

SOLO

FUNCTIONAL IMPULSE TRAINING



SOLO

Functional Impulse Training

OPERATING MANUAL

Version 1.0 - EU

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Functional Impulse Training

OPERATING MANUAL

SOLOFIT-OM-V1.0-EU 10/24

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See symbols glossary in the
TECHNICAL SPECIFICATIONS
section of the User Manual.

SOLO FIT Operating Manual

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SYMBOLS DESCRIPTION

Symbols and descriptions appear throughout the manual, highlighting Contraindications, Warnings, Precautions, and Adverse Effects. When you see a symbol, review the information carefully before using the equipment

Symbol Description



CAUTION - indicates text that will explain possible safety hazards that could potentially cause injury or damage to equipment.



DANGER - indicates potential imminent hazardous safety situations that could result in death or serious injury.



EXPLOSION HAZARD - indicates possible safety hazards if this equipment is used in the presence of flammable materials.



DANGEROUS VOLTAGE - indicates possible hazards resulting in the electrical charge delivered in certain program configurations of waveforms.



BIOHAZARDOUS MATERIALS - indicates possible hazards resulting from the improper handling of components and accessories that have come in contact with bodily fluids or components that need proper disposal.



NON-IONIZING ELECTROMAGNETIC RADIATION - indicates possible hazards resulting from elevated, potentially dangerous levels of non-ionizing radiation.



KEEP DRY - indicates possible hazards resulting when the suit is operated in water.



BF COMPONENTS - are devices with conductive contact to the User.

INTRODUCTION

Congratulations on your purchase of the SOLO FIT System.

NEURO20 FIT SYSTEMS recommends that all Users/Operators thoroughly review the contents of this manual, also available online at www.solofit.eu/manual.



Do not operate the system if there is any sign of potential damage. If you suspect damage, first consult the Troubleshooting section ([pg. 42](#)). If the issue is not resolved, contact your point of sale or our support at support@solofit.eu. Proper use and maintenance of the system is the sole responsibility of the registered owner.

The SOLO FIT system is a fitness device intended for personal use only, and is not for resale, loan, or lease to any third-party User/Operator. Any resale, lease, loan, or distribution may only occur with written consent from Neuro20 Fit Systems LLC. If authorized, the new owner must re-register the device with the company.

SAFETY

Contraindications, Warnings, Precautions, Potential Adverse Effects



Device User Manual

Do not operate this device until the User Manual with the Contraindications, Warnings, Precautions, and potential Adverse Effects are carefully read and understood. If there are any questions, contact Neuro20 Fit Systems at support@solofit.eu prior to use.

ADVERSE REACTIONS

Skin irritation and burns beneath the electrodes have been reported with the use of powered muscle stimulators. Discontinue use and treat appropriately if this occurs. Lower the intensity of the stimulation during any subsequent session.

CONTRAINDICATIONS



Pacemaker

Powered muscle stimulators should not be used on Users with cardiac demand pacemakers.



For additional important safety information and warnings, please refer to [page 45](#) of this manual.

PRODUCT DESCRIPTION

The SOLO FIT System is a powered muscle stimulator designed for individual exercise or used as a fitness device. The System can create co-contraction muscle resistance as well as optimized sequenced movement patterns. The involuntary muscle activation can be voluntarily over-ridden through intentional exercise. Individual intensity levels can be modulated for each muscle group.

The SOLO FIT System is a wearable textile and supporting app platform, that provides electrical muscle stimulation interventions. The System utilizes electrical stimulation to create a motor neuron recruitment of muscle fiber (involuntary contraction), thereby bypassing the neural pathway that occurs during voluntary muscle recruitment. When combined with a voluntary movement, the contractions create enhanced performance and recovery.

Users may be actively engaged within a variety of training modes. The SOLO FIT system is designed to be operated directly by the user.



SYSTEM COMPONENTS AND OVERVIEW

SOLO FIT System Components:

- SOLO FIT Control Box - Model Number: N20SOLO-CB
- SOLO FIT Application - Model Number: SOLOFIT-AP
- SOLO FIT Smart Suit - Model Number: N20-SS
- SOLO FIT System Operating Manual: SOLOFIT-OM-V1.0-EU

SOLO System 3rd-Party Components:

- Battery w/charger
- Protective case



Dispose of all batteries and component parts as per local regulations. Contact local authorities to determine the proper method of disposal of potentially bio-hazardous parts and accessories. Do not dispose of any System components in regular trash or recycling bins unless local regulations permit.

Protective Case for SOLO FIT System (provided by 3rd party)

The Protective case provides protection for the system. The SOLO FIT System is placed in custom-cut foam to provide an additional layer of protection. The Smart Suit is packaged separately in a string bag, and includes a wash bag.

SOLOFIT Protective Case

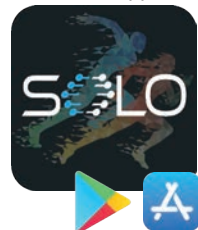


To prevent any damage to the components we suggest carrying the SOLO FIT System in the provided Protective Case when traveling and during storage.

SOLO FIT Application - Model Number: SOLOFIT-AP

The SOLO FIT App is available for download on both the Apple App Store and Google Play Store. A successful download is required to operate the SOLO FIT System.

SOLO FIT App Icon



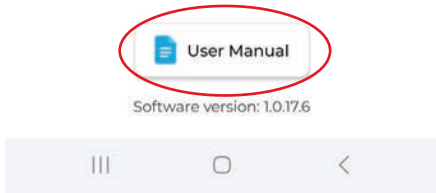
App updates are released regularly. To ensure seamless use of the SOLO FIT System, keep both your mobile device's operating system and the SOLO FIT app up to date.

Note - Neuro20 Fit Systems is not responsible for maintaining or installing any software or application other than the SOLO FIT Application.

SYSTEM COMPONENTS AND OVERVIEW^(continued)

SOLO FIT System Operating Manual: SOLOFIT-OM-V 1.0-EU 10/24

SoloFit System Operating Manual



The SOLO FIT System Operating Manual is a guide for safe operation and maintenance.

The Manual can be found within the SOLO FIT App and a digital version can be downloaded from www.solofit.eu/manual.

SOLO FIT Control Box - Model Number: N20SOLO-CB

The SOLO FIT Control Box attaches to the Smart Suit. The Control Box generates electrical impulses and is controlled by the User/Operator through the App installed on the Mobile Device. The Control Box wirelessly connects to the Mobile Device. The power supply of the Control Box is provided through a rechargeable, replaceable battery.

To determine whether the device has sufficient power to safely and effectively complete a session, please check [page 26](#).

2 RGB LEDs are located at the top of the cabinet and indicate the following states:

Left LED

- Blinking **Green** – device is performing initial self-test
- Blinking **Red** – Battery is too hot or battery is not connected properly
- Blinking **Yellow** – Remaining battery capacity is too low
- Blinking **Blue** – the device is ready for connection
- Blue** – the device has an active wireless connection
- Purple** – the device is in firmware update mode
- Blinking **Purple** – firmware update in progress

Right LED

- Green** – the device is switched ON and in the idle state
- Purple** – Work Period of Stimulation
- White** – Rest Period of Stimulation

- Both LEDs** Blinking **Red** - failure of one or more stimulation components
- Left LED Blue & Right LED** blinking **Yellow** – pause (device still connected)
- Left LED** blinking **Blue & Right LED** blinking **Yellow** – pause (device disconnected)

SOLO FIT Control Box



System COMPONENTS AND OVERVIEW (continued)

Battery & Charger

The provided battery (LP-E5 battery, model LF7.4900) & charger for the SOLO FIT Control Box are certified for the use with SOLO FIT System.

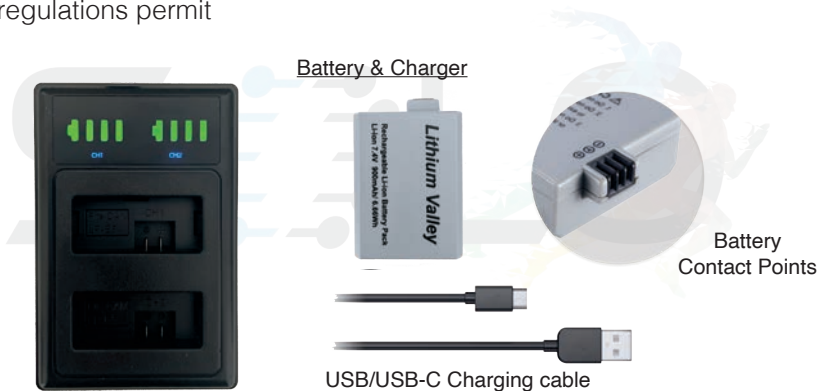


Only provided battery or model equivalent to LP-E5 Li-ion (7.4V) should be used in the SOLO FIT Control Box.

Typical operation time for a fully charged battery is 6 hours of use. Typical shelf life for the battery is one year after full charge, and 500 charging cycles. Charging time for full charge is 3 hours. Once the battery percentage drops to 10%, when you attempt to connect to the Control Box (in My Device and Start Training), the icon and text turn red. At this point, the battery should be replaced. Do not use battery with visible damage.



Dispose of all batteries and component parts as per local regulations. Contact local authorities to determine the proper method of disposal of potentially bio-hazardous parts and accessories. Do not dispose of any System components in regular trash or recycling bins unless local regulations permit



System COMPONENTS AND OVERVIEW (continued)

SOLO FIT Smart Suit - N20-SS

The SOLO FIT Smart Suit is equipped with a slide and guide connection System for the SOLO FIT Control Box. Inside the SOLO FIT Smart Suit there are specially designed electrodes which are placed to fit over various muscle groups. The suits are unisex in sizes ranging from XXS to XXL.



Do not use, or attempt to use any other stimulation suit with the SOLO FIT System. The SOLO FIT Smart Suit is for single User use only! Do not share SOLO FIT Smart Suits between different Users.

SOLO FIT Smart Suit



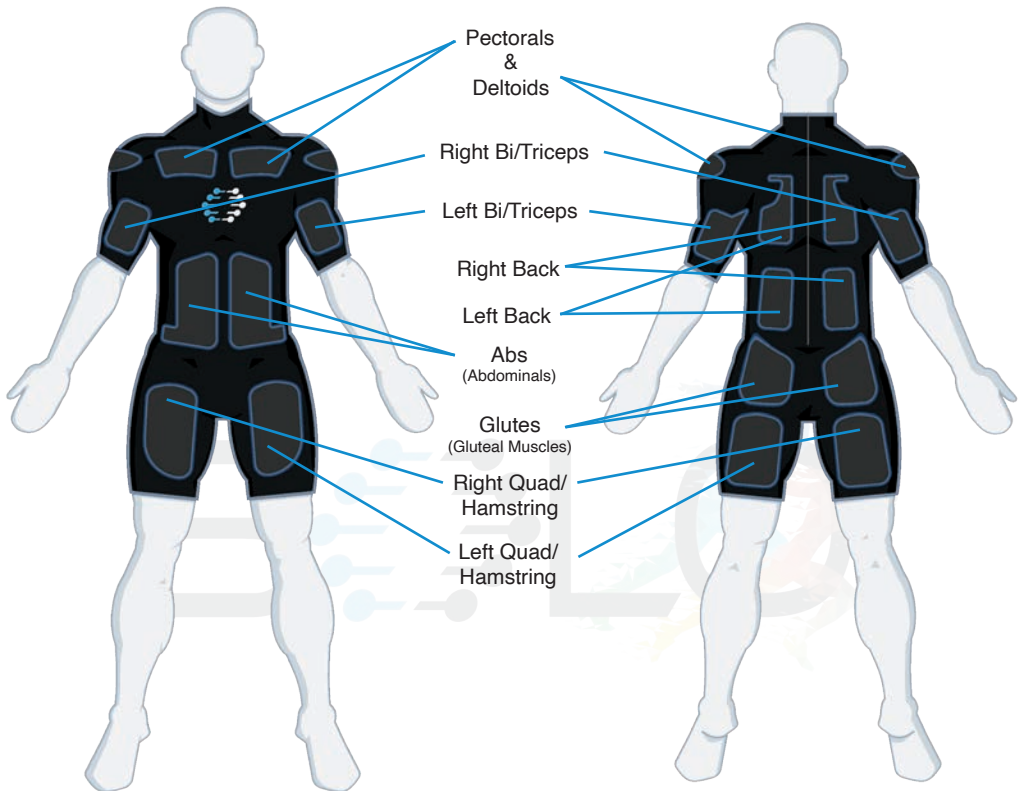
* Color of the Smart Suit displayed in this manual may not reflect the actual final product.

