

EMS Sport Device

MXES-B420

PA1729-00

User Manual

Thank you for buying this product. Please read this user manual in advance and use the product safely.
Please keep this user manual for future reference.



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Contents of the box

Main Unit Controller



Main Unit and Controller x 1

Accessories



Protective Sheet x 1



Trial Battery
(CR2032) × 1



Gel Pad x 4

Quick Guide

User manual

1 Preface

About the user manual

- Contents of this user manual might change in the future without prior notice.
- For product improvement, change of appearance or specification might not be announced in advance.
- Except for personal use, any unauthorised copying of part or all parts of this manual is prohibited. Unauthorised republication is strictly prohibited.

Disclaimer

- Maxell shall not be responsible for any damage caused by fires, earthquakes, action of a third party, any accidents, intended or unintended misuse or other usage under abnormal conditions.
- All explicit and implicit contents not stated in the user manual are not covered.
- Maxell shall not be responsible for failure due to any damage caused by usage other than described in the user manual.
- This product is not designed to be used in medical equipment, nuclear equipment, aerospace equipment, transportation equipment and other device or equipment that involve human life and require high reliability. In the instance that this product is used as the above equipment and/or systems, Maxell is not responsible for any injuries or fire accidents caused by the failure of this product.

2 Safety caution

Please observe the precautions which are intended for safe and correct use of the product.

 Danger	Warning refers to misuse which might lead to death or serious injury*1 to a high degree.
 Warning	Warning refers to misuse which might lead to death or serious injury*1.
 Caution	Caution refers to misuse which might lead to injury*2 and may cause property damage*3.

- *1: Severe injury is indicated by those that have after effects such as blindness, injury, burns(high temperature burns/low temperature burns, chemical burns), electric shock, fracture, poisoning, etc. and those requiring hospitalization or long-term regular hospital visits for treatment.
- *2: Injury refers to burns, electric shock which do not result in hospitalisation or long-term follow-up.
- *3: Damages refers broad damages to houses or properties and domestic animal / pets.

Example of symbols		Prohibited actions when handling the product. Details will be illustrated inside or next to the symbol or with written description next to it. Graphic symbols representing specific instructions are shown in black color in the shape of  .
		Caution to fire, electric shock, high temperature when handling the product. Details will be illustrated inside the symbol. Graphic symbols representing specific instructions are shown in black color in the shape of  .
		Instruction which must be followed. Details will be illustrated inside or next to the symbol or with written description next to it. Graphic symbols representing specific instructions are shown in white color in the shape of  .

 **Danger**

Prohibited to use with the following electronic medical equipment
(1) Heart rate regulator implanted in the body.
(2) Medical equipment to maintain life such as cardiopulmonary machine, etc.
(3) ECG and other external electronic medical equipment. It may cause medical electronics accidents and impediment to the body.



Do not touch leaked liquid
If liquid leaks from this device and gets into the eye, do not rub. Rinse with plenty of clean water immediately and consult a doctor. It may cause blindness.



Keep batteries out of reach of children
Children may swallow the battery. If a battery is swallowed, it may cause death. Consult a doctor immediately for instructions.



Warning

• The following people must consult the doctor before use

- (1) People with acute disease.
- (2) People with malignant tumor.
- (3) People with infectious disease.
- (4) Pregnant women or shortly after delivery.
- (5) People with heart failure.
- (6) People with fever.
- (7) People with anemia.
- (8) People with infection, wounds, etc. on skin surrounding the application area.
- (9) People with abnormal blood pressure.
- (10) People who feel an abnormality and need resting.
- (11) People with vertebral fracture, sprains, muscle torn or similar acute (pain) disease.
- (12) People with perceptual disorders resulting from advanced endovascular disorders due to diabetes, etc.
- (13) People who have undergone plastic surgery or breast augmentation surgery.
- (14) Except the above mentioned, who feel an abnormality on their body.
It may cause accident or physical deterioration.



• The following people must not use the device

- (1) People who are consuming or recently consumed alcohol.
- (2) People under 18.
- (3) Do not use on children or pets.



• Turn off the power supply while placing and removing the gel pads

This may cause electric shock.



