### Technical details
#### MAIN UNIT
- **No. of outputs:** 4
- **Wave shape:** Rectangular two-phase symmetrical
- **Width of impulses:** 50-400 µSec (+–5%)
- **No. of programs:** 57
  - 1 executable program (storage of 1 of the 57 programs resident in the main unit)
- **Max. current intensity:** 1-99 mA (+–5%)
  - (measured on each impulse, load 1K Ω)
- **Frequencies:** da 1-120 Hz (+–5%)
- **Contraction time:** 1 – 15 sec.
- **Recovery time:** 3 – 30 sec.
- **Ramp-up:** 0,5 – 3 sec.
- **Ramp-down:** 0,5 – 3 sec.
- **Voltage supply:** 1 x Ni-Mh pack 4,8V-1.200 mA/h (code VATW09A) supplied as standard or 4 1,5V alkaline batteries AA type
- **Dimensions:** 118 x 125 x h1-50 - h2-25 mm
- **Weight:** 350 g (including battery pack)

#### MOBILE (optional)
- **No. of outputs:** 2
- **Wave shape:** Rectangular two-phase symmetrical
- **Width of impulses:** 50-400 µSec (+–5%)
- **No. of programs:** 57
  - 1 executable program (storage of 1 of the 57 programs resident in the main unit)
- **Max. current intensity:** 99 mA (+–5%)
  - (measured on each impulse, load 1K Ω)
- **Frequencies:** da 1-120 Hz (+–5%)
- **Contraction time:** 1 – 15 sec.
- **Recovery time:** 3 – 30 sec.
- **Ramp-up:** 0,5 – 3 sec.
- **Ramp-down:** 0,5 – 3 sec.
- **Voltage supply:** 4 Ni-Mh rechargeable batteries (2/3 AAA- 1,2V- 270 mA/h) (code VATW10)
- **Dimensions:** 120 x 49 x 39 mm
- **Weight:** 125 g (including batteries)
XFormer/EXE is your new stunning electrostimulator with plenty of new features. A sophisticated latest-generation electronic appliance complete with programs. Powerful and especially easy to use. To train and tone up your muscles and slim down fatty areas, combat cellulite and relieve pain with the T.E.N.S. programs. But not only. Its special design, the result of a project whereby painstaking attention has been given to every single detail, makes it a compact and elegant object that stands out from the crowd thanks to its truly exclusive appearance.

But XFormer/EXE also features a broad range of accessories that make it comfortable and safe to use, starting with the large number of gel and sponge electrodes, suitable for any type of application. XFormer/EXE is very definitely the electrostimulation appliance you were waiting for, designed to look after your body every time you want.
Electrostimulation exploits a natural principle of our body. The brain does in fact stimulate the muscles through electrochemical impulses sent to the fibres. In the same way, XFormer/EXE conveys special low-intensity currents to the muscles and tissue by means of electrodes. Such currents are controlled and totally safe and are able to cause the passive contraction of muscle fibres and increase the flow of blood in the areas involved. Today, all the advantages of electrostimulation are at your disposal.

Thanks to XFormer/EXE, you can:

- selectively stimulate the different muscle groups by positioning the electrodes
- obtain deep and prolonged stimulation of the muscle fibres by adjusting the intensity of the current, something you cannot achieve with traditional workouts
- avoid overloading the joints because workouts in the absence of weights do not cause any damaging stress, especially on the spine
- avoid tiring your body as occurs with traditional physical activity
- achieve good progress very quickly by means of applications performed conveniently in your own home or wherever it suits you best.
In XFormer/EXE you have found an all-in-one partner for the complete well-being of your body.

XFormer/EXE

XFormer/EXE does in fact feature a double electrostimulator with 6 independent channels: the 4-channel central unit can in fact be completed with the optional MOB, a completely independent highly practical and lightweight portable 2-channel electrostimulator for applying all programs, while travelling, in the car, in the office and anywhere else you wish to dedicate a little time to your well-being. With the MOB unit, you can also work out together with another person and even select two different work programs.

