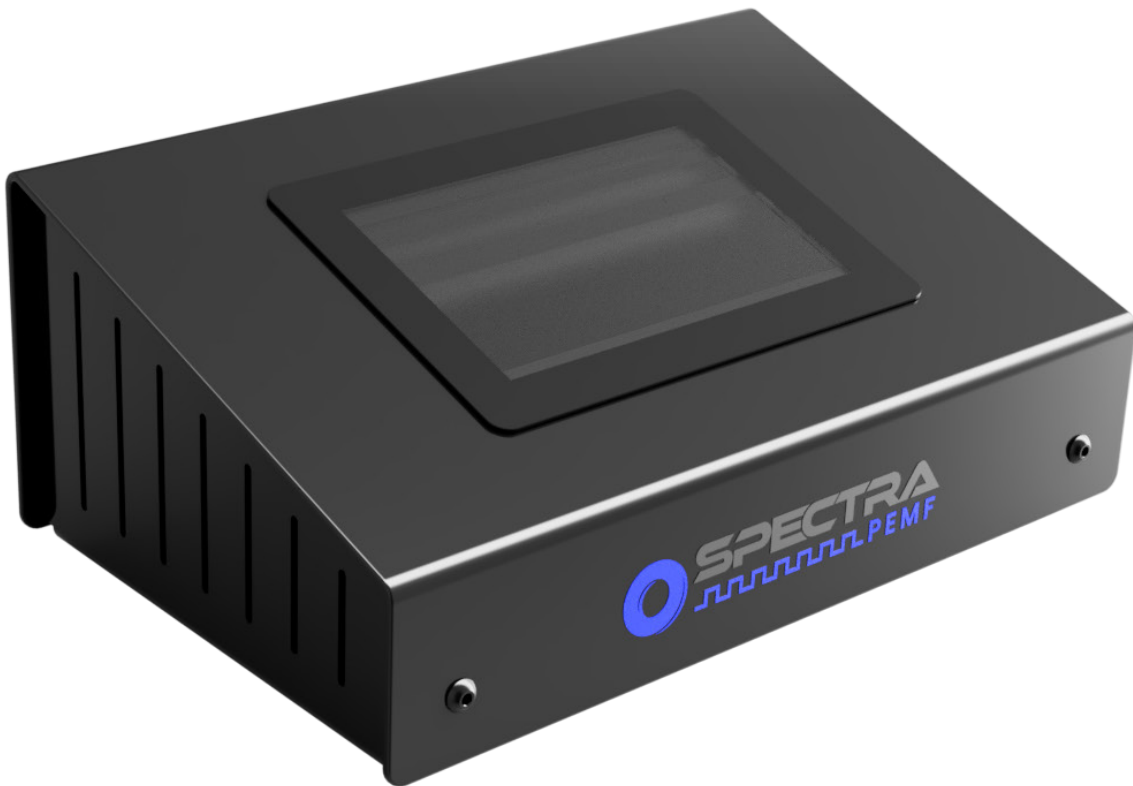




User Guide

Apex HSR



Before using your Spectra HSR, please read this guide thoroughly to ensure safe operation and optimal results from your therapy sessions. If you have any questions or concerns, please don't hesitate to contact Spectra's support team.

 **717-500-3838**

 **support@spectrapemf.com**

 **spectrapemf.com**

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Introduction

Welcome to the Spectra PEMF System.

This user guide will help you use your new Pulsed Electromagnetic Field (PEMF) therapy device safely and effectively.

The Spectra PEMF System is designed for whole-body wellness, localized pain relief, recovery support, and cellular optimisation. This portable system can be used in homes, clinics, wellness centers, gyms, med-spas, or integrated into any therapeutic environment.

PEMF therapy works by delivering pulsed electromagnetic fields that interact with the body's cells, supporting improved circulation, enhanced cellular energy, reduced inflammation, and healthier physiological function.

This guide will walk you through setup, safety, usage, programs, maintenance, and best practices to achieve the greatest benefits from your therapy.

1 Safety Information

Important Safety Precautions

- 1 Do not use if you have an implanted electronic device (pacemaker, cochlear implant, implanted defibrillator, mechanical heart valve, etc.), unless approved by the device manufacturer and your doctor.
- 2 Do not use if you are pregnant.
- 3 Do not use if you have epilepsy or uncontrolled seizures.
- 4 Do not use if you have active bleeding disorders.
- 5 Do not use if you are an organ transplant recipient or taking immunosuppressive medication. ⚠
- 6 Consult your healthcare provider if you have any medical concerns.
- 7 Stay hydrated — drink at least one glass of water before and after each session.
- 8 Avoid caffeine, nicotine, or alcohol immediately before or after a session.
- 9 Do not expose the controller or cables to liquids.
- 10 Do not attempt to open or repair the device.
- 11 Only use approved Spectra accessories and adapters.

Please read all instructions before using the Spectra PEMF System.

General Sensitivity Notes

Some users may experience temporary sensations such as:

- light tingling
- warmth
- fatigue
- increased urination
- mild detox-like symptoms

This is normal and generally resolves quickly. Lower intensity or shorter sessions may help.

2 What Is PEMF Therapy?

Pulsed Electromagnetic Fields stimulate cellular function by improving electrical and biochemical activity.

Key benefits include:

- Reduced pain and inflammation
- Faster recovery and wound healing
- Improved circulation and oxygenation
- Enhanced cellular metabolism and ATP production
- Stress reduction and nervous system regulation
- Better mobility and joint function
- Support for sleep and relaxation

PEMF is non-invasive, drug-free, and safe for regular use.

3 Included With Your Spectra PEMF System

Your purchase includes:

- PEMF Controller
- Full-Body Mat (3 cushions)
- Power Adapter
- User Manual (digital)
- Optional - Ring
 - Mini Mat
 - Paddle

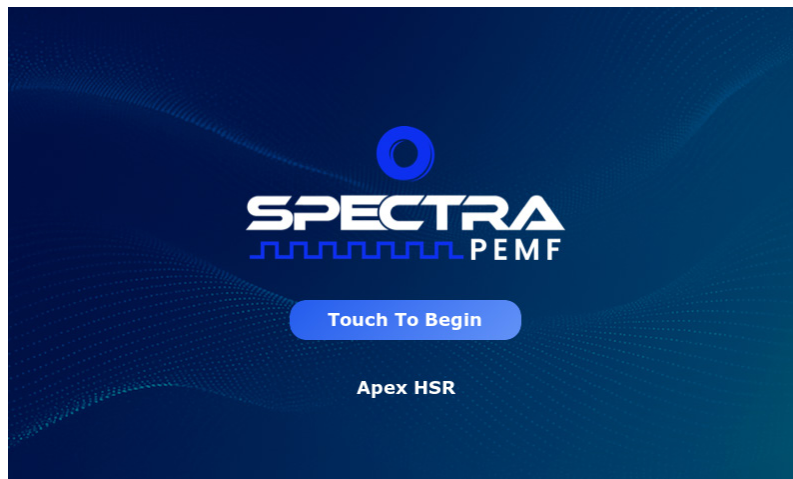
4 Quick Start Guide

Step 1 – Connect Components

1. Connect the adapter to the PEMF controller.
2. Plug the AC adapter into a wall outlet.
3. Connect your desired applicator (mat or loop) to the controller.
4. Ensure all cables are secure. (plug in - twist clockwise until it clicks)

Step 2 – Power On

- Flip the **Power Button** to the **On** position.
- After initializing, you will see the welcome screen.

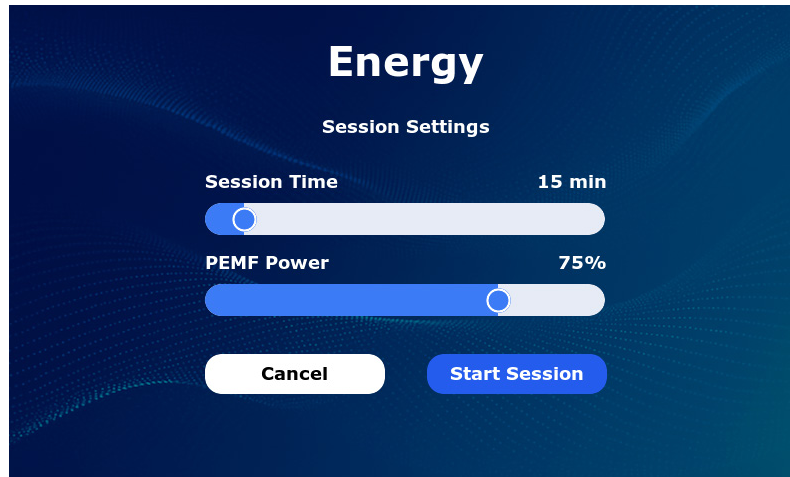


Step 3 – Choose a Program

Press "**Touch To Begin**" to view the preset protocol screen, then select your desired program.



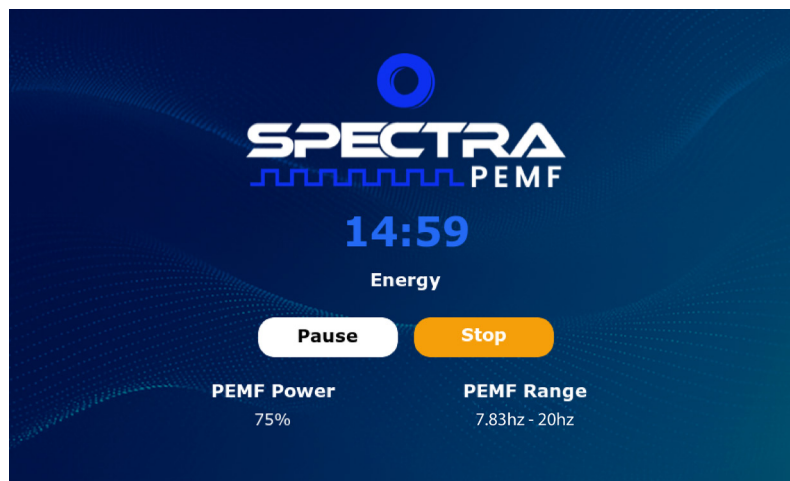
Confirm Session Time, PEMF Power, then press **Start Session**.



Step 4 – During a Session

The display will show:

- Time remaining
- Program name
- Pause / Stop
- PEMF Power Level
- PEMF Frequency Range



The program will end automatically and will return to the Welcome Screen.

Step 5 – Auto Standby

If the screen is unused for 3 minutes, the controller will return to the home screen.

If no inputs are entered, the screen will go into dim mode after 5 minutes.

5 Program Overview

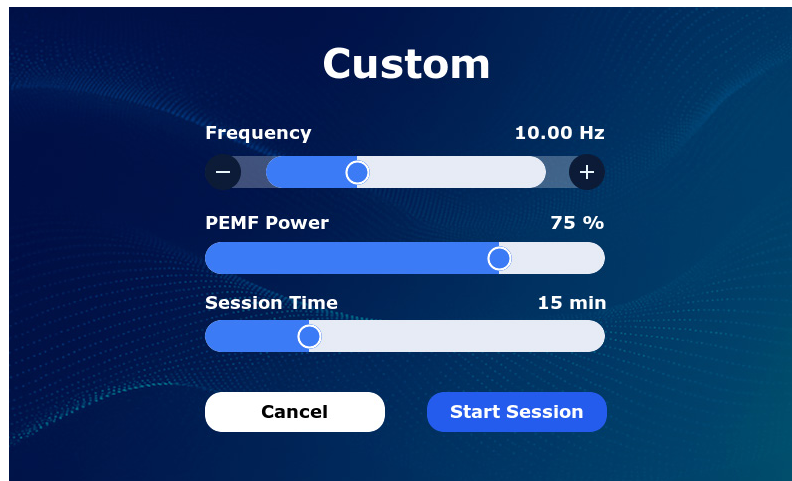
The Spectra Apex HSR PEMF System includes **4 preset programs and 1 custom program**.

Program Table

PROGRAM	WAVEFORM	FREQUENCY RANGE	BEST USE
Energy	Square	7.83 - 20 Hz	Energy/Focus
Balance	Square	12 - 15 Hz	Revitalization
Relax	Square	15 - 10 Hz	Relaxation
Sleep	Square	7.83 - 0.25 Hz	Deep Sleep
Custom	Square	0.01 - 100 Hz	Customizable

6 Custom Protocols

- **Frequency** (0.01Hz - 100 Hz)
- **Intensity**
- **Session Time**



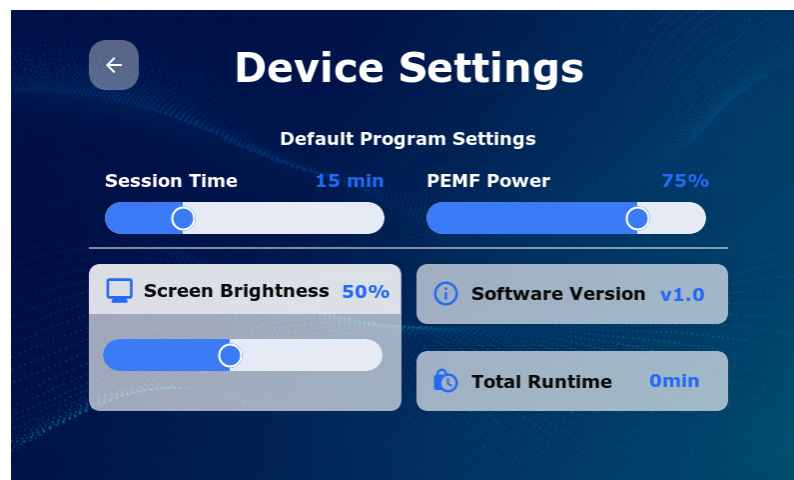
*Custom settings should only be used by advanced users or under practitioner supervision.

7 Settings (Overall Device Settings)



After selecting the **Settings** button, make changes as desired in the **Device Settings** :

- Session Time
- PEMF Power
- Brightness



*Device Settings will automatically be applied to all Preset Protocols unless changed by the user.

8 Why Square Wave

- Most Clinically Accurate
- Stronger cellular stimulation
- Ideal for pain
- Shown in NASA research to support tissue healing

9 Application Tips for Best Results

- Begin with lower intensity (50% power for first week)
- Increase intensity gradually as your body adjusts
- Stay hydrated before and after sessions
- Use twice daily for best results (15 minutes each)
- Avoid caffeine, smoking, or heavy meals immediately before sessions

10 Benefits of Regular PEMF Use

- Pain reduction
- Faster healing and recovery
- Improved circulation and oxygenation
- Enhanced ATP and cellular vitality
- Detoxification support
- Improved sleep and reduced stress
- Better joint mobility
- Strengthened immune function
- Enhanced athletic performance

11 Maintenance & Care

- Do **not** submerge or spray the controller
- Use only a dry or slightly damp cloth on the controller
- Clean mats with mild soap and warm water
- Do not use harsh chemicals or alcohol
- Sanitize the mat surface between uses if used in a commercial space

12 Technical Specifications

- Input: AC 100–240V, 50/60Hz
- Output: 48V DC – 4.6A – 221W Max
- Coils:
 - Full Mat: 3 large copper coils (1 per cushion)
 - Ring: 1 copper coil
 - Mini Mat: 2 copper coils (1 per cushion)
 - Paddle: 1 copper coil
- Magnetic Field Strength:
 - Mat: 1 - 30 G (Gauss) / 100 - 3000 μ T (Microtesla)
 - Ring: 48 G (Gauss)
 - Mini Mat: 50 G (Gauss)
 - Paddle: 80 G (Gauss)
- Waveform: Clinical Squarewave
- Frequency Range:
 - 0.01 Hz – 100 Hz
- Materials: PVC Leather
- Auto Standby: 5 minutes idle

13 Warranty Information

Your PEMF system includes an industry-leading **4-year manufacturer's warranty** covering defects in materials or workmanship.

Warranty does not cover:

- Damage from misuse
- Opening the controller
- Contaminated mats due to improper protection
- Unauthorized repairs
- Tampering with the seals on the zippers

For warranty service, contact Spectra Support.

14 Contact Information

Contact Spectra

- 📞 **717-500-3838**
- ✉ **support@spectrapemf.com**
- 🌐 **spectrapemf.com**

