

ACTIVEPAD MOTECARE

Waist & Hips

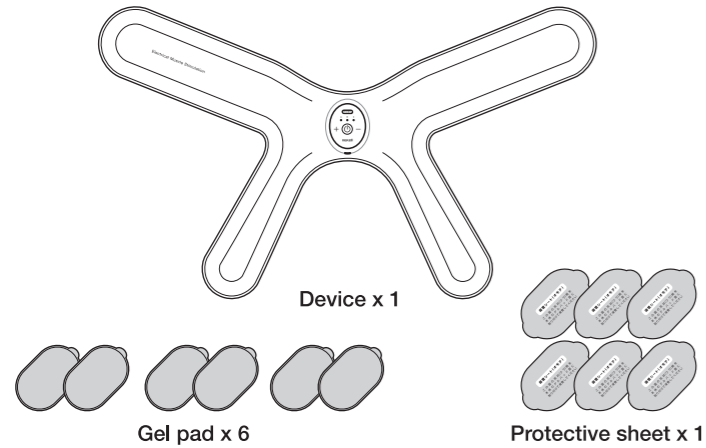
MXES-H600

Warranty card inside

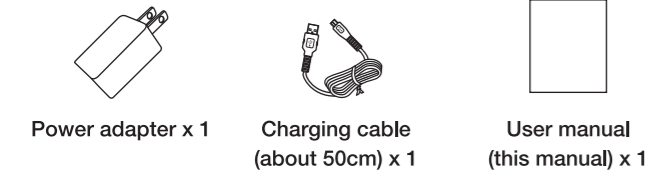
User Manual

Thank you very much for buying this product. Please read the user manual in advance and use the product safely. This user manual is also a warranty card; please keep it properly after reading.

Content of the package



Accessories



1 Preface

About the user manual

- Contents of this user manual might be changed 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 unauthorized copying of part or all parts of this manual is prohibited. Unauthorized republication is strictly prohibited.

Disclaimer (For details of warranty, please refer to the warranty card)

- 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 warranty card are not covered.
- Maxell shall not be responsible for failure due to any damage caused by usage other than described in the instruction manual.
- This product is not being designed to be any equipment or device which could be concerned with human life such as medical device, nucleic device, astronomic device, transportation device etc., nor equipment or devices which requires high reliability. In case this product is used for the above equipment and/or systems, Maxell do not responsible for any injuries or fire accident cause by the failure of this product.

2 Safety Caution

Please strictly follow

| | | |
|--|----------------|---|
| | Danger | Warning refers to misuse which might lead to death or serious injury ^{*1} in a high degree. |
| | Warning | Warning refers to misuse which might lead to death or serious injury. |
| | Caution | Caution refers to misuse which might lead to injury ^{*2} , and may cause property damage ^{*3} . |

*1: Serious injury refers to blindness or injuries, burnt, electric shock, bone fracture, poisoned or injury with after-effect, or resulted in hospitalization or long-term follow-up consultation.

*2: Injury refers to burnt, electric shock which do not result in hospitalization or long-term follow-up consultation.

*3: Damages refers broad damages to houses or properties and domestic animals/pets.

| | | |
|-----|--|---|
| Key | | △ stands for caution to fire, explosion, high temperature when handling the product. Details will be illustrated inside the symbol. (e.g. electric shock) |
| | | ⊘ stands for prohibited actions when handling the product. Details will be illustrated inside or next to the symbol or with written description next to it. (e.g. Do not decompose) |
| | | ● stands for instruction which must be followed. Details will be illustrated inside or next to the symbol or with written description next to it. (e.g. Remove plug from consent) |

Danger

| | |
|---|--|
| <p>Prohibited to use with the following electronic medical equipment.</p> <p>(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. This may cause accidents or physical deterioration.</p> | |
| <p>Do not touch leaked liquid.</p> <p>If liquid leaks from this device and gets into the eye, do not rub, please clean with plenty of clean water immediately and consult a doctor. It may cause blindness.</p> | |

