

Contraindications

In the following cases of diseases or conditions, it is **forbidden** to undergo any electrical muscle stimulation (EMS) training or treatment.

- If the client has **implanted or external medical device** (e.g. cardiac pacemaker, implanted defibrillator).
- If the client has severe **cardiovascular diseases** (e.g. severe heart or aortic disease).
- If the client has severe **neurological disorder**.
- If the client has **medication-controlled or medication-uncontrolled seizures or convulsions** (e.g. epilepsy).
- If the client has severe **neuromuscular disorder** (e.g. rhabdomyolysis or any disorder that affects the nervous system and the muscles and causes rapid breakdown in muscle structure).
- If the client has **cancerous lesions** (e.g. breast cancer).
- If the client has severe **nephrological disease**.
- It is forbidden to use XBody EMS device in case of existence or a tendency of **internal bleeding**.
- It is forbidden to use XBody EMS device in case of **non-intact skin** (e.g. infected, wounded or any non-healthy, inflamed, irritated or oedematous skin area).
- It is forbidden to use XBody EMS device **during pregnancy or suspected pregnancy**.
- It is forbidden to undergo any **intensive training for two days after XBody EMS training**.

Relative contraindications

In the following cases, **medical consultation is obligatory**. Any other disease or unusual, abnormal physical condition or symptom also **requires medical approval** before undergoing XBody electrical muscle stimulation (EMS) training or treatment.

- Medical consultation is obligatory in case of **metal implants**. Make sure that electrodes are used in a way that it is impossible for electrical current to flow through the affected area (e.g. set intensities of such channels to 0).
- Medical consultation is obligatory in case of **non-metallic or other implants** (e.g. silicone implants, gynecological implants).
- Medical consultation is obligatory in case of **less severe cardiovascular diseases** (e.g. hypertonia, high blood pressure).
- Medical consultation is obligatory after a recent **surgical procedure, medical intervention or acute trauma** or during any **medical treatment** (e.g. drug treatment).
- Medical consultation is obligatory in case of any **hernia** (e.g. abdominal or inguinal hernia).
- Medical consultation is obligatory in case of **chronic disease or fever, contagious disease or any acute or chronic infections (bacterial or viral)**.
- Medical consultation is obligatory in case of **diabetes**.
- Medical consultation is obligatory in case of the client has **painful, sensitive skin or skin areas lacking normal sensation**.
- Medical consultation is obligatory in case of **menstrual cramps**.
- Medical consultation is obligatory in case of **abnormal obesity or extreme physical inactivity**.
- Medical consultation is obligatory in case of any **mental deficit (client can only use XBody EMS device with guardianship)**.

I understand and accept to be bounded by the contents of all of the contraindications and warnings.

Name: Signature: Date: