



The Third Hand

3rdH player ROM I SE



Mode d'emploi et instructions





Chambre de métiers et de l'artisanat du Gers

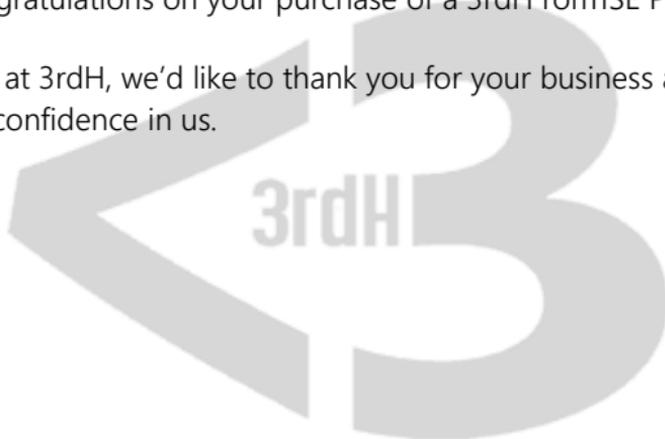
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Registered office: 1 rue Jean Jaurès

32600 L'Isle Jourdain

Congratulations on your purchase of a 3rdH rom1SE Player.

Here at 3rdH, we'd like to thank you for your business and your confidence in us.





Introducing 3rdH, the company

3rdH is a French brand and company. It markets and distributes its products exclusively, guaranteeing both the equipment and software updates.

Ours is a small specialist company where skill, innovation and attention to detail are all put to good use, serving the needs of fantasy and delight. One of the company's priorities is to showcase the quality of its products and the reliability of the components it uses, making them accessible to as many people as possible.

For 3rdH, good relationships with its customers are paramount. An important part of that is sharing experiences. For that reason, a special forum for 3rdH Player users is available on the 3rdh.com website.



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The story of sexual electrostimulation

In the 1950s, the medical profession developed programmes to stimulate the muscles by the use of electric currents. They helped kick-start the muscle rehabilitation process following atrophy. Other programmes were developed to relax muscles. The equipment became known as EMS (electronic muscle stimulator) units.

In the 1970s, medical-grade TENS (Transcutaneous Electrical Nerve Stimulator) units started to be used to soothe pain. Some of those devices came to be used for alternative purposes, to give pleasure. When electrodes are placed close to or on genital organs, electrostimulation produces pleasurable sensations which can even cause orgasm to occur.

However, neither EMS nor TENS units were ideally suited to erotic purposes. In the 1980s, the first devices specifically designed for sexual electrostimulation appeared, at a time when society was beginning to free itself from certain taboos.

3rdH rom1SE Player functions

- Playback and recording of sessions on an SDHC memory card.
- Integrated configurable 3rdH NOVA-S© sensation generator.
- Stereo line input for connection to an external audio source.
- 3rdH DSP for high-precision sensations.
- Timer for automatic session start.
- 8-bit 16 kHz stereo WAV files can be played back from the SDHC memory card.
- Energy-saving backlit OLED display.
- Fine control of stimulation intensity with configurable thresholds.
- Device can be locked.

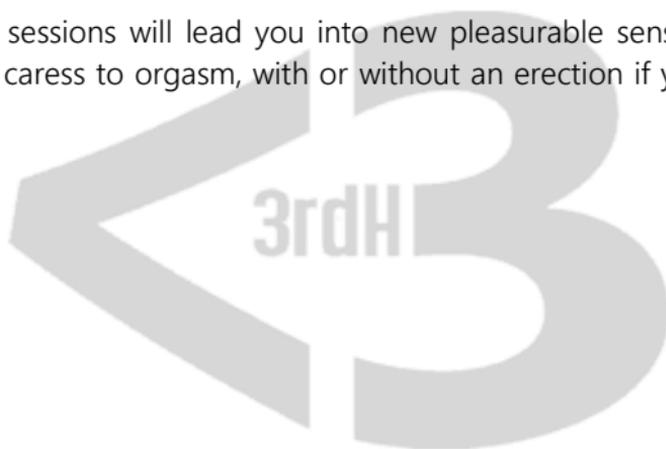
The 3rdH rom1SE Player: orgasm at your fingertips

Our passion for innovation, reliability and timeless quality are the driving force behind three years of research and development. The result is the 3rdH rom1SE Player. The 3rdH Player is much more than a simple sex toy; it is the must-have interface between your desires and your pleasure.