Warning

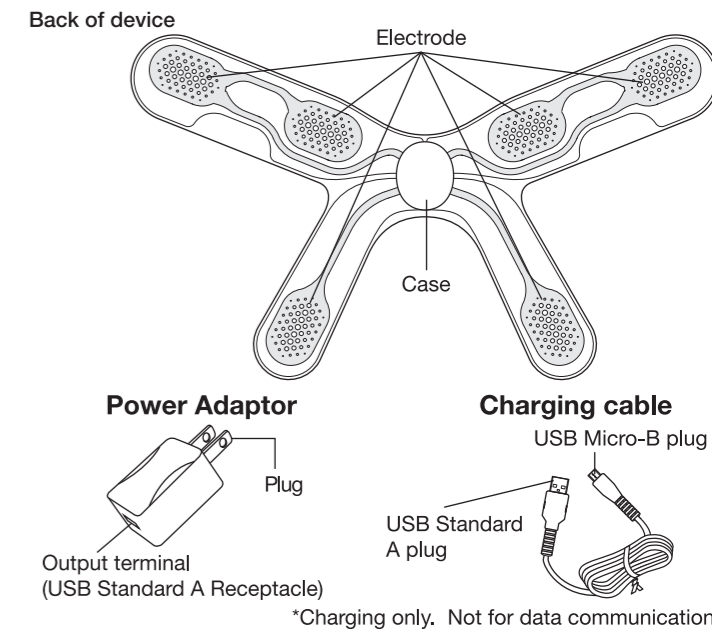
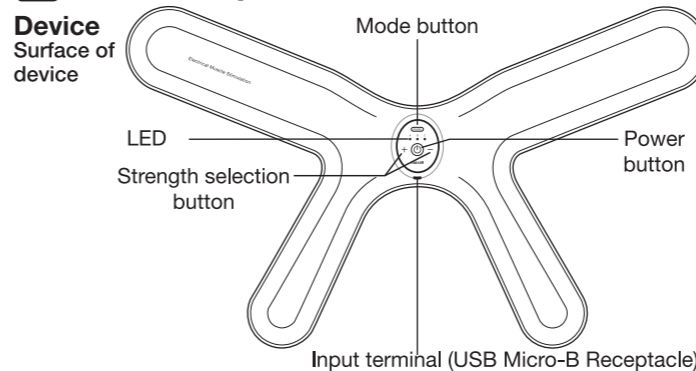
| | |
|--|--|
| <p>The following people must consult the doctor before use.</p> <p>(1) People with acute disease. (2) People with malignant tumor. (3) People with infectious disease. (4) Pregnant women or shortly after delivery. (5) People with heart failure. (6) People with fever. (7) People with anemia. (8) People who skin is abnormal (infection, wounds, etc.) at application area. (9) People with abnormal blood pressure. (10) People who feel abnormal 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, people feels abnormal on their body. It may cause accident or physical deterioration.</p> | |
| <p>The following people must not use the device.</p> <p>(1) People who are consuming alcohol. (2) People under 18.</p> | |
| <p>Turn off the power supply while placing and removing the gel pads.</p> <p>This may cause electric shock.</p> | |
| <p>If you feel unwell, please stop immediately.</p> <p>This may cause accidents or physical deterioration.</p> | |
| <p>Do not use near your heart, head, face, eyes, neck or vulva.</p> <p>This may cause accidents or physical deterioration.</p> | |
| <p>Do not use in highly humid locations such as bathroom.</p> <p>This may cause overheating, electric shock or malfunction.</p> | |
| <p>Do not put into heating appliances such as microwave ovens or pressure cookers.</p> <p>This may cause overheating, smoke or fire.</p> | |
| <p>Do not operate with wet hands.</p> <p>This may cause overheating, shock, malfunction.</p> | |
| <p>Do not pour liquid or water on the device.</p> <p>This may cause overheating, smoke, fire, malfunction, injury or damage the device.</p> | |
| <p>Store properly at places out of children's reach.</p> <p>This may cause accidents or physical deterioration.</p> | |
| <p>Do not sleep during use.</p> <p>This may cause accidents or injury.</p> | |
| <p>Do not wear metal accessories such as necklaces during use.</p> <p>This may cause electric shock.</p> | |
| <p>Do not disassemble or remodel.</p> <p>This may cause overheating, smoke, fire, liquid leak, injury or damage the device.</p> | |
| <p>Stop using broken devices.</p> <p>This may cause accidents or injury.</p> | |

