

IMPORTANT

Carefully read the instructions in this manual before using the appliance. This manual contains useful information relating to safety, operation, maintenance and contraindications. Look after this manual carefully for further reference, indicated in the applications section.

This appliance must only be employed for the uses for which it was intended, i.e. electro muscle stimulator for aesthetic purposes for personal use according to the procedures indicated and described in this manual. All other use is to be considered improper. The manufacturer cannot accept liability for injury or damage ensuing from improper, erroneous and unreasonable use.

TWIN UP

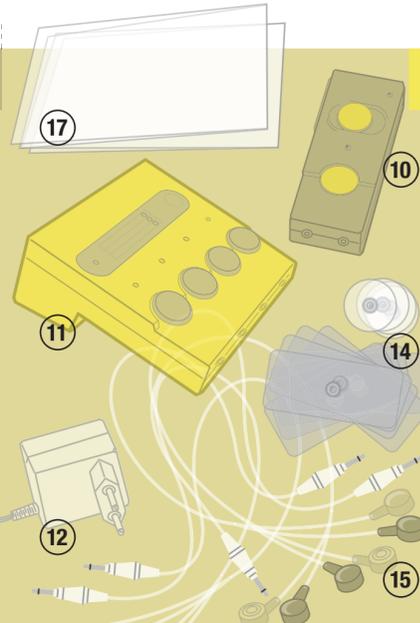
is an electronic unit for passive gymnastics purposely conceived:

A to harden and tone up muscles all over the body and slim down adipose areas

B to tone up facial muscles.

TWIN UP operates according to the principle of electrostimulation or electrical impulses through electrodes applied to the skin, on the muscles, which contract rhythmically and perform real and true physical exercise.

The muscular exercise produced by electrostimulation is particularly effective as it can be intense and selectively targeted towards individual groups of muscles (something hard to achieve through active physical exercise).



TWIN UP consists of:

- a main unit with 4 outputs for the body,
- an independent portable unit with 2 outputs (MOB FACE) specifically conceived for exercising facial muscles.
- It is equipped with adhesive-gel electrodes (2 sets of 8 9x4 cm electrodes designed for the body and 2 sets of round 2.5 cm electrodes designed for the face). The adhesive gel electrodes are adequate for 10-15 applications, depending on various factors such as the cleanliness of the skin and perspiration, the way they are looked after, etc.; the face electrodes are suitable for 3-4 applications.
- They must be changed when they no longer adhere properly to the skin, ensure muscle contraction or after the date of expiry indicated on the pack.
- The two units are battery operated: the main body unit can operate with 4 standard alkaline batteries (type AA, stylus) or is driven by a rechargeable Ni-Mh (4.8V-1000 mAh) battery pack supplied as standard (code VATW09). The portable unit (MOB FACE) features as standard 4 special rechargeable Ni-Mh (2/3 AAA) mini-batteries.
- It is also equipped with a battery charger.

TWIN UP BODY / Main unit

The MAIN BODY UNIT features three separate work programmes: **TONE SLIM MIX**

TONE - Program for toning up and firming the body

Loss of skin and muscle tone is a natural occurrence, because during the course of the years, our skin gradually tends to become less elastic and lose water. This results in its being less taut and firm. Because we also become more sedentary as we grow older, our muscles lose volume and tone.

Along with these tendencies, tied to ageing, other occurrences must be taken into consideration like pregnancy, the sudden putting on of weight and slimming, cellulite and hormone climactic, all factors capable of causing an alternation of stretching and relaxing harmful to the elasticity of the skin.

TWIN UP's **TONE** program is able to give really focussed body sculpting using the action of the excitomotor current which optimises trophism and muscular tone and drains liquids which have built up in the tissues.

TONE exercises muscles with prolonged contractions followed by short relaxing pauses. This ensures demanding muscular work, comparable to gym workout with heavy weights (bodybuilding) and consequent intense vascularization which enables rapid recovery of muscular tone and mass.

SLIM

TWIN UP BODY

SLIM - Program for reducing adipose zones.

Localised adiposity, caused by bad eating habits and a sedentary lifestyle, is an increasingly more widespread problem universally acknowledged as producing considerable aesthetic damage, but also as being bad for the health.

The way to reduce adipose is to regulate the energy balance and this is possible in just two ways:

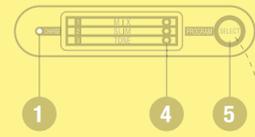
- reduction in energy intake, i.e., food
- increased energy consumption, obtainable by raising the metabolism, muscle activity or temperature.