System COMPONENTS AND OVERVIEW (continued)

SOLO FIT Smart Suit - N20-SS (continued)

Electrodes (pads) on the SOLO FIT Smart Suit fit over the following muscle groups.

SOLO FIT Smart Suit - Electrodes / Muscle Group Diagram



Packaging and Washing Bag for SOLO FIT Smart Suit

Your SOLO FIT Smart Suit comes with 2 bags:

SOLO FIT Smart Suit Packaging

- **Mesh Wash Bag:** Designed to make washing safer and easier, protecting the suit and its embedded technology during the wash cycle.
- **String Carry Bag:** Provides a convenient way to carry your Smart Suit to and from your training sessions, ensuring easy transport and protection.

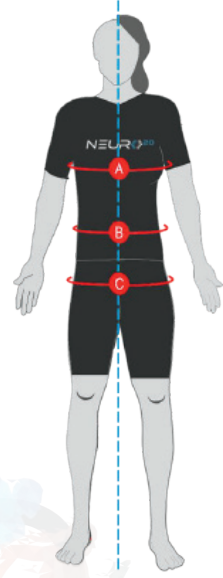


SOLO FIT Smart Suit - Sizing

The SOLO FIT Smart Suit is unisex and comes in 7 sizes. The Smart Suit is made from durable, anti-microbial, flexible, fitting material. The chart below is an approximate size guide. Follow manufacturer care instructions on the [next page](#).

The SOLO FIT Smart Suit should fit snugly so the electrodes stay close to the body, but not so tightly that it restricts movement. While durable, the Smart Suit contains embedded technology and electronics, making the right fit crucial to avoid unnecessary stress on the components and to ensure comfortable stimulation. Use the size chart to select the size that best matches your measurements.

If your upper and lower body measurements fall into different size categories, choose the size based on the larger part. You may need to wear a compression shirt or shorts over the suit to ensure a snug fit for the smaller part of your body, keeping the electrodes in place.



Neuro20 Smart Suit - Size Chart

MEASUREMENTS						
SIZE	Chest A		Waist B		Hips C	
	inch	cm	inch	cm	inch	cm
XXS	31.5 - 35	80 - 88	25.5 - 29	65 - 73	31.5 - 35	80 - 88
XS	35 - 37.5	88 - 96	29 - 32	73 - 81	35 - 37.5	88 - 96
S	37.5 - 41	96 - 104	32 - 35	81 - 89	37.5 - 41	96 - 104
M	41 - 44	104 - 112	35 - 38	89 - 97	41 - 44	104 - 112
L	44 - 48.5	112 - 124	38 - 43	97 - 109	44 - 47	112 - 120
XL	48.5 - 53.5	124 - 136	43 - 47.5	109 - 121	47 - 50.5	120 - 128
XXL	53.5 - 58	136 - 148	47.5 - 52.5	121 - 133	50.5 - 53.5	128 - 136

GENERAL MAINTENANCE

User/Operator is expected to maintain the SOLO FIT System and its components by following the guidelines in this manual. Neuro20 Fit Systems recommends using the SOLO FIT System only after fully understanding the Operating Manual. Handle all components with care, as the system is an electrical device that should not be thrown, dropped, or stored with items that could cause damage. If any component shows signs of damage or tampering, immediately discontinue use and contact support at support@solofit.eu.

SOLO FIT Smart Suit Maintenance:

The SOLO FIT Smart Suit is a complex, high-tech wearable that requires specific care. It is machine washable, and we recommend washing it regularly after use to prepare for future sessions. Wash the suit on a gentle or regular cycle, with a spin speed between 800-1200 RPM, using water at 30°C (tap cold) or below. The SOLO FIT Smart Suit is hang dry only—do not use a dryer. See more details:

How to wash the SOLO FIT Smart Suit:

1. SOLO FIT Smart Suit comes with String Bag and washing bag (Fig.1).
2. Before washing, ensure the Smart Suit is turned right side out, with the logo visible.
3. Securely close the Velcro strap to prevent the hooks from damaging the suit. Ensure the silicon plug is firmly inserted into the USB-C connector (Fig.2).
4. Fold the Smart Suit in half lengthwise (Fig. 3), then fold both ends toward the middle (Fig. 4), and finally fold the suit in half again (Fig. 5). This method ensures the Smart Suit fits properly into the wash bag and prevents unwanted folds or damage to the embedded technology.
5. Place the folded Smart Suit into the provided wash bag (Fig. 6) and proceed with washing as instructed on the next page. ([Pg. 11](#))

Fig. 1



Fig. 2



Fig. 3



Fig. 4



Fig. 5



Fig. 6




GENERAL MAINTENANCE (continued)

SOLO FIT Smart Suit Maintenance (continued):

DO NOT!

1. Do not dry clean or clean chemically.
2. Do not bleach or use any fabric softener or fragrance enhancer.
3. Do not tumble dry or wring out by hand.
4. Do not dry in direct sunlight.
5. Never iron.
6. Never hand scrub or hand wash or use any abrasive, or brush on the suit.



 Use a mild, bleach-free detergent, such as high-performance sports detergent, delicate detergent, or baby shampoo. For an eco-friendly option, choose biodegradable or plant-based detergents to minimize environmental impact while caring for your SOLO FIT Smart Suit.


Always check your SOLO FIT Smart Suit for any signs of physical damage, loose threads, or wear and tear. Damage to the electrodes or connections could affect the suit's performance. If you notice any potential issues, stop using the suit and contact customer support at support@solofit.eu for assistance.

Store the SOLO FIT Smart Suit indoors in a clean, dry, pest-free environment, away from pets and children, and out of direct sunlight. The recommended storage temperature is between +10°C and +40°C (50°F to 104°F), with humidity levels between 5% and 80% (non-condensing), and an atmospheric pressure range of 700 hPa to 1060 hPa.

Note! The SOLO FIT Smart Suit should not be altered, patched, or have any logos added, as this may cause device malfunctions and violate trademark and branding requirements.

 The SOLO FIT Smart Suit is for single User use only!

Control Box Maintenance:

-  • Store the SOLO FIT Control Box in the provided protective case when not in use, keeping it in a dry place, away from high humidity, dust, and electromagnetic interference.
- Avoid extreme temperatures by keeping the Control Box away from direct sunlight, excessive heat, or cold.
- Handle the Control Box with care to prevent damage from drops or shock.
- Regularly clean the exterior with a soft, dry cloth to remove dust or debris.
- Ensure the battery is fully charged before use and unplug the device when not in use to preserve battery life.

GENERAL MAINTENANCE (continued)

Control Box Maintenance: (continued)

FIRMWARE - Regular SOLO FIT Control Box firmware updates may be required and will need an active internet connection. Users will be notified via the SOLO FIT app when new firmware is released. Registered users can then install updates through the “My Device” tab in the App.

Do not change or alter any labels, components, charger, batteries, or stack electrical unauthorized products with the SOLO FIT Control Box as it may cause a malfunction of the device. The temperature range for use of the device is +5 to +40 °C (+41 to +104°F) and the humidity range is 15-90% Humidity. The temperature range for Storage & Transport is -25 to +70 °C (-13 to +158°F) and the humidity range is 15-90% Humidity. SOLO FIT Control Boxes should be stored in the padded case provided at the time of purchase.



Keep the SOLO FIT Control Box dry at all times. Limit direct exposure to light, sunlight, whenever the System is not in operational use. Keep away from lint, dust and debris. To clean the SOLO FIT Control Box use a soft, clean, lint free, dry, nylon brush and gently wipe the surface. If there is any visible damage to a SOLO FIT Control Box, remove the item in question from use, store properly, and immediately contact at support@solofit.eu.

SOLO FIT Batteries and Charger

Proper maintenance is essential to ensure the longevity and performance of your SOLO FIT system. Follow these guidelines for safe and effective use:

- **Charging:** Always use the provided charger to charge the batteries. The charger's indicator shows the battery level; when the battery is fully charged, the level will show full. Avoid overcharging by unplugging once fully charged.
- **Regular Charging:** Charge the batteries at least once every 2 months to ensure longevity.
- **Storage:** Store batteries in a cool, dry place away from direct sunlight, heat, and moisture. Keep the system and components away from children, pests, and pets. Keep them free from lint, dust, and debris, especially the contact points. For long-term storage, ensure the battery is at approximately 50% charge.
- **Handling:** Avoid dropping or subjecting the batteries and charger to physical impact. Keep away from children, pests, and pets.
- **Cleaning:** Clean battery terminals and charger connections with a dry, soft cloth. Do not use any liquid or chemical cleaning solutions on any component.
- **Safety:** Never expose batteries to extreme temperatures, fire, or water. If a battery shows signs of damage, swelling, or overheating, remove it from use immediately and contact technical support at support@solofit.eu.
- **Replacement:** Only use approved SOLO FIT replacement batteries to avoid malfunction or damage.

GENERAL MAINTENANCE (continued)

SOLO FIT Operating Manual and Service/Shelf Life of All Components:

SOLO FIT Operating Manual is available in PDF format within the SOLO FIT app. It is also available for download at www.solofit.eu/manual.

Service Life and Shelf Life for All Component Parts

The table below outlines the Service Life and Shelf Life of all component parts of the SOLO FIT system. These values indicate the expected duration of reliable performance and proper storage conditions for each part. Regular maintenance and proper storage are essential to ensure optimal longevity and functionality.

Model Number	Description	Shelf Life	Service Life
N20SOLO-CB	SOLO FIT Control Box	N/A	5 years
N20-SS	SOLO FIT Smart Suit	3 years	1 year
Battery & Charger	Battery w/Charger	1 year	N/A

OPERATING MODES

The SOLO FIT System features five operating modes: Strength, Conditioning, PEMS (Patterned Movements), Cool Down and Massage.

Operating Mode	Stimulation (Work) Period		Rest Period		Program Group
Strength	84 Hz	175 µs	<i>No stimulation</i>	<i>No stimulation</i>	Training programs
Conditioning	40 Hz	175 µs	7 Hz	175 µs	
PEMS - Patterned Movements (all)	84 Hz	175 µs	<i>No Stimulation</i>	<i>No Stimulation</i>	
Cool Down	100 Hz	75 µs	<i>No stimulation</i>	<i>No stimulation</i>	Recovery programs
Massage	84 Hz	175 µs	7 Hz	175 µs	

To assist with deciding which mode is best for desired outcomes, please refer to the following descriptions of the operating modes:

OPERATING MODES (continued)

Strength contracts and then releases the muscle based on the set stimulation time and rest periods.

Conditioning contracts the muscle during the stimulation period based on set the stimulation time, followed by a gentler stimulation period during the rest time.

PEMS stimulates muscles involved in specific movements. It includes a quick contraction followed by a rest period. Specifics vary per patterned movement. PEMS are divided into 2 groups: Continuous (Cycling, Sprinting) and Reactive Programs (Jumping).

Cool Down is a light contraction and release operating mode.