| | |
|--|--|
| <p>Do not use the device on areas other than waist and hips.</p> <p>This may cause accidents or injury.</p> | |
| <p>Do not carry out housework with water, knife or fire during use.</p> <p>This may cause accidents or injury.</p> | |
| <p>Do not put any metal objects etc. into the input terminal or output terminal.</p> <p>This may cause overheating, electric shock, a short circuit, malfunction or injury.</p> | |

Caution

| | |
|--|--|
| <p>Charge under 10-35°C.</p> <p>Charging out of this temperature range may result in liquid leak, overheating, malfunction or damage to the device.</p> | |
| <p>If charging does not complete over the designated time, stop immediately.</p> <p>This may cause leakage of liquid, overheating, fire or damage the device.</p> | |
| <p>Do not forcibly press the device.</p> <p>This may deform or damage the device. This may also cause liquid leak, overheating, fire or malfunction.</p> | |
| <p>Do not use the device on the same body part for more than two times a day.</p> <p>Have a break of at least one hour after use.</p> | |
| <p>Do not use for more than 20 minutes each time.</p> <p>Continuous usage may result in muscular or neuropathic pain.</p> | |
| <p>Do not leave the gel pads on your body.</p> <p>This may cause skin inflammation.</p> | |
| <p>Do not use other electrical devices such as mobile phones during use.</p> <p>This may cause accidents.</p> | |
| <p>Do not use before or during driving.</p> <p>This may cause traffic accidents.</p> | |
| <p>Do not put into fire.</p> <p>This may cause smoke, fire or damage the device.</p> | |
| <p>Do not use other than exclusive AC adapter and cable for charging.</p> <p>This may cause smoke, fire, malfunction or damage the device.</p> | |
| <p>Do not use exclusive AC adapter and cable to charge other products.</p> <p>This may cause smoke, fire, malfunction or damage the device.</p> | |
| <p>Please ensure the device is well connected to the AC adapter.</p> <p>Poor connection may result in fire due to electric shock and accumulation of dust.</p> | |
| <p>If abnormality occurs during use, remove the AC adapter from the socket.</p> <p>This may cause smoke, fire, malfunction or damage the device.</p> | |
| <p>Do not use and store in locations in high temperature.</p> <p>This may cause accidents, injury or malfunction.</p> | |
| <p>Do not step on, drop or apply strong shock to the device.</p> <p>This may deform or damage the device. This may also cause liquid leak, overheating, fire or malfunction.</p> | |
| <p>Do not place flammable or heavy objects on the device, or cover the device with foreign objects such as towels or cushions.</p> <p>This may cause overheating, fire, liquid leak or damage the device.</p> | |
| <p>Do not use for purposes other than body training.</p> <p>This may cause accidents or injury.</p> | |

3 Names of parts of the device



4 Specification

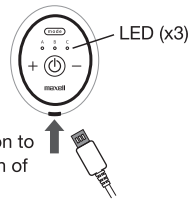
| | | |
|----------------|-----------------------|-----------------------------------|
| Device | Dimension | 580 (W) x 340 (H) x 17.4 (D) mm |
| | Weight | About 170 g (without Gel Pad) |
| | Input voltage/current | 5 V DC/110 mA Max |
| | Battery | Lithium ion battery 3.7 V/200 mAh |
| Gel Pad | Charging time | About 3 hours (10 - 35°C) |
| | Dimension | 51.8 (H) x 82.2 (W) x 0.85 (D) mm |
| | Weight | About 5 g/piece |
| Power adapter | Material | Hydro Gel |
| | Input | 100-240 V AC, 50/60 Hz, 0.2 A |
| Charging cable | Output | 5 V DC/1.0 A |
| | Length | About 50 cm |

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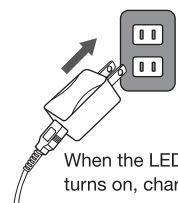
5 Usage

Charging (Charge before use)

1. Connect the device and the AC adapter with the cable
2. Plug the AC adapter into the socket



Pay attention to the direction of the cable.



