

 PLAYMAKER® | **PRO STIM**™ | WIRELESS

PRO

Muscle Stimulator



Instruction Manual
MODEL # PRO-1000

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PlayMakar® PRO Muscle Stimulator

The PlayMakar® PRO Muscle Stimulator features premium TENS + EMS technology. Experience the freedom of this fully wireless system with 14 preset programs for pain relief, warm-up, recovery, endurance, and strength.

What is EMS?

EMS stands for electrical muscle stimulation. This electric muscle stimulator is used to stimulate healthy muscles to improve muscle strength and performance.

What is TENS?

TENS stands for transcutaneous electrical nerve stimulation. This TENS unit is intended to deliver electrical current to electrode pads applied to your skin to relieve pain associated with sore or aching muscles.

INDICATIONS

The PlayMakar® PRO Muscle Stimulator is intended for over-the-counter use by healthy adults per the following:

- The stimulation of healthy muscles to improve or facilitate muscle performance.
- Temporary relief of pain associated with sore and aching muscles in the upper extremities, lower extremities, and lower back due to strain caused by exercise, normal household, and work activities.
- Symptomatic relief and the management of chronic pain and pain associated with arthritis.
- We strongly encourage you to consult with your physician if you have medical questions regarding indications for using this device.

EMS

Read this instruction manual carefully before using the PlayMakar® PRO Muscle Stimulator. Be sure to comply with all “CAUTIONS” and “WARNINGS” in this manual. Failure to follow instructions can cause harm to the user or device.

SAFETY INSTRUCTIONS

- Keep this instruction manual in a safe place for future reference.
- This device is intended for individual use on adults only.
- This device is not intended to be used as a substitute for medical care.
- Do not solely rely on this device for the treatment of pain.
- The effectiveness of this device depends on the user's physical condition. It may not be effective for every user.
- Keep this device out of the reach of children.

CONTRAINDICATIONS

- Do not use the PlayMakar® PRO Muscle Stimulator if you have a cardiac pacemaker, implanted defibrillator, or any other implanted metallic or electronic device.
- Do not use this device if you have undiagnosed chronic pain.
- Do not use this device if you are pregnant or may become pregnant. The safety of this device during pregnancy or childbirth has not been established.

WARNINGS

- The long-term effects of chronic electrical stimulation are unknown.
- Do not apply stimulation over or near the carotid sinus nerves, neck, or mouth. Severe spasms of the laryngeal and pharyngeal muscles may occur and may be strong enough to close the airway or cause difficulty in breathing.
- Do not apply stimulation on or near the chest or heart. The introduction of electrical current into the heart may cause lethal cardiac arrhythmias.
- Do not apply stimulation to the head. The effects of stimulation of the brain are unknown.
- Do not apply stimulation on or near open sores, wounds, rashes, swollen, infected, or inflamed skin.
- Do not apply stimulation on or near cancerous lesions.
- Do not use this device if you have phlebitis, thrombophlebitis, or varicose veins.
- Apply stimulation only to normal, intact, clean, healthy skin.

ADVERSE REACTIONS

- Skin irritation or rash may occur in those allergic to the adhesive used to affix the electrode pads.
- In rare cases, skin irritations may occur at the site where electrodes are placed.

TENS

SAFETY INSTRUCTIONS & PRECAUTIONS

- If your pain does not improve, becomes more than mild, or continues for more than five days, stop using the device and consult with your physician.
- Do not solely rely on this device for the treatment of pain.
- This device is not intended to be used as a substitute for medical care.
- The effectiveness of this device depends on the user's physical condition. It may not be effective for every user.
- Use this device only with the electrodes and accessories recommended by the manufacturer to avoid adverse reactions.
- Keep this device out of the reach of children.

CONTRAINDICATIONS

- Do not use the PlayMakar® PRO Muscle Stimulator if you have a cardiac pacemaker, implanted defibrillator, or any other implanted metallic or electronic device.
- Do not use this device if you have undiagnosed chronic pain.
- Do not use this device if you are pregnant or may become pregnant. The safety of this device during pregnancy or childbirth has not been established.

WARNINGS

- The long-term effects of electrical stimulation are unknown.
- TENS is not effective for pain associated with Central Pain Syndrome.
- Do not apply stimulation over or near the carotid sinus nerves, neck, or mouth. Severe spasms of the laryngeal and pharyngeal muscles may occur and may be strong enough to close the airway or cause difficulty in breathing.
- Do not apply stimulation across your chest. Introducing electrical current into the chest may cause lethal rhythm disturbances to your heart.
- Do not apply stimulation to the head. The effects of stimulation of the brain are unknown.
- Do not use if you are menstruating or pregnant.
- Do not apply stimulation on or near open sores, wounds, rashes, swollen, infected, or inflamed skin.
- Do not apply stimulation on or near cancerous lesions.
- Do not use on skin that lacks normal sensation, tingling, or numbness.
- Do not use this device if you have phlebitis, thrombophlebitis, or varicose veins.
- Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms) which may not operate properly when the electrical stimulation device is in use.

