

# Shape pad

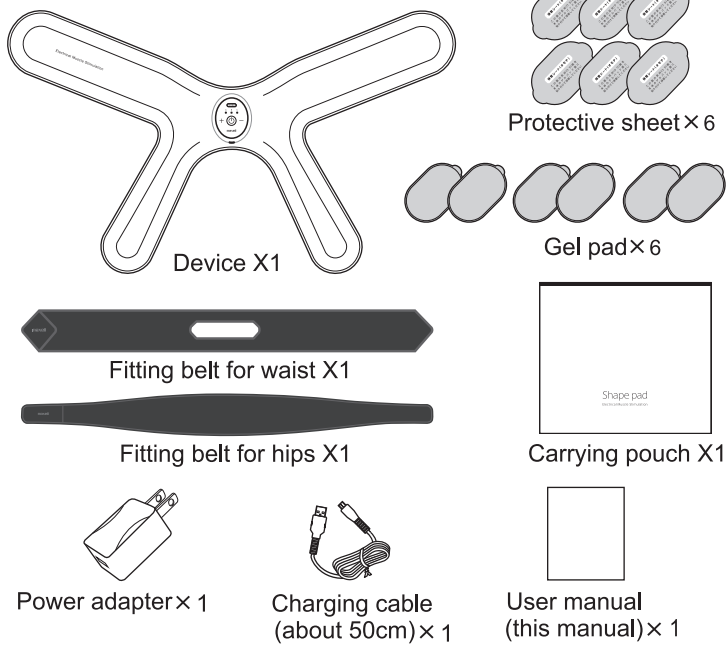
EMS Sport Device

MXES-600SHPK

## User Manual

Thank you for purchasing this MAXELL product. Before use, make sure to read this Instruction Manual and use the product correctly and safely.

### Content of the package MXES-600SHPK



- \*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: Minor injury refers to burnt, electric shock which do not result in hospitalization or long-term follow-up consultation
- \*3: Property damage refers to broad damages to houses or properties and domestic animals/pets.

Keys		⚠ 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 socket)

### 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.
- These may cause medical electronics accidents and impediment to the body.

### Warning

#### The following people must consult the doctor before use

- It may cause accident or physical deterioration.
- (1) People with acute disease
  - (2) People with malignant tumor
  - (3) People with infectious disease
  - (4) Pregnant women or shortly after delivery, menstruating
  - (5) People with heart failure
  - (6) People with fever.
  - (7) People with anemia
  - (8) People whose 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 are undergoing plastic surgery or breast augmentation surgery
  - (14) Except the above mentioned, people who feels abnormal on their body.

#### The following people must not use the device

- (1) People who are consuming alcohol
- (2) People under 18 year old

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

This may cause electric shock.

#### Discontinue use and consult a doctor if you develop abnormal symptoms during use or after use.

Continuous usage may cause symptoms to become more severe.

#### 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, electric shock or malfunction.

#### Do not pour liquid or water on the device

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

#### Store properly at places out of children'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 2 units at the same time.

It may cause an accident or injury

#### Do not carry out housework with water, knife or fire during use

This may cause accidents or injury.

#### Do not short circuit terminals

Failure to do so may cause overheating, electric shock, malfunction or injury.

### Caution

#### Charge within 10-35°C

Charging out of this temperature range may result in liquid leak, overheating, malfunction or damage to the device.

#### If charging does not complete over the designated time, stop immediately

This may cause leakage of liquid, overheating, fire or damage 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 one time a day.

#### Do not use for more than 20 minutes each time

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 during driving

This may cause traffic accidents.

#### Do not put into fire

This may cause smoke, fire or damage the device.

#### Do not use AC adapter and cable other than the exclusive one for charging

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

#### Do not use exclusive AC adapter and cable to charge other products

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

#### Please ensure the device is well connected to the AC adapter

Poor connection may result in electric shock or fire due to accumulation of dust.

