

6D Laser Body Shape System

XM-687 PRO User Manual



IMPORTANT: before starting the equipment correctly, please follow the installation instructions. Any damages caused by incorrect operations will void the warranty.

Safety Information:

Thank you for choosing our products! This user instruction is specially designed for the safety of you and others. Please read the instructions carefully before installing or using the machine and follow them when using. The company does not take any responsibility for any accidents and problems caused by improper operation or mistakes, excluding quality problems.

Electrical Safety

Before installing the machine, make sure that your local electric network complies with the voltage and frequency indicated on the tag on the rear panel. Otherwise, the machine may be damaged in case of excessive current or voltage rise.

Never touch the machine with damp or wet hands or feet.

It is dangerous to change or try to modify the function of this machine in anyway.

Do not attempt to operate this unit if the power cord has been frayed or broken.

Do not spill water or other liquids into or onto your unit.

During long periods of non-use, disconnect the unit's main power.

Safety Rules When Installing

Place the machine on a stable and secure base. It should not be subjected to any jolts or vibrations.

Never expose the unit to too high(>40°C) nor too low temperature(<5°C).

NEVER EXPOSE THE UNIT TO RAIN OR ANY OTHER HUMIDITY..

Do not expose the unit to direct sunshine or install the unit close to a source of heat(central heating, radiator...); otherwise the screen may be damaged.

Do not cover or block the vent at or behind the unit.

Safety Rules When in Use

Well clean areas to treat before treatment.

Never touch the machine with damp or wet hands or feet.

Operate Interface Instruction

Treatment screen interface.

Make sure the power line has been installed correctly; make sure the hand pieces are well connected with the equipment; ensure the circuit breaker (if any) at the back of the machine is pressed to "on". The working menu will appear automatically. Choose the Language. Choose the right parameter to do the treatment according to the needs of customer.

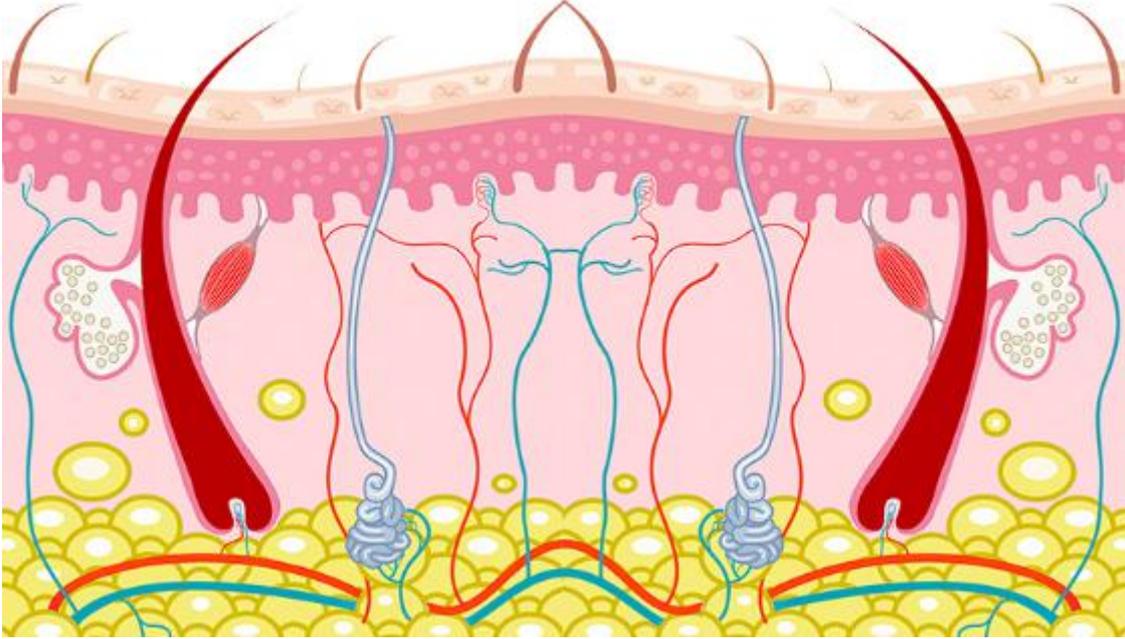
Turn on the machine and you can see the welcome screen and main selection interface.