Massage contracts the muscle, followed by a gentler stimulation period.

INSTRUCTIONS OF USE

Each operating mode is to be utilized based on the fitness goal and physical tolerance of the User. This includes the choice of operating mode, stimulation levels and any increases in usage of the operating modes.

The manufacturer recommends starting with conservative stimulation parameters. For the first session, stimulation should not exceed 10 minutes or should be limited to what is tolerable for the user. Shorter sessions may be necessary depending on individual needs. You may gradually increase stimulation time, but it is not advised to exceed a total of 30 minutes.

Prior to use of the SOLO FIT The user should familiarize themselves with all warnings and precautions outlined in this manual.

System use should be discontinued at the User's/Operator's discretion.

The stimulation and rest times should be set according to the user's desired outcome and physical condition.

It is recommended to start with a 1:2 ratio of stimulation to rest time (10 seconds on, 20 seconds off). However, the final decision should be based on the user's individual needs.

It is highly recommended to allow at least 72 hours (3 days) between SOLO FIT training sessions to ensure proper recovery, as this is an intense form of training. Depending on the athlete's or user's physical condition and fitness level, this recovery period may need to be extended. Each training session should not exceed 30 minutes, and it is recommended to limit usage to a maximum of 2 sessions per week.

RUNNING A SESSION

This user manual outlines how to set up and control a stimulation session. For detailed instructions, please refer to the Operating Procedures section starting below.

Increase stimulation until noticeable muscle activation occurs. To do this, select the desired muscle group and press the (+) button on the app.

Note! For smaller muscle groups, it is recommended to use lower stimulation levels compared to larger muscle groups.

User comfort is a priority. Stimulation can be reduced anytime by pressing the (-) button on the app. To pause, press the Pause button. You can stop the session at any time by pressing the Stop button on the app or the Control Box.

OPERATING PROCEDURES

SOLO FIT Smart Suit PREPARATION



Before first use, inspect the Smart Suit for exposed wires, holes, or tears. If any damage is found, contact the seller or email us at support@solofit.eu.

Prior to each training session, we recommend applying Parker's Laboratories' Signaspray (provided with purchase) directly onto the electrodes for comfortable stimulation delivery, especially for users with movement restrictions or in colder environments where breaking a sweat may be difficult. The Signaspray is an add-on to your SOLO FIT System. It is designed to improve connectivity and assure comfortable delivery of the stimulation.



Use only the provided electrode spray, as other solutions may damage the electrodes and void the warranty.



Steps to Apply Signa Spray on the SOLO FIT Smart Suit:

1. Turn the Smart Suit inside out and lay it flat on a surface.
2. Spray Signaspray directly onto the electrodes—1-2 squirts for smaller electrodes and 2-4 squirts for larger ones. Avoid oversaturating.
3. Gently rub the spray into the electrode with your fingers. The electrode will absorb the spray and become moist, like a sponge.
4. Once done with one side, fold the suit in half lengthwise. Apply the spray to the electrodes facing up.
5. Fold the suit from the top and bottom to expose the remaining electrodes and apply the spray.

Missed an Electrode?

If you missed any electrodes or got distracted before training and some electrodes dried up, you can apply more spray while wearing the suit. Simply lift the material above the desired electrode and spray very close to the fabric to ensure the solution soaks through. The liquid will spread down to the electrode. For electrodes on your back, ask someone for assistance.

OPERATING PROCEDURES (continued)

Putting on the SOLO FIT Smart Suit

1. Pull the Suit over your legs. **Zipper to be positioned on the back.** (Fig.1)
2. Gently pull the Suit over your hips. When pulling, take care to avoid abrupt movements; hold the suit by bulk, and pull it up slowly. (Fig.2) Adjust the position of electrodes on the quad and hamstring, if necessary.
3. Once the suit is over your waist, slip in one arm (Fig.3) and pull up the sleeve over your shoulder. Adjust the sleeve so that electrodes are in place. (Fig.4)
4. Follow the same procedure with the other arm, until the suit is fully over both shoulders. (Fig.5)
5. Hold the loop at the bottom of the zipper on your back with one hand (Fig.6a), & use the other hand to hold the end of the zipper lanyard. (Fig.6b)
6. Pull the zipper lanyard upward, until fully zipped. (Fig7)
7. Secure the magnet tab at the end of the lanyard to the magnet located at the bottom of the zipper. (Fig.8)

Fig. 1



Fig. 2



Fig. 3



Fig. 4



Fig. 5



Fig. 6a



Fig. 7



Fig. 8



To view full video instructions on how to **PREPARE SMART SUIT** and how to **PROPERLY PUT IT ON & TAKE IT OFF**, click following link:

www.solofit.eu/library/smartsuit.

OPERATING PROCEDURES (continued)

SOLO FIT Control Box



Prior to each training session, ensure a charged battery is in the SOLO FIT Control Box.

Inserting and removing the battery:

1. Twist the knob to the left to unlock the cover.
2. Remove the battery cover.
3. Insert battery by pushing in top of the battery first (Fig.3) and pressing down into the place (Fig.4)
4. Align the battery cover starting at the bottom first (Fig.5 - opposite from Stop button). Push down to close (Fig.6). Ensure that the battery cover is properly secured.
5. Twist the battery lock knob to the right - closed position. (Fig.7)



To remove the battery:

1. Pull on the red ribbon (Fig.8)
2. Pull the battery out (Fig.9).

OPERATING PROCEDURES (continued)

SOLO FIT Control Box (continued)

Attaching SOLO FIT Control Box

1. Ensure the Velcro strap on the suit is not in the fastener and out of the way (Fig.1) prior to connecting the Control Box, and that the silicone plug is out of the way (Fig.2). Make sure that the latch at the top of the hip clip is open (in the vertical position) (Fig.3).
2. Align the slide and guide rails of the Control Box with the rails on the hip clip of the Smart Suit (Fig.4).
3. Connect the Control Box to the Smart Suit by gently guiding the USB male connection into the female connection point on the hip clip of the Smart Suit. Then, carefully push the Control Box upwards, to ensure appropriate connection. Secure the Control Box by gently pressing down on the latch (horizontal position) (Fig.5). Give the Control Box one additional push (Fig.6).
4. Take the velcro fastening strap attached to the suit, place it over the Control Box, through the fastener, and close (Fig.7).

Fig. 1



Fig. 2



Fig. 3

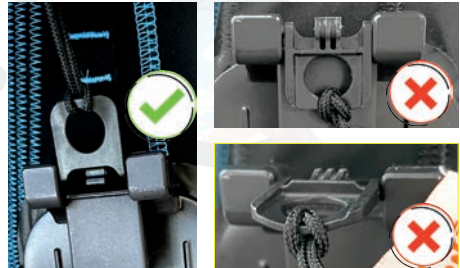


Fig. 4



Fig. 5

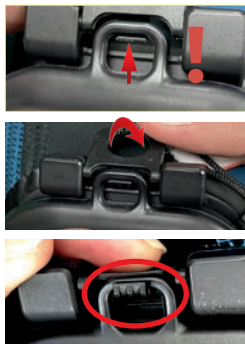


Fig. 6



Fig. 7



Note: If the latch does not close into the loop of the Control Box, ensure that the Control Box is pushed in all the way. Do not force!

OPERATING PROCEDURES (continued)

Detaching the SOLO FIT Control Box

1. Press the SOLO FIT Control Box Power Button (Fig.1) and ensure that the indicator lights are off.
2. Open the velcro fastening strap attached to the suit (Fig.2), remove from the fastener, and close the hook and pile strap to each other (Fig.3) to prevent damage to the suit.
3. Open the latch at the top of the hip clip (vertical position) (Fig.4) and slide the box downward off the guide rails (Fig.5). Do not pull the box away from the Suit as this may result in Smart Suit damage.
4. Push the silicon plug upwards into the USB-C Connector on the Smart Suit's connection plate (Fig.6).
5. Fasten the Velcro Strap to its position (Fig.7).

Refer to General Maintenance ([Pg. 11](#)) for the proper storage of the SOLO FIT Control Box.

Fig. 1



Fig. 2



Fig. 3



Fig. 4



Fig. 5



Fig. 6



Fig. 7



OPERATING PROCEDURES (continued)

INITIAL ACCOUNT SETUP



Please observe all safety instructions before starting the system. This start-up configuration must be completed once, prior to first use.

Use your email to set up the SOLO FIT App, ensuring you have full access to that email account. During registration, you will receive an activation email from SOLO FIT to activate your account and will be prompted to create a password for logging into the SOLO FIT App.

1. **Download the SOLO FIT App.** Open either the Apple App Store or the Google Play Store (depending on type of your device), search for “Solo Fit” app. Click on the app to install on your device.
2. Open <https://account.solofit.eu/auth/registration> or scan the QR code on your Quick Start Guide included with the SOLO FIT.
3. Fill out all the required information and proceed with required steps.



4. Once all filled out, double check the email address entered is correct and click “Sign Up”.
5. You will instantly receive an email with an **Activation Link**. If the email is not in your inbox, please check your Spam folder. If the email is not found within 5 minutes, please contact us at support@solofit.eu.
6. Once you locate the activation email, click on the activation link. You will firstly be prompted to watch a **27min mandatory training video**. *Before starting this training video, ensure you have approximately 30 minutes*

OPERATING PROCEDURES (continued)

INITIAL ACCOUNT SETUP (continued)



of uninterrupted time to watch it in full. Fast-forwarding or skipping is not allowed, but you can pause or rewind as needed. Completing the entire video is required to gain access and activate your account. At the end, you will need to set your password to finalize the setup. If you do not complete this step, you will need to re-watch the training video.

7. Once you finish watching the entire video, press Next.
8. Carefully read and review the terms on the screen, and check the boxes if you are satisfied with them.
9. Click Activate Account. Click Okay on the pop-up.
10. Set a password. Your password must have a minimum of six characters.
11. Press Submit.
12. You will receive an email with links relevant to using your SOLO FIT system. Please review and store these links or the email for future reference before using the system.

Dear SOLO,

Congratulations on completing your registration and training with SOLO FIT! Your account has been successfully activated, and you're now ready to start using your equipment.

For your convenience, we've provided the following important resources for future reference:

1. Warranty Information: solofit.eu/warranty

2. Terms of Use: solofit.eu/terms

3. User Manual: solofit.eu/manual

4. Support Portal support.solofit.eu

If you encounter any issues or have questions, our support team is here to help.

5. Training Video Library solofit.eu/library

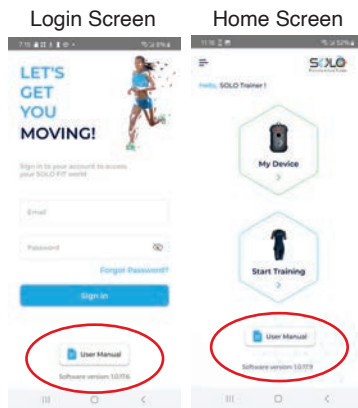
Access additional training videos to further enhance your experience.

OPERATING PROCEDURES (continued)

Accessing SOLO FIT User Manual

The SOLO FIT System Operating Manual can be accessed in four locations.

- Login Screen of SOLO FIT App.
- Home Screen of SOLO FIT App.
- Downloadable as PDF file by scanning QR code located on Quick Start Guide (QSG) included with the SOLO FIT System.
- Downloadable as PDF from www.solofit.eu/manual.

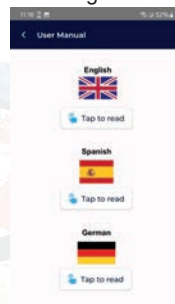


Once you open the SOLO FIT App, the Login screen will appear.

Click on the “User Manual” button.

The screen with available languages opens (Fig.1). Choose desired language and click on “Tap to read” to load the manual.