3. When the LED light turns off, unplug the AC adapter and the cable

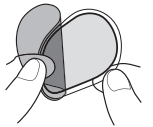
Caution

- Charging takes about 3 hours. (Remaining battery power and charging environment may affect charging times.)
- The power button will not function during charging. Remove the cable before use.
- Never use other than exclusive cable and AC adapter.
- Charge under 10-35°C.
- Usage environment and conditions may affect the number of training.

| Number of Training | MXES-H600 |
|--------------------------|----------------|
| Intensity level 1 (Min) | About 55 times |
| Intensity level 5 | About 25 times |
| Intensity level 15 (Max) | About 10 times |

Attaching Gel Pads

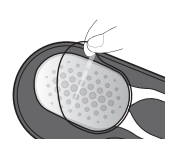
1. Remove the blue film
2. Place the gel pads on the electrodes and ensure no air in the gap.



3. Press the pads with your finger tip and remove the air inside



4. Remove the transparent film



Using the device

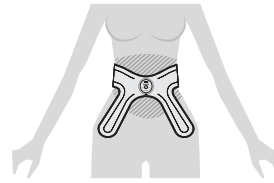
This device automatically switches to 15 movements in 20 minutes for training purpose. Select the mode to match the parts of your body you want to exercise.

1. Remove the protective sheet of the device
2. Place gel pads to the device and attach it on your desired body parts



Effective scope

For exercising of waist and hips
Attach the device to the upper part of your waist, centering on the backbone or tailbone.



For exercising of the waist
Center the device on the navel.

- * When sitting while using the device, take care to prevent the button from touching anything.
- * The device operates only when it is correctly in contact with the skin.
- * When the device is not in contact with the skin, you do not feel any sensation.
- * When attaching the device, place the power input connector downward.
- * Wipe away the sweat, fluid and dust after use. This can help lengthen the longevity of the device.

3. Press the power button

When you continue pressing the power button for 2 seconds, you will hear a "beep" sound, the Mode A LED will light up, and training will begin.

* If gel pads do not attach to your body well, "beep" sound will continue and the device will not operate.

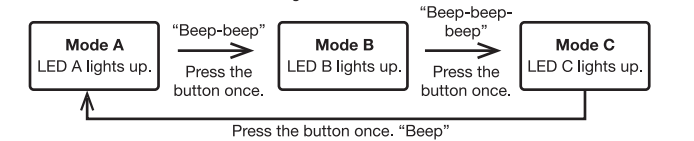
* When the device turns on, the intensity is preset as 1 (minimum).

* When you hear a "beep" sound, the LED light will start flashing at the same time.

* The LEDs are off while the device is operating.

4. Switching the modes

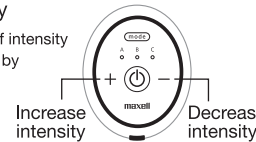
Press the mode button to switch among the three modes.



| Mode | Description |
|--|-------------|
| Mode A: Waist & Hips This mode operates six electrodes in total on the upper and lower sides, and provides simultaneous training over a wide range. Psoas major, gluteus maximus, oblique abdominal, transverse abdominal, and hamstring muscles | |
| Mode B: Waist This mode operates four electrodes in total on the upper side, and provides intensive training of the waist. Rectus abdominis, oblique abdominal, and transverse abdominal muscles | |
| Mode C: Hips This mode operates two electrodes on the lower side, and provides intensive training of hips. Gluteus maximus and hamstring muscles | |

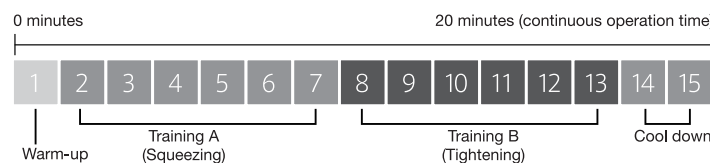
5. Select intensity

There are 15 levels of intensity that can be selected by pressing "+" or "-".



