



DISPOSAL

- Please respect the environment!
- Dispose of the packaging according to the local recycling regulations.
- Dispose of the appliance at the end of its life span according to environmental consideration

TECHNICAL SPECIFICATION

Measurement: 43x43x14cm
Cable length: 1.4M
Rated: 5 V dc, 1000 mA
Powered by adaptor: WT0502400
Rated voltage: 240V
Rated input: 0.1 A
Output waveform: Square wave
Pulse repetition frequencies: 10-100HZ
Maximum amplitude of output voltage: 72V
Software version No: MC0188F-REV-V1.0
Operation condition:
10-40oC
<80% RH
860 hPa to 1060 hPa

good
Ideas™
Est.1975

smarter living

Circulation Ultra

INSTRUCTION MANUAL

Simply sit back,
relax and revive



Model No. 2661 Silver / 2662 White

Please read carefully before use and keep for future reference

Imported and distributed by Good Ideas, London NW1 0JP

Support Line: 0303 031 0888

For more innovative products from Good Ideas please visit:
www.shopgoodideas.com

GD2661© 2017 Good Ideas



good
Ideas™
Est.1975
smarter living

Support Line: 0303 031 0888

For more innovative products from Good Ideas please visit:
www.shopgoodideas.com



PARTS IDENTIFICATION

1. Electrode silicon area for feet
2. User manual
3. Sole massage roller
4. Adapter
5. LCD screen
6. Handle
7. Electrode pads
8. Remote controller
9. Electrode wires



FUNCTIONS

The principal of our electronic muscle stimulator is to control the pulses emitted, in order to stimulate specific target areas of the body, causing muscles to contract and relax involuntarily. Usually, when the muscles are relaxed, a large volume of blood circulates and usually, when the muscles are contracted, a large number of metabolites are released. These actions can help the blood circulation whilst helping to lessen the pain or soreness, swelling, fatigue and other symptoms which may be experienced.

The intended purpose of our electronic muscle stimulator is help alleviate muscle pain, soreness, stiffness, swelling, fatigue, aches and aid increasing blood circulation and ease of general blood flow.

- Improved ABS materials and designing, following traditional man-machine engineering technology. The item looks very modern, fashionable and simultaneously delicate.
- Different intensity levels of electromagnetic waves which can manually be controlled, providing the ideal result for each of the sequences selected.
- Pre-set to a 25 minutes automated time set each time it's switched on.
- 25 massage modes for the soles of your feet and body. Each impulse massage mode will help improve and target different symptoms in order to eliminate fatigue.
- All functions can be operated by remote control and are very easy and simple to use.

HOW TO USE THE ELECTRODE GEL PADS

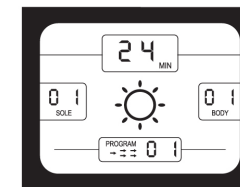
1. Each electrode gel pad is 8.5cm x 5.5 cm (2.16" x 3.34").
2. Ensure the output wire is connected to the electrode gel pads.
3. Connect the output wire to the electronic muscle stimulator.
4. Remove the protective film from the adhesive pads. DO NOT discard and reuse.
5. Attach the electrode gel pads evenly to the skin.
6. Press the on/off button for 3 seconds in order to switch the unit on. Select and adjust the stimulation and intensity modes as desired. The display will show the selection.
7. Ensure the adhesive electrode gel pads are kept clean and free from debris. Never expose them to high temperatures or direct sunlight.
8. If the electrode gel pads adhesiveness is insufficient or dirty, refer to the "Caution for Electrode Gel Pads" part of these instructions.
9. The effectiveness of the electrode gel pads may decrease after multiple uses, which will then require purchasing new ones. It is also recommended to purchase new electrode gel pads if they have not been used for a long period or have been incorrectly stored.
10. The use of this product may produce a moderate discomfort. This effect should disappear in a few minutes. Alternatively, lower the intensity and mode levels selected.