#### If abnormality occurs during charging, remove the AC adapter from the socket

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

#### Do not use and store in locations in 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.

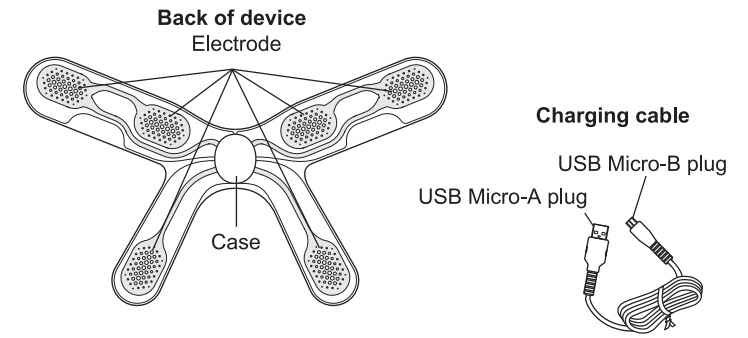
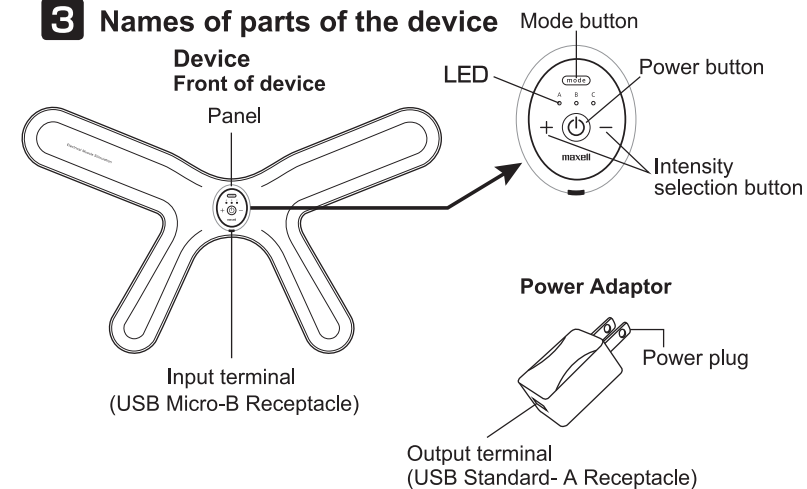
#### Do not place flammable or heavy objects on the device, or cover the device with foreign objects such as towels or cushions

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.

### 3 Names of parts of the device



※ Charging only. Not for data communication.

### 4 Specification

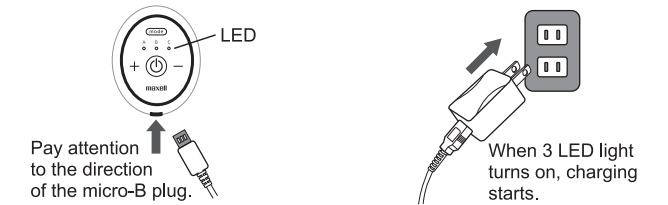
Device	Dimension	W580 × H340 × D17.4mm (without Gel Pad)
	Weight	Approx. 170g (without Gel Pad)
	Input voltage /current	DC5V/ 130mA Max
	Battery	Lithium ion battery 3.7V 200mAh
Gel Pad	Charging time	Approx 3 hours
	Dimension	W51.8 × H82.2 × D0.85mm
	Weight	Approx. 5g /piece
Power adapter	Material	Hydro Gel
	Input	AC100-240V 50/60Hz
Charging cable	Output	DC5V/ 1A Max
	Length	Approx. 50cm
Fitting belt	Dimension	W12 × L110cm
	Dimension	W12 × L115cm
Protective Sheet	Dimension	W60 × H100mm

\* The names, logos, and service mark are registered trademarks or trademarks owned by Maxell and the other companies.

### 5 Usage

#### Charging (Charge before use)

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



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

- Caution**
- Charging takes about 3 hours (Charging time varies depending to the remaining battery level and charging environment).
  - The button will not function during charging. Remove the charging cable before use.
  - Never use other than exclusive cable and AC adapter.
  - Charge within 10-35°C.
  - Number of usage for one time charging depends on the intensity level, usage environment and condition.
  - Number of usage for reference: modeA, intensity 20 (Maximum), approx 15 times.

### 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

- 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.
- 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, nuclear device, astronomical device, transportation device etc., nor equipment or device which requires high reliability. In case this product is used for the above equipment and/or systems, Maxell shall not be responsible for any injuries or fire accident, etc. caused by the failure of this product.