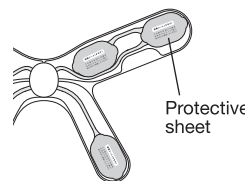
* If you cannot hear any sound, feel any sensation and the LED light is not on, there is insufficient battery power and charging is required.
* When the intensity reaches the maximum or minimum, you will hear a "beep-beep" sound.

The device automatically switches between 15 training patterns and requires no operation.



6. Training finishes

- The power automatically turns off after 20 minutes. To turn the power off during training, keep pressing the power button for 2 seconds. You will hear a "beep" sound, and the power will turn off.
- Remove the device in vertical direction slowly after use.
- Wipe sweat and fluid off the device, ensure the protective sheets are placed on the gel pads and store the device properly.
- Ensure that the power is off and avoid storing in high temperature, high humidity, direct sunlight or dusty locations.
- Do not use sheets other than the protective sheets provided, otherwise you may not be able to remove them.
- Place the protective sheets on all the gel pads (6 locations) when storing.



Caution

- When you feel pain or numb during use, press the power button and switch off the device. Then try on a different body part.
- Do not forcibly increase the intensity.
- The device automatically switches to different movements during training and does not support manual operation.
- When the device is stopped in the course of training, next session will start from the first of the 15 movements.
- Use under 10-35°C.
- When removing each gel pad from your body, peel it off slowly and carefully. If the gel pad is peeled off forcibly, the electrode may be damaged.

Training Tips

- 4 tips for good training results
- Reserve one or two days of rest every week.
- Record intensity every time and increase it gradually.
- Although higher intensity means better results, do not forcibly increase the intensity to avoid feeling unwell and overstimulation.
- Make use of the whole training (about 20 minutes) until power supply automatically turns off.

Maintenance

Wipe sweat and fluid off the device, ensure the protective sheets are placed on the gel pads and store the device properly.

- Ensure that the power is off and avoid storing in high temperature, high humidity, direct sunlight or dusty locations.
- Do not use sheets other than the protective sheets provided, otherwise you may not be able to remove them.
- Do not fold or bend the gel pads forcibly when storing, otherwise they may be damaged or malfunction.

6 Maintenance

Never carry out maintenance during charging and ensure power supply is off before carrying out maintenance. If you carry out maintenance during charging or when the power supply is on, this may cause electric shock.

Maintenance of device

- Please use dry and soft cloth to wipe away the dirt on the device.
- For severe dirt, please use wet soft cloth to wipe away the dirt on the device gently. Please squeeze out water from wet cloth before wipe.

Caution

- Do not apply any water to the device or immerse in water.
- Do not use benzene, thinner alcohol or similar solvent.

Maintenance of gel pads

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

1. Dip some water with your finger tip and wipe away the dirt on the adhesive side.
2. Wipe away the water totally, place the adhesive side on top, in a cool, well ventilated location.
3. Ensure there is no water left and place the protective sheet.

Gel pads are consumable parts. When adhesiveness of the gel pads is still significantly weak after maintenance, please replace them (Separate sales item).

Product name: Replacement Gel Pads
Model: MXES-600GEL1P (applicable to MXES-H600 series; 1 set, 6 pads total)
MXES-600GEL2P (applicable to MXES-H600 series; 2 sets, 12 pads total)

Caution

- Frequent maintenance will reduce the adhesiveness and the longevity of gel pads.
- Never stick the gel pads together. Place the protective sheets on the adhesive side of the pads and store them properly.