TO HELP WITH SET-UP, PLEASE NOTE THESE IMPORTANT POINTS:

- After the unit is connected to the mains wall socket the screen will flash once. Now you need to turn the unit on, by ACTIVATING the screen.
- To ACTIVATE the screen, press the On/Off button for NO LESS than 3 seconds.
- You now have 20 seconds to complete your choice of settings, otherwise the unit will turn off and you will need to Activate again by pressing the ON/OFF for no less than 3 seconds. So choose; Mode (1-25) and intensity for the Sole (1-99) and Intensity for the Body (1-99).
- PLEASE NOTE: Whenever you change the MODE, the Intensify setting reverts to zero, so you need to reset.
- Remember, if settings are not completed within 20 seconds, the unit turns OFF and you need to Activate again.
- For best results ensure your feet and body are clean of dead skin.
- For the foot plates to work, you need to have BOTH feet positioned at the same time.
- For the pads to work, you need to have BOTH pads on the body at the same time.

OPERATION

Before using, please check whether the equipment is in its original state: MODE - intensity level displayed, SOLE - intensity level displayed and time display shows ZERO, MODE display shows 1.



1. Put your feet on the unit.
2. Hold the on/off button for 3 seconds to turn on the unit, the LCD screen will light up in blue.
3. You can adjust the mode by pressing "MODE ▽ & MODE ▽". Maximum is the 25th mode.
4. Increase intensity by pushing the button "SOLE △ BODY ▽" or decrease intensity by pushing the button "SOLE △ BODY △".
5. You can adjust the modes at anytime, but once the mode is reset, the intensity will be returned to "0". To avoid shock from the mode, a new user should reset the intensity.
6. To terminate the massage period, user can turn off the unit anytime by pressing the on/off button for 3 seconds.
7. Please note the "BODY" buttons with the up and down symbols refer to the intensity of the pads. The two sets of pads are to be plugged-in on the right side of the unit.
8. Also note the "MODE" buttons with the up and down symbols refer to the mode description on page 5 of the instructions. The mode functions have a pre-set time amount. If you wish to stop the mode earlier, please use the on/off button.
9. Use the "sole massage roller" to activate the blood circulation on your feet for a couple of minutes before selecting mode and intensity. Do not stand on it.





Tips: Please adjust the intensity gradually from lower to stronger.

ON/OFF: press the button for 3 seconds to switch the unit on or off

Sole \triangle : increase the output intensity of the foot sole

Mode \triangle : choose one mode from 25 pre-moded massage modes upward

Body \triangle : increase the output intensity of electrode pads

Sole ∇ : decrease the output intensity of foot sole

Mode ∇ : choose one mode from 25 pre-moded massage modes downward

Body ∇ : decrease the output intensity of electrode pads

Operating the remote control

1. Open the battery cover behind the remote control
2. Put the 2xAAA batteries (not supplied) into battery case in correct polarities.
3. Close the battery cover.

Notes

1. Only original accessories and parts supplied with this product are compatible with the product.
2. It is recommended to revise and ensure all components are in good working condition whilst using them.
3. Usually, this device is affected by high frequency electromagnetism and microwaves. Ensure it is placed at least half a metre away from these type of machines when using this product.

CAUTION

This product is designed and intended for adults over the age of 18, for domestic personal use only. The following types of people should only use this product under medical guidance or after consulting a physician or general practitioner. Failing to do so may be conducive to physical discomfort and may cause an accident.

1. People suffering with critical illnesses and extremely debilitating constitutions.
2. Sufferers of cancer, tumours, hyperthyroidism, active period of tuberculosis or suppurating inflammations.
3. People suffering from a heart condition of any kind and the infirm.
4. People who have nervous dispositions, suffer from panic attacks or are sensitive to electronic muscle stimulators.
5. People suffering from severe diabetes, high fever, skin allergy, traumatic bleeding or have recently suffered any fractures.
6. High blood pressure patients or who suffer with any type of blood pressure disorder.
7. Abnormal skin conditions or subject to lack of sensorial skin functions.
8. Undergoing medical treatment or suffering from any psychopathic disorders.
9. If the product performance is erroneous, faulty or if it has been altered in any way or form, the output level becomes weaker or stronger, has no output at all, or the display screens don't reflect the correct desired settings and the unit is unstable, please stop using the product and return it to your usual supplier, distributor or vendor.

10. Portable and mobile radio frequency communications equipment can affect this product.

11. The use of additional accessories like transducers and cables, other than those specified, (with exception of transducers and cables sold by the manufacturer of the equipment or system) as replacement parts for internal components, may result in increased emission or decreased immunity of the equipment.

WARNINGS

1. This product should not be used by patients without prior consultation and prescription obtained from their general practitioner or doctor with implanted medical devices, like a cardiac pacemaker.
2. Please note that patients connecting to high frequency surgical equipment, may have an effect on this machine. Please consult and follow your doctor or general practitioner instructions at all times.
3. Do not operate in close proximity (e.g. 1m) to a shortwave or microwave therapy equipment. Failing to follow this instructions, may impair and make the stimulators' output unstable.
4. Please note the following conditions and seek medical advice: tumours, chronic or serious diseases, serious heart diseases, mentally unstable or any mental condition and pregnant women.
5. Please do not allow the electrode pads to become in contact with any metal substances or surfaces like a watch, necklace or another metal component whilst in use.
6. Please ensure that your body and skin are clear before using the electrode pads.
7. Please do not use the machine in wet conditions such as in the bathroom or kitchen.
8. Please do not sit, stand or jump on the unit. Do not let it fall on the floor and do not throw.
9. Please stop its use immediately if you feel any discomfort, nausea or vomiting whilst using it.
10. Do not apply the electrode pads near the thorax which may increase the risk atrial fibrillation.
11. Do not store or operate the device outside the instructed environmental conditions as this may impair its functionality and the device can be damaged.



EXPLANATION OF FIGURES, SYMBOLS, WARNING STATEMENTS AND ABBREVIATIONS ON THE EQUIPMENT

| | | | | | |
|---|--|--|----|--|---|
| 1 | | Symbol for "BATCH CODE". This symbol should be with Production Batch number and next to graph, bench code and lot number and batch number etc.) Examples: ABC123. | 5 | | The Symbol for the Manufacturer (the "manufacturer" tag), the tag should contain the company name and address of the manufacturer. Product manufacturers, EC represent the name and address of importers or distributors. |
| 2 | | Symbol for "DATE OF MANUFACTURE". This symbol should be next to number. Production date of medical equipment (use mark in front of the production date) | 6 | | Symbol for "Authorised Representative in the European Community" ("EU Authorised Representative" tag), the tag should include the company name and address of the company authorised by the EU. |
| 3 | | Symbol represents imperative "ATTENTION" and consulting the accompanying instructions or documents. | 7 | | The waste products should be handled and disposed of, in accordance with your local regulation. Do not dispose of it with your household waste. Seek your local council advice. |
| 4 | | After the adoption of the CE Certification, CE marking is instructed. The symbol vertical height, shall not be less than 5mm, clearly visible, legible and durable. The CE Conformity assessment procedures are made by a Notified Body. The Notified Body registration number should be at the side of the CE mark (usually in the bottom right). The diameter of the CE Marking should be no less than a 5mm semicircle of the two make ups, the xxxx at the lower right corner is the Notified Body identification number, such as 0473. All medical products sold in the EU market must identify the "CE". Affix the CE mark indicates that: A. The equipment meets the basic requirements of the MDD (Medical Device Directive); B. The equipment can be legally sold in the market within the EU; C. The device has passed conformity assessment procedures. The CE mark affixed to the medical device has two variations. That is, CE mark without Notified Body identification number and CE mark with Notified Body identification number. | 8 | | BF devices. |
| | | | 9 | | This side up. |
| | | | 10 | | Fragile. Do not drop. Do not step on it. |
| | | | 11 | | Keep dry. Keep away from moist or wet environments. |
| | | | 12 | | Maximum stacking capability. |
| | | | 13 | | Device serial number. |
| | | | 14 | | Protected against objects greater than 12mm. Protected from vertical fall of water drops. |