The excitomotor action of the **SLIM** program with its fast exercise (short contractions followed by equally short pauses for relaxation), comparable to aerobic workouts, submits the treated area to a dynamic muscular activity, which results in a considerable increase of local blood circulation and consequent rise in temperature.

This results in increased energy consumption without any strain.

This sort of "gymnastics" also has the advantage of being able to be done by everybody, without any cardiorespiratory involvement, acceleration of breathing or heart beat rates.

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TWIN UP BODY

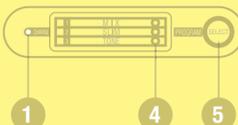
MIX - Program for warm-up, muscular relaxation and capillarisation.

The continuous stimulation at a very low frequency with this program causes a rise in local microcirculation which is ideal for preparing muscles (**Warm-up**) for the exercise induced by electrostimulation. This program is always recommended for a few minutes before undergoing Slim or Tone programs. MIX is also particularly suitable for muscular relaxation in case of contracted muscles, as of the cervical region, upper trapezius and muscular fasciae adjacent to the vertebral column. Muscle contraction appears in the form of taut connective fibres. The hardening of these fibres prevents the intradermal exchange required for the muscles to work properly.

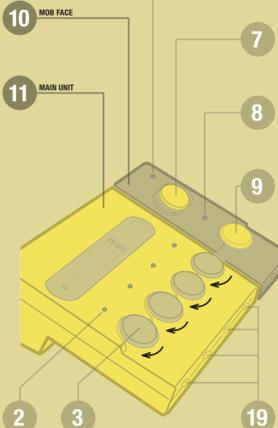
The action of TWIN UP (**MIX program**) on the contracted areas of the body favours better blood flow and eases taut and rigid muscles, facilitating quick neuromuscular re-adaptation of the area.

The **MIX program** is also useful for treating cellulite. Cellulite is an unsightly defect based on defective primary microcirculation, leading to alteration of the adipose tissue and connective fibres. The various existing treatments to contrast cellulite aim at: **improving circulation** (heat producing or vaso-tonifying cosmetic products) **reducing adiposity** (lipolytic products like algae, iodine, caffeine, cola...), **reducing oedemas** (pressotherapy, draining cosmetics) **improving skin tone** (excitomotory contraction).

By combining **MIX** (warm-up and capillarisation) and **SLIM** (reduction of localised fat) programs, **TWIN UP offers an excellent means of dealing with this widespread problem. Constant use, possibly combined with a low-calorie diet, can give remarkable results.**



TWIN UP / Switching on the appliance



TWIN UP Body can be switched on by means of any one of the 4 channel start knobs (3). Activate the channel's to be used by turning the relevant knobs from off position (0) to on position (I). When started, TWIN UP positions on the Tone programme and it is on this programme that the impulse intensity must be set: then regulate the intensity of the impulse by gradually turning the knobs clockwise until the desired stimulation is achieved.

Next select the work programme by pressing button (5); the operating programme is indicated by the lighting up of the relevant LED (4).

Treatment time. The exercise induced by electro-stimulation can be compared to active physical exercise. The duration and frequency of treatments are therefore subjective. It is normally best not to exceed 20 minutes per session, with daily frequency. In any case, it must be remembered that when muscles are tired, including as a result of too much exercise, it is best not to continue treatment. Wait a day or two before using the appliance again.

Positioning and connecting the electrodes. Remove the protective film from the adhesive electrodes, being careful to look after this for subsequent use. Position a pair of adhesive electrodes on each muscle group involved in the treatment, connect the electrodes to a cable (15) and fit this in a channel socket of the appliance (19). Important: Make sure lead polarity is correct. Conventionally, the black buttons indicate a negative electrode, the red one a positive electrode. The electrodes are to be positioned on the area according to the instructions in the applications section of the manual. These points are subjective. After performing a series of tests, the best contraction points will nonetheless be easy to pinpoint. Only adjust the position of the electrodes after turning off the relevant channel on the appliance.

TECHNICAL DATA

Main unit
No. of outputs: 4
Wave shape: compensated rectangular
Width of impulses: 200 µsec
No. of programs: 3
Current intensity: 70 mA (peak on impulse, load 1kΩ)
Power supply: 4.8-6V batteries 1.5V alkaline type AA or 1 x Ni-Mh pack 4.8V-1.000 mAh (code VATW09)
Consumption: 11.8x124xh1 49xh2 25 mm
Weight: 290 g

MOB FACE, mobile unit
No. of outputs: 2
Wave shape: compensated exponential
Width of impulses: 50 µsec
No. of programs: 1
Current intensity: 32mA MAX on impulse, load 1kΩ
Power supply: 120 AA4- 12V- 270 mA (h)
Consumption: 6.4W (max)
Dimensions: 120x49x39 mm
Weight: 120 g

OUTFIT

1 main unit, 4 outputs, with Ni-Mh rechargeable battery pack
1 MOB FACE, mobile unit, 2 outputs, with 4 Ni-Mh rechargeable 2/3 AAA batteries
Kit consisting of 8 adhesive gel electrodes 9x4 cm
Kit consisting of 4 round adhesive gel electrodes 2.5 cm
6 cables for electrodes
1 mains battery charger
1 user manual
1 case

PRECAUTIONS AND CONTRAINDICATIONS

- During the menstrual period, skin conduction changes; stimulation could prove less comfortable.
- Stimulation causes reddening of the skin where the electrodes are placed, especially in the case of persons with sensitive skin. Such reddening is perfectly normal and usually disappears quickly.
- In case of allergy to the electrode gel, suspend treatment and see a doctor.
- Do not apply the electrodes to areas with hyperpigmentation (moles) or varicose veins.
- Do not apply the electrodes directly to the breasts, but to the muscles which support them.
- Do not use in intimate areas, under the armpits, in the groin or behind the knees.
- Do not use on the abdomen of expectant mothers.
- Do not use Twin-Up on children, people with pace-makers or those in poor psychological conditions or with physiological or organic disorders.
- The appliance is not suited for wearers of metal prostheses or aortabdominal bypasses.
- Do not apply in transthoracic mode to prevent interference with heart frequency.
- IN CASE OF DOUBT, SEE A DOCTOR.

- The quality of the electrodes is essential for the success and safety of the treatment. Always use original electrodes.
Body electrodes: measurement 4.5x5 cm or 9x4 cm ; Minimum surface: 22 sq cm
Face electrodes: D: 2.5 cm ; minimum surface 5 sq cm
- To clean the appliance use only a soft cloth, if necessary together with a neutral detergent. Do not use alcohol, thinners, solvents or other chemical products.

TWIN UP FACE / MOB FACE

TWIN UP features a separate unit called MOB FACE powered by its own rechargeable Ni-Mh batteries. MOB Face features a work programme with specific frequencies and impulse times for the face muscles.

During life, our face undergoes visible changes: wrinkles appear and become more accentuated, the face's oval changes its lines, the skin loses its normal elasticity and becomes superfluous, causing bags under the eyes, flabby cheeks and relaxation on the neck. These signs are the consequence of precise anatomic alterations:
- the skin's water content is greatly reduced, as is its microcirculation and its elastic, support and connective components; it is therefore less turgid, less trophic and less elastic;
- the muscles which serve as a solid base on which the skin lies, lose tone, volume and elasticity; the face's skin is no longer so firmly attached to them and underneath what keeps it tense is lacking;
- bones and cartilage decrease in volume and are partially reabsorbed, particularly at mouth and nose level, accentuating the loss of support already mentioned due to the atrophy of the muscles.
Cosmetics can effectively moisturize and smooth the skin, but this is just a superficial operation; to lift the face, work must be done on the structural parts, in other words on the muscles.

MOB FACE is a fully independent appliance equipped with a general program specific for stimulating the delicate face muscles.

- It has 2 outputs for piloting 4 round adhesive-gel electrodes. It has just one intensity regulation for both outputs and a control for balancing the impulses on the two pairs of electrodes.
- The MOB FACE mobile unit is powered by 4 special rechargeable Ni-Mh mini-batteries (2/3 AAA) supplied as standard.
- Its current, suitably modulated, is capable of inducing sustained and painless muscle contraction. The two channels with 4 electrodes make it possible to treat both sides of the face symmetrically.

TWIN UP VISO

There are over thirty facial muscles, some extremely superficial and delicate, others deeper and quite large; on the contrary of skeletal muscles, head and neck muscles are called cutaneous because at least one of their extremities is directly inserted in the skin and they act on it. The face's skin therefore lies on and is anchored to a structural "carpet" made up of numerous muscles: their loss of tone and compactness is the main cause of loose skin.