- Do not apply stimulation while bathing or showering.
- Do not apply stimulation while sleeping.
- Do not apply stimulation while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury.
- Do not use the device on children, if it has not been evaluated for pediatric use.
- Apply stimulation only to normal, intact, clean, healthy skin.

TENS ADVERSE REACTIONS

- Skin irritation or rash may occur in those allergic to the adhesive used to affix the electrode pads.
- In rare cases, skin irritations may occur at the site where electrodes are placed.

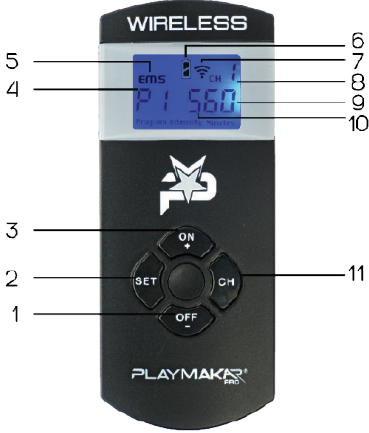

CAUTIONS & CONDITIONS REQUIRING YOU TO CONSULT YOUR PHYSICIAN

- If you are under the care of a physician, consult your physician before using this device.
- If you have had medical or physical treatment for your pain, consult your physician before using this device.
- If you have suspected or been diagnosed with heart disease, you should follow the precautions recommended by your physician.
- If you have suspected or been diagnosed with epilepsy, you should follow the precautions recommended by your physician.
- If you have ever had back surgery, consult your physician before using this device.
- If you have had recent surgery of kind, consult your physician before using this device. Muscle stimulation may disrupt the healing process.
- If you have a tendency to bleed internally following an injury or fracture, consult your physician before using this device.
- TENS is not a substitute for pain medications and other pain management therapies.
- TENS devices have no curative value.
- TENS is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism.

CONTENTS

- Wireless Muscle Stimulator
- (2) Wireless Receiver Pods
- Self-Adhering Electrode Pads
 - (4) 2.75" x 2.75"
 - (2) 2.75" x 4"
- (2) Snap Style Lead Wire for Optional Use
- Dual USB-A Wall Charger
- (2) Dual USB Charging Cables
- Travel Bag



DEVICE FEATURES	DESCRIPTION																						
<p style="text-align: center;">REMOTE</p> 	<table border="1"> <tr><td>1</td><td>Power OFF/Adjust/Decrease Key</td></tr> <tr><td>2</td><td>Navigation Key/Program Set</td></tr> <tr><td>3</td><td>Power ON/Adjust/Increase Key</td></tr> <tr><td>4</td><td>Therapy Program</td></tr> <tr><td>5</td><td>Therapy Mode (TENS or EMS)</td></tr> <tr><td>6</td><td>Battery Status</td></tr> <tr><td>7</td><td>Wireless Connection Indicator</td></tr> <tr><td>8</td><td>Channel Indicator</td></tr> <tr><td>9</td><td>Treatment Minutes</td></tr> <tr><td>10</td><td>Intensity Level</td></tr> <tr><td>11</td><td>Channel Key (Access CH1, CH2, CH3, and CH4)</td></tr> </table>	1	Power OFF/Adjust/Decrease Key	2	Navigation Key/Program Set	3	Power ON/Adjust/Increase Key	4	Therapy Program	5	Therapy Mode (TENS or EMS)	6	Battery Status	7	Wireless Connection Indicator	8	Channel Indicator	9	Treatment Minutes	10	Intensity Level	11	Channel Key (Access CH1, CH2, CH3, and CH4)
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<p style="text-align: center;">Receiver Pod</p> 	<ol style="list-style-type: none"> 1. Blue LED light indicates the power is on. 2. The wireless symbol will appear when the remote and pods are successfully paired. 3. The Blue LED light will blink to indicate the channel in use when the signal is received from the remote. 4. The Orange LED light will blink when battery power is low. 5. The Orange LED light will remain on while charging. It will shut off when the pod is fully charged. 																						

ABOUT RECHARGEABLE BATTERIES

Please fully charge the batteries in the remote and the receiver pods before using your device.