STORAGE / MAINTENANCE

- Use a wet cloth or neutral cleanser to wipe the unit. Do not use any volatile or flammable liquids or corrosive fluids such as benzene, thinners or gasoline.
- Keep it away from magnetic fields which may impair its performance. Keep away from the reach of children, infants and toddlers.
- Maintain and keep the unit far away from moisture or moist environments, high temperatures, direct sunlight or sprinkling water like the bathroom shower.
- Do not attempt to dismantle the unit nor attempt to repair or rebuild the unit by yourself. This will be in breach of the limited 1-year manufacturer's warranty. Any repair or maintenance should be done by a qualified electrician or the seller of this unit.
- If not in use for long periods, please remove the batteries in the remote control.

CAUTION FOR ELECTRODE GEL PADS

Never stick two adhesive pads to each other. Keep the adhesive gel pads clean and never expose them to high temperatures or direct sunlight or sunshine.

For protecting the gel pads longevity, always put them back onto their gel pad protectors after every single use. Don't touch the gel of the pads with your bare fingers, as this will reduce the gel adhesiveness and will reduce their function and life expectation.

Don't clean the electrode pads with hot water or any other soap or chemical. Simply rinse them with tap water and allow to air dry.

If the electrode pads become dirty over time, the adhesive properties may decrease and the skin may begin to feel uncomfortable and irritated. If this should occur, rinse the pads with tap water and wipe the dirty area, this will promote and restore the adhesive gel pad properties. If too much water is applied, their adhesiveness will be reduced.

The electrode pads have passed a Biocompatibility Test, showing no favourability to skin irritations or allergies. Initially, the use of this device, may seem moderately discomforting. If discomfort is felt, lower the intensity of the mode selected and discontinue if persists.

TROUBLE SHOOTING

| Questions | Reason | Solvent |
|----------------------------------|---|--|
| No stimulation | Is the wire connected? Have the protective sleeves been removed from the pads? | Connect the wire correctly. Remove the protective membrane of the pads. |
| Weak stimulation | If the pads stick to the skin tightly? If the pads stick overlapped? If the pads are dirty? If the intensity is weak? If the stick place not goods? | Stick the pads tightly. Detach the pads, and stick again. Clean the pads. Adjust the intensity to be stronger. Change the stick place. |
| The skin become red and stinged | Therapy time is too long? The pads too dry? The pads are sticked too tightly? The pads are dirty? The pads are damaged? | Therapy time always be 10-15minutes once. Clean with the wet cloth, then use again. Stick the pads tightly to the skin. Clean the pads. Change the pads. |
| The power cut off during therapy | The pads fall off from the skin? The wire connect cut off? No battery? The therapy time over? | Turn off the power, stick the pads again. Turn off the power, connect the pads again. Change new battery. The power will turn off after 15minutes therapy. |



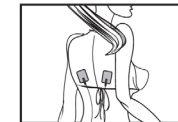
DESCRIPTION OF MODES

| MODE | PATTERN | GOOD FOR |
|------|-----------------------------|------------------------|
| 1 | Accupuncture Pushing | Hypertension |
| 2 | Accupuncture | Headache |
| 3 | Accupuncture Kneading | Menoxenia |
| 4 | Accupuncture Tapping | Chronic Lumbar Strain |
| 5 | Scrapping | Cold |
| 6 | Squeezing | Sciatica |
| 7 | Massage | Enhance immunity |
| 8 | Pushing Massage | Lumbago |
| 9 | Pushing Squeezing | Relax muscle |
| 10 | Accupuncture Squeezing | Activate collaterals |
| 11 | Accupuncture Hammering | Stiff neck |
| 12 | Kneading | Breast improving |
| 13 | Thumping | Apoplexy |
| 14 | Scrapping Pressing | Constipation |
| 15 | Cupping | Stomachache |
| 16 | Body Shaping | Slimming |
| 17 | Hammering | Insomnia |
| 18 | Massage Tapping | Relieve fatigue |
| 19 | Pushing | Lumbar vertebra |
| 20 | Rolling Pounding | Neurasthenia |
| 21 | Massage Shiatsu | Senile osteoporosis |
| 22 | Stroke | Cervical Spondylosis |
| 23 | Acupuncture therapy Massage | Arthritis & Rheumatism |
| 24 | Shiatsu | Blood circulation |
| 25 | Rolling Kneading | Relieve stress |