Fig. 1



Click on the [X] button (Fig. 2) to return to previous screen.

Click “Back” button to return to the Login Screen.

SOLO FIT App Video Tutorial

For a more detailed, step-by-step walkthrough on how to operate the SOLO FIT app, we have created a helpful video tutorial.

This video covers all key functions, from setup to training, and will guide you through the process visually. Additionally, it includes information on how to access and utilize various training programs to suit your fitness goals.



You can watch the video by visiting the following link:

www.solofit.eu/library/solofitapp

We highly recommend reviewing it for a clearer understanding of the app’s features, operations, and available training programs.

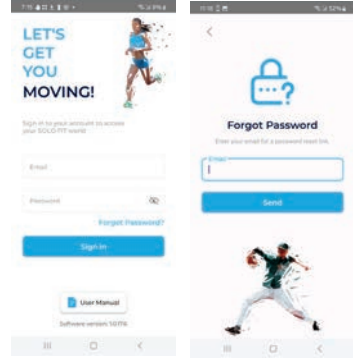
OPERATING PROCEDURES (continued)

Log-In



This procedure can be done only after installing the SOLO FIT App on your mobile phone device and after successful registration of your personal SOLO FIT account - see [pg. 20](#).

1. Open the SOLO FIT App by tapping the icon on your phone.
2. To log in, enter the email (the registered profile email) and the password you created during profile activation.
3. If you forgot your password, click on “Forgot Password.” You will receive an email with instructions to reset your password. If you don’t see the email, check your spam folder.



HOME SCREEN

After logging in, the following Home Screen appears:

The **App version** is displayed at the bottom center of the Home Screen.

Home Screen has two (2) main buttons: “MY DEVICE” and “START TRAINING.”

User Profile

You can edit your user profile through the SOLO FIT App

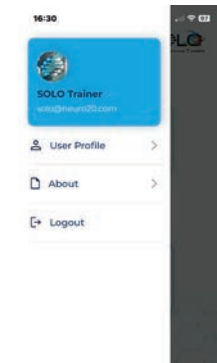
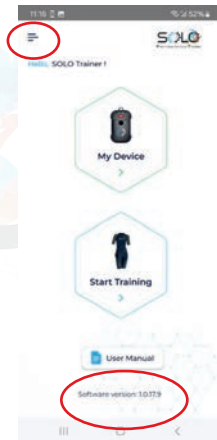
To do this, click on the three  lines in the top left corner of the Home Screen.

A menu will appear where you can select “User Profile” to make changes. You can edit your profile picture, name, date of birth, and phone number.

Click “Save” to apply any changes.

The “About” section provides information about the manufacturer and the SOLO FIT App, including the version number and the app’s Unique Device Identifier (UDI).

Logout is used to log you out from the SOLO Fit App. When you click on Logout, pop-us windows appears. Click “Logout: to confirm or Cancel to stay lgge in the App.




OPERATING PROCEDURES (continued)

MY DEVICE

“My Device” allows you to manage your SOLO FIT Control Box, including activating it, updating its firmware, or checking the Control Box’s version and serial number.

Activating Control Box

 This process registers the Control Box to your personal SOLO FIT account and only needs to be completed before the first use of the system.

On the Home Screen, click on “My Device”.

To activate a Control Box, follow these steps:

1. Press the red “Stop” button on the SOLO FIT Control Box to turn the device on. (see Fig. 1)
2. The Control Box with the Wireless ID number will appear. Press the “Connect Device” button to connect the Control Box to the App (see Fig. 2).
3. Press the “Activate Device” button to register the Control Box to the your personal SOLO FIT account (see Fig. 3).
4. Once the Control Box is successfully activated, a pop-up window will appear (see Fig. 4), confirming successful activation.
5. Press “Okay” to acknowledge the confirmation.



Fig. 1



Fig. 2

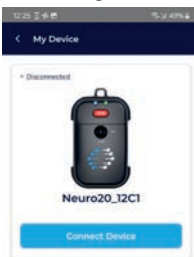


Fig. 3

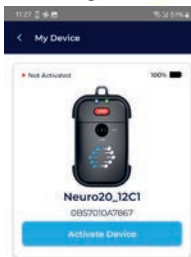
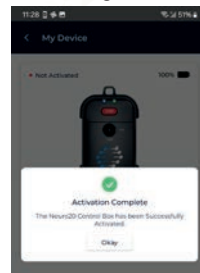


Fig. 4



Updating Firmware - Control Box

The SOLO FIT Control Box operates with its own firmware, which requires updates similar to the SOLO FIT App. These firmware updates implement changes to the device, including new features and important modifications that ensure smooth communication between the Control Box and the App.

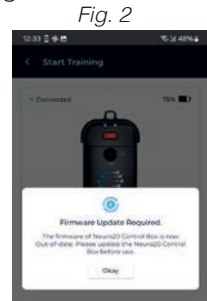
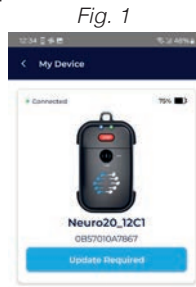
OPERATING PROCEDURES (continued)

Updating Firmware - Control Box (continued)

You will receive a notification about the new firmware available through the SOLO FIT App after logging in and turning on the Control Box. Please note that the update process must be completed manually prior to the training session.

A notification for a new firmware update may occur in two scenarios within the SOLO FIT App:

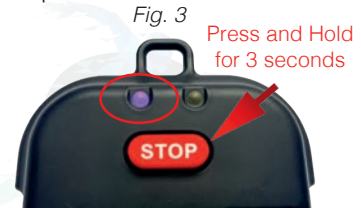
1. Immediately after activating the Control Box (Fig.1).
2. After connecting an already activated Control Box, either within the Device Management or Training Screen (Fig.2).



If a firmware update is available for your device, the SOLO FIT App will prevent you from proceeding with training until Control Box firmware is up to date.

To proceed with the Firmware Update, follow these steps:

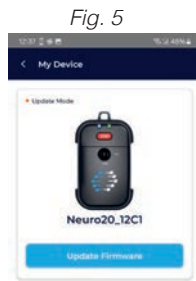
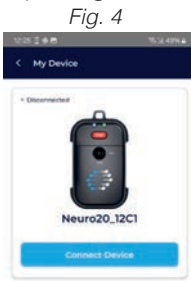
1. Ensure the Control Box is turned OFF.
2. Return to the Home Screen.
3. Click on “My Device.”
4. On the Control Box, press and hold the red “Stop” button for 3 seconds. One LED on the Control Box will turn purple, indicating firmware update mode (Fig.3).



Release the Stop button as soon as the LED turns purple.

The LED should remain purple; if it does not, please repeat steps 1-4.

5. The device will appear in the “My Device” window. Click on “Connect Device” to connect to the Control Box (Fig.4).
6. Click “Update Firmware” under the Control Box picture (Fig. 5).
7. Press “Update Box” to initiate the update (see Fig. 6).
8. When update is complete (100%), click “Okay” on the pop-up (Fig.7)
9. ⚠️ Restart the App before your next training session by swiping it away and re-opening.



OPERATING PROCEDURES (continued)

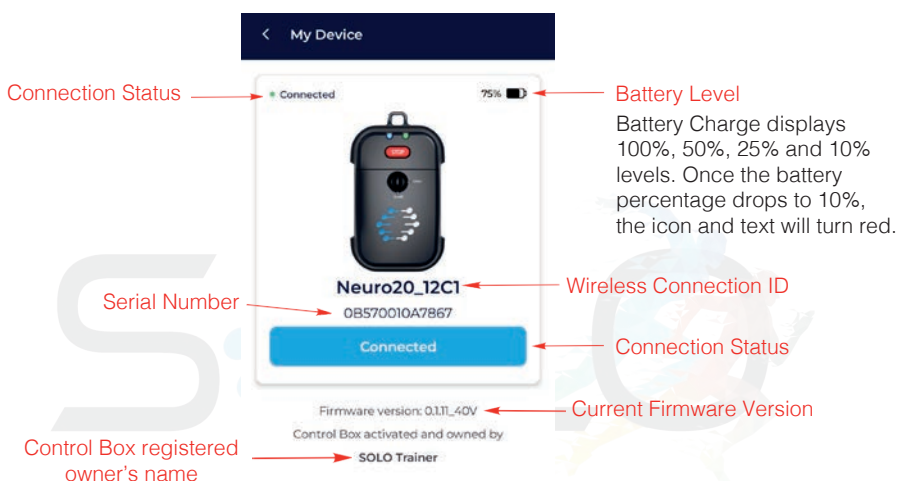
Obtaining Control Box Details

You can easily check your Control Box details in the SOLO FIT App, including

- Serial Number
- Control Box Owner
- Firmware Version
- Battery Level

To view details of your Control Box follow these steps:

1. Start the SOLO FIT App and log in.
2. On the Home Screen, click on “My Device.”
3. Turn the Control Box ON by pressing the red “Stop” button.
4. Click on “Connect.”
5. The Control Box information will appear on-screen (see below).



Battery consumption is influenced by the selected intensity of stimulation. To ensure you can complete your session, we recommend charging the battery above 25% before use. Once the battery level drops to 10%, it should be charged immediately to prevent the device from shutting down during the session.



The Control Box is intended solely for the use by the registered owner. If you log in as someone else, you will not be able to proceed with training. This feature protects the SOLO FIT system owner’s data and prevents unauthorized access, ensuring the integrity and security of your training experience.

If you experience issues with the Control Box, refer to the troubleshooting section at www.support.solofit.eu. If the problem persists, contact your Point of Sale or email support@solofit.eu. Please have your Control Box details ready for thorough troubleshooting.

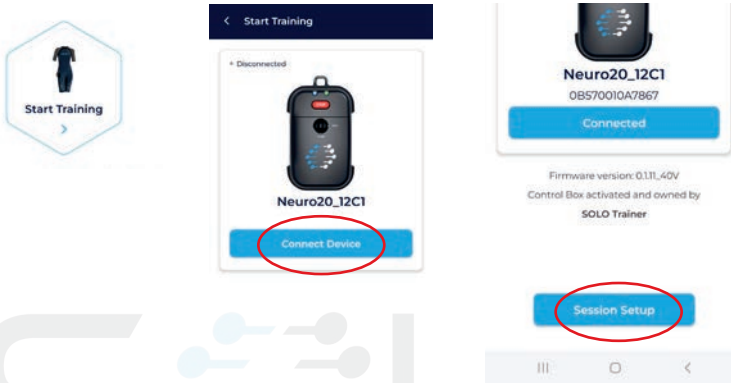
OPERATING PROCEDURES (continued)

Starting a Training Session

Press “Start Training” on the Home Screen.

You will be prompted to connect to your Control Box.

1. Power on the Control Box by pressing the red “Stop” button.
2. A picture of the Control Box, along with the Wireless Connection ID number and a ‘Connect’ button, will appear below it. Press ‘Connect Device’.
3. Next, press “Session Setup”.



Operator Agreement

Before each training session, you must read the Operator Agreement Form displayed on the Device Screen and press the “I agree” button to proceed.

Users/Operators of the SOLO FIT system must adhere to specific terms to ensure safe and responsible usage:

- **Access Control:** Use only your designated username and password. Do not share access with others.
- **Health and Safety:** Understand and follow the EMS system’s risks and precautions as outlined in the Operating Manual.
- **Exclusive Use:** The system is for personal use only and should not be used to provide services to others.
- **Liability:** Users/Operators are responsible for using the system as per the manual and agreement, with non-compliance potentially leading to legal action.

Agreeing to these terms indicates acceptance of full responsibility for any misuse.



OPERATING PROCEDURES (continued)

Training Session Setup - OVERVIEW

After you click “Start Training” and agree with the operator agreement, the following screen appears. The “Training Session Setup” screen allows you to customize various parameters for your session.