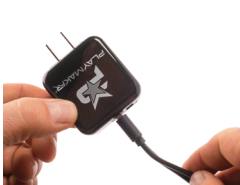
Important precautions to follow regarding the batteries:

- It is recommended to use a manufacturer supplied battery charger to maximize battery life.
- Do not short circuit the battery terminals.
- Do not dismantle or modify the battery.
- Do not apply heavy force onto batteries.
- Do not throw batteries.
- Do not scratch or puncture the battery with sharp utensils or metal objects.
- Do not place the battery in a microwave, oven, or dryer.
- Do not place the battery into high pressure or high temperature environments.
- Stay away from conductive objects during battery charging and discharging.
- Keep batteries away from children.
- Store the device in low humidity, low-temperature environment when not in use.
- If battery fluid comes into contact with your eyes, do not rub your eyes. Rinse with water and seek medical attention immediately.
- If the battery fluid comes into contact with the skin, rinse skin with clean water and seek medical attention.
- If you detect abnormal heat, odors, or flames coming from the battery, discontinue use and replace the battery.
- Do not throw batteries into a fire. The battery could explode causing injury or death.
- Please recycle or dispose of batteries properly. Do not dispose of batteries with your household waste.

CHARGING REMOTE AND RECEIVER PODS

1. Connect the small end of the USB cable to the remote or pod and the large end to the AC adapter.
2. Plug the adapter into any standard wall outlet.
3. The battery symbol on the Remote will blink until fully charged. The remote will shut off automatically while charging.
4. The receiver pod light will blink Orange while charging. The light will shut off when fully charged.

IMPORTANT: Do not charge the receiver pods with electrode pads snapped on. Doing so will reduce the longevity of the electrode pads due to excessive heat while charging.



BATTERY STATUS ON REMOTE



Low Power

1. The low battery symbol will begin blinking on the LCD screen when the power is $\leq 3.3V$.
2. The battery symbol will not decrease further. The symbol serves as a low power warning indicator.



Charging

The battery symbol on the display screen will blink through a series of symbols to indicate it is charging.

Sequence:     



Fully Charged

The full battery symbol will display on the screen when the remote is finished charging.

BATTERY STATUS ON RECEIVER POD

Fully Charged
Blue LED Light Illuminated



Low Battery
Blue LED Light Blinking



No Charge
Blue LED Light Off



Charging
Orange LED Light Illuminated



Charging Complete
Orange LED Light Off



OPERATION GUIDE

STEP 1 - Preparing the Skin Before Treatment

Follow the steps below for optimal electrical dispersion and increased stimulation sensitivity. Such care helps reduce the risk of skin irritation and may extend the Electrode Pad life.

- a. Determine the Electrode Pad placement sites on your body.
- b. Wash the areas with mild soap and water. Do not use alcohol.
- c. Rinse well and thoroughly dry the skin.
- d. Trim excess body hair from the treatment areas using scissors. Do not shave the hair.
- e. If desired, apply PlayMakar® Conductive Gel or Conductive Spray to the skin to help increase conductivity, reduce the possibility of skin irritation, and extend the Electrode Pad life.
- f. When removing Electrode Pads, always remove by pulling in the direction of hair growth.
- g. It may be helpful to apply PlayMakar® After Use Electrotherapy Lotion on the Electrode Pad placement area when the system is not in use to help increase the moisture of the skin.

STEP 2 - Attaching Electrode Pad to Receiver Pod

- s. Place the Electrode Pad on a flat surface with the contact plugs facing up.
- b. Place the Receiver Pod with the contact jacks facing down onto the Electrode Pad so that they are aligned.
- c. Press together firmly until securely snapped.



STEP 3 - Attaching Electrode Pad to Your Skin for Treatment

- a. Remove the plastic shield from the Electrode Pad.
- b. Place the sticky side of the Electrode Pad directly on your skin.

STEP 4 - Powering Receiver Pod(s) On and Off

- a. Press and hold the Power button on the Receiver Pod for 2 seconds to turn it on.
- b. The blue light on the Receiver Pod will blink two times when the signal is received from the Remote.
- c. The wireless symbol will appear on the screen when the Receiver Pod and Remote have successfully paired.
- d. Turning off the Receiver Pod(s):
 - Press and hold the Power button for 2 seconds.
 - During treatment: Reduce the intensity to "0". Then, press and hold the Power button on the Receiver Pod for 2 seconds.
- e. Receiver Pods will shut off automatically:
 - After treatment minutes have expired.
 - After 3 minutes, if no activity or intensity has been set.

Important: Do not remove the Electrode Pads from the Receiver Pods during use to prevent unpleasant electrical shocks. However, you may do so in emergency situations.

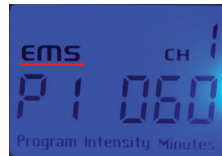
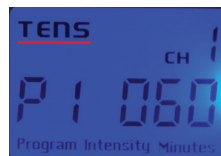
STEP 5 - Powering Remote On and Off

- a. Make sure the Receiver Pods are properly attached to the Electrode Pads.
- b. Press and hold the ON button for 2 seconds to power on the Remote. The most recent settings will be displayed for 10 seconds.
- c. Press and hold the OFF button for 2 seconds.
- d. The Remote will shut off automatically after 3 minutes if there is no activity.