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1. Working Principle

Irradiated by a specific wavelength of cold source laser, it creates a chemical signal in the fat cells, breaking down the stored triglycerides into free fatty acids and glycerol and releasing them through channels in the cell membranes. The fatty acids and glycerol are then transported around the body to the tissues that will use them during metabolism to create energy.



2. Application

Eliminate the abdomen, waist, back, buttocks, thighs, butterfly sleeves, double chin excess fat, reduce the circumference of the treatment area.

There is no need to use anesthesia, there is no pain, numbness, will not cause scar, trauma, no need to recover. Due to specific wavelength, laser only acts on the subcutaneous fat cell layer, other cells such as skin and capillary blood vessels will not be damaged during this process, safe and reliable way to reduce fat.

3. Parts Introduction



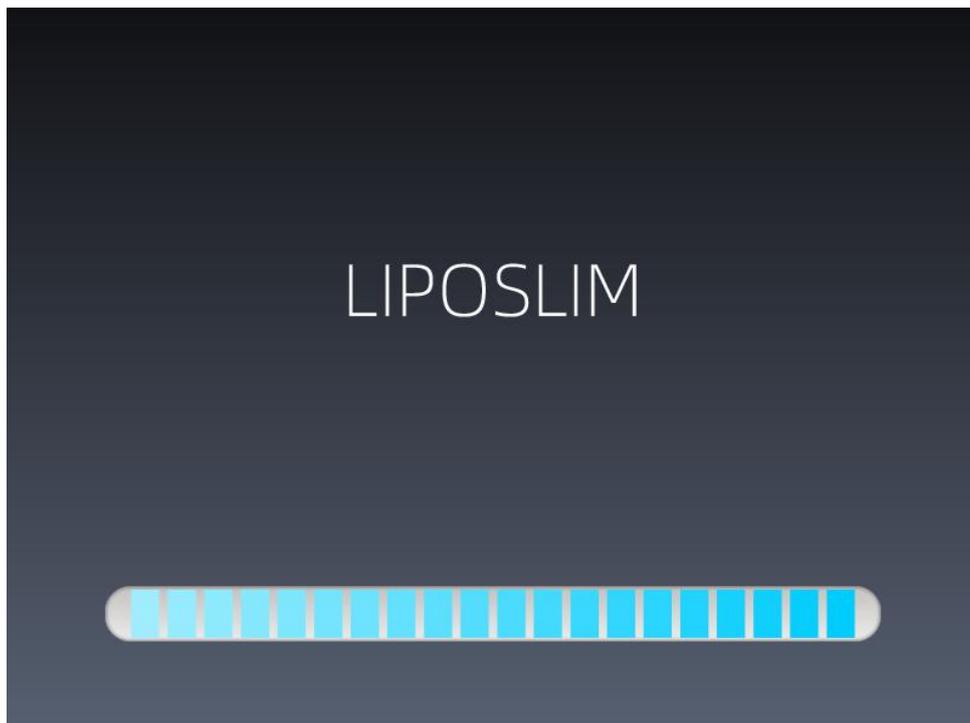
- ① Touch Screen
- ② Grip
- ③ Power Switch