TRAINING MODE

The Training Programs offer a range of options, including Whole-body Functional Electrical Stimulation and Patterned Electrical Muscle Stimulation (PEMS). These programs are carefully designed to target specific fitness or recovery goals, providing tailored stimulation for optimal results.

DURATION (MIN)

The “Duration” setting allows you to choose the total length of your training session in preset times of 10, 15, 20, 25, 30, 35, or 40 minutes, ensuring your workout or recovery fits your schedule and goals.

RAMP UP

The “Ramp Up” setting controls how quickly the stimulation reaches peak intensity, with additional seconds being added to your chosen stimulation time. For first-time users, a Slow (3 seconds) or Medium (2 seconds) Ramp Up is recommended for comfort. Experienced users can choose Fast (1 second) or None for immediate intensity, depending on their tolerance and comfort levels.

STIMULATION TIME

The “Stimulation Time” determines the length of each muscle stimulation during the session, allowing for durations between 1 and 60 seconds to suit your training or recovery needs.

REST TIME

The “Rest Time” controls the length of the rest period between each muscle stimulation, offering durations between 1 and 60 seconds to provide adequate recovery during the session.



OPERATING PROCEDURES (continued)

Training Session Setup - TRAINING MODES

The Training Modes include Whole-body Functional Electrical Stimulation and Patterned Electrical Muscle Stimulation (PEMS):

Whole-Body Patterns (Basic Training Modes - training and recovery)

- **STRENGTH** - This mode enhances muscle strength by contracting and releasing muscles based on specified stimulation and rest periods. During rest, there is no stimulation, allowing muscles to recover and reset to proper form. This cycle maximizes strength gains while promoting recovery.
- **CONDITIONING** - This mode contracts the muscle during the stimulation period, followed by gentler stimulation in the rest period. This approach enhances muscle endurance and conditioning by gradually increasing activation while allowing for recovery.
- **COOL DOWN** - This mode provides gentle contractions and releases for low-intensity stimulation. Ideal for warm-ups, cool-downs, and active recovery, it improves blood circulation, enhances flexibility, and relieves muscle tension without causing fatigue, making it suitable for all fitness levels.
- **MASSAGE** - This mode contracts the muscle followed by gentler stimulation, mimicking a massage. It relieves muscle tension, promotes relaxation, and enhances recovery after workouts. This cycle improves blood flow and reduces soreness, making it ideal for post-exercise recovery.



Patterned Electrical Muscle Stimulation (PEMS)

These proprietary modes target the muscles involved in specific movements. Contractions fire in move-specific sequence, followed by pre-set rest periods.

Continuous PEMS:

- **CYCLING** - a continuous activity mimicking pedaling, focusing on lower body endurance and strength. Great to incorporate with indoor or outdoor cycling.
- **SPRINTING** - a high-intensity activity involving short bursts of speed, enhancing power and muscle explosiveness.

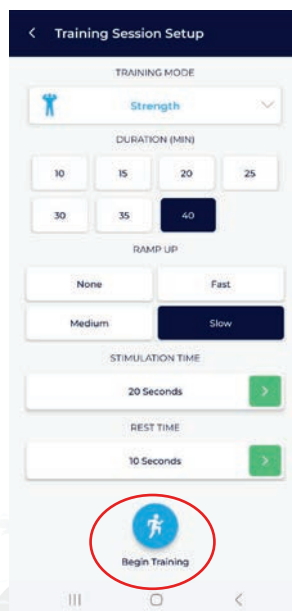
Reactive PEMS:

- **JUMPING** - an impulsive short stimulation that fires in the sequence of muscle engagement during a jump, enhancing explosiveness, agility and coordination.

OPERATING PROCEDURES (continued)

Training Session Setup - SETTING UP - Basic Training Modes

1. Select your desired Training Mode.
2. Choose the Duration of the training session, ranging from 10 to 40 minutes in five-minute increments.
3. Set the “Ramp Up” option:
 - None – no ramp up
 - Fast – 1-second ramp up
 - Medium – 2-second ramp up
 - Slow – 3-second ramp up (recommended for first-time users)
4. Adjust the Stimulation Time and Rest Time values to specify the duration of muscle stimulation and the rest period between stimulations. Press the “seconds” boxes to bring up a spin wheel, allowing you to set times between 1 and 60 seconds.
5. Press the “Begin Training” button at the bottom of the screen to open the Training Session Screen.



All values must be set before you can confirm by pressing the “Begin Training” button.

Training Session Screen - OVERVIEW

The Training Screen allows users to control and monitor muscle stimulation during a session. Each muscle group is displayed with an adjustable percentage value, representing the intensity of stimulation. You can manually adjust the intensity for individual muscle groups such as biceps, triceps, pectorals/deltoids, quadriceps, hamstrings, abdominals, glutes and back muscles.

- **SELECT ALL:** Check this box to apply the same stimulation level to all muscle groups at once.
- **FRONT AND BACK VIEWS:** Visual diagrams on the screen allow easy selection between front and back muscle groups.
- **INCREASE/DECREASE BUTTONS:** Use the “+” and “-” buttons to adjust stimulation levels globally.
- **TIME CONTROLS:** Track elapsed time and remaining time at the bottom of the screen, with the ability to start, pause, or stop the session.

This screen provides full control over muscle stimulation levels, allowing for a personalized and efficient training session.

OPERATING PROCEDURES (continued)

Training Session Screen - Basic Training Modes

Adding Stimulation

1. Press the “Start Session” (play button) in the bottom right corner of the screen. Once the session begins, you can adjust the stimulation intensity directly from the session screen.
2. Select individual muscle groups in the middle of the screen, or press “Select All” to adjust the intensity for all muscle groups at once. By default, the intensity starts at 0%. Selected muscle groups will appear in blue, even if the stimulation is set to 0%.



Please note that stimulation adjustments can only be made after the Play button has been pressed and the session countdown has started.

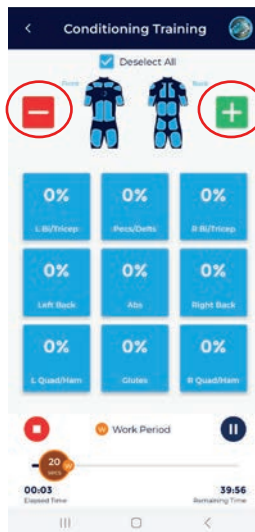
3. Adjust the stimulation intensity using the “+” and “-” buttons on the screen. The percentage value will change in 0.5% increments. Note: When increasing stimulation, 1% corresponds to a 2 mA current.



Stimulation can only be increased during the Stimulation Period, as adjustments during the Rest Period won't provide feedback. However, you can decrease the intensity at any time during the session.

4. Once you've reached the desired intensity for a muscle group, deselect it by pressing the button, turning it grey. This freezes the intensity at the current level. Repeat for each body part until all are set to a comfortable level. Monitor and adjust stimulation throughout the session as needed.

TIP: We recommend starting with larger muscle groups like the Glutes and Legs, then moving to medium groups such as Abs and Back, and finishing with smaller muscles like Arms and Pecs/Deltoids.



OPERATING PROCEDURES (continued)

Training Session Screen - Basic Training Modes (continued)

Adding Stimulation (continued)

Once the stimulation levels are set, proceed with the physical exercises as needed.

Note! As your training progresses, muscle resistance may decrease, requiring a higher intensity to maintain the same sensation. You may need to increase the stimulation level accordingly.



When adjusting multiple or all muscle groups simultaneously, be cautious not to exceed your tolerance. Small muscle groups have a lower tolerance for stimulation compared to larger muscle groups.

Training Timer - Basic Training Modes

For Basic Training Modes, the bottom of the Training Screen displays a timer showing the Elapsed Time and Remaining Time of the session. Additionally, the circular countdown tracks:

- STIMULATION TIME (orange)
- REST TIME between stimulation (blue)
- RAMP UP TIME (green)

20
secs

W

Stimulation Time - This is the period when stimulation is active. Its duration is based on the Stimulation Time set during the Training Session setup. During this time, stimulation intensity can be adjusted up or down.

3
secs

R

Rest Time - This is the period when stimulation is paused (Strength and Cooldown modes) or in “tapping” mode (Conditioning and Massage modes). The duration depends on the Rest Time set during the session setup. During this time, stimulation can only be adjusted down.

20
secs

↑

Ramp Time - A short period when stimulation is gradually increased. The duration depends on the Ramp Up setting selected during the session setup. During this time, stimulation can only be adjusted down.

OPERATING PROCEDURES (continued)

Training Session Screen - Basic Training Modes (continued)

Pausing and Resuming a Training Session

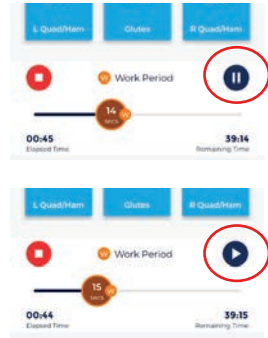
- To pause the training session, press the 'PAUSE' button in the bottom-right corner of the Training Screen.

Pausing will freeze the session at that exact moment, stopping the timer, and no stimulation will be delivered during the pause.


When the session is paused, the Pause button will be replaced with a 'Play' button.

- To resume the session, press the 'PLAY' button in the bottom-right corner of the Training Screen. The training session will restart immediately.

When the session resumes, the timer will continue from where it left off.

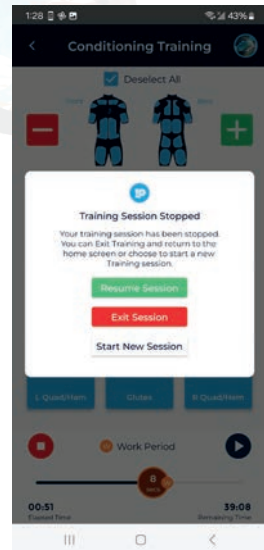


Stopping the Training Session

- To stop the session, press the "STOP" button in the bottom-left corner of the screen.
-  Use this button only if you intend to end the session.

When pressed, the "Stop" button first pauses the session, then provides the following options:

- Resume Session** – The training session will resume immediately.
- Exit Training** – All session settings will be reset, and the screen will return to the Home Screen.
- Start New Session** – The screen will return to the Training Session Setup, where you can reset or adjust the session parameters as well as switch the training mode.



OPERATING PROCEDURES (continued)

Training with PEMS - Patterned EMS Modes

Patterned Electrical Muscle Stimulation - PEMS

Patterned Electrical Muscle Stimulation (PEMS) is an innovative form of electrical stimulation patented by Neuro20 Technologies. It replicates natural muscle firing patterns to mimic voluntary movement and is primarily used for athletic recovery and performance training, tailored to specific movements.



There are two main groups within the PEMS Mode, each with significant differences in how the training is set up:

CYCLING, SPRINTING

In Cycling and Sprinting modes, the stimulation follows a continuous pattern, firing muscles in a specific sequence to mimic the natural movement of voluntary muscle activity.

Cycling Mode

Cycling Mode can be used as an endurance training tool to improve lower body strength and stamina. SOLO FIT can be an add-on to indoor or outdoor cycling, enhancing endurance over shorter periods. It can also be integrated into physical rehabilitation routines, either on a stationary bike or by mimicking the cycling movement while seated. Additionally, it engages the abs and lower back, providing extra core support, stability, and benefit. This mode is ideal for building muscle endurance, cardiovascular conditioning, and recovery.

Sprinting Mode

Sprinting Mode is designed for high-intensity, explosive training to enhance muscle power, speed, and agility by simulating quick, forceful contractions needed for sprinting. SOLO FIT can be incorporated into short sprints or stationary movements, such as sprinting in place or simply lifting the heels while focusing on perfect body form. This mode is ideal for improving athletic performance in sports requiring bursts of speed, as well as refining body mechanics.