• If you feel unwell, stop use immediately

This may cause accidents or physical deterioration. Discontinue use and consult a doctor if you feel any discomfort or abnormality such as dry skin, itchiness, redness, burning or inflammation during use. Continued use may aggravate the symptoms.



• Do not use near your heart, head, face, eyes, neck or vulva

This may cause accidents or physical deterioration.



• Do not use in highly humid locations such as bathroom

This may cause overheating, electric shock or malfunction.



• Do not put into heating appliances such as microwave ovens or pressure cookers

This may cause overheating, smoke or fire.



• Do not operate with wet hands

This may cause overheating, shock, malfunction.



• Do not pour liquid or water on the device

This may cause overheating, smoke, fire, malfunction, injury or damage the device.



• Store in a place out of a child's reach

This may cause accidents or physical deterioration.



• Do not sleep during use

This may cause accidents or injury.



• Do not wear metal accessories such as necklaces during use

This may cause electric shock.



• Do not disassemble or remodel

This may cause overheating, smoke, fire, liquid leak, injury or damage the device.



• Stop using broken devices

This may cause accidents or injury.



• Do not use more than two devices on different body parts at one time This may cause accidents or injury.	
• Do not carry out housework involving water, knives or fire during use This may cause accidents or injury.	
• Do not short the terminals This may cause overheating, electric shock, malfunction or injury.	
• Be sure to attach the gel pad to the main unit If the electrodes touch the body directly, there is a risk of burns.	
• Do not put into fire This may cause smoke, fire or damage the device.	
• Do not heat the battery or put it into fire This may cause smoke, fire or damage the device.	

Caution

• Charge within 10-35°C Charging out of this temperature range may result in liquid leak, overheating, malfunction or damage to the device.	
• Do not forcibly press the device This may deform or damage the device. This may also cause liquid leak, overheating, fire or malfunction.	
• Do not use the device on the same body part for more than once a day Even up to 2 different parts per day.	
• Do not use continuously Continuous usage may result in muscular or neuropathic pain.	
• Do not leave the gel pads on your body This may cause skin inflammation.	
• Do not use other electrical devices such as mobile phones during use This may cause accidents.	
• Do not use before or whilst driving This may cause traffic accidents.	
• Do not use and store in locations of high temperature This may cause accidents, injury or malfunction.	
• Do not step on, drop or apply strong shock to the device This may deform or damage the device. This may also cause liquid leak, overheating, fire or malfunction.	
• Do not place flammable or heavy objects on the device, or cover the device with foreign objects such as towels or cushions This may cause overheating, fire, liquid leak or damage the device.	
• Do not use for purposes other than body training This may cause accidents or injury.	
• Do not exercise while using this product This may cause injury.	
• Insert the "+" and "-" poles of the battery correctly This may cause rupture, damage, malfunction or injury due to the overheating or leakage.	

- **Use specified battery**

This may cause rupture, damage, malfunction or injury due to the overheating or leakage.



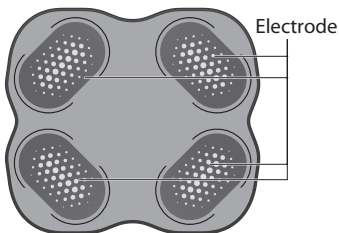
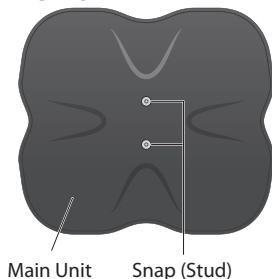
- **Do not use a battery that has exceeded the recommended usage period**

It may cause injury or malfunction.



3 Names of parts of the device

Main Unit



Controller

Power Button

LED Indicator

Intensity Selection Button

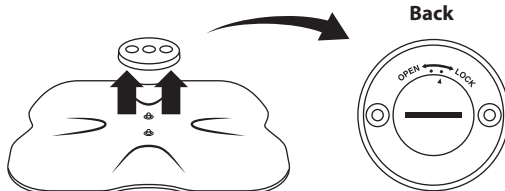
Battery Lid

Snap (Stocket)

4 Usage

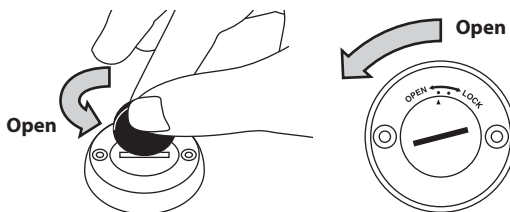
1 Remove the controller

Remove the controller from the main unit and turn it over.