Our aim is to guide the user into endless new pleasures, where it isn't simply about power. So, with the 3rdH rom1SE Player, you can repeat sessions time and again without overloading or dulling your senses. They could be sessions you've created, enjoyed and stored away to enjoy again. But you can also hand over control to our pre-recorded routines, carefully crafted to guide you into pleasure. Like an orgasmic turntable, the 3rdH Player produces sensual pleasure similar to the feelings produced by human touch.

Performance, quality, safety, intuitiveness and ease of use have been considered at every stage of the design. The result is that, even on your very first session, you can embark on your discovery of surprising erotic sensations. This is thanks to the precise control of the special, completely harmless currents generated. This original concept, developed by 3rdH, is inspired by recent discoveries in the medical field.

Your sessions will lead you into new pleasurable sensations. From caress to orgasm, with or without an erection if you are male.



Safety information

The 3rdH Player is based on technology from the medical field, inspired by techniques which implement IFC: Interferential Current. In addition, it complies rigorously with the EMC electromagnetic compatibility standard as well as medical equipment standard IEC 601-2-10. That means its safety is fully guaranteed, provided it is used in accordance with the instructions given in the manual.

Electrostimulation requires a few precautions:

- It is designed for adults only, and is not recommended for people with heart problems or who wear a pacemaker.
- It is not recommended for pregnant women.
- The electrodes must not be worn above the waist: chest, close to the heart etc.
- The electrodes must not be worn on damaged or irritated skin.
- So as to eliminate any risk of skin problems, a water-based lubricant must always be used with insertable accessories. A conductive gel should be used with some external-use accessories.
- Apply the electrodes before switching on the 3rdH Player.

The 3rdH rom1SE Player case is made from bioplastic, containing natural elements which safeguard the environment; you are recommended to replace it in its pouch after use.

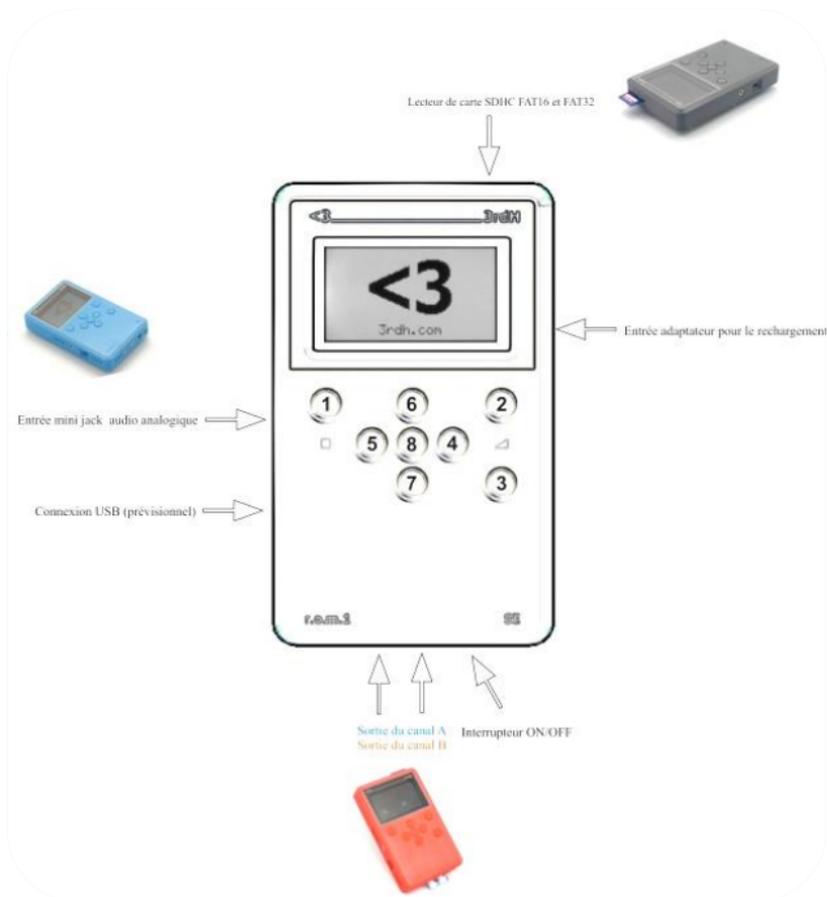
It should not be exposed to temperatures above 60°C.

The 3rdH Player is not waterproof.

The 3rdH Player will only work on its own battery power. To prevent any damage, it should only be recharged using the charger supplied by 3rdH.



3rdH rom1SE Player

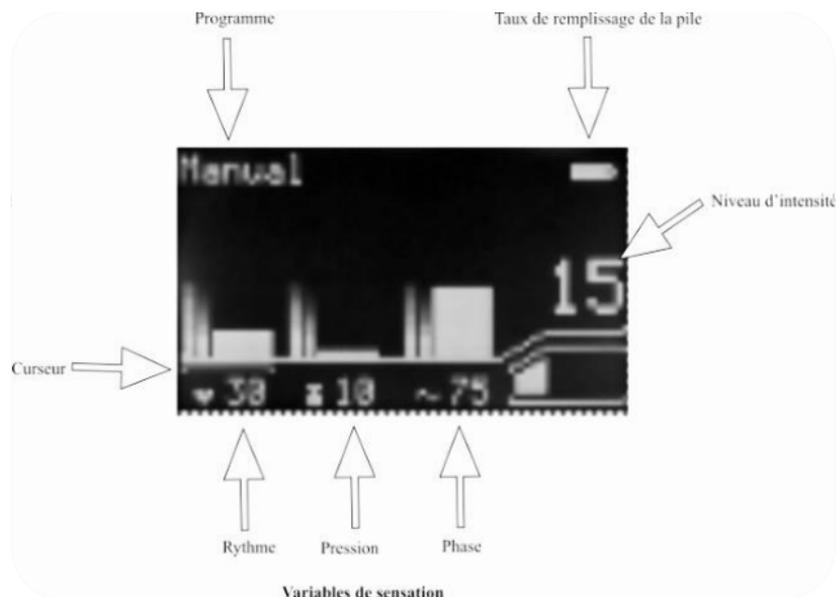


Keypad functions

- 1 Programme / Stop playback / Stop recording
- 2 Intensity ↗
- 3 Intensity ↘
- 4 Cursor select →
- 5 Cursor select ←
- 6 Sensation variables ↗
- 7 Sensation variables ↘
- 8 Menu / Confirm / Save



Screen: controlling and displaying settings



Electrodes : care and application

The pads supplied must be used by one person only. They should not be cleaned or immersed in water. If they start to lose their stickiness, they must be replaced. The skin under the electrodes must be perfectly clean and undamaged. There must be perfect contact between the electrodes and the skin to get good sensations from them. Men can apply the electrodes either with or without an erection.

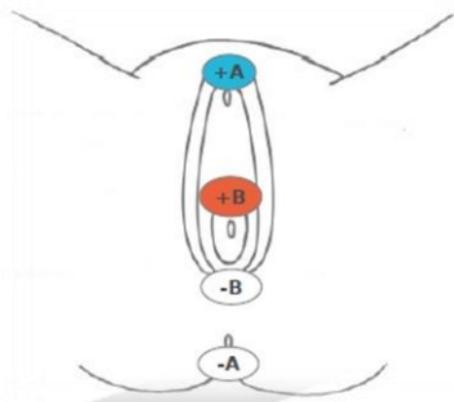
When you start out, you must observe the electrode placements shown. The connector colours will help you identify which is which.

The 3rdH Player has two channels. You should never connect both connectors from a single channel together.

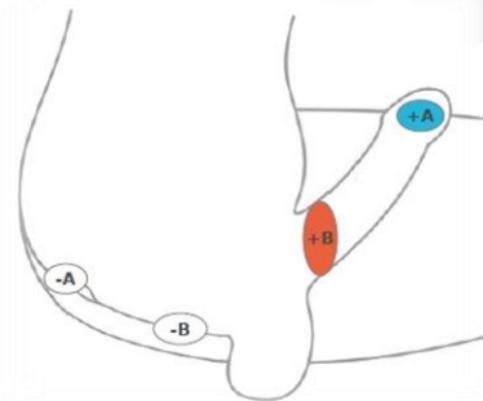


There are several different types of electrode available, such as plugs, bands and pads. They are all fully compatible with the 3rdH Player. Band and plug electrodes must always be used with a conductive gel or liquid, or a water-based lubricant. Check the quality of the electrodes before you use them, especially the quality of the materials and their compatibility with the human body.

Recommended electrode positions for women



Recommended electrode positions for men



Common mode settings

Balance works in a similar way to hi-fi stereo. This adjustment is used to send more power to one channel than the other, to stimulate different areas to different levels.

Method: In Manual or Prog mode, press button 5 until "Balance" is displayed. Then press buttons 6 or 7 depending on the electrode where you want more intensity. Press button 4 to return to the programme.

Wave cut multiplies the frequency of the flow to 5 different levels.

Method: In Manual or Prog mode, press button 5 until "Wave Cut" is displayed. Then press button 6 to speed up the rhythm of the wave, or 7 to slow it down. Press button 4 to return to the programme.

Modes

The 3rdH Player has 4 modes. The Manual and Prog modes operate as a sensation generator. They can be adjusted at will.

1. You can use Manual mode to familiarise yourself with the 3rdH Player. By experimenting with the various options, combining variables such as Rhythm, Strength, Phase, Wave Cut and Balance, you will be able to generate a particular sensation.
2. Prog is used to access the routines, which cycle through a series of sensations. The repetition and combination of the different variables result in a progression in your pleasure, which can lead to multiple orgasms. This is the very heart of the concept: everything can be adjusted, the combinations are infinite and can be recorded.
3. You can use Line to connect your 3rdH Player to an external audio source: computer, mp3 player or any other device with an analogue stereo line output. The sensations generated by audio files can be extremely varied. The random nature of the signals and sensations generated in this way may be a source of unexpected pleasure.

4. SDcard mode enables you to play back audio files in 8-bit 16 kHz stereo WAV format. This mode can also be used to play back all the sessions you have stored on the SD card: recordings can be made in Manual, Prog and Line modes.



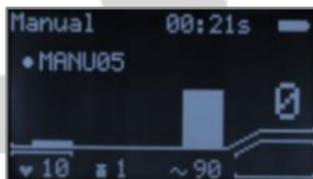
Manual mode

Use Manual mode to experience your first sensations from the 3rdH Player. It gives you full control over the device and the sensations it produces.

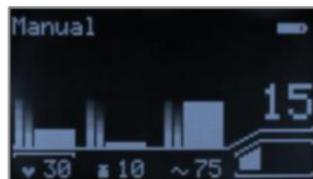
Three sensations can be adjusted directly:

- The rhythm of the pulse, represented by the heart.
- The strength (or pressure) of the pulse, represented by the weight.
- The phase difference between the two channels, represented by the wave.

Slowly increase the amplitude using button 2 until you start to feel a light pressure.