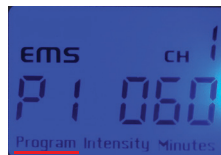
STEP 6 - Selecting TENS or EMS Mode

- Press the SET button on the remote.
- The Therapy Mode (TENS or EMS) will begin blinking on the display.
- Use the ON button to toggle between TENS and EMS.
- Press SET to select the desired mode.



STEP 7 - Selecting Therapy Program

- The Program icon will start blinking after setting the Mode.
- Press the ON button (increase) or the OFF button (to decrease) to toggle through the preset Programs. (P1-P8 for TENS and P1-P6 for EMS)
- Press SET to select the desired Program.



Important: The preset TENS and EMS programs deliver varying pulse widths and frequencies.

STEP 8 - Selecting Treatment Minutes

- The Minutes icon will begin blinking after setting the Program.
- Press the ON button to increase the Treatment Minutes in 5-minute increments up to a maximum of 60 minutes.
- Press the OFF button to decrease the Treatment Minutes in 5-minute increments. The minimum Treatment Minutes setting is 5 minutes.
- Press SET to select the desired Treatment Minutes. Time will countdown in 1-minute increments during treatment until the Treatment Minutes has expired.



STEP 9 - Selecting Intensity Level

- The Intensity level icon will begin blinking after setting the Treatment Minutes.
- Press the ON button to increase Intensity up to 25.
- Press the OFF button to decrease Intensity. The minimum Intensity level is 1.
- Press SET when the desired Intensity is reached.
- The Intensity level for each Receiver Pod can be adjusted individually when using the advanced pairing option to create isolated channels
- The Intensity level will reset to "0" if the Therapy Mode or Program is changed during your therapy session. This is a safety feature designed to prevent unexpected and unpleasant impulses.



Important: Involuntary limb movement may occur during muscle stimulation of the arms and legs. Use caution to prevent injury to yourself or others.



RECEIVER POD CHANNEL PAIRING

The PRO Muscle Stimulator features 4 channels (CH1, CH2, CH3, and CH4) that can be independently programmed. Each channel can operate multiple receiver pods simultaneously. The settings on a single channel will be shared with the receiver pods programmed to the respective channel.

This system comes with 2 receiver pods paired to CH1 (default). You may pair the receiver pods to the alternate channels (CH2, CH3, or CH4). Additional receiver pods are available for purchase.

Step 1 - Power On the Remote.



Step 2 - Power On the Receiver Pod you wish to pair to the Remote.
(Make sure additional Receiver Pods are turned off to avoid accidental pairing.)



Number is unique to the remote.

Step 3 - Press and hold the ON and OFF buttons on the Remote for 8 seconds to access the Channel pairing options screen.



Step 4 - Press the CH button to navigate to the desired Channel (CH1, CH2, CH3, or CH4) and press the SET button. The blue LED light on the Receiver Pod will blink twice when successfully paired. (Use the adhesive labels provided to indicate the Receiver Pod channel after pairing.)

Important: The screen display will display FF if the pairing is unsuccessful. If this happens, power the devices off and start over at Step 1.

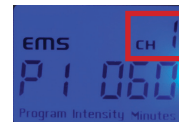


Step 5 - Press the OFF- button to exit the pairing screen.

ADJUSTING SETTINGS AFTER PAIRING

Step 1 - Power On the Receiver Pod you want to adjust.

Step 2 - Press the CH button on the Remote to navigate to the Channel for the respective Receiver Pod.



Step 3 - Press the SET button and follow the steps you used to adjust the settings during set-up.



CARE & MAINTENANCE

Remote and Receiver Pods

- Use a clean, dampened cloth to gently wipe the exterior of the Remote and Receiver Pods, after each use.
- Never use harsh cleaning agents or stiff brushes to clean the devices.
- Do not submerge the Remote, Receiver Pods, or Electrode Pads in liquid or expose to large amounts of water.
- Do not clean the devices while charging.
- Allow the devices to dry completely before the next use.
- Do not expose the devices to direct sunlight.
- Keep away from heat and fire which could cause the battery to explode causing injury or death.
- Do not expose the devices to dirt or moisture.
- Devices should be stored in a clean, dry environment.

Electrode Pads

- The disposable Electrode Pads are for individual use only.
- Replace the Electrode Pads when they no longer adhere properly to the skin.
- Replace the Electrode Pads if you notice a change in the stimulation sensation

Rechargeable Batteries

- The rechargeable batteries are built into the device(s). Do not attempt to disassemble or force open the battery compartment.
- Batteries have a limited lifetime of approximately 300-450 cycles.
- Charge the system every 3 months when not in use for prolonged periods to help maximize battery life.

ELECTRODE PAD PLACEMENT



Abs



Shoulder



Hamstring



Lower Back



Arm



Upper Back



Thigh



Calf

Go to playmakar.com/electrode-placement for more information.

TENS PROGRAMS

Always start your pain relief therapy using the lowest Intensity level and increase gradually until you feel a comfortable tingling sensation. Never increase the Intensity to a level that is painful. Begin with short sessions of 5-10 minutes until your body gets used to the stimulation.

Program	Description	Benefits
P1	Continuous comfortable tingling sensation.	For temporary relief of pain associated with sore and/or aching muscles in the lower back due to strain from exercise or normal household and/or work activities.
P2	Comfortable pulsing sensation.	
P3	Comfortable pulsing sensation.	
P4	Variable comfortable tingling and pulsing sensation.	For temporary relief of pain associated with sore and/or aching muscles in the upper and lower extremities (arm and/or leg) due to strain from exercise or normal activities.
P5	Variable mild tingling sensation.	
P6	Variable pulsing and pumping action.	
P7	Variable comfortable tingling and pumping action.	
P8	Variable comfortable tingling and pulsing sensation.	For symptomatic relief and management of chronic, intractable pain associated with arthritis.

EMS PROGRAMS:

Start with the lowest intensity level and gradually increase it until you feel a strong but comfortable muscle contraction. Begin with short sessions of 5-10 minutes until your body gets used to the stimulation.

Program	Description & Benefits	Tips
P1 Exercise Prep	Rhythmic massage that gently warms up the muscles.	Use before exercise. Increase the intensity slowly until you feel strong, comfortable muscle contractions. Duration: 10 min.
P2 Muscle Recovery	A low-frequency tapping that produces muscle twitches. It helps promote post-workout recovery and reduce stiffness.	Use after intense exercise. Increase the intensity slowly until you feel strong, comfortable muscle contractions. Duration: 10 min.
P3 Active Recovery	A low-frequency tapping (similar to P2) that produces a reduced muscle twitch during the treatment session. It helps promote post-workout recovery and reduce stiffness.	Use after intense exercise. Increase the intensity slowly until you feel strong, comfortable muscle contractions. Duration: 20 min.
P4 Active Recovery	Applies a short contraction/relaxation cycle to activate muscles. It helps promote post-workout recovery and reduce stiffness	Use after intense exercise. Increase the intensity slowly until you feel strong, comfortable muscle contractions. Duration: 20 min.
P5 Build Endurance	Applies an alternating pulse sequence of contraction/relaxation phases lasting several seconds. It may help improve aerobic capacity and boost capillary supply. It improves fatigue resistance during moderate-intensity exercise. Favors slow-twitch muscle fibers.	Use during exercise. Increase the intensity slowly until you feel strong, deep muscle contractions. Do not exceed your comfort level. Duration: 20 min.
P6 Muscle Strengthening	Applies an alternating pulse sequence of contractions with extended relaxation phases. It may help improve anaerobic capacity and build muscle strength. Favors fast-twitch muscles.	Use during exercise. Increase the intensity until you feel strong, deep muscle contractions. Do not exceed your comfort level. Duration: 20 min.

TROUBLESHOOTING

Problem	Solution
Receiver Pod(s) shut off after 3 minutes	<ul style="list-style-type: none"> • Hold the ON button on the Remote for 2 seconds. • Adjust the settings on the Receiver Pod(s).
No intensity	<ul style="list-style-type: none"> • Ensure the Receiver Pod(s) are charged and powered on. • Gradually increase the intensity to a higher setting. • Replace the Electrode Pad.
Remote will not turn on	<ul style="list-style-type: none"> • Charge the Remote. • Unplug the charging cable from the Remote.
Receiver Pod(s) will not turn off	<ul style="list-style-type: none"> • If treatment minutes remain, reduce the intensity to "0", press and hold the OFF button for 2 seconds. • If treatment minutes have expired, press and hold the OFF button for 2 seconds.
Remote and/or Receiver Pod(s) do not appear to be charging	<ul style="list-style-type: none"> • Ensure the USB cable is correctly connected to the device. • Ensure the AC adapter is plugged securely in the wall socket.
Remote is not controlling Receiver Pod(s)	<ul style="list-style-type: none"> • Ensure the Remote and Receiver Pods are fully charged and powered on. • If using advanced pairing, make sure the CH is programmed to the respective pod. • Increase the intensity above "0" for the respective pod.

For additional assistance, PlayMakar Customer Service representatives are available Monday through Friday between 8 a.m. - 4 p.m. CST. You may reach a representative by calling (833) 752-9625 or by emailing IAM@PlayMakar.com

TECHNICAL SPECIFICATIONS

- **Pulse Rate:** As pre-programmed in operation mode
- **Pulse Width:** As pre-programmed in operation mode
- **Minutes:** Adjustable from 5-60 minutes (5 minute increments)
- **Wave Form:** Symmetrical bi-phasic square pulse
- **Max Charge per Pulse:** 20.8 microcoulombs maximum
- **Essential Performance:** The stimulation output as defined in the following specification table for TENS & EMS

TENS Programs

Program	Pulse width(uS)	Frequency(Hz)	Function Mode
P1	260	15	Constant
P2	260	60	Burst
P3	260	60	Constant
P4	260~156	2~60	Modulation
P5	260~156	60	Modulation
P6	260	7~60	Modulation
P7	260~156	60	Modulation
P8	210	2.45~245	Cycle

EMS Programs

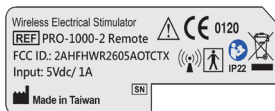
Programs	Pulse Width (uS)	Pulse Rate (Hz)	Ramp up (sec)	On Time (sec)	Ramp down (sec)	Off Time (sec)
P1	300	40~99	-	2	-	1
P2	200	4	-	-	-	-
P3	300	5	-	-	-	-
P4	200	99	-	2	-	1
P5	200	4~20	2	6	2	1
P6	300	50	2	5	3	10

****All electrical specifications are $\pm 10\%$ at 500 Ω load.**

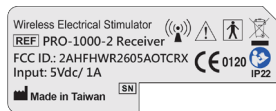
- **Input rating:** 5Vdc, 1A
- **Power Source:** Remote Battery 3.7V /260 mAh Lithium polymer (LiPo) battery
- **Receiver Pod Battery:** 3.7V /180 mAh Lithium polymer (LiPo) battery
- **AC Adapter I/P:** 100-240Vac, 50-60Hz, 0.3-0.15A ; O/P: 5Vdc, 1.2A
- **Weight & Dimensions:**
 - Remote: 2.11 ounces (battery included), 6.18" x 1.85" x 0.61"
 - Receiver Pod: 1.05 ounces (battery included) , 2.36" x 2.36" x 0.61"
- **Operating Conditions:** +50°F (10°C) to +104°F (40°C), 40-90% max. Relative humidity
- **Transport and Storage Conditions:** +14°F (-10°C) to +140° (60°C), 30-95% max. Relative humidity
- **Operation Altitude:** 3000m
- **Operating Atmospheric Pressure Range:** 700~1013 hPa
- **Transport and Storage Atmospheric**
- **Pressure Range:** 500 ~ 1060 hPa

TECHNICAL LABEL INFORMATION

Explanation of technical symbols displayed on the Remote and Receiver Pod labels.



Remote Label



Receiver Pod Label



Serial number



Attention, consult the accompanying documents.



Manufacturer



Type BF equipment: This device offers protection against electrical shock by standard compliance to leakage currents of the electrode pad.



Interference may occur in the vicinity of equipment marked with this symbol.

IP22

Ingress Protecting Rating: This device is protected from touch by fingers and objects greater than 12 mm and protected from water spray less than 15 degrees from vertical.



This device shall be disposed of in accordance with national laws after the useful life of the device.



Caution and awareness are necessary when operating this device. Be aware of the location of the symbol to avoid undesirable consequences.

RADIO FREQUENCY WIRELESS INFORMATION

Radio Frequency Wireless technology is used in the PlayMakar® PRO Muscle Stimulator System. For communication between the remote and the wireless receiver pods the wireless protocol characteristics are as follows:

Wireless Protocol Characteristics	
Frequency band	2.4GHz ISM
Protocol type	Proprietary frequency
Channel	1
Channel width	1MHz
Frequency modulation	GFSK
Frequency deviation	±50KHz
EIRP	Measured max. -4.9 dBm (0dBm configured as maximum output power)
Effective emission power	0dBm
Data rate	1Mbps
Quality of service requirement	9.8 feet range between remote and receiver pod

Wireless Security Measures	
Device Identification	8 bits, shared only with other PlayMakar® devices
Data Integrity Checks	Each data frame is protected by a 16 (b) length CRC
Acknowledgment	Each point-to-point communication is acknowledged
Out of range behavior	<ul style="list-style-type: none"> • Remote can't operate on the receiver pods • Receiver pods won't work
Wireless Coexistence Testing	
The PlayMakar® PRO Muscle Stimulator System protocol is designed to allow coexistence with at least 2 other PlayMakar® devices.	
Each PlayMakar® PRO Muscle Stimulator System remote and receiver pod is assigned a unique ID. Before initial use, the remote is paired as CH1 with 2 receiver pods in its network.	
Designed for coexistence with wireless products in the same RF band	<ul style="list-style-type: none"> • Bluetooth (IEEE 802.15.1) • Wi-Fi (IEEE 802.11)
Utilizes established coexistence principles to minimize cross-talk with other wireless devices	<ul style="list-style-type: none"> • FDMA (Frequency Division Multiple Access) • TDMA (Time Division Multiple Access)
Interference from other devices	<ul style="list-style-type: none"> • If the PlayMakar® PRO Muscle Stimulator System RF channel is interfered by emission from other devices, fail-safe outcome is that the remote will not operate, and/or reset the intensity level to "0"; the receiver pods will stop stimulation. • Interference from other RF wireless and mobile communication devices is possible. Refer to Table 1 for recommended distance between the devices with other RF devices.