2 Open the battery lid

Use a coin etc. to open the battery lid.
※Be careful not to lose the battery lid.



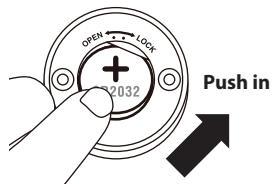
3 Insert a battery

Insert the battery with the "+" mark facing up.

Battery Used Button type lithium battery **CR2032**

(Recommendation : Maxell Manufacture)

※Make sure that the battery is installed securely.



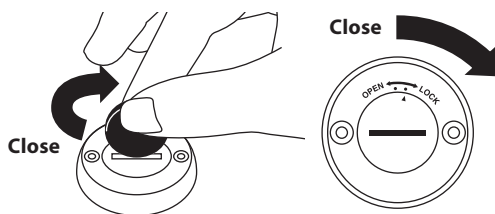
Caution

- Insert the "+" and "-" poles of the battery correctly.
This may cause rupture, damage, malfunction or injury due to the overheating or leakage.
- If a battery or battery lid is swallowed, contact a doctor immediately for instructions.

④ Close the battery lid

Use a coin etc. to close the battery lid.

- ※ Make sure that the battery lid is tightly closed. If the battery lid is not closed securely, product operation may stop during operation or may not work.



⑤ Install the controller

Make sure the controller is firmly attached to the main unit, paying attention to the positions of the snap stud and socket.



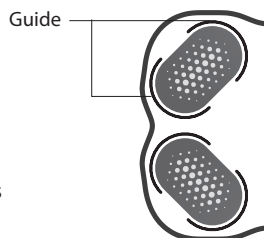
⑥ Attaching Gel Pads

- Remove the blue film

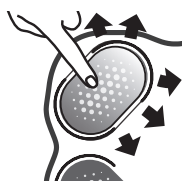


- Paste the gel pad along the guide

※ Place the gel pads on the electrodes and ensure no air inside. Please put the gel pad correctly so as to cover the electrode part. If the electrode is used in direct contact with your skin, you may get burned.



- Press the pads with your finger tip to clear the air inside



- Remove the transparent film



- Paste on protective sheet



Caution

If used improperly, the adhesive strength will decrease and the gel pad may deteriorate faster.

⑦ Usage

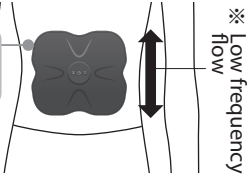
- Press and hold the battery button (about 1 second) A beep will sound and the LED will light.
When the device turns on, the intensity is preset as level 1 (minimum).
- Remove the protective sheet of the device
- Stick the gel pad on the part of the body to be trained.



Sticking Location (Example)

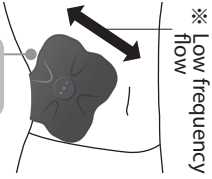
Training the rectus abdominis

The direction of muscles is vertical



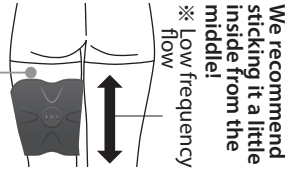
Training the external oblique abdominis

The direction of muscles is diagonal



Training the hamstring (back of the thigh)

The direction of muscles is generally vertical



※ Please stick on the body according to the direction of muscle texture. Before sticking to the body, wipe of sweat, moisture and dirt from the skin. It may reduce adhesive strength.

※ If the gel pad is not in close contact with your skin, repeated beeps will sound, and the LED will blink. (About 1 minute) If you do not attach it to your body for about 1 minute, the power will turn off automatically.

※ You can stick in on your body first then turn ON to use.

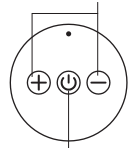
8 Adjust intensity

- There are 15 levels of strength. Select "+" or "-" from the strength selection button. When you operate the "+" or "-" button, it will have beep sound and the strength changes.
- When the strength level reaches 15 (maximum) or 1 (minimum), it will have beep sound.