Use buttons 6 and 7 to adjust the rhythm.



Use buttons 4 and 5 to access the strength and phase settings. Slowly increase the amplitude until you can feel the movement perfectly.

Recording

To record your session, press and hold the centre button 8 until "Create" is displayed.

The name of the 3rdH file appears on the screen, preceded by a circle to show that recording is in progress.

To stop recording, press button 1. A square appears to show that recording has stopped.



Your first session

- Put your 3rdH rom1SE Player on charge until it is fully charged.
- Check the cables and electrodes, cleaning bands, tubes, conductors and plugs as necessary, even if they are new.
- Make yourself comfortable.
- Apply the electrodes using the recommended gels. With the 3rdH Player switched off, connect the electrodes to the A and B outputs, following the colour code and polarities.
- Turn on the 3rdH Player. The welcome screen is displayed.
- Press button 1 to take you to manual mode.
- Check that the levels of each of the variables can be changed by moving the cursor with buttons 4 and 5, and use 6 and 7 to adjust the level of each of them. Start by choosing a fairly slow rhythm (between 5 and 20), a light pressure (strength between 5 and 10) and phase near to 180° (between 85 and 99).
- Adjust button 2 until you feel the current starting to flow, and gradually increase it to a level which gives you evident pleasure.

- Next, adjust the different variables using 4, 5, 6 and 7 to find out which settings are most pleasurable to you.

Note: Body hair may cause you to experience uncomfortable "hot-spots" if the electrodes are too loose. You can remedy this through shaving or hair removal.



Prog mode

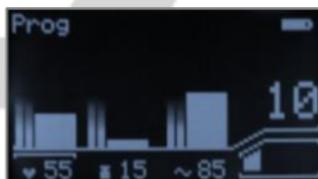
In this mode, the levels of the sensations are managed automatically. The variations depend on your settings.

To access sensation settings, briefly press centre button 8.

The parameters will be shown at the bottom of the screen. There are three different levels which can be set for each of the sensations: Rhythm, Strength, Phase, Balance and Wave Cut.

Adjust each of these three levels for Rhythm. Then set the time interval between each level change.

Repeat the same steps for each of the other four sensations.

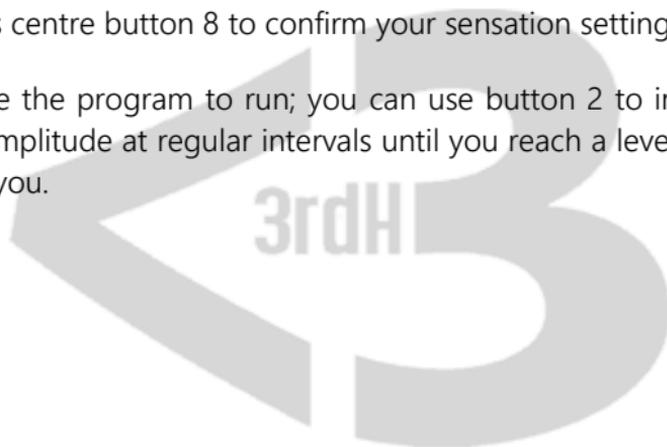


This takes you to "Ramps". A Ramp is a slow, progressive increase in sensation level. Set the amount of increase which will be added to the current sensation level. Then set the amount of time it should take.

You should choose sufficiently long time periods to get the most out of the sensations in this mode.

Press centre button 8 to confirm your sensation settings.