FDA COMPLIANCE

The PlayMakar® PRO Muscle Stimulator System complies with current medical standards. The PlayMakar® PRO Muscle Stimulator System also meets the following compliances:

- IEC 60601-1 General safety requirements for electromedical devices
- IEC 60601-1-2 Standard on electromagnetic compatibility
- IEC 60601-2-10 Standard on particular safety requirements for nerve and muscle stimulators
- IEC 60601-1-11 Standard for use in the home environment

INFORMATION ABOUT ELECTROMAGNETIC COMPATIBILITY (EMC)

The PlayMakar® PRO Muscle Stimulator System is designed to be used in typically approved environments in accordance with the safety standard EMC EN60601-1-2.

The PlayMakar® PRO Muscle Stimulator System is designed to support anticipated disturbances originating from electrostatic discharge, magnetic fields for the power supply, or radiofrequency emitters. However, it is not possible to guarantee that the stimulator will not be affected by a powerful RF field (radio frequency) originating from other sources.

ELECTROMAGNETIC COMPATIBILITY

The device complies with current specifications with regards to electromagnetic compatibility and is suitable for use in all premises, including those designated for private residential purposes. The radio-frequency emissions of the device are extremely low and, in all probability, do not cause any interference with other devices in the proximity.

It is recommended that you do not place the device on top of or close to other electronic devices. Should you notice any interference with other electrical devices, move the device or connect it to a different socket. Radio equipment may affect the operation of this device.

ELECTROMAGNETIC COMPATIBILITY INFORMATION

TABLE 1

Recommended Separation Distances Between Portable and Mobile RF Communications Equipment and the ME Equipment

The PlayMakar® PRO Muscle Stimulator is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the system can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the PlayMakar® PRO Muscle Stimulator as recommended below, according to the maximum output power of the communications equipment.

Rated Maximum Output Power of Transmitter W	Separation Distance According to Frequency of Transmitter M		
	150 kHz to 80 MHz	80 MHz to 800 MHz	800 MHz to 2.5 GHz
	$d = \left[\frac{3.5}{F_1} \right] \sqrt{P}$	$d = \left[\frac{3.5}{E_1} \right] \sqrt{P}$	$d = \left[\frac{7}{E_1} \right] \sqrt{P}$
0.01	0.1	0.1	0.2
0.1	0.4	0.4	0.7
1	1.2	1.2	2.3
10	3.7	3.7	7.4
100	11.7	11.7	23.3

Declaration – electromagnetic emissions and immunity for EQUIPMENT and SYSTEMS that are not LIFESUPPORTING and are specified for use only in a shielded location.

TABLE 2
Declaration – Electromagnetic Immunity

The PlayMakar® PRO Muscle Stimulator is intended for use in the electromagnetic environment specified below. The customer or the user of the PlayMakar® PRO Muscle Stimulator should assure that it is used in such an environment.



Immunity Test	IEC 60601 Test Level	Compliance Level	Electromagnetic Environment - Guidance
Conducted RF IEC 61000-4-6	3 Vrms ; 6 Vrms 150 kHz to 80 MHz	N/A	Portable and mobile RF communications equipment should be used no closer to any part of the EQUIPMENT or SYSTEM including lead wires, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Interference may occur in the vicinity of equipment marked with the following symbol: 
Radiated RF IEC 61000-4-3	3 V/m ; 10V/m 80 MHz – 2.7 GHz 80%	3 V/m ; 10V/m 80 MHz – 2.7 GHz 80%	
Proximity fields from RF wireless Communications equipment IEC 61000-4-3	<div>27 V/m 385 MHz</div> <div>28 V/m 450 MHz</div> <div>9 V/m 710 MHz</div> <div> 745 MHz</div> <div> 780 MHz</div> <div>28 V/m 810 MHz</div> <div> 870 MHz</div> <div> 930 MHz</div> <div>28 V/m 1720 MHz</div> <div> 1845 MHz</div> <div> 1970 MHz</div> <div>28 V/m 2450 MHz</div> <div>9 V/m 5240 MHz</div> <div> 5500 MHz</div> <div> 5785 MHz</div>	<div>27 V/m 385 MHz</div> <div>28 V/m 450 MHz</div> <div>9 V/m 710 MHz</div> <div> 745 MHz</div> <div> 780 MHz</div> <div>28 V/m 810 MHz</div> <div> 870 MHz</div> <div> 930 MHz</div> <div>28 V/m 1720 MHz</div> <div> 1845 MHz</div> <div> 1970 MHz</div> <div>28 V/m 2450 MHz</div> <div>9 V/m 5240 MHz</div> <div> 5500 MHz</div> <div> 5785 MHz</div>	Portable and mobile RF communications equipment should be used no closer to any part of the EQUIPMENT or SYSTEM including lead wires, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Interference may occur in the vicinity of equipment marked with the following symbol: 

