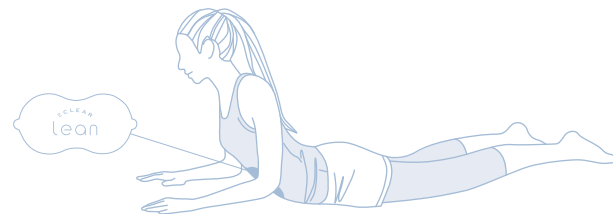


Attach the Core Pad vertically along the rectus abdominis, so that it spans from below solar plexus to the navel.

3 For details on mode setting, see page 16 of the instruction manual

How to Exercise

- 1 Attach the lean to your stomach, place your arms so that your elbows are positioned below your shoulders and raise your upper body.



- 2 Breathe out and stretch upwards, breathe in and relax.



*Attach the gel pad directly to your skin.

Exercise 02

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Hip up exercises

Hip up exercise



Tighten the buttocks.

By training the gluteus medius muscles on both sides of the buttocks, the butt, which tends to spread laterally, can be tightened.

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Training muscle 01

Gluteus medius muscle

Type: Core Pad
Mode: B*



From below the pelvis, attach the Core Pad vertically along the gluteus medius muscle.



Training muscle 02

Abdominal oblique muscles

Type: Twin Pad
Mode: A*



Attach the Twin Pad below the ribs, along the abdominal oblique muscles.

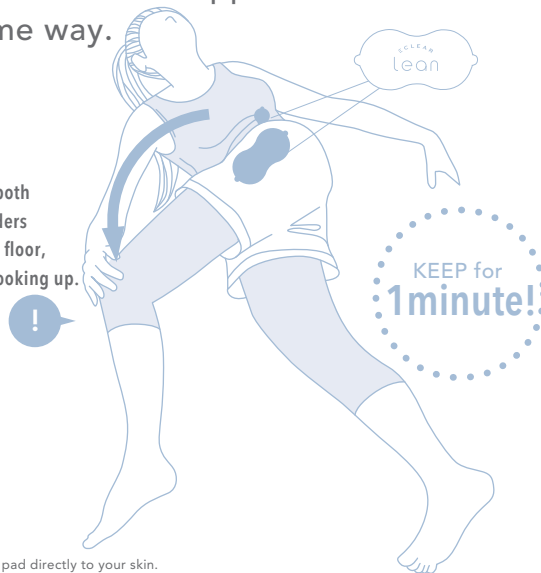
How to Exercise

- 1 Lie down facing upwards, bending your knees to 90 degrees, cross your legs and twist your hips. Attach the lean to the side where the buttocks are stretched.



- 2 Breathe out and twist your waist while pushing on your knee, breathe in and loosen. Do the opposite side in the same way.

Keep both shoulders on the floor, eyes looking up.



*Attach the gel pad directly to your skin.

* For details on mode setting, see page 16 of the instruction manual

Exercise 03

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Abdominal muscle exercises for women 2

Waist tightening exercise

For a narrow waistline

Just training the rectus abdominal muscles will not make the slackness on the flanks go away. By training the abdominal oblique muscles, you can create a beautiful waist.

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Training muscle 01

Quadriceps

Type: Core Pad
Mode: D*



Attach the Core Pad vertically along the quadriceps at the front of the thighs.



Training muscle 02

Abdominal oblique muscles

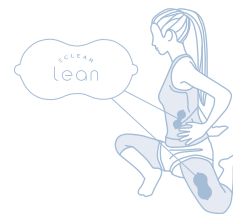
Type: Twin Pad
Mode: A*



Attach the Twin Pad below the ribs, along the abdominal oblique muscles.

How to Exercise

- 1 From the crossed legs position, bring one leg to the side and grasp the instep of the foot.
- 2 Pull the grasped leg towards the buttocks.
- 3 Attach a lean to the front side of the thigh of the leg pulled back and another to the abdominal oblique muscles.



- 4 Twist your upper body as you breathe out and loosen as you breathe in.

KEEP for
1 minute!

The front of the thigh should be stretched



* For details on mode setting, see page 16 of the instruction manual

*Attach the gel pad directly to your skin.