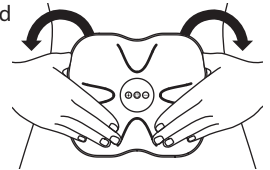
9 Training finishes

- After starting the operation, approx. 20 mins, it will have beep sound and then automatically closed.
- To turn off the power in during use, press and hold the power button (approx. 2 seconds) until you hear the beep sound, the LED light turns off and the power is turned OFF.
- Remove the device from the body in vertical direction **slowly** after use.

Intensity selection button



Power button



Caution

- If you feel pain or numbness during use, switch off the device and try on a different location of your body.
- Do not forcibly increase the intensity.
- In beginning, please start the training from low strength level (level 1, etc.), and gradually increase the intensity level after getting used to electrical stimulation.
- Training steps will be switched automatically and does not support manual operation.
- When the device is stopped during the training, next training will start from the beginning.
- Use within 10-35°C.
- When removing the device, please proceed slowly and carefully. Electrode may be damaged when remove with strong force.
- If the LED does not light on or the electrical stimulus cannot be felt, the battery may be used up. Please replace the battery. (The gel pad may be deteriorated.)
- The electrodes parts may darken depending on the method of use and frequency of use.

10 Storage

- After use, wipe off sweat and moisture, and attach the main unit on a storage sheet for storage.
- If the product is left without wiping off sweat or moisture, the product life may be shortened.
- Do not store the unit using anything other than a protective sheet. If you use other paper, it will not be removed.
- When the battery has been used up or are not going to be used for a long time (more than 3 months), remove the battery and store it.

5 Maintenance

Never carry out maintenance during charging and ensure power supply is off. Before cleaning, be sure to power off and remove the controller from the main unit.

Maintenance of Device and Controller

- Please use dry and soft cloth to wipe away the dirt on the device.
- For severe dirt, please use damp soft cloth to wipe away the dirt on the device gently. Please squeeze out water from wet cloth before wiping.
- Clean the gel pad according to "Maintenance of the Gel Pad".

Caution

- This product is not waterproof. Please make sure that do not allow water to enter the controller and the main unit.
- Do not wipe with chemicals such as benzine, thinner or alcohol.
- If the product is used without being cleaned or stored for a long period of time, the electrodes may darken. Regular maintenance is recommended.

Maintenance of Gel Pad

Please follow the steps below to clean the adhesive side of the gel pads.

- ① Dip your finger tip in water and wipe away the dirt on the adhesive side.
- ② Wipe away the water, place the adhesive side on top and dry in a cool, well ventilated location.
- ③ Let it dry naturally and then paste on the protective sheet.



Gel pads are consumable parts.

When the adhesiveness of the gel pads is significantly reduced after continuous use and maintenance, replacement gel pad (sold separately) shown on the right.

Replacement Gel Pad

MXES - GELB4S (4pcs set Pack)

MXES - GELB8S (8pcs set Pack)

MXES - GELC4S (4pcs set Pack)

MXES - GELC8S (8pcs set Pack)

Caution

- The gel pad may peel off depending on the usage conditions, storage environment or insufficient maintenance.
- Frequent use and maintenance will reduce the adhesiveness and the longevity of gel pads.
- Never stick the gel pads together. Place the protective films on the adhesive side of the pads and store properly.
- Please be aware that we are not liable for any trouble caused by using non-original gel pads.



Replace Battery

If the LED does not turn on, or no electrical stimulation can be felt, the battery may be used up. Replace with a new battery. ※The included battery is for trial use. The battery life may be short.

Number of Training ※1	Intensity 15	Approx. 35 times
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※1: When using Maxell lithium battery CR2032. It may vary depending on the environment used. Due to the characteristics of the battery, the battery will be depleted little by little after each use, and electrical stimulation will be weakened.

1 Remove the controller

Remove the controller from the main unit and turn it over.

2 Open the battery lid

Use a coin etc. to open the battery lid.

※Be careful not to lose the battery lid.

3 Take out the battery

Put your finger in the recess, press from the bottom, and take out the battery.

4 Insert a battery

Insert the battery with the "+" mark facing up.

Battery Used	Button type lithium battery CR2032
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(Recommendation : Maxell Manufacture)

※Make sure that the battery is installed securely.