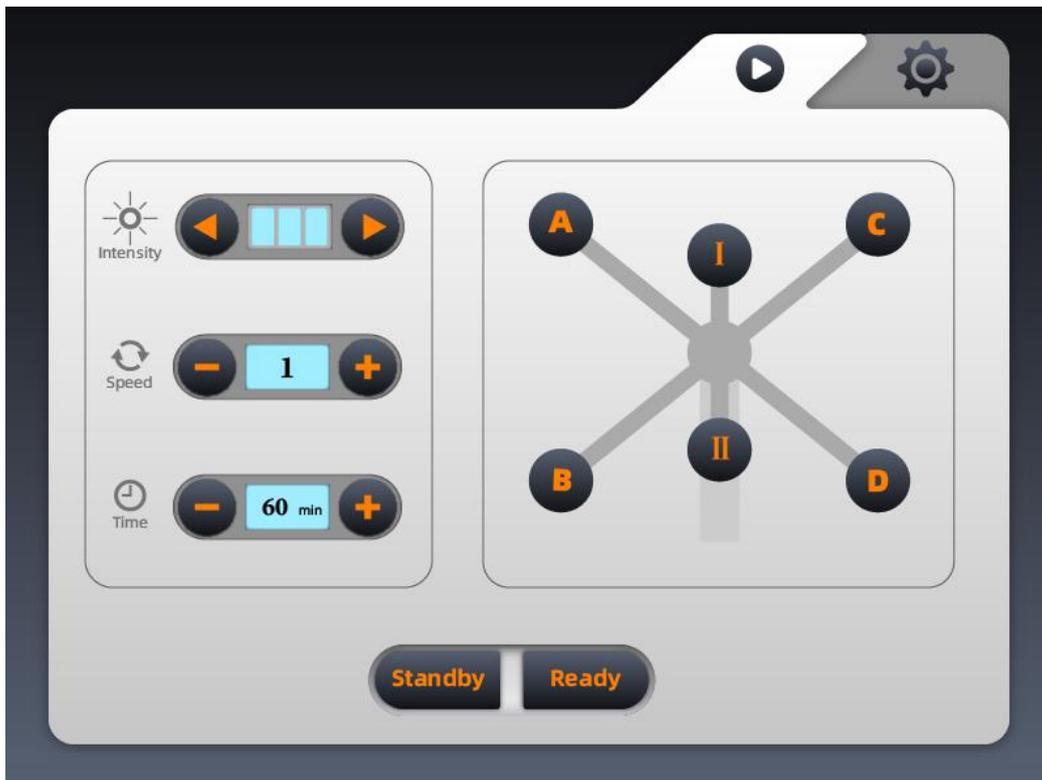
- ④ Laser Heads
- ⑤ Laser Port
- ⑥ Power Line Socket

4. Operation

(1) Operation

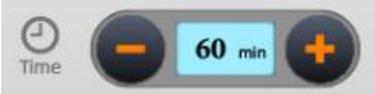
- ① Press the power button, the following interface will show up.





②  press the button  to adjust the intensity: level 1-3. The intensity should be started from the weakest.

③  press the button  to adjust the speed: 1-3.

④  press the button  to adjust the treatment time.

⑤  six treatment heads, it can work independently and simultaneously according to the treatment.

⑥ press  to start treatment,  to pause. The machine will stop automatically if the setting time is over.

(2) Treatment Course

Treatment course is 6 sessions, every other day for approximately 2 weeks. Treatment time for each session is 40minutes. The minimum suggested treatment period is two weeks, with three full sessions each week.

No downtime or recovery period is needed after treatment.

(3) Health Management

① 21 days recipe

Breakfast	Protein	egg (various boiled methods); shrimp, all kinds of soy products, etc. milk / soy milk / yogurt / bean flower
	Staple food	Corn/sweet potato/ oatmeal or other coarse grains/ mixed grain porridge / whole wheat bread, etc.
	Veg & Fruit	Qilua/tomato/vegetables/bean, etc. Apple/pear/banana/papaya, etc.
Lunch	Staple food	Miscellaneous grain / miscellaneous noodle/ potato/ sweet potato, etc.
	Meat	Beef / fresh shrimp / chicken breast / lamb / fish, etc
	Veg	Green leafy vegetables
Supper	Staple food	Same as lunch (recommended for 70%)
	Protein	Same as breakfast
	Veg	Same as lunch
Snack		proper nuts, fruits, low-sugar yoghurt, etc

Note:

- It is recommended that daily intake is equal to the basic metabolic rate.
- Category in the frame cannot be less, such as lunch, must contain staple food, meat and vegetables.
- About similar food: can be replaced with each other between the same type of food, such as protein.
- Walking instead of standing, standing instead of sitting, sitting instead of lying.

② Living habits

- Develop the habit of daily defecation, which can make the toxins in the body to discharge smoothly. Sometimes the accumulation of toxins is also the reason why weights are not delayed.
- Sleep should be regular and sufficient. It is recommended to get up 6:00-7:30 daily, sleep at 22:00-23:00. Taking a little intensity activity to help awake the body function and sleeping.
- A bath or foot bath (soilet) or massage, at least three times a week to promote blood circulation and strengthen metabolism.
- Keep away from fried food, try eat to steam or boiled food, because greasy food contains not only super calories, but also a healthy number killer.
- Don't eat snacks while watching TV (reading), because it will make people eat more than three times the food.
- Don't barely eat the food that you can't eat.
- Never eat after 9:00 pm, if you have always had a habit of eating late, replace with fruits, greens or high fiber biscuits. The heat storage of one late dinner is equal to the sum of three meals a day.
- Please don't resist pressure in eating, not only is not good for health, but also a major obstacle to slimming.
- Replace the beverage with boiled water.
- Develop habits of exercise. Some relaxed stretching is easy to persist than violent movements. Timed walk, early exercise, etc. will not only slim, but also greatly benefit health.
- Don't bare yourself, or quit dessert. Reducing the number of times and the components to avoid overeating.

5. Cautions

(1) Cautions before Treatment

Before using this machine, be sure to check if the parts are connected correctly.

Insert the power supply first, turn on the total switch of the instrument to avoid current reflow phenomena.

The accessory cable must be aligned with the socket when accessing the host, avoiding the accessory jack interruption caused by the accessories.

Carefully move the machine, organic glass cannot wipe with alcohol.

When adjusting the intensity, it is necessary to have a flexible adjustment (suitable for the mainstay) according to the customer's ability, so as not to cause discomfort in the skin.

(2) Cautions after Treatment

Customer is advised to take a 30 minutes walk or exercise everyday.

Drink 2 litres of water a day.

Avoid too greasy/oily food and sweets. Make dinner a smaller meal.

Reduce intake of caffeine and alcohol.

It is recommended to take VC 1000mg / time, 2 times a day after treatment.

6. Contraindications

- (1) Female "three phases" (physiological period, pregnancy, lactation).
- (2) Customers with use hormones during treatment.
- (3) Customers with blood system disease.
- (4) Customers with the use of excessive exercises within 2 months in the treatment site.
- (5) Implanted cardiac pacemakers or other implanted electronic devices.
- (6) Life-sustaining artificial heart-lung machines and other equipment.
- (7) Portable ECG measurement equipment;
- (8) The following patients should be agreed by the professional doctors before using the equipment:
 - Patients with acute disease;
 - Malignancy;
 - Patients with Infectious diseases;
 - Patients with heart diseases;
 - Patients with fever;
 - Patients are receiving treatment or those with abnormal body phenomenon.

7. Maintenance

- (1) Warranty: The warranty date of the host is 1 years from the date of purchasing. When the warranty date is expired, we will charge the service fee or the cost of the component.
- (2) Prohibited to use in the following environments:
 - Hot and humid environment;
 - Dusty environment;
 - Environment with much smoke or stream.

- (3) Be sure to wipe the probe to avoid oxidation and damage to the machine.
- (4) If there comes a failure, shut down the power immediately, and send it to the distributors or contact manufacturer for maintenance, Do not repair by yourself without guidance.
- (5) Exclusion of liability:
- ① if fire, earthquake or war occurred;
 - ② The fault of user, operator error;
 - ③ Damage caused by using other purpose (not included in the use manual);
 - ④ Operate without manual's guide;
 - ⑤ Do not make the machine close to the wall, keeping a 30cm space around for cooling.

8. Parameters

Power	300W
Wavelength	635nm(red light)
Energy Output	1-200mW
Screen	8 inch Touch Colour Screen
Treatment Area	About 30mm*800mm
Intensity	Level 1-3(adjustable)
Rotation Speed	Level 1-3(adjustable)
Fuse	5A
Cooling System	Air cooled
Package Size	116cm*58cm*60cm