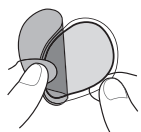
### 2 Safety Caution

Please strictly follow

	<b>Danger</b>	If it is handled incorrectly, the user may suffer death or severe injury <sup>1</sup> and the urgency is high.
	<b>Warning</b>	If it is handled incorrectly, it is assumed that the user may suffer death or serious injury <sup>1</sup> .
	<b>Caution</b>	If it is handled incorrectly, it is assumed that the user may suffer minor injury <sup>2</sup> or there is a possibility that property damage <sup>3</sup> may occur.

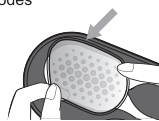
## Attaching Gel Pads

1. Remove the blue film



2. Place the gel pads on the electrodes and ensure no air inside.

(Please attach the gel pad properly so as to cover the electrode parts. If the electrode is in direct contact with the skin, it may cause burns.)



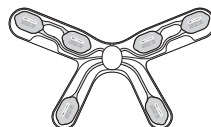
3. Press the pads with your finger tip to remove the air inside



4. Remove the transparent film



5. Attaching protective sheets



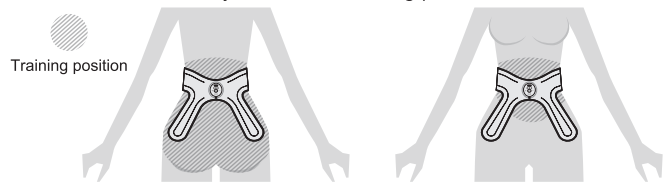
### Please note

- If it is attached using an incorrect method, the adhesive strength may become weak and it may become easy to peel off.

## Using the device

1 Remove the protective sheets from the device

2 Attach the device on your desired training parts



For waist and hip training, attach to the center of the backbone and above the hip.

For waist training, attach to the center of belly button.

- ※ Be careful not to hit the buttons when seating.
- ※ The device works only when it is properly attached to your skin. (Electrical stimulation does not occur when the device is not touching the skin.)
- ※ When attaching the device, place the power input terminal downward.
- ※ Wipe away the sweat, fluid and dust before use. This can help lengthen the longevity of the Gel Pad.

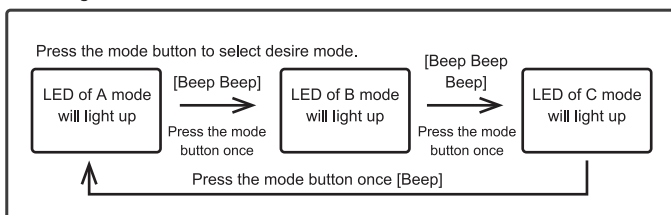
3 Press the power button

To press power button for about 2 seconds until you hear a "beep" sound, the LED of mode A will light up and training starts.

※ It will not operate if the gel pads are not in close contact with the skin. ("Beep" sound will be repeated.)

※ After power supplied, Intensity start from level one (the smallest intensity)

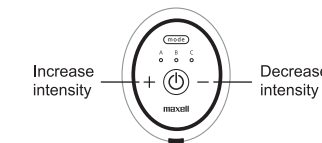
4 Change Mode



	<b>mode A: Waist &amp; Hips Balance mode (approx. 20 min)</b>  All 6 electrodes are operating to cover wide area training. Psoas major, Gluteus maximus, Oblique abdominal, Transverse abdominal, Hamstring muscles
	<b>mode B: Waist High mode (approx. 15 min)</b>  The above 4 electrodes are operating to concentrate on waist training. Rectus abdominis, Oblique abdominal, Transverse abdominal muscles
	<b>mode C: Hips Low mode (approx. 15 min)</b>  The below 2 electrodes are operating to concentrate on hip training. Gluteus maximus, Hamstring muscles

5 Select intensity

· There are 20 levels of intensity. You can press "+" or "-" to select intensity.



- ※ When you cannot hear any sound, feel any sensation and the LED light is not on, there is not enough remaining battery and charging is needed.
- ※ When intensity reaches its maximum or minimum, you will hear a "beep-beep" sound.

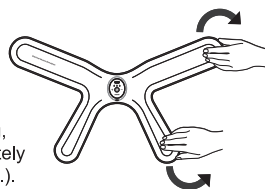
6 Training finishes

· Once started, the device will turn off automatically after approximately 20 minutes in mode A and approximately after 15 minutes in mode B and C.

· To turn off the power in the middle of training, press and hold the power button (approximately 2 seconds until a long "beep" sound is heard.)

※ It will make long "beep" sound and LED will be off at the same time.

· Peel off **slowly** from the skin in the vertical direction after finished.