Exercise 04

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Hip up exercises 2

Hip up exercise

Improvement of slack buttocks

When sitting on a chair for long periods, the buttocks gradually becomes slack and without height. To make tight raised buttocks, the gluteus maximus are trained.

lean
attachment position

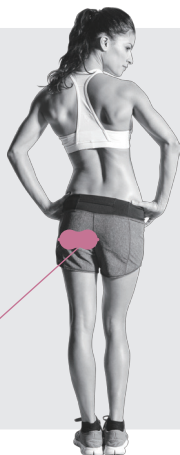
Training muscle 01

Gluteus maximus muscle

Type: Core Pad
Mode: B*



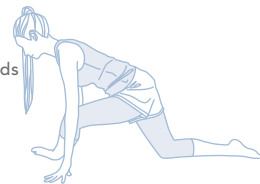
Attach the Core Pad horizontally along the gluteus maximus in the middle of the buttocks. For people with slack buttocks, attach the Core Pad slightly lower.



* For details on mode setting, see page 16 of the instruction manual

How to Exercise

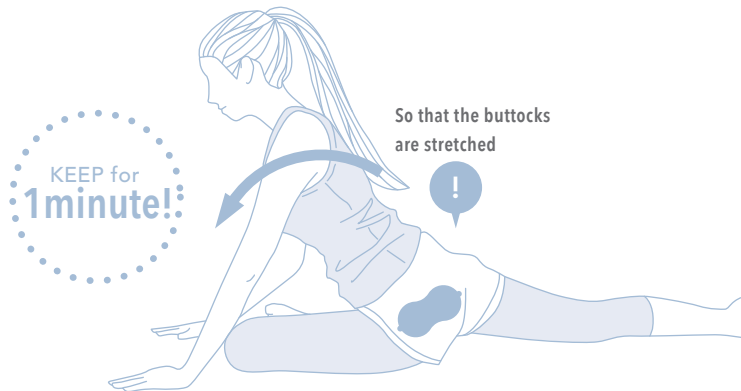
- 1 Take a step forward, placing both hands on the floor. Point the toes of the leg put forward towards the opposite arm, so that the lower part of the leg put forward is parallel with the line connecting both shoulders.



- 2 Stretch the rear leg backwards, lowering the hips so that the buttocks are as close to the floor as possible and attach the lean to same side of the buttocks of the leg put forward.



- 3 Tilt your upper body forwards while breathing out, and raise your body while breathing in.



*Attach the gel pad directly to your skin.

Exercise for creating a gap between the thighs

Exercise for O leg improvement

Attractive slender legs.

By creating a gap between the thighs, the legs can be shown even more slender. By strengthening the adductor muscles, not only will the thighs become slim and tight, but it will also prevent you opening your legs unconsciously when sitting down.

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attachment position

Training muscle 01

Adductor muscles

Type: Twin Pad

Mode: D*

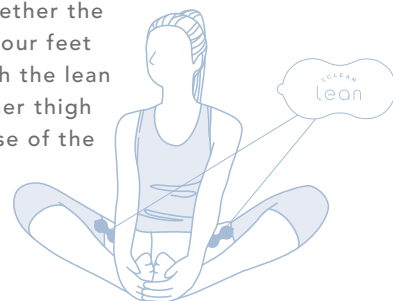


Attach the Twin Pads vertically along the adductor muscles on the inner thigh at the base of the legs.



11 * For details on mode setting, see page 16 of the instruction manual

- 1 Bring together the soles of your feet and attach the lean to the inner thigh at the base of the legs.



- 2 With the knees in as low a position as possible, breathe out while leaning forward. Breathe in while raising your upper body.



*Attach the gel pad directly to your skin.

Exercise 06

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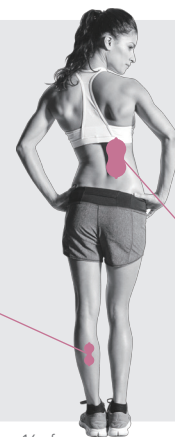
Exercises for sculpted calves

Exercise to improve swelling


Obtain tight calves.

If the muscle strength of the calves weakens, their pumping function is reduced so that liquids can not be sent back up, and swelling may occur. Train the hamstrings for tight calves.

lean attachment position




Training muscle 01
Triceps surae
Type: Twin Pad
Mode: D*



Attach the Twin Pads vertically along the triceps surae of the calves.

Training muscle 02
Latissimus dorsi
Type: Core Pad
Mode: C*



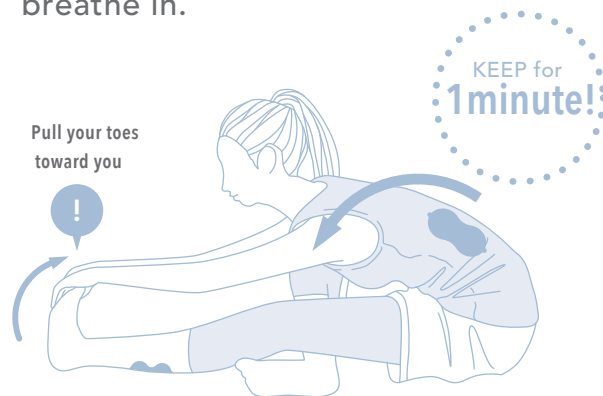
Attach the Core Pad to the latissimus dorsi below the ribs.

How to Exercise

- 1 Stretch one leg forward from the crossed legs position.
- 2 Attach a lean to the calf of the extended leg and to your back.



- 3 Breathe out, bringing your navel close to your thigh, and relax a little as you breathe in.



Exercise 07

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Exercise for slim upper arms

Upper arm slimming exercise

Good bye chubby arms.

As you do not use the upper arms in everyday life, the upper arms will loosen year by year unless they are trained. Train the triceps brachii for slim upper arms.

lean
attachment position

Training muscle 01

Triceps brachii

Type: Twin Pad
Mode: C*

Attach the Twin Pads vertically along the triceps brachii on the reverse side of the upper arms.

Training muscle 02

Latissimus dorsi

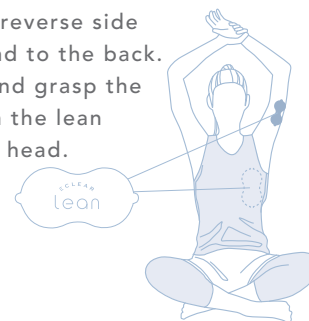
Type: Core Pad
Mode: C*

Attach the Core Pad to the latissimus dorsi below the ribs.

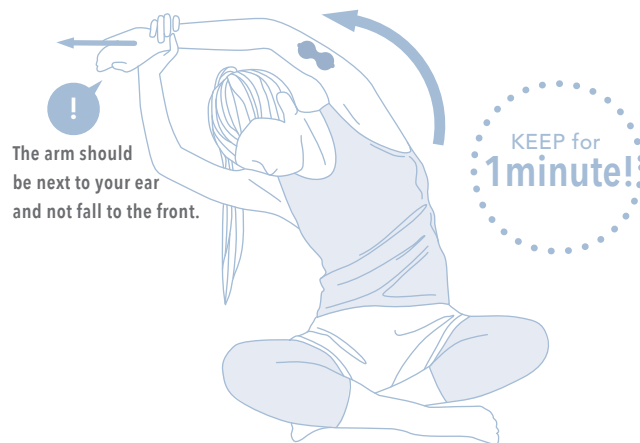
15 * For details on mode setting, see page 16 of the instruction manual

How to Exercise

- 1 Attach a lean to the reverse side of the upper arms and to the back. Sit crossed legged and grasp the wrist of the arm with the lean attached above your head.



- 2 Pull on your wrist and stretch your arm while breathing out, and loosen as you breathe out.



*Attach the gel pad directly to your skin.

Exercise 08

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Exercises for beautiful walking

Exercising for beautiful walking

Wear high heels beautifully.

For women who often wear high heels, the shin muscles tends to weaken. The tibialis anterior muscles are muscles used to raise the toes or to walk. By training here, you not only make the legs appear slender but also make the walking posture appear beautiful.

lean
attachment position

Training muscle 01

Anterior tibialis muscles

Type: Twin Pad
Mode: D*



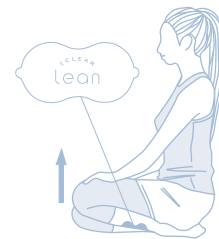
Attach the Twin Pads vertically along the tibialis anterior on the slightly outside the bone.



1 Sit kneeling



2 Raise your knees slightly and attach the lean.



3 While breathing in, lift the knee to stretch the shin muscles, and loosen while breathing out.



Keep your buttocks on your feet.