The possibilities of using XFormer/EXE are in fact many: you can work out to strengthen and increase muscle tone thanks to the numerous SPORT programs, or improve your appearance thanks to the BEAUTY work programs. And again, you can use the important protocols of the REHAB section for rehabilitation: these are indispensable for fast post-injury muscle recovery or in the case of muscle contractions. And you can also obtain benefit from the currents of the ANTALGIC section, with its beneficial natural effect in case of localized pain.
new energies for the body

The XFormer/EXE sports section features a total of 34 programs, split up into 6 groups: Endurance, Strength training, Hypertrophy, Strength, Power, Activity recovery - a complete set of designed to affect all muscle characteristics, with the possibility of regulating work intensity at any time, thereby catering for a range of needs, from those of the sports professional to those of people who simply want to stay in shape.

Furthermore, XFormer/EXE, by means of the special recording unit provided, follows your workout just like a real personal trainer. Accurate workout charts will tell you which muscles to train and for how long, according to the results you want to achieve. All you have to do is decide when to perform your workouts and discover the fantastic benefits provided by XFormer/EXE every time you practise your favourite sport.
XFormer/EXE will not only make you feel more beautiful, but will help you sculpt your body.

The Toning and Sculpting, Draining and Lipolysis programs have been designed and tested in all those cases where localized adipose layers or cellulite represent a problem. If your aim is to sculpt your buttocks, combat cellulite build-up or tone up those critical areas like the abdomen, arms and thighs, the correct and regular use of beauty programs, along with a balanced diet, can produce successful results after just a few weeks of application.

XFormer/EXE is an electrostimulation appliance that really does help you sculpt your body.

Beauty

beauty on hand
Their purpose is to provide the immobilised area with a minimum level of muscle tone, right up to the complete rehabilitation of the part in terms of natural strength and muscle resistance. The Rehab section programs also ensure a better flow of blood to the treated areas, thereby upgrading the metabolism and speeding up the return to normal condition.
Localised pain can change everyday life. XFormer/EXE helps you combat pain by means of 3 specific programs that are sure to prove precious in various circumstances. The T.E.N.S. program, used for many decades in the medical field, is also able to generate fast and lasting relief. The Decontraction program increases the flow of blood to the muscle fibres, helping above all to distend the muscles of the cervical area and back. Finally, the endorphin Stimulation program triggers a natural analgesic process, through the application of electrodes to the lumbar area.

the relief that improves life
### The XFormer/EXE programs

XFormer/EXE features a total of 56 work programs, split up into 4 basic categories, which can easily be accessed by following the indications on the display. All the programs are resident in the memory of the appliance, already pre-compiled and complete with all parameters: total time, number of phases, phase times, contraction and recovery times, frequencies, duration of impulses and intervals. The XFormer/EXE programs cover all the functions you can expect from a modern electrostimulator. In many cases, these are purposely split up according to specific lower and upper limb applications. XFormer/EXE’s programs are multi-phase. That is, they begin with a warm-up and preparation to stimulation phase, followed by the work phase itself and a period of muscular relaxation and cooling down. In the case of some programs, the impulses are produced by means of precise Ramp-ups and Ramp-downs. This stimulation application method always produces good results, as has been shown by numerous studies and scientific tests. Moreover, it should be remembered that for each program selected, the current intensity can be regulated on each single channel, adapting the work load at all times to suit individual physical characteristics.

<table>
<thead>
<tr>
<th>Category</th>
<th>Lower limbs</th>
<th>Upper limbs-torso</th>
</tr>
</thead>
<tbody>
<tr>
<td>Endurance</td>
<td>P1 - P2 - P3 - P4</td>
<td>P1 - P2 - P3 - P4</td>
</tr>
<tr>
<td>Strength resistance</td>
<td>P1 - P2 - P3</td>
<td>P1 - P2 - P3</td>
</tr>
<tr>
<td>Hypertrophy</td>
<td>P1 - P2 - P3</td>
<td>P1 - P2 - P3</td>
</tr>
<tr>
<td>Power</td>
<td>P1 - P2 - P3</td>
<td>P1 - P2 - P3</td>
</tr>
<tr>
<td>Active recovery</td>
<td>P1</td>
<td>P1</td>
</tr>
</tbody>
</table>

