

CONTRAINDICATIONS

Bodstim System • Safety & Medical Protocols

If you have a pacemaker, are pregnant, have cancer or have a history of epilepsy, you are incapable of using this product.

Consult with your specialist before joining our training programs if you have any of these characteristics:

- Circulatory disorders and problems
- Abdominal or inguinal hernias
- Neurologic disturbances
- History of hemophilia or excessive bleeding tendency
- Skin irritations, burns or wounds
- Diseases that affect muscular metabolism (example: diabetes)
- Metabolic syndrome (diabetes, high blood pressure, obesity)
- High levels of uric acid
- Metabolic alterations or metabolic pathologies
- Inflammatory pathologies or diseases

By accessing the Bodstim System, you acknowledge and agree that your performance of any and all exercises or activities recommended by the Bodstim System is wholly at your own risk. You acknowledge and agree that the Bodstim System is intended for use only by individuals healthy enough to perform strenuous exercise.

a) You must not use the Bodstim System if any of the following are true:

- i. you have a pacemaker (artificial pacemaker), implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.
- ii. you are menstruating or pregnant;
- iii. you are experiencing extreme muscle strain or trauma, or if you are experiencing a muscle strain condition such as rhabdomyolysis;
- iv. you have been diagnosed with any heart problem or condition,

- v. you have an inadequate blood supply (ischemia) or a serious blood circulation disorder in the lower limbs;
- vi. you have an abdominal or groin hernia;

b) Before using the Bodstim System, we highly recommend you seek guidance from a qualified healthcare practitioner if you have any preexisting injuries or conditions that may interfere with recommended activities, or have any of the following:

- i. a tendency to bleed internally (hemorrhage) following trauma or fracture;
- ii. acute trauma or a fracture or following recent surgery when muscle contraction may disrupt the healing process;
- iii. been diagnosed with epilepsy or another neurological disorder;
- iv. nerve damage resulting in a lack of feeling in a particular area of the body;
- v. a loss of muscle tissue or muscle atrophy, experience muscle spasms, or have muscles associated with painful or afflicted joints;
- vi. persistent pain;
- vii. required muscle rehabilitation; or
- viii. suspicion of any heart condition,