Managing to keep sufficient volume and trophism, particularly at the level of the less used fibres, means restoring a face's youthful look. It is well known that suitable exercises of "facial gymnastics", used a great deal by actors for example, keeping little used muscular fasciae active and developing others, fights a dropping chin line and the formation of bags or wrinkles and maintains a young look. Muscular exercises for the face are however often complicated and require patient training. Thanks to its motor/stimulant effect, electrical stimulation can on the other hand increase muscular tone in a harmless, selective and rapid manner and much more than physical exercise or massage; this effect produces visible contractions, with a hypertrophic effect on muscular fibres and an increase in their volume. The passage of microcurrent through the skin also has an effect on trophism: local circulation increases, the oxygenation, nutrition and detoxification of the tissues improves; the metabolism is excited by this and the formation of elastic fibres and fundamental support substance is stimulated.

Mob Face is mainly suitable in the following situations:

- prevention and correction of loss of facial muscular and skin tone with relaxation of the neck and cheeks, folds of excess skin and bags under the eyes;
- prevention and reduction of wrinkles;
- improvement of the nutrition and vascularization of the skin, with relative detoxification, cell replacement and better appearance;
- thanks to the pressing of the muscles, elimination of the blockage of interstitial liquid and therefore of swelling and bags under the eyes caused by stasis.

B

TWIN UP FACE / How to put MOB FACE to use

Only use Mob Face after removing all make-up and cleaning the face; unless they are perfectly clean, the electrodes will not stick properly making treatment bothersome and ineffective. At the beginning, it is also advisable to carry out the exercises while watching yourself in a mirror; experience and a good knowledge of the exact application points will later enable you to treat your face anywhere without having to watch yourself again.

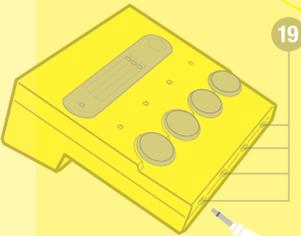
Positioning and connecting the electrodes

Remove the protective film from the adhesive electrodes, being careful to look after this for subsequent use. Position a pair of adhesive electrodes on each muscle group involved in the treatment, connect the electrodes to a cable (15) and fit this in a channel socket of the appliance (19).

Important: Make sure lead polarity is correct. Conventionally, the black buttons indicate a negative electrode, the red one a positive electrode. The electrodes are to be positioned on the area according to the instructions in the applications section of the manual. These points are subjective. After performing a series of tests, the best contraction points will nonetheless be easy to pinpoint. Only adjust the position of the electrodes after turning off the relevant channel on the appliance.

Switch on Mob Face by means of the knob (9) from off position (0) to on position (I).

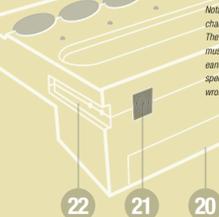
TWIN UP's body unit features 4 separate channels (19); the number of channels to be used depends on the type of application and on how many areas are to be treated at the same time; TWIN UP can also work with just one output.



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TWIN UP

- MOB FACE is powered by its own rechargeable Ni-Mh batteries, housed in a special compartment. These batteries can be recharged by connecting MOB FACE to the main unit on the special slide (22), after connecting the battery-charger provided (12) to the rear socket (21).
- Replacing batteries. Main body unit: If the unit is operated by alkaline batteries, these should be replaced when muscular contraction is no longer full and deep enough: remove the batteries from their housing (20) and insert the new ones (type AA) which must always be alkaline. Always keep to the polarity shown on the bottom of the housing. In the event of the appliance not being used for long periods, take the batteries out of their housing. Note: never use batteries with different charge levels. The rechargeable battery pack (code VATW09) must be fitted in battery housing (20) and its connector must be fitted in the special polarised socket to prevent wrong connection.



- Recharging batteries. Use the supplied battery-charger (12) to recharge the Ni-Mh battery pack (optional) in the main unit and the supplied batteries on the MOB FACE. The batteries have to be recharged when muscular contraction is no longer full and deep enough. Insert the plug of the AC batteries-charger (12) in the socket (21) on the main unit (11) and connect the battery charger to a 230V wall outlet. A yellow led lamp will turn-on on the unit (1) and on the MOB FACE (6) this means that the batteries are charging. Due to safety reasons, it is inhibited the normal functions of the appliance during recharging. CAUTION: A COMPLETE RECHARGING WILL LAST 14 HOURS. For a long life of the rechargeable batteries, do not exceed this charging time. The life-time of the rechargeable batteries is about 300 discharge/charge cycles.