[SPORT ENDER 4] P1

[SPORT ENDER 4] P1
The XFormer/EXE programs

**Beauty**
- Toning and sculpting
  - buttocks
  - legs
  - inside and outside of thighs
  - abdomen
  - arms/torso

**Draining**

**Lipolysis**

**Muscle strengthening**
- lower limbs P1 - P2
- upper limbs/torso P1 - P2

**Post injury**
- lower limbs P1 - P2
- upper limbs/torso P1 - P2

**Tens**

**Muscle hypotrophy**
- lower limbs P1 - P2
- upper limbs/torso P1 - P2

**De-contraction**

**Endorphin stimulation**
Some examples of display pages that accompany you during workout programming.

XFormer/EXE has been designed to always operate in perfectly safe conditions. For instance, the electrostimulator is set to only operate when connected to the batteries and fully disconnects when the batteries are connected to the mains for recharging. In any case, all the XFormer/EXE functions are warranted for totally safe operation, as certified by the TUV, the most stringent international control institute for this kind of appliance, and by the reliability of Vuplesse Italia, a company that designs and manufactures electrostimulators according to a Quality System certified to ISO 9001 and EN46001 standards. Naturally, thanks to the features of XFormer/EXE, the appliance is perfectly suitable for use by all adult persons in good health. Some major contraindications do however exist such as pregnant women, persons with specific illnesses or who wear pacemakers. Before using XFormer/EXE, it is important to know and follow these contraindications, which are explained in full in the operator’s manual.

XFormer/EXE is a cutting-edge technology electrostimulator with lots of different functions, but at the same time designed for easy use. The menu goes above all to the display which, thanks to clear and well-organized icons shows all the available functions and provides information on all the work stages. Selecting functions is even easier; just two buttons make it possible to select the function you prefer from among the available options. So, every time you use XFormer/EXE, you will discover its numerous functions and just how much power you can control with only one finger.

Well-being in just one gesture
The Company reserves the right to make any changes it considers necessary to upgrade its products without prior notice.

MOB (optional)
- Battery charge indicator LED
- Knob for adjusting the balance of the 2 outputs
- Encoder-controlled knobs for separately adjusting the stimulation intensity of the 4 outputs
- Output sockets
- Main Unit Outfit:
  - 4 output unit with rechargeable battery pack already installed
  - 4 cables for connecting the electrodes
  - 8 gel-adhesive electrodes 9x4 cm
  - 8 gel-adhesive electrodes 3.5x4.5 cm
  - 8 round water electrodes diameter 7.8 cm
  - 4 water-electrode elastic fastening belts
  - 2 water-electrode elastic fastening belts
  - 1 x 4 spare sponge pack
  - Instructions booklet
  - Warranty card

Main Unit:
- MODE key
- Graphic display
- On/off key
- Encoder-controlled knobs for separately adjusting the stimulation intensity of the 4 outputs
- Output sockets
- Main Unit Outfit:
  - 4 output unit with rechargeable battery pack already installed
  - 4 cables for connecting the electrodes
  - 8 gel-adhesive electrodes 9x4 cm
  - 8 gel-adhesive electrodes 3.5x4.5 cm
  - 8 round water electrodes diameter 7.8 cm
  - 4 water-electrode elastic fastening belts
  - 2 water-electrode elastic fastening belts
  - 1 x 4 spare sponge pack
  - Instructions booklet
  - Warranty card

Optional mobile (MOB) unit outfit:
- MOB unit with 2 outputs with rechargeable batteries already included
- 2 cables for connecting the electrodes
- 8 gel-adhesive electrodes 9x4 cm
- 8 gel-adhesive electrodes 3.5x4.5 cm
- 8 round water electrodes diameter 7.8 cm
- 4 water-electrode elastic fastening belts
- 2 water-electrode elastic fastening belts
- 1 x 4 spare sponge pack
- Instructions booklet
- Warranty card