Caution

- Do not insert the battery with the "+" and "-" poles in the incorrect orientation. This may cause rupture, damage, malfunction or injury due to the overheating or leakage.
- If a battery or battery lid is swallowed, contact a doctor immediately for instructions.

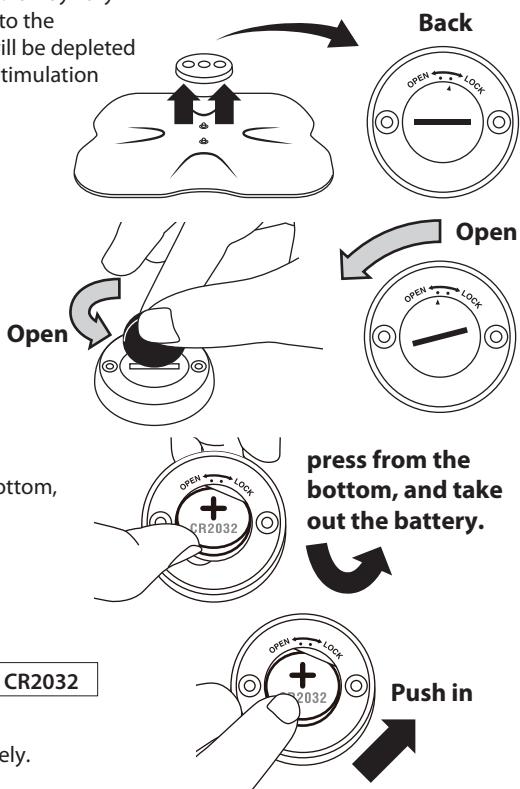
5 Close the battery lid

Use a coin etc. to close the battery lid.

※Make sure that the battery lid is tightly closed. If the battery cover is not closed securely, product operation may stop during operation or may not work.

Caution

- Be sure to replace the battery with a new.
- For the removed battery, cover the "+" and "-" poles with adhesive tape to insulate it, then dispose it according to the disposal rule of the district of your live (city).



6 Troubleshooting

Problem	Cause	Solution
Power supply cannot turn on	Battery level is low	Replace battery
	The time to press and hold the power button is not long enough	When the power button is pressed for approximately 1 second, a beep sounds and the power turns on.
Continuous warning sounds	Not using an original gel pad	Use original gel pads.
	Gel pads not properly placed	Reattach the gel pads well and try again
	Extremely dry skin	Use water to moisten your skin and try again
Device cannot operate	Battery level is low	Replace battery
	Power supply automatically turns off after several time	This device will stop after approx. 20 mins.
Cannot feel the training/ Weak sensation Weak sensation, intensity does not increase	Not using an original gel pad	Use original gel pads.
	Gel pads deterioration	Replace a new gel pads
	Gel pads are not attached well	Reattach the gel pads well and try again
	Not enough remaining battery	Charge the device
	Intensity is too weak	Press "+" to increase intensity
	Extremely dry skin	Use water to moisten your skin and try again
Sensation is too strong or feels painful	Intensity is too strong	Press "-" to increase intensity
	Gel pads not properly placed	Reattach the gel pads well and try again
	Not using an original gel pad	Use original gel pads
	Gel pads deterioration	Replace battery
	Used continuously	For the same part, use once in a day
Gel pads detached from the device	There is air between the gel pads and the device	Place the gel pads on the electrode and squeeze the air inside using your finger tip
	The gel pad is not applied correctly	Stick the blue film side to the main unit

Device disposal

Take out the battery before disposal of the device and then dispose of it according to the disposal rule of your live (city).

For the removed battery, cover the "+" and "-" poles with adhesive tape to insulate it, then dispose it according to the disposal rule of the district of your live (city).

7 Specification

Dimension (Main Unit + Controller)		W180 × H160 × D14 mm
Weight		Approx. 71g (without gel pad, battery)
Battery		Coin type battery (CR2032)
Continuous operation time		Approx. 20mins
Accessories		Gel pad × 4, Protective sheet, User manual (This book), Quick guide, Trial battery
Gel Pad (Accessories)	Dimension	W 45 × H 75 × D 0.8 mm / pc
	Weight	Approx. 3 g / pc
	Material	Hydro Gel

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