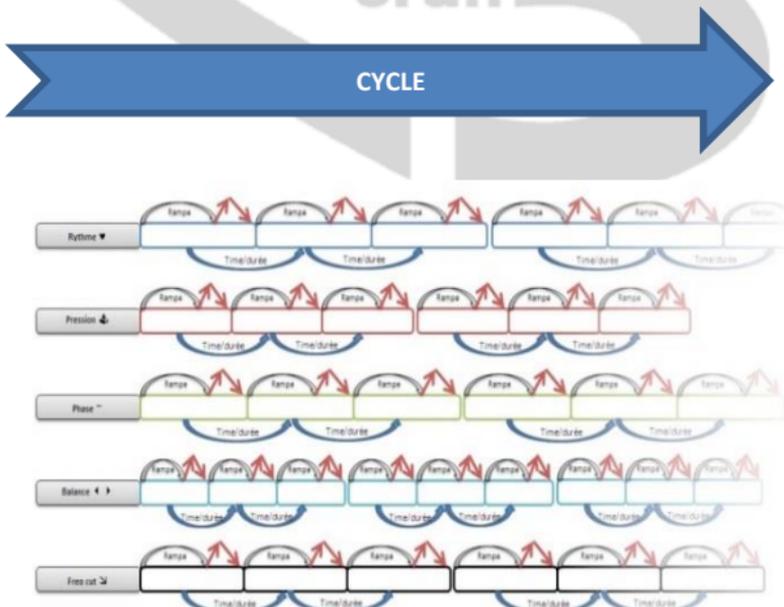
Leave the program to run; you can use button 2 to increase the amplitude at regular intervals until you reach a level which suits you.



How does it work ?

With this mode, you have even more control over your 3rdH Player. Whereas the factory settings give you access to an automated cycle where you can only adjust the intensity levels (buttons 2 and 3), you can move on to introduce your own cycle settings.

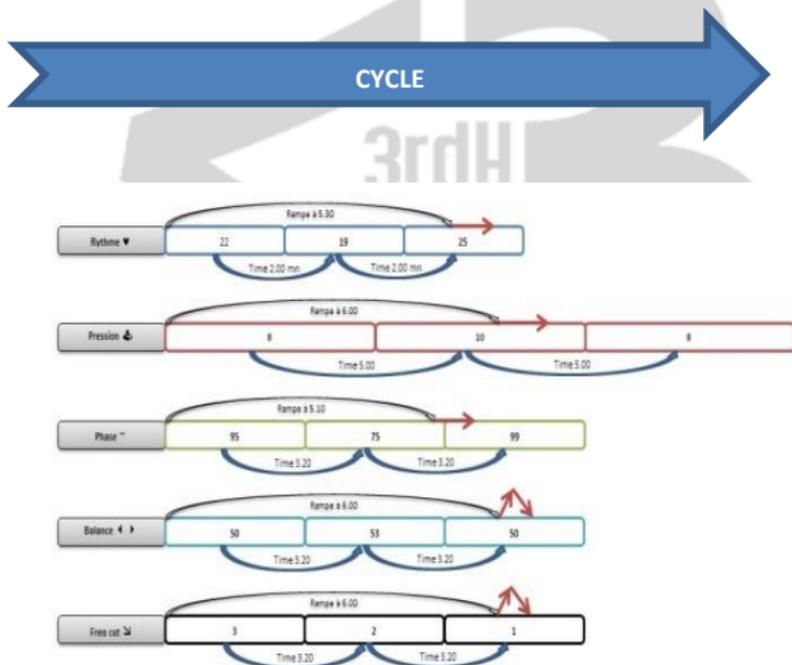
Here, as explained on the previous page, it is possible to change the settings for five different sensation variables. When the cycle starts, they will combine to give you an incredible diversity of signals, as shown in this diagram.



Here are some sample settings for you to practise with:

Variable	Rhythm	Strength	Phase	Balance	Wave Cut
Values	22/19/25	8/10/8	95/75/99	50/53/50	3/2/1
Time	2:00s	5:00s	3:20s	3:20s	3:20s
Ramp	0	0	0	8	2
Time	5:30s	6:00s	5:10s	6:00s	6:00s

Which can be represented by a diagram as follows:



Recording

To record your session, press and hold the centre button 8 until "Create" is displayed.

The name of the 3rdH file appears on the screen, preceded by a circle to show that recording is in progress.