JUMPING

Jumping is a specialized program with brief, precisely timed stimulation, activated only during the execution of a one- or two-footed jump in a specific movement sequence. The session duration is based on the number of jump repetitions.

The stimulation level is preset before the session begins. Three short stimulation signals in the glutes act as a pre-notification, alerting you to prepare for the upcoming movement-specific stimulation, ensuring you don't miss the brief activation.

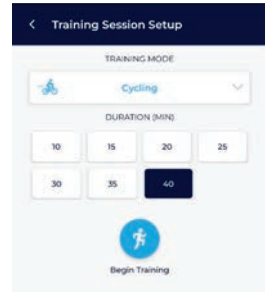
OPERATING PROCEDURES (continued)

Training Session Setup - PEMS - CYCLING and SPRINTING

1. Select either Cycling or Sprinting mode. The selected mode will be displayed on a tile on the screen.
2. Set the Duration of the session, then click “Begin Training” to start.



Note: There is no option to set Stimulation Time, Rest Time, or Ramp Up in these modes, as the stimulation is continuous throughout the entire training session.



Training Session Screen - PEMS - CYCLING and SPRINTING

The Cycling and Sprinting Training Screens have distinct layouts and muscle group categorizations specific to each mode. This customization targets and activates the muscle groups essential for supporting the movement associated with each mode.

Both Cycling and Sprinting Modes share the same muscle group layout, focusing on lower body muscles, with added engagement of the abdominals and lower back to enhance posture and movement support.

To Proceed with the Training after setup:

1. Click ‘PLAY’ in the bottom-right corner of the screen.
2. Adjust stimulation intensity for the available muscle groups by selecting each group in the middle of the screen and using the “+” and “-” buttons. You can adjust one muscle group at a time or all at once, depending on your experience.



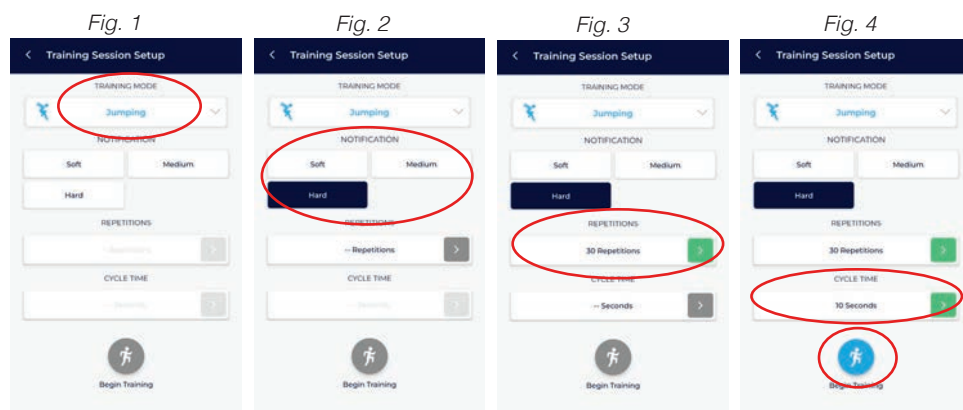
Pausing, Resuming, and Stopping the Cycling or Sprinting Training Session functions the same as in Basic Training Modes. Refer to [Pg. 33](#) for details.



OPERATING PROCEDURES (continued)

Training Session Setup - PEMS - JUMPING

1. **Select Jumping Training Mode** – The chosen mode will appear on a tile on the screen. (Fig. 1)
2. **Notification Level** – This setting controls the intensity of the pre-stimulation notification received in the glutes before the movement-specific stimulation (jumping). It consists of 3 short buzzes (buzz-buzz-buzz) in the glutes, with intensity options of Soft, Medium, or Hard. Choose a level appropriate to your sensitivity, ensuring you feel the notification and recognize the preparation time. After these 3 buzzes, the PEMS short stimulation follows, mimicking the muscle sequence involved in the jump motion. This timing helps you jump at the appropriate moment and prevents missing the brief stimulation cycle. (Fig. 2)
3. **Repetitions** – Set how many times you will perform the jumping movement. Click the preset number in the Repetitions field and use the spinwheel to select the desired amount. (Fig. 3) Each repetition represents the Cycle.
4. **Cycle Time** – Set the length (in seconds) of each cycle, which includes the pre-stimulation notification, movement-specific stimulation, and rest period. For example, if you select a 10-second cycle time, this would include the 3 short buzzes (pre-stimulation notification), the jump-specific stimulation, and the remaining time for resetting your body position before the next repetition. Adjust the cycle time based on how much time you need to prepare for the next jump. Click the preset number in the Cycle Time field, use the spinwheel to select your preferred duration, and confirm by clicking OK. (Fig. 4) If you need more time to reset, choose a longer cycle time.
5. Click **“Begin Training”** to start. (Fig. 4)



OPERATING PROCEDURES (continued)

Training Session Screen - PEMS - JUMPING

The main difference when opening the Jumping Training screen, compared to other programs, is the following:

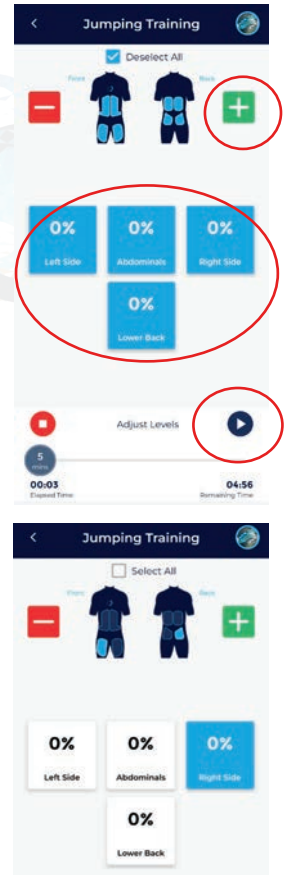
1. **Muscle Group Selection and Layout** - The layout is tailored to the muscle groups involved in the jumping movement.
2. **Training Session Phases:**
 - **Phase 1: Stimulation Level Setup** – Set the stimulation level for each muscle group. This phase lasts 5 minutes.
 - **Phase 2: Training Cycles** – Movement-specific stimulation cycles begin. Ensure your body position and form are correct for the jumping motion. If needed, adjust the stimulation levels during this phase.

Training Session - PHASE 1 - Stimulation Level Setup

1. Click the 'PLAY' button in the bottom-right corner of the screen to activate Phase 1: Stimulation Level Setup. This phase has a preset duration of 5 minutes, but can be shortened by pressing the Play button once your stimulation levels are set. Note, that Play button remains 'Play'. Proceed with following step prior pressing it again.
2. Adjust the stimulation intensity levels for all available muscle groups by selecting the muscle group(s) in the middle of the screen (Fig. 2) and using the "+" and "-" buttons (Fig. 3). You can adjust one group at a time or all at once, depending on your experience. Be sure not to exceed your comfort level.
3. Once ready, click the Play button in the bottom-right corner of the screen second time (Fig. 4) to activate Phase 2: Training Cycles.



If additional electrodes are highlighted along with the one you selected, this is intentional and not an error. It indicates that light stimulation will be applied to all highlighted electrodes to ensure proper current return, not just the selected muscle group.



OPERATING PROCEDURES (continued)

Training Session Screen - PEMS - JUMPING (continued)

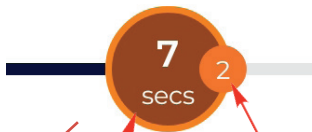
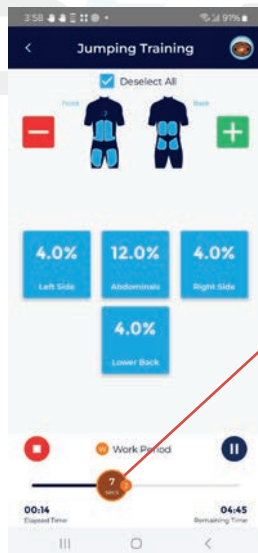
Training Session - PHASE 2 - Training Cycles

All parameters have been preset before Phase 2 starts. Ensure your body position and form are correct for the jumping movement. If needed, you can adjust stimulation levels for each muscle group during this phase. The duration of each cycle is based on the previously set “Cycle Time,” and the number of repetitions follows the “Repetitions” setup ([Pg. 36](#)).

Each cycle begins with an audible signal (beep). If you don’t hear it, check your phone’s volume. After the beep, you will feel 3 short stimulations in the glutes. If not, return to the Training Setup Screen and adjust the “Notifications” to a higher level ([Pg. 36](#)). This pre-stim notification ensures you move at the correct time, following the pattern: “buzz-buzz-buzz-move,” with the fourth stimulation being movement-specific.

During this phase, the user can increase or decrease the stimulation levels as needed to ensure comfort and effectiveness. Adjust the intensity for each muscle group as desired throughout the session.

Phase 2 Training Screen - Round/Cycle time and Training Time:



Single Cycle time count down (in seconds).

Cycle “round” count.

Elapsed & Remaining Time represent the total time for this PEMS Training Session: $\text{Repetitions} \times \text{Cycle Time} = \text{Total Training Time}$.

OPERATING PROCEDURES (continued)

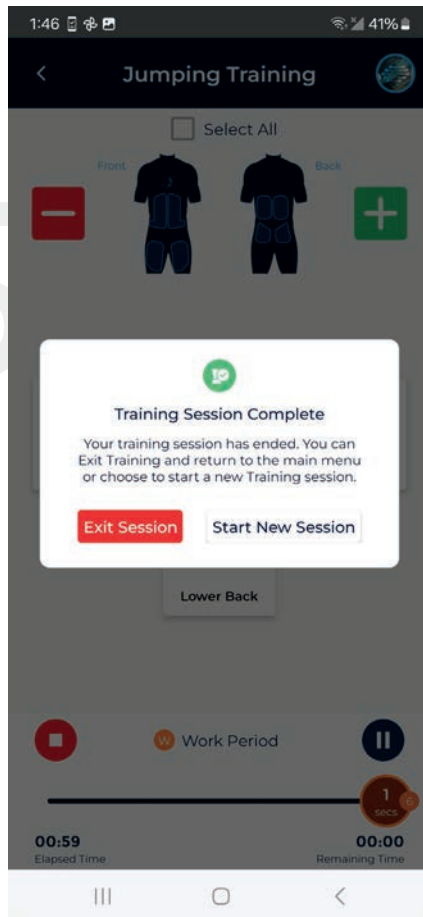
Training Session END - All Training Modes

Once the elapsed time ends and the remaining time reaches zero, the stimulation intensities automatically reduce to zero.

An additional dialogue box will appear with the following options:

Exit Session – Press to return to the Main Screen. If ending the session, remember to press the red Stop button on the Control Box to turn it off. Detach it from the Smart Suit following the provided instructions and store it properly.

Start New Session – Press to open the Training Session Setup Screen.



TECHNICAL SPECIFICATIONS

Technical specification

Height: 126 mm (4.96 in)
Depth: 37.6 mm (1.48 in)

Width: 75.5 mm (2.97 in)
Mass: 160 g (5.6 oz)

Power

Voltage: 7.4 V Mode of Operation: Continuous Battery run time: 6 hours

Power Source: Rechargeable Li-ion battery

Battery pack model number: Type LP-E5, Model LF7.4900

Battery pack specification: 7.4 volts 900mAh, IEC62133-2 cert

Note! The battery life above is only an estimate. Actual battery life will vary depending on the training mode used, the length of the session, the stimulation intensity and the speed at which intensity is adjusted. Once the battery percentage drops to 10%, in Device Management and when assigning devices for training sessions, the icon and text turn red. At this point, the battery should be replaced.

STIM (Neuromuscular Stimulation)

Maximum amplitude: 200mA into 300 Ohms 120mA into 500 Ohms

Note! Depending on the skin impedance and connectivity between the skin and the suit, the maximum amplitude may be less than indicated.

Type: Constant current, maximum output voltage 55 Volts +/- 10%

Waveform: Symmetrical, rectangular, bi-phasic with net zero DC current

Pulse Widths: 75 - 200 μ s (10% accuracy) (75 μ s, 175 μ s, 200 μ s)

Pulse Rate Selection: 7-100 Hz (5% accuracy) (7 Hz, 40 Hz, 80 Hz, 84 Hz, 100 Hz)

Stimulation (Work) Time: 1 - 60 seconds

Rest Time: 0 - 60 seconds

Training Session Duration: 5 Seconds – 1 Hour

Ramp time: 0-3 seconds.

Number of trials are variable according to the selected parameters.

Pre-set training modes.

Automatic output shut off with detection of open electrode at and above 5% (10 mA).

Expected service life: 5 years. Careful use and maintenance extends the life of the unit over the service life limit.

Calibration Requirements: No re-calibration or periodic maintenance is required for the unit.

Unit characteristics do not vary under normal conditions. The unit is calibrated during the manufacturing process and is ready to be placed into service upon delivery.

Environmental Conditions for Use:







+5 to +40 °C (+41 to +104°F). 15-90% Humidity.

Environmental conditions for Storage & Transport:

-25 to +70 °C (-13 to +158°F). 15-90% Humidity.

During intended use, the User should wear the SOLO FIT Smart Suit and adjust stimulation intensity on the SOLO FIT App. The SOLO FIT Smart Suit is for single User use only! Do not share SOLO FIT Smart Suits between different Users.

TECHNICAL SPECIFICATIONS (continued)

Symbols on the Unit and Case	
	Caution! (electrical output)
	User's shock protection type: BF (Body Floated) Equipment. This equipment is not earthed but contains a battery within an insulated unit.
	Refer to Instructional Manual Booklet.
LOT	Manufacturer's LOT/Batch number. Present it together with SN number when you report a technical fault or claim a warranty return.
SN	Manufacturer's serial number of the unit. Present it together with LOT number when you report a technical fault or claim a warranty return.
	Date of manufacture
	This product should be kept dry.
REF	Indicates the manufacturer's catalogue number so that the fitness device can be identified.
	Name and address of Manufacturer.
IP22	This is an indication for protection against ingress of water and particulate matter. The IP22 mark on your unit means that your unit is protected against solid foreign objects of 12.5mm diameter and greater and is protected against dripping water when tilted at 15°.

ELECTROMAGNETIC COMPATIBILITY

This device uses Bluetooth Low Energy (IEEE 802.15.1) on the 2.4 GHz frequency and at a maximum of 8 dBm.

This device is designed to produce very low levels of radio frequency (RF) emissions (interference), to be immune from effects of interference produced by other equipment operating in its vicinity and damage due to electrostatic discharge when operating in a typical environment.

TROUBLESHOOTING

1. What if the SOLO FIT App does not launch?
 - a. Ensure proper contact with the touchpad by cleaning both the screen and your finger.
 - b. Check the Apple App Store or Google Play Store for any outstanding mandatory updates.
 - c. Verify your email account for any updates or instructions from the SOLO FIT technical support team. If you find an email, follow the provided directions.
 - d. If you haven't received any emails, ensure your current email address is registered with SOLO FIT. If needed, contact technical support at support@solofit.eu.
2. What if I cannot log in to the SOLO FIT app?
 - a. Ensure your device has an active internet connection.
 - b. Double-check that you are entering your email and password correctly.
 - c. Confirm that you have completed your account activation, including watching the instructional video and setting up your password. (If the provided email is not associated with any entry in the database, a message will appear prompting you to register your email.)
 - d. Press the "Forgot Username or Password?" button and enter your email into the text-box prompt.
 - e. Press "Send" to receive a password reset email. The App will return to the home screen.
3. What if the SOLO FIT Control Box is not connecting to the app?
 - a. Check the Indicator Light on the SOLO FIT Control Box to ensure it is powered on.
 - b. Make sure the Control Box is within the designated range.
 - c. Verify that the battery is properly charged and properly inserted. If not, replace it with a fully charged battery and turn the device back on.
 - d. If the issue persists, go to "My Device" in the app and check if the Control Box is connected and displays "Activated." If it is not Activated, proceed with Control Box Activation.
 - e. If the problem continues, contact us at support@solofit.eu.
4. I get a message saying that my Control Box is not active under my account
 - a. A Control Box can only be used by the person who activated it. Make sure that this Control Box has not been activated by a different person.
 - b. If the problem persists, please contact us at support@solofit.eu.

TROUBLESHOOTING (continued)

5. My Control Box does not turn on

If your Control Box turns on correctly, you should see two lights (blue and green) when you press the STOP button.

If not:

- a. Check if the battery is charged. Consider replacing the battery if necessary.
- b. Make sure the battery is properly connected. The connector (protruding part) should face towards the STOP button, and the connectors should align towards the bottom of the battery compartment.

6. What if you don't feel the stimulation during an Active Training Session?

- a. Check the SOLO FIT Control Box is on and connected.
- b. Check if the SOLO FIT Control Box is attached properly to the SOLO FIT Smart Suit. If not, reattach and restart the training program.
- c. Ensure that you are not wearing anything under the SOLO FIT Smart Suit, which could obstruct proper connection of the pads with the skin... i.e. undergarments or bra.
- d. Check the levels of the muscle groups. If you accidentally or purposely pressed the red Start button on the Control Box during the active training session, it automatically resets all the muscle groups to 0%. If this occurs the Training Session will need to be reset.
- e. If the problem still persists, contact support@solofit.eu.

7. What if during the training session an electrode on the suit diagram turns Yellow?

- a. Ensure that you are not wearing anything under the SOLO FIT Smart Suit which could obstruct proper connection of the electrodes with the skin ... i.e. undergarments or bra.
- b. Ensure that you are in the proper size suit. (See sizing chart - [Pg.9](#)) Use compression shirt, shorts or belt if necessary.
- c. Ensure that there is moisture on the electrode either from sweat or use a Signa Spray bottle to wet the electrodes.
- d. If the Yellow still persists, then close and restart the App.
- e. If the Yellow still persists then change the SOLO FIT Smart Suit.
- f. If the Yellow persists, discontinue training and contact Neuro20 Fit System technical support at support@solofit.eu.

TROUBLESHOOTING (continued)

8. The stimulation is too painful or feels like needles.

If discomfort is experienced during stimulation, take the following measures:

- a. Ensure that the electrodes are well moistened. Use either a specialized electrode cream/spray, or water with some dissolved salt to ensure that the electrodes are wet. This effect can also be achieved by sweating.
- b. Ensure that the suit is not too big or too small for the user. It should fit snugly and tightly to the body. It cannot be too loose or hang off.

9. Something else is not right.

- a. Warning indications may appear for multiple reasons.
- b. Ensure that you are in range of the phone - max. 330ft/100 meters and free of obstructions and that no more than 10 devices are within this range.
- c. Ensure that you are not operating near electromagnetic or microwave potentially interfering devices. More information can be found in the ELECTROMAGNETIC COMPATIBILITY section of this User Manual.
- d. Ensure the wireless connection on the phone is not disabled in settings.
- e. Ensure the Control Box is not turned off (check indication light).
- f. If the problem persists, discontinue training and contact Neuro20 Fit System support at support@solofit.eu

10. What if the battery is not charging?

- a. Check the connection of the charger and the placement of the battery in the charger.
- b. Disconnect the charger from the power source, then check the connection points of the charger and the battery. Check that they are dry, free from debris, dust or lint. If needed, gently clean the charger and battery contact points with a nylon brush.
- c. Unplug the charger and plug it into an outlet that is proven to be actively working.
- d. Try charging a different battery, if that does not charge, try a different charger.
- e. If the problem persists, contact technical support at support@solofit.eu.



For more Troubleshooting Questions and Answers, please visit

<https://support.solofit.eu/>

WARNINGS



Application of Electrodes to Other Body Locations

Stimulation should not be applied over the carotid sinus nerves, particularly in Users with a known sensitivity to the carotid sinus. Stimulation should not be applied across or through the head (transcerebrally), directly on the eyes, covering the mouth, on the front of the neck, (especially the carotid sinus). Severe spasm of the laryngeal and pharyngeal muscles may occur if placed on the neck and the contractions may be strong enough to close the airway or cause difficulty in breathing. Stimulation should not occur from electrodes placed on the chest and the upper back or crossing over the heart (transthoracic) in that the introduction of electrical current into the heart may cause cardiac arrhythmias.

Note! *The pectoralis and the complex of back muscles are superficial and electrical stimulation to these muscles is not considered trans-thoracic.*



Fever/Infection /Acute Inflammation

Stimulation should not be applied over swollen, infected, or inflamed areas or skin eruptions, e.g., phlebitis, thrombophlebitis, varicose veins, etc.



Active Cancer

Stimulation should not be applied over, or in proximity to, cancerous lesions. Electrical stimulation should not be applied directly over an area of the body where malignancy is known to be present.



Implanted Defibrillator

Do not use electrical stimulation on Users with an implanted defibrillator, because this may cause electric shock, burns, electrical interference, or death.



Implanted Fitness device

Do not use electrical stimulation on Users who have an implanted metallic or electronic device because this may cause electric shock, burns, electrical interference, or death.



User Cognition / Cooperation/Children

Do not apply if the User does not understand the potential risks of use.



Cardiac Disease

*Only low intensities and short session times should be used since stimulation of practically any afferent autonomic nerve (especially the Vagus nerve) in the body may cause a change in cardiac rate. **Note!** Consult with the User's physician before using electrical stimulation because the stimulation System may cause lethal rhythm disturbances to the heart in susceptible individuals.*



Pregnancy

Do not apply electrical stimulation over the lumbar or abdominal region, or over the uterus during pregnancy (to prevent uterine contraction).

Precaution: Safety of powered muscle stimulators for use during pregnancy has not been established.



Menstruation

Do not use the SOLO FIT System over the lumbar or abdominal regions or over the uterus during menstruation as stimulation may temporarily increase menstrual flow.

WARNINGS (continued)**Reproductive Organs**

Do not apply electrical stimulation over the testes. Electrical stimulation may affect organ function.

**Muscle Breakdown or Bruising coupled with Delayed Onset Muscle Soreness**

Over working a muscle can result in some muscle breakdown. This condition results in muscle fiber disruption and small muscle cellular contents, such as myoglobin, exits the fiber and can appear as a bruise. Myoglobin also enters the blood stream is eventually cleared by the liver and kidneys. Urine can appear quite dark as the myoglobin clears. Discontinuation of the SOLO FIT System and a review by a physician is important if this occurs. Resuming use of the System requires clearance by a physician. Reducing the intensity of stimulation in future sessions and reducing overall exercise is warranted. Delayed Onset Muscle Soreness may also be noted without signs of muscle breakdown. This uncomfortable experience is very often noted after the first few sessions of electrical stimulation coupled with exercise. It can also be noted with increased exercise alone. Please review the physiology of DOMS. Soreness does not mean that stimulation should be discontinued, BUT reducing the intensity, and reducing the concurrent exercise is important as your use of the System continues. If DOMS continues for more than a few days following electrical stimulation and exercise, then discuss this with your healthcare practitioner. We suggest waiting until the soreness is eliminated, or markedly reduced, before continuing use.

**DVT / Thrombophlebitis**

*Neuromuscular electrical stimulation should not be applied directly over or near Deep Vein Thrombosis (DVT) since it activates muscles causing contractions. This should be avoided in areas following an acute DVT when the thrombosis is not completely resolved. Follow treating physician guidelines on recommended activity levels and stimulation use. If the User or subject is not permitted exercise, NMES therapy should be avoided. **Note!** Generally, NMES over a DVT of six weeks or less should be avoided altogether.*

**Medical Equipment**

Simultaneous connection of a User to a high frequency surgical medical equipment may result in burns at the site of the stimulator electrodes and possible damage to the stimulator.

**Diathermy/Microwave**

Operation in close proximity (e.g. 1m) to a shortwave or microwave therapy medical equipment may produce instability in the stimulator output.



Application of electrodes near the thorax may increase the risk of cardiac fibrillation.

**Monitoring Equipment**

Electrical stimulation should not be applied to Users connected to User monitoring equipment, as the simulation may influence the proper operation of the monitoring equipment.

**External Stimulator Systems**

Electrical stimulation should not be applied directly over external stimulator Systems with lead wires.

WARNINGS (continued)



Long Term Effects

The long-term effects of electrical stimulation are unknown.



Explosion hazard exists if the SOLO FIT System is used in the presence of flammable anesthetics mixture with air, oxygen, or nitrous oxide.



To safely terminate operation of this device, press the red STOP button on the SOLO FIT Control box.



User Activity

Portable powered muscle stimulators should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the User at undue risk of injury. Do not use when bathing or swimming. Do not apply powered muscle stimulators while falling asleep.



No modification of this equipment is allowed. Modification of the equipment may cause improper functioning which could lead to injury or death.

PRECAUTIONS



Epilepsy

Caution should be used in persons with suspected or diagnosed epilepsy or seizures. Users with suspected or diagnosed epilepsy should follow precautions recommended by their physicians.



Healing Bones

Caution should be used with electrical stimulation when there is a tendency to hemorrhage following acute trauma, or fracture, in the presence of recent surgical procedures, or healing bone and soft tissue when muscle contraction may disrupt the healing process. Caution should be used when applying electrical stimulation over areas of the body which lack normal sensation. Absent or diminished sensation areas should be avoided or, if needed, to be treated with caution. Always determine acceptable intensity levels for desensitized areas that are likely to be less than intensity levels tolerated on normal skin in the opposite or related body parts.



Hypersensitivity

Some Users may experience skin irritation or hypersensitivity due to the electrical stimulation or electrically conductive medium. The irritation can usually be reduced by using an alternate conductive medium, or alternate electrode placement. Slightly increase electrode hydration and /or add normal saline spray to improve conductance. Adjusting the suit electrode placement may also reduce hypersensitivity.



Placement of Electrodes & Stimulation Settings

Electrodes are pre-placed with the Smart Suit. stimulation settings should be based on the guidance of the Operator.



Children or Unqualified Persons

Powered muscle stimulators should be kept out of reach of children. Powered muscle stimulators should be kept out of reach of unqualified persons.



Pets and pests

Powered muscle stimulators should be kept out of reach of pets and away from pests.

PRECAUTIONS (continued)



User Activity

Portable powered muscle stimulators should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the User at undue risk of injury. Do not use when bathing or swimming. Do not apply powered muscle stimulators while falling asleep.



Conductive Mediums

An appropriate amount of coupling water in the electrodes and on the skin is important to ensure safe and optimal energy transmission to the tissue. Use of hand or body lotions or gels or ultrasound gels are not appropriate for use with the SOLO FIT System and may temporarily or permanently interfere with stimulation function.



Bleeding Tendency

Use caution with electrical stimulation when a User tends to bleed internally, such as following an injury or fracture.



Session Monitoring

Stimulated areas should be self-checked before and after application, and if there is evidence of pain or irritation, adjust the output lower until it is tolerated.



Medicated Patches, Salves, Creams

The effect of electrical stimulation may be altered by the presence of these materials applied to the skin.



Hot / Cold Packs

Caution is recommended when stimulation follows the application of hot or cold therapy, which may alter User sensation. Application of thermal agents over areas of impaired circulation should be performed with caution as the circulation may be insufficient to heat or cool the tissue, altering the User's perception of warmth and pain.



Skin Inspection

Inspect and cleanse the skin prior to application. Following the session, check the skin for evidence of irritation and if present, treat as appropriate. If there is skin irritation following the session, shorten the session time at the next session and/or reduce intensity, and if necessary, discontinue use.



Service / Repair Shock Hazard

A potential electric shock hazard exists once the device's outer casing is in part or fully removed. Only qualified service personnel should perform service and repairs. Do not Tamper with or remove the outer casing.



Cleaning

The Control Box must be disconnected from the Smart Suit before washing. When cleaning the electronic Control Box never immerse or wash with water or other liquids. Avoid oil, water, metal, or foreign substances to penetrate the battery compartment, charger, Control Box, or suit connection.



Condensation

Sudden temperature changes can cause condensation to build up inside of the stimulator, allow for the SOLO FIT Control Box to reach ambient temperature before use.

PRECAUTIONS (continued)



Lead Wires

Never connect lead wires to a power line or electro-surgery equipment. Powered muscle stimulators should be used only with the leads and electrodes recommended for use by the manufacturer.



Strangulation can occur due to length of exposed component materials. Do not wrap any exposed component part around the throat or neck area. Keep out of the hands/reach of children at all times.



The SOLO FIT System contains small parts that will be harmful if swallowed and no part or component is intended for human consumption. Seek medical attention if swallowed.



Care must be taken when operating this equipment around other equipment. Potential electromagnetic or other interference could occur to this or to the other equipment. Try to minimize this interference by not using other equipment in conjunction with it.



Electronic monitoring equipment (such as ECG monitors and ECG alarms) may not operate properly when electrical stimulation is in use.



Do not operate this unit in an environment where other devices are being used that intentionally radiate electromagnetic energy in an unshielded manner.



Electrical equipment needs special precautions regarding EMC. Portable and mobile RF communication equipment can be affected by other electrical devices. If you believe interference is occurring, please consult the ELECTROMAGNETIC COMPATIBILITY section to assist in removing the interference.



Common RF emitting devices and electromagnetic security Systems (cellular phones, two-way radios, cordless phones, paging transmitters, RFID devices, etc.) may interfere with the operation of the SOLO FIT System. The SOLO FIT System has been tested in the presence of these types of devices and while no adverse event occurred, the device should not be operated within the vicinity or environment as another RF emitting device.

See symbols glossary in the TECHNICAL SPECIFICATIONS ([Pg.40](#)) section of the User Manual.

CONTACT

For assistance, if needed, in setting up, using or maintaining the SOLO FIT, or to report unexpected operation or events, contact:



Neuro20 Fit Systems LLC
140 Pine Ave North
Oldsmar, FL 34677, USA

Email: support@solofit.eu

Website: www.solofit.eu

LIMITED WARRANTY

Neuro20 Fit Systems LLC (“Manufacturer”) warrants the SOLO FIT Control Box (the “Control Box”) to be free from defects in material and workmanship for a period of three (3) years from the original date of purchase. Manufacturer also warrants the SOLO FIT “Smart Suit” (the “Smart Suit”) to be free from defects in material and workmanship for a period of six (6) months from the original date of purchase. Manufacturer also warrants the Control Box Battery, and Control Box Battery Charger for a period of one (1) year. Together, the Smart Suit, Control Box, the Control Box Battery, and Control Box Battery Charger shall be referred to herein as the “Product”. It is Manufacturer’s sole discretion to determine if the reported claim constitutes a claim within the scope of this Limited Warranty policy.

To initiate a warranty claim, the following steps shall be followed: 1. Contact your Sales Agent (if applicable), or refer to the Troubleshooting section at www.solofit.eu to determine if a claim needs to be filed or if the issue can be resolved directly by customer; 2. If problem persists, submit a warranty claim in writing to warranty@solofit.eu, or in another manner specified by Manufacturer, including a detailed description of the problem, serial number/LOT number (if applicable, as located on the label of the Product) and a photo/video of the issue (if possible, to expedite the claim); 3. If the issue falls within the scope of the Limited Warranty, Manufacturer will determine the appropriate resolution, which may include repair, replacement or another suitable remedy (warranty replacements may involve refurbished items); 4. You or your Sales Agent will be kept informed throughout the process and our team will work diligently to ensure a swift and satisfactory resolution to your warranty complaints.

The effective date of this Limited Warranty is the day of receipt of delivery of the Product to the original purchaser. Any claims under this warranty must be initiated within the specified warranty period, which begins on the effective date. The warranty period and terms are subject to the conditions and limitations set forth in this document.

This warranty does not cover any damage caused by misuse, abuse, accidents, wear and tear from normal use, alterations to the Product, or use of the Product with components made by any manufacturer other than Manufacturer. Failure to comply with all storage, use, cleaning, and other instructions in the SOLO FIT System Operating Manual, including but not limited to the System Components and Overview section, shall void this Limited Warranty.

THIS IS MANUFACTURER’S ONLY WARRANTY/POLICY. The remedy stated above is exclusive for any and all claims by the Purchaser or any person claiming through the Purchaser against Manufacturer, whether based on contract, negligence, tort, strict liability, warranty, or under any statute or on any other basis.

LIMITED WARRANTY (continued)

TO THE FULLEST EXTENT ALLOWED BY LAW, IN NO EVENT SHALL MANUFACTURER BE LIABLE, WHETHER BASED ON CONTRACT, NEGLIGENCE, TORT, STRICT LIABILITY, WARRANTY, OR UNDER ANY STATUTE OR ON ANY OTHER BASIS, FOR SPECIAL, INDIRECT, INCIDENTAL, EXEMPLARY, PUNITIVE, MULTIPLE OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR CAUSED BY THE PRODUCT OR THE POSSESSION OR USE OF THE PRODUCT BY THE PURCHASER OR ANY PERSON CLAIMING THROUGH THE PURCHASER - IN ALL CASES ABOVE WHETHER OR NOT FORESEEABLE AND WHETHER OR NOT MANUFACTURER IS ADVISED OF THE POSSIBILITY OF SUCH DAMAGES, INCLUDING WITHOUT LIMITATION DAMAGES ARISING FROM OR RELATED TO PERSONAL DAMAGES, LOSS OF USE, PROCUREMENT OF SUBSTITUTE GOODS OR SERVICES, OR FOR LOSS OF REVENUE, PROFITS, EARNINGS, OR GOODWILL. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY. DAMAGES FOR ANY CLAIM, INCLUDING A WARRANTY CLAIM, MADE ON ANY BASIS ARE LIMITED TO THE PURCHASE PRICE OF THE PRODUCT FOR WHICH DAMAGES ARE CLAIMED.

THIS WARRANTY IS IN LIEU OF AND EXCLUDES ALL OTHER WARRANTIES EXPRESS OR IMPLIED, INCLUDING, WITHOUT LIMITATION, THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR PARTICULAR PURPOSE. Some states do not allow limitations on how long an implied warranty lasts; therefore, the above limitation may not apply. Manufacturer neither assumes, nor authorizes any person to assume for it, any additional liability or responsibility with respect to the Product beyond this Limited Warranty. This Limited Warranty is non-transferable.

NON-WARRANTY REPAIR SERVICE: Non-warranty repair service may be available for a fee. Contact Manufacturer at warranty@solofit.eu for further information.

All limitations and exclusions herein are agreed to and accepted by the Purchaser upon purchase of the Product. Purchaser agrees that any dispute regarding this warranty shall be resolved by arbitration in Hillsborough County, Florida. Purchaser agrees that Florida law shall be the governing law. If arbitration is deemed inapplicable by a court of competent jurisdiction, Purchaser agrees that Florida courts have proper personal jurisdiction over the parties to this Limited Warranty.

Address for notification of claims under this Limited Warranty: warranty@solofit.eu

Neuro20 Fit Systems LLC,
140 Pine Ave. N.
Oldsmar, Florida 34677, USA



WWW.SOLOFIT.EU

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