

WHAT IS INCLUDED?

1. Nuzuna Control Box
2. Nuzuna PowerSuit
3. Nuzuna Battery
4. Charger cable
5. Laundry bag
6. User manual

BEFORE YOU START

2.
 - Read the Nuzuna User Manual.
 - Charge the battery, download the MyNuzuna app from the App Store and complete the Sign-Up process to activate your Box.
 - Don't forget to verify your e-mail (check spam folder if necessary).

CHARGING THE NUZUNA BOX

3.
 - Insert charger into port until it clicks.
 - The USB cable can be connected to any Apple iPhone adapter/plug.
 - Charge until the white lights are turned off.



PUTTING ON THE POWERSUIT AND ATTACHING THE BOX

4. Pull down the zipper at the back of the Nuzuna PowerSuit until it is fully open.

In case of dry skin, turn the PowerSuit inside out so the electrodes are visible and spray the electrodes with water.



It's recommended to wear a thong or no underwear and no bra.

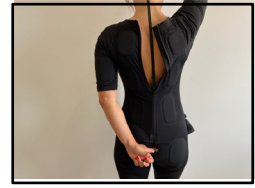
5. Step into the Nuzuna Powersuit one leg at a time, pulling it up alternating between the legs, until the Nuzuna Powersuit is over the hips.



6. Once the Nuzuna PowerSuit is at waist level, slip your arms into its sleeves one by one, and gently pull the sleeves of the arms onto the shoulders. Adjust the sleeve, so the electrodes are securely in place.



7. Once the Nuzuna Powersuit is on both shoulders, hold the bottom of the zipper with one hand and with the other hand gently pull the zipper guide upward in a vertical position to about halfway up the back.



8. When the zipper guide is halfway up, hold the open ends of the zipper at the top together and continue to gently pull the zipper guide all the way up until the zipper is fully closed. Secure the zipper fastener at the top and by the bottom to prevent the zipper from opening during exercise. Make sure the suit is well adjusted, and the electrodes are in the right place.



9. Attach the Nuzuna Box by aligning the magnetic pogo-pin connection plate of the Nuzuna Box with the magnetic receptable pogo-pin connection plate of the Nuzuna garment until you hear a click. Secure the Nuzuna Box with the velcro strap.

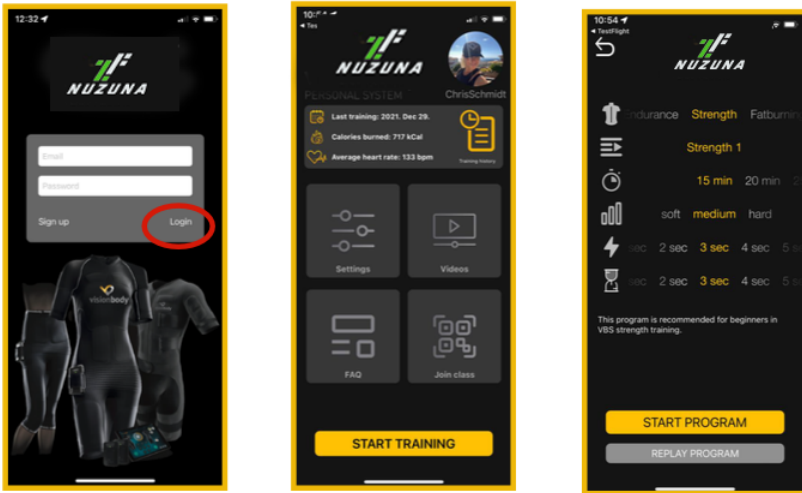


10. To start training, log into the app and switch on the box by pressing and holding the on/off button until a double beep sound is heard (3 sec).



STARTING THE TRAINING

11 Log in and click on “Start Training” and choose one of the training programs.



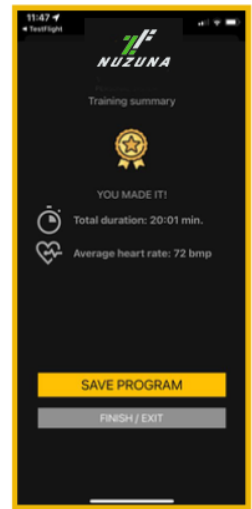
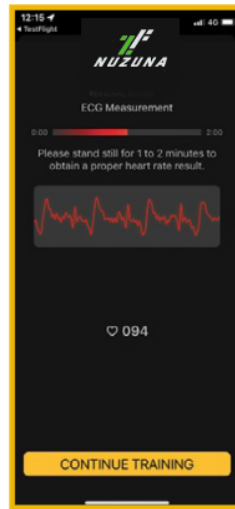
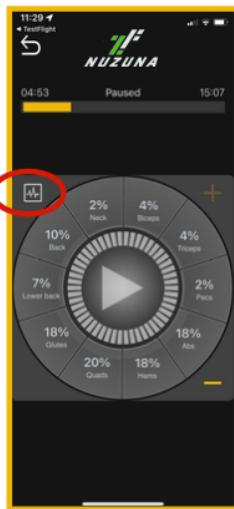
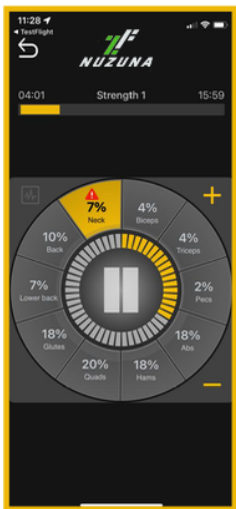
12 Carefully increase the intensity bodypart by bodypart.



13 Never increase the intensity when you see the sign (this means this body part is not warm enough).

14 You can pause the training anytime to measure your heart rate by clicking on the ECG sign. Do it minimum 4-5 times during the training.

15 At the end, you can save your program to use the “Replay” function for your next training.



DURING AND AFTER YOUR SESSION

16 If necessary, you can pause your training at any time by pressing the on/off button one time. *After your session, always switch off the system, detach the Nuzuna Box and close the velcro strap.*

Don't forget to drink water before, during and after the training.

- a) If you don't wish to wash your suit, please reverse it and hang up to dry.
- b) If you would like to wash your suit after the training remember to follow these instructions to avoid any damage to the garment:
 - » All zippers are fully closed.
 - » The velcro fastening strap attached to a Nuzuna garment is out of the strap loop and securely closed.
 - » The Nuzuna garment is right side out. The right side out is when the Nuzuna logo is visible.
 - » Carefully put the Nuzuna garment into the mesh laundry bag with its connection plate clearly visible through the mesh laundry bag.
 - » When washing, don't exceed the temperature of +30 degrees Celsius / +86 degrees Fahrenheit.
 - » It is recommended to only use a mild, bleach-free, fragrance-free sensitive detergent or baby shampoo with a pH-level of 8 to 8.5.
 - » A Nuzuna garment should be spun with an exact spin speed of 800 RPM.
 - » A Nuzuna garment should only be dried naturally by either being hung up or laid flat in a shaded location.