To stop recording, press button 1. A square appears to show that recording has stopped.

You can use the Recording function to capture a session or part of a session. You can also play it back whenever you wish, as a loop, or preceded by other sessions or part-sessions.

The amplitude is also saved, so there will be no need for you to adjust the 3rdH when playing back your recording(s).

Line mode

In this mode, the sensations will depend on the audio signal fed into the device. Amplitude is still adjusted using buttons 2 and 3.

You can use a computer with sound generation software installed, an mp3 player, or any other piece of audio equipment fitted with an analogue line output.

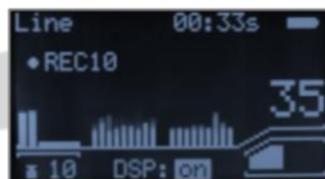
The sensations generated by audio files can be extremely varied. To ensure the sensations you feel are of the highest quality, the 3rdH Player is equipped with DSP (Digital Signal Processing).

To access the DSP settings, briefly press centre button 8.

1. The first DSP setting is represented by two opposing arrows; this is the compressor. This function allows you to use any kind of audio source without needing to worry about changes in volume (peaks). The nearer the compressor setting is to 99, the more the changes in volume will be flattened out.
2. The second DSP setting is represented by a single arrow pointing downwards; this is the limiter. The limiter can be used to restrict the amplitude of only the loudest signals.

Confirm your settings with a brief press of centre button 8.

The bar graph shows the audio input level on each channel. When the input level is too high, a dot appears at the top of the bar graph. When this happens, you should slightly reduce the output level from the source device to prevent the signal becoming saturated.



Recording

Press and hold the centre button 8 until "Create" is displayed. The name of the 3rdH file appears on the screen, preceded by a circle to show that recording is in progress.

To stop recording, press button 1. A square appears to show that recording has stopped.

Recording from Line In enables you to capture a file of your own creation, or one shared with you, and save it to your SD card. You can then play it back whenever you want, without having to reconnect your audio source.

SDcard mode

In SDcard mode you can play back your recordings. They are saved in two folders:

1. the 3RDH folder
2. the REC folder

- The 3RDH folder contains all the recordings from the Manual and Prog modes.

- The REC folder contains all the recordings from Line mode. The DSP function, available in Line mode, can also be adjusted when playing back REC files.

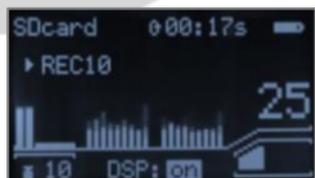
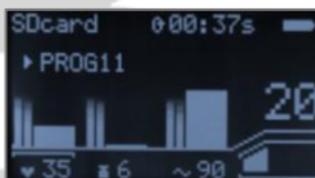
To navigate, select the folder and the file to play back using buttons 5, 4 and 8. Confirm playback using centre button 8.

When playing back, you can press and hold centre button 8 to select a further mode; Loop: the same file is repeated indefinitely. Continuous: the files in the folder are queued up to play one after another

When playing back 3RDH folder files, the volume and sensation levels will change according to the recorded session. If you want to change the amplitude or rhythm during playback, simply press the sensation or amplitude control buttons. The values will decrease or increase accordingly.

Sample playback screens for files stored in the 3RDH or REC folders.

For greater safety and ease of use, the user can delete, organise and rename the stored files on a PC.



User setup menu

The 3rdH Player has a setup menu which can be accessed when the device is turned on.

When the 3rdH logo appears on the display, press buttons 2, 3 and 8 simultaneously.

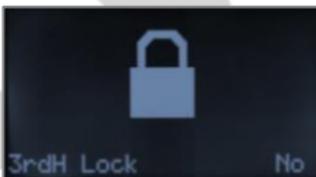


This takes you to the settings:

1. LCD Fade
2. 3rdH Lock
3. Timer



LCD Fade is used to extend 3rdH Player battery life.