ELECTRODE PADS THERAPY USAGE EXAMPLE

SHOULDER / BACK

Sympton:
 Shoulder, back muscle ache, etc.
 Cutlinc



ARM

Sympton:
 Numb arm, muscle ache, etc.
 Cutlinc



WAIST

Sympton:
 Waist muscle ache, etc
 Cutlinc



LEG

Sympton:
 Leg muscle ache, etc.
 Cutlinc

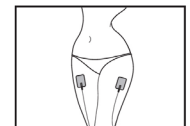
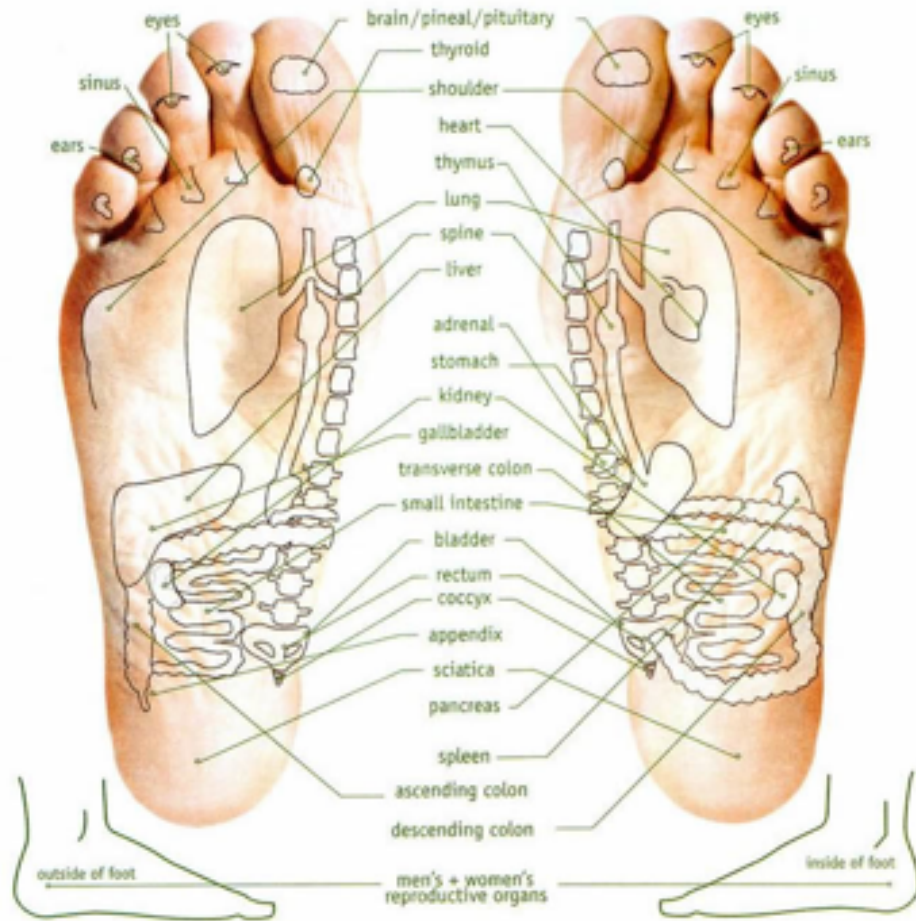




DIAGRAM OF THE REFLEXIVE ZONES OF THE FEET



ACCOMPANYING DOCUMENTS:

Instructions for use

1. AST-300D needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the ACCOMPANYING DOCUMENTS;
2. Portable and mobile RF communications equipment can affect AST-300D.