TABLE 3
Declaration – Electromagnetic Immunity

The PlayMakar® PRO Muscle Stimulator is intended for use in the electromagnetic environment specified below. The customer or the user should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic Environment - Guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2 kV , ±4 kV , ±8 kV , ±15 kV air	±8 kV contact ±2 kV , ±4 kV , ±8 kV , ±15 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient/burst IEC 61000-4-4	±2 kV for power supply lines ±1 kV for input/output lines	N/A	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	±0.5 kV ±1 kV differential mode ±2 kV common mode	N/A	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0% UT ; 0 , 5 cycle At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315° 0% UT ; 1 cycle and 70% UT ; 25/30 cycle Single phase: at 0	N/A	Mains power quality should be that of a typical commercial or hospital environment. If the user of the EQUIPMENT or SYSTEM requires continued operation during power mains interruptions, it is recommended that the EQUIPMENT or SYSTEM be powered from an uninterruptible power supply or a battery.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	30 A/m	30 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment. The magnetic field from common appliances are not expected to affect the device.

NOTE: U_T is the a.c. main voltage prior to application of the test level.

TABLE 4
Declaration – Electromagnetic Emissions

The PlayMakar® PRO Muscle Stimulator is intended for use in the electromagnetic environment specified below. The customer or the user of the system should assure that it is used in such an environment.

Emissions Test	Compliance	Electromagnetic Environment - Guidance
RF emissions CISPR 11	Group 1	The PlayMakar® PRO Muscle Stimulator uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The PlayMakar® PRO Muscle Stimulator is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	N/A	
Voltage fluctuations/Flicker emissions IEC 61000-3-3	N/A	

FCC INFORMATION

The Federal Communication Commission Radio Frequency Interference statement includes the following paragraph:

The equipment has been tested and found to comply with the limits for a Class B Digital Device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communication. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver pod.
- Connect the equipment into an outlet on a circuit different from that to which the receiver pod is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The user should not modify or change this equipment without written approval from PlayMakar Inc. Modification could void authority to use this device.

The changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

IMPORTANT:

To comply with the FCC RF exposure compliance requirements, no change to the antenna or the device is permitted. Any change to the antenna or the device could result in the device exceeding the RF exposure requirements and void user's authority to operate the device.

THANK YOU FOR PURCHASING

Thank you for you choosing the PlayMakar® PRO Muscle Stimulator of the device. We believe our products are the best on the market and think you will, too. Our team is passionate about sports, fitness, and helping athletes of every level meet their performance goals with exceptional products.

Your satisfaction is important to us. If you have questions, please contact our Customer Service Representatives. They can be reached by phone at 833-752-9625 between 8 a.m. to 4 p.m. CST, Monday through Friday, or by email at IAM@PlayMakar.com.

REGISTERING YOUR DEVICE

Please register your device within 14 days of purchase to receive product offers, discounts, and instructional videos. Registration may be completed online or by mailing the attached Warranty Registration Card. Go to PlayMakar.com/register to register your product online. Use the following information to complete your registration:

Model Number: PRO-1000

Serial Number: Located on the back of your device

WARRANTY

The PlayMakar® PRO Muscle Stimulator System carries a 1-year warranty from the date of purchase. If the product fails due to a defect in material or workmanship, PlayMakar® will repair or replace the product or necessary parts. An extended warranty is provided for devices registered at PlayMakar.com/Register.

Consumable items like lead wires, electrode pads, and other accessories are guaranteed to be free from defects in workmanship and materials at the time of delivery.

The warranty does not apply to damage resulting from failure to follow the operating instructions, accidents, abuse, alterations, or disassembly by unauthorized individuals.

PlayMakar® reserves the right to replace or repair the unit at its discretion.

PlayMakar Inc.

Attn: Warranty
5825 Park Vista Circle
Fort Worth, Texas 76244
(833) 752-9625
IAM@PlayMakar.com
www.PlayMakar.com

Warranty Registration Card

Product Name		Model Number	
Date of Purchase		Place of Purchase	
Serial Number			
Name			
Address 1			
Address 2			
City		State	
		Zip	
Country			
Phone		Email	
How did you hear about PlayMakar?			
Why did you choose your PlayMakar product?			

Please return this completed card in a stamped envelope within 14 days of purchase to receive additional offers and product information.

Mail to: PlayMakar® Products
5825 Park Vista Circle
Fort Worth, Texas 76244



PlayMakar® ACCESSORIES



Pod Wraps

Get the most out of your PlayMakar® Pro System with Pod Wraps. These flexible wraps with hook and loop fasteners keep your pods secure during treatment.



Dual USB & Adapter

This dual USB charging cable and adapter allows you to charge two devices at once. Perfect as a backup charger for your gym bag or locker.



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