3rdH Lock will lock your 3rdH so that it cannot be used without your knowledge.

Timer enables the 3rdH Player to start up automatically. Select how long the Player should wait before starting up: from 10 minutes to 46 hours. Confirm with button 8. The 3rdH Player switches to standby. When it restarts automatically, it will run the file(s) you have previously put into the Timer folder on the SD card.

Super User Setup menu

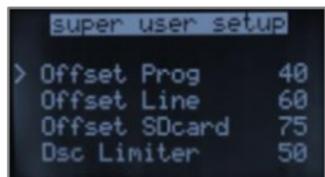
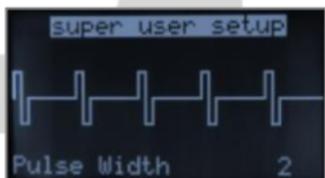
This menu is only for use by users who have fully mastered all of the 3rdH Player's settings.

This advanced menu enables you to fine-tune the sensations generated by the 3rdH Player.

When the 3rdH logo appears on the display, press buttons 2, 3, 6 and 7 simultaneously.

This takes you to the settings:

Pulse Width
Excursion
Offset Prog
Offset Line
Offset SDCard
Dsc Limiter



Pulse Width can be set to 10 different values. The optimal value is 350 μ s.

Excursion means the level of deviation in the signal generated in Manual and Prog modes. (90 by default)

Offset Prog means the continuous unvaried strength of the signal generated in Manual and Prog modes. (30 by default)

Offset Line means the continuous unvaried strength of the signal generated in Line mode. (30 by default)

Offset SDcard means the continuous unvaried strength of the signal generated in SDcard mode. (50 by default)

Dsc Limiter is one of the settings embedded in the DSP. It allows suppression of all amplitudes higher than a set value on the scale. This parameter is operational in SDcard playback mode. (120 by default)

Firmware updates

The 3rdH rom1SE Player is upgradeable. The advanced hardware design enables the software to be updated over time. For quality and safety reasons, updates can only be performed in our workshop. They are free of charge for life.

The functions and possibilities offered by your 3rdH rom1SE are not restricted to those described in this manual, but are limited only by your imagination.

Warranty terms and conditions

The 3rdH Player is guaranteed for 20 years. This warranty covers defects in the manufacture of the device. It does not apply when the device has been opened or damaged.

The battery contained in the device is not covered by the guarantee. It must be replaced in our workshop.

The 3rdH team is happy to answer any questions or consider any suggestions put to them by 3rdH Player users.

Summary table of adjustable values

Parameter	min	max	increment	default
Rhythm ♥	1	99	1	
Strength 📉	1	99	1	
Phase ~	1	99	1	
Wave Cut	1	5	1	1
Balance	1	99	1	50
Excursion	1	99	1	90
Pulse Width	50	500	50µs	350µs
Offset Prog	0	250	1	30
Offset Line	0	250	1	30
Offset SDcard	0	250	1	50
DSP DSC limiter	1	120	1	120
DSP Comp.	0	99	1	5
Dsc Limiter	0	99	1	5

Specifications

Carrier frequency: adjustable between 125 Hz and 525 Hz

Pulse width: adjustable between 500 μ s and 500 μ s

Rise time: < 1 μ s

Phase between channels A and B: adjustable between 0° (phase) and 180° (inverse phase)

Output current: 0 mA to 100 mA, intermodulated.

AM excursion: adjustable between 1% and 100%

Frequency modulation: adjustable between 1 Hz and 100 Hz

Frequency modulation envelope: from 0.1 Hz to 100 Hz

Line input bandwidth: 1 Hz to 8 KHz

Sampling: 16 kHz

Converter resolution: 8-bit stereo

SD and SDHC FAT16 and FAT32 compatible

Playback of audio files in 8-bit 16 kHz stereo WAV format.

Battery life: > 8h

Dimensions: Height 15 cm x Width 9 cm x Thickness 3 cm

Weight: 360 g



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