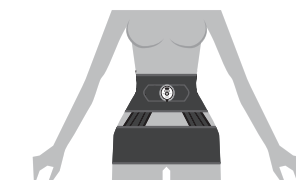


### Caution

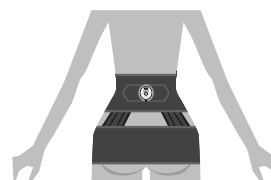
- When pain such as "tingling" or "stinging" sensation occur, please check if the gel pad is in close contact with the skin.
- Please do not raise the level of intensity too high that cannot afford.
- The training step will switch automatically. It cannot be selected manually.
- Even if it is terminated in the middle of training, the next time the training will start from the beginning of the operation.
- Please use at 10 ~ 35°C.
- Please peel slowly and carefully when peeling the gel pad from the skin. Otherwise it may cause a breakdown of the device.

### How to use the fitting belt

For waist	For hips
After attaching the main part of the device to the body, please wrap it around lightly so that the panel part comes out of the hole.	After attaching the main part of the device to the body, please wrap it around lightly so as to suppress the lower 2 electrodes with the wider part of the belt.



※ When using mode B



※ When using mode A or C

### Caution

- Please do not wrap it round too tightly on the body.
- Do not use if you have rash at the site of use.
- Please discontinue use when it does not suit your skin, or when you experience itching, rash, or pain.
- Pulling the belt with too much force may cause it to stretch.

### Recommended training methods

4 points to achieve good results

- Please rest 1 or 2 days a week.
- Please record the intensity daily and gradually increase the intensity.
- A stronger power level can lead to better results, but please avoid uncomfortable excessive stimulation.
- Please continue training until the power is turned off automatically (mode A: approximately 20 minutes, mode B and C: approximately 15 minutes).

## Storage

After use, wipe away sweat and moisture, attach the storage sheet on the main part of the device and store it. If it is left without wiping away sweat or moisture, the electrode may turn black and the effectiveness of the device may be diminished.

- Please make sure that the power is turned off, keep it away from high temperature, high humidity, direct sunlight and dusty locations.
- Please do not use materials other than the storage sheet. If other paper etc. is used it may not be able to peel off.

Please keep in mind that the fitting belt may be permanently strained or wrinkled if it is kept folded with a heavy weight on it for a long period of time.

## 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

- Don't apply any water to the panel of 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, face the adhesive side on top, and let it dry in a cool, well ventilated location.
- 3 Ensure there is no water left and covered the adhesive side with the protective sheet. Gel pads are consumable parts. When adhesiveness of the gel pads is still significantly weak after maintenance, please replace them. (Sold separately)

Product name: Replacement Gel Pads  
Model: MXES-SH600GEL2P

### Caution

- Frequent maintenance will harm the adhesive side and reduce 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.

### Maintenance for fitting belts

- Do not use washing machine or tumble dryer. Please use hand wash.
- Do not use chlorine bleach or softener.
- Avoid direct sunlight and please dry it in a cool place.
- Please do not iron.
- Due to the nature of the product, color loss may happen. To avoid color transfer, please do not wash with different colors together and do not leave it wet after wringing the water out.

## 7 Troubleshooting (When problems arise)

Problem	Cause	Solution
Power supply cannot turn on	Not enough remaining battery	Charge the device
	The time to press and hold the power switch is too short	Press power button for about 2 seconds until a beep sound
Alarm sounds continuously Not operate	Not using exclusive gel pads	Use exclusive gel pads or replacement gel pads
	The power was turned off automatically after 20 minutes/15 minutes of operation	It is normal operation. mode A stops after 20 minutes, and mode B and C stop after 15 minutes
	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
Intensity cannot be changed	Power is not on	Press the power button
	The intensity is at its maximum	When the intensity is at its maximum, the buzzer makes a "beep beep" noise
Cannot feel the training/ Weak sensation	The intensity is at its minimum	When the intensity is at its minimum, the buzzer makes "beep beep" noise
	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	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
	The gel pad is not in close contact	Reattach the gel pads well and try again
	Not using exclusive gel pads	Use exclusive gel pads or replacement gel pads
Gel pads detached from the device	Over-consumption of the gel pads	Replace a new gel pads
	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 detaches from the body	The gel pad is dirty	Please refer and follow the gel pad maintenance instruction
	The gel pad is worn out	Please replace with a new gel pad

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