Technical description

1. Warning that the use of accessories, transducers and cables other than those specified, with the exception of transducers and cables sold by the manufacturer of the AST-300D as replacement parts for internal components, may result in increased EMISSIONS or decreased IMMUNITY of the AST-300D.
2. Warning that the AST-300D should not be used adjacent to or stacked with other equipment.

| Guidance and manufacturer's declaration - electromagnetic emissions | | |
|---|------------|--|
| The AST-300D is intended for use in the electromagnetic environment specified below. The customer or the user of the AST-300D should assure that it is used in such an environment. | | |
| Emissions | Compliance | Electromagnetic environment - guidance |
| RF emissions CISPR 11 | Group 1 | The AST-300D uses RF (Radio Frequency) energy only for its internal function. These RF emissions are very low and not likely to cause interferences in nearby electronic equipment. |
| RF emissions CISPR 11 | Class B | The AST-300D is suitable for domestic use and in domestic households only. Those households connected to the mains power supply network and supplies household buildings for domestic purposes only. |
| Harmonic emissions IEC 61000-3-2 | Class A. | |
| Voltage fluctuations/ flicker emissions IEC 61000-3-3 | Complies | |



| Guidance and manufacturer's declaration – electromagnetic immunity | | | |
|---|---|---|---|
| The AST-300D is intended for use in the electromagnetic environment specified below. The customer or the user of the AST-300D 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 | ±6 kV contact ±8 kV air | ±6 kV contact ±8 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 and patient coupled lines | ±2 kV for power supply lines and patient coupled lines | Mains power quality should be that of a typical commercial or hospital environment. |
| Surge IEC 61000-4-5 | ±1 kV line(s) and neutral | ±1 kV line(s) and neutral | 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 | <5 % UT (>95 % dip in UT) for 0,5 cycle 40 % UT (60 % dip in UT) for 5 cycles 70 % UT (30 % dip in UT) for 25 cycles <5 % UT (>95 % dip in UT) for 5s | <5 % UT (>95 % dip in UT) for 0,5 cycle 40 % UT (60 % dip in UT) for 5 cycles 70 % UT (30 % dip in UT) for 25 cycles <5 % UT (>95 % dip in UT) for 5s | Mains power quality should be that of a typical commercial or hospital environment. If a dips or an interruption of mains power occurs, the current of the AST-300D may be dropped off from normal level, it may be necessary to use uninterruptible power supply or a battery. |
| Power frequency (50/60 Hz) magnetic field IEC 61000-4-8 | 3 A/m | 3 A/m | Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment. |
| NOTE UT is the a.c. mains voltage prior to application of the test level | | | |

| Guidance and manufacturer's declaration – electromagnetic immunity | | | |
|--|-----------------------------|------------------|--|
| The AST-300D is intended for use in the electromagnetic environment specified below. The customer or the user of the AST-300D 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 150 kHz to 80 MHz | 3 Vrms | Portable and mobile RF communications equipment should be used no closer to any part of the AST-300C, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d=1,2\sqrt{P}$ 80 MHz to 800 MHz $d=2,3\sqrt{P}$ 80 MHz to 2,5 GMHz where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation Distance in metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, a should be less than the compliance level in each frequency range. b Interference may occur in the vicinity of equipment marked with the following symbol:  |
| Radiated RF IEC 61000-4-3 | 3 V/m 80 MHz to 2.5 GHz | 3 V/m | |
| NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies. NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people. | | | |
| a. Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the AST-300D is used exceeds the applicable RF compliance level above, the AST-300D should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the AST-300D. b. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m. | | | |

**Recommended separation distances between
portable and mobile RF communications equipment and the AST-300C**

The AST-300D is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the AST-300D can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the AST-300D 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 $d=1,2\sqrt{P}$ | 80 MHz to 800 MHz $d=1,2\sqrt{P}$ | 800 MHz to 2.5 GHz $d=2,3\sqrt{P}$ |
| 0.01 | 0.12 | 0.12 | 0.23 |
| 0.1 | 0.38 | 0.38 | 0.73 |
| 1 | 1.2 | 1.2 | 2.3 |
| 10 | 3.8 | 3.8 | 7.3 |
| 100 | 12 | 12 | 23 |

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.