7 Troubleshooting

If the following solutions cannot solve the problem, please contact the seller or maxell "customer service center".

| Problem | Cause | Solution |
|---|---|---|
| Power supply cannot turn on | Not enough remaining battery | Charge the device. |
| | The power button has not been held down for two seconds | Keep pressing the power button for 2 seconds. You will hear a "beep" sound and the power will turn on. |
| Continuous warning sounds/ Cannot increase intensity/ Device cannot operate | Not using exclusive gel pads | Use exclusive gel pads or replacement gel pads. |
| | Power supply automatically turns off after 20 minutes | Maximum of 20 minutes for same body part in one training. Try again after 1 hour. (Maximum 2 times a day) |
| | Extremely dry skin | Use water to make your skin wet and try again. |
| | Gel pads are not attached well | Reattach the gel pads well and try again. |
| Cannot feel the training/Weak sensation | Not using exclusive gel pads | Use exclusive gel pads or replacement gel pads. |
| | Over-consumption of the gel pads | 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 make your skin wet and try again. |

| Problem | Cause | Solution |
|--------------------------------------|--|--|
| Sensation is too strong/Feel painful | Intensity is too strong | Press "-" to decrease intensity. |
| | Gel pads are not attached well due to bad pose | Reattach the gel pads well and try again. |
| | Not using exclusive gel pads | Use exclusive gel pads or replacement gel pads. |
| | Over-consumption of the gel pads | Replace a new gel pads. |
| Gel pads detached from the device | Used for more than 20 minutes | If the device is to be used on the same body part, reserve a break of 1 hour. |
| | There is air between the gel pads and the device | Place the gel pads on the electrode and squeeze the air inside using yourfinger tip. |

8 Device Disposal

This device uses lithium-ion battery. Take out the battery before disposal of the device.

⚠ Danger

Do not charge the removed lithium ion battery or following.

(reason of heat, fire, crack)

- Do not put into fire, do not heat
- Do not pierce, shock, disassemble, remodel
- Do not touch ⊕ ⊖ terminal by metal
- Do not put together with necklace, hair pin, etc.
- Do not put close to flame or fire or any hot location

⚠ Warning

Removed lithium ion battery should keep out of reach of children.

- Should you think it was swallowed, consult a doctor immediately

In case of liquid leakage from the battery, do not touch with bare hands and follow below.

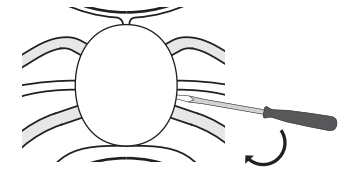
- If liquid gets into the eye, do not rub, please clean with plenty of clean water immediately and consult a doctor.
- If liquid gets onto the body and clothes, please clean with plenty of clean water and consult a doctor if necessary.

Please do not decompose the device other than disposal

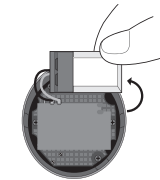
(Reason of fire, electric shock, injury)

Way of taking out the lithium-ion battery

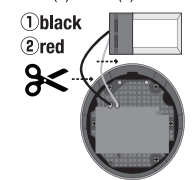
1. Please continue to use the device until it cannot operate totally. Then allow the battery to discharge.
2. Insert a minus screwdriver into the gap of the device and open the case.



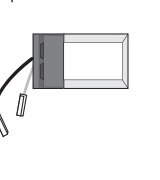
3. Take out the battery from the base



4. Cut the 2 leads in the following order (1) black (2) red



5. Please tape the cut portion of leadwire



Caution

- Please be careful and avoid injury when carrying out the above steps.
- Never allow the leads of the battery (red and black) touch with each other. This may cause short circuit or burns.
- Take out the battery, taking care not to damage it.



Please do not throw the device away as household garbage after use, please pass to shops recycle service.

Used rechargeable battery is an important resource. It can be reused. Please seal the input / output terminal with tape and bring it to the nearest shops recycle service. Or, please put it in "Rechargeable Battery Recycle BOX".

9 Warranty and After Service

■ Warranty Card

Please keep the warranty card and proof of purchase (such as receipt) properly. Period of warranty last for 1 year after the date of purchase.

■ Enquiries on the product

If you have any enquiries on the product, please contact the following: