

ACTIVE PAD MOTECARE | EMS Device

English/Chinese websites

Please read the two-dimensional code on your smartphone.
请使用智能手机扫二维码。



Product guide



产品说明

- The names, logos, and service marks are trademarks or registered trademarks of Maxell and other companies.
- Training results vary between individuals.
- The specifications and design of the product shown in this catalog are subject to change without notice due to modification.
- The actual product may differ slightly from the photographs shown in this catalog, due to printing requirements.
- The products in this catalog indicate open prices.
- The information contained in this catalog is accurate as of September 2019.

Contacts

<http://www.maxell.co.jp>

Maxell Contact Us

Search

■Maxell product dealer



For global environmental protection, this catalog uses vegetable-oil-based ink.

Choose the body of your dreams.
R410 Series



Change your body, change your future

A powerful body. A beautiful body.
A body which does what you want, regardless of age.

Understanding the condition of your
muscles leads to improved quality of daily life.

A body in better shape improves your confidence.
A body in better shape enriches your everyday life.
And then the future opens up to you.

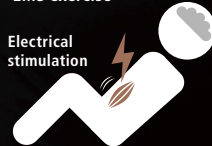
EMS

An Electrical Muscle Stimulation (EMS) device is an exercise machine that electrically stimulates and contracts muscles.

Normal exercise



EMS exercise



(For illustrative purposes only)

Advantages
of EMS

Training
without fatigue



Balanced muscle
development



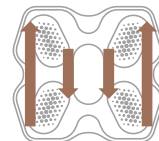
This is for you if:

- ✓ You are seeking more intense training.
- ✓ You want a higher level of exercise performance.
- ✓ You want to train all-out at home.

Electrode arrangement works on a wider range of muscles

Features the 4-electrode integrated type. Electrodes with a wider area can stimulate a wider range of muscles at the same time.

Provides low-frequency stimulation upward and downward alternately.



Around the abdomen



Around the waist



Thighs

Just attach it to the target area!



A fitting belt is included.

You can select from among 25 power levels. Stimulates both the outer and inner muscles in a balanced manner.

MOTECARE has unique training patterns to prevent your muscles from becoming habituated to stimulation. Good for long, involved workouts as well as short routines.

Function	Training modes	Training steps	Stimulating frequency types	Power levels	Training time
	Balanced mode Exercises both shallow and deep body parts in a balanced manner.	25 steps	34 types	25 levels	About 20 minutes
	Hard mode Provides strong kneading and percussive effects.	20 steps	28 types	25 levels	About 15 minutes
	Short mode Provides a short but intense workout for people in a hurry.	10 steps	20 types	25 levels	About 10 minutes

More powerful
training

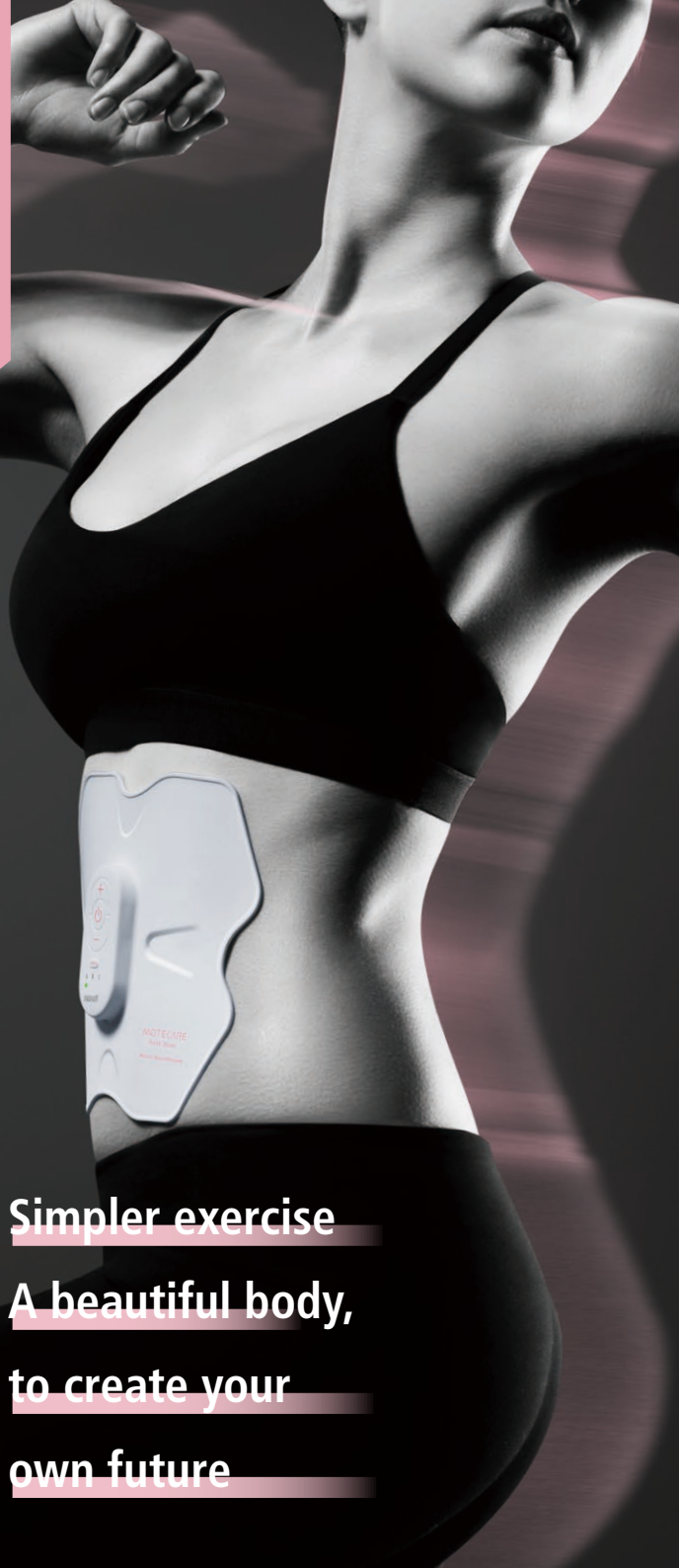
A strong body,
to create your own future

Weight: About 73 g (When gel pad not installed)
Model: MXES-R410PRCP
JAN code: 4902580792602
External dimensions: 189 (width) x 170 (height) x 15 (thickness) mm (When gel pad not installed)

Please read the two-dimensional code on your smartphone for details of specifications!



Accessories: gel pad x 4 (1 set), protective sheet x 1, power supply adapter x 1, charging cable (about 50 cm) x 1, fitting belt (about 125 cm) x 1, carrying pouch x 1, user manual (guarantee included) * See pages 13 - 14 for more about the replacement gel pad.



Simpler exercise
A beautiful body,
to create your
own future

This is for you if:

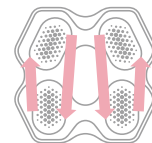
- ✓ You haven't found an EMS to suit your figure.
- ✓ You want to exercise anytime and anywhere.
- ✓ You want to continue exercising your way, without forcing yourself.
- ✓ You want to enjoy an independent lifestyle, regardless of age.

Comfort designed for the female figure

Features the 4-electrode integrated type taking a female figure into account.

Provides an electrode arrangement that easily fits to a thinner waist line, and stimulates a wider range from outer to inner muscles at the same time.

Provides low-frequency stimulation upward and downward alternately.



Around the abdomen



Around the waist



Thighs

Just attach it to the areas you want to slim down!



A fitting belt is included.

Provides unique training modes that gently stimulate muscles.

Features three modes that have been developed for women. "Long/Soft mode" stimulates muscles softly and thoroughly for 30 minutes.

Function	Training modes	Training steps	Stimulating frequency types	Power levels	Training time
	Balanced mode Stimulates muscles in a balanced manner.	25 steps	12 types	25 levels	About 20 minutes
	Hard mode Strongly kneads and tones the body parts.	20 steps	23 types	25 levels	About 15 minutes
	Long/Soft mode Provides soft and long-time muscle stimulation suitable for women, for thorough exercise.	10 steps	18 types	25 levels	About 30 minutes

Weight: About 71 g (When gel pad not installed)

Model: MXES-R410PRWPK

JAN code: 4902580792640

External dimensions: 178 (width) x 170 (height) x 15 (thickness) mm (When gel pad not installed)

Please read the two-dimensional code on your smartphone for details of specifications!



Accessories: gel pad x 4 (1 set), protective sheet x 1, power supply adapter x 1, charging cable (about 50 cm) x 1, fitting belt (about 125 cm) x 1, carrying pouch x 1, user manual (guarantee included) * See pages 13 - 14 for more about the replacement gel pad.

MOTECARE provides effortless and easy training while you are doing other things.

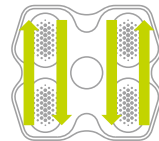
A healthy body, to create your own future.

This is for you if:

- ✓ You don't have a regular exercise habit.
- ✓ You want to maintain a healthy figure.
- ✓ You feel that your lower body is getting weaker.
- ✓ You want to enjoy an independent lifestyle, regardless of age.

Features an electrode arrangement that is easily adjusted to the directions of the muscle fibers.

Provides low-frequency stimulation upward and downward alternately.



Features the 4-electrode integrated type. The electrodes are arranged so that low-frequency stimulation is provided in the direction of the muscle fibers.

The device works effectively on a wider range, from the outer to inner muscles.



Around the abdomen



Around the waist



Thighs

Just attach it to the part of your body that is out of shape!



A fitting belt is included.

Various patterns effectively stimulate the body parts that are out of shape.

The program features a unique waveform that enhances the exercise effect.

Automatically switches between 20 steps.

Function	Training modes	Training steps	Stimulating frequency types	Power levels	Training time
	Stimulates muscles in a balanced manner.	20 steps	21 types	20 levels	About 20 minutes

Weight: About 70 g (When gel pad not installed)
 Model: MXES-R410LG
 JAN code: 4902580792633
 External dimensions: 189 (width) x 170 (height) x 14 (thickness) mm (When gel pad not installed)

Please read the two-dimensional code on your smartphone for details of specifications!



Accessories: gel pad x 4 (1 set), protective sheet x 1, power supply adapter x 1, charging cable (about 50 cm) x 1, fitting belt (about 125 cm) x 1, user manual (guarantee included)
 * See pages 13 - 14 for more about the replacement gel pad.

More user-friendly and simpler

The constantly-evolving

“MOTECARE” R410 series

Pursues a clean and simple design for a wider range of ages, and user-friendliness for use anytime and anywhere.

* MXES-R410PRCP, MXES-R410PRWPK, MXES-R410LG



Aims for an effective electrode area and arrangement.
Stimulates muscles more deeply and widely.

MOTECARE stimulates muscles mainly at the 17.5 Hz frequency known to be effective for muscle contraction. It simultaneously stimulates a wide area, from the surface to the deep layers.



A fitting belt that supports EMS exercise is included.

The belt prevents the device from being misaligned or removed by securely attaching it to your body, and supports EMS exercises.
(Supported size: 60 to 120 cm)



The minimum thickness is about 1 mm.
The device is made of soft silicon materials.

Provides a sense of secure attachment.
The device can securely fit to the body parts you want to exercise.



Being cordless, “MOTECARE” enables you to use it easily anywhere.

The power supply and controller are built into the main unit. You can enjoy “MOTECARE” easily anywhere.



User-friendly rechargeable device.
The USB Type-C interface has been adopted.

Rechargeable system doesn't require battery replacement. “MOTECARE” has adopted the USB Type-C cable that can be inserted regardless of the vertical direction of the pin.



A dedicated pouch, useful for mobility and storage, is included.

The dedicated carrying pouch, that can contain the main unit and accessories, comes with the main unit. This pouch is helpful when taking “MOTECARE” outside.

Applicable models: MXES-R410PRWPK, MXES-R410PRCP



A training record sheet is included.



The operation sound is set at a comfortable volume.

The button operation sound is set at a higher volume. Confirming mode changes has become easier.

The quest for the perfect hips and waist.

“MOTECARE” targets muscles around the pelvis.



- This is for you if:
- ✓ You are concerned about fat around the lower abdomen.
 - ✓ You are concerned about a flabby hip line.
 - ✓ You want to work out in your spare time.

Targets the upper arms, flanks, and hips for working out while engaged in other activities.



- This is for you if:
- ✓ You are concerned about flabby upper arms.
 - ✓ You have difficulty exercising your flanks.
 - ✓ You are concerned about the border between the hip and leg areas.

Stronger stimulation for wider and deeper area.

Output strength has been optimized to reliably stimulate the hips and waist where large muscles are concentrated, from the surface right down to the deep layers.

Outstanding functionality and fit

MOTECARE’s size enables training from the waist to the side of the body all at the same time and its fit gives a feeling of hip support. We have pursued a streamlined no-waste shape and taken great care to achieve comfortable wear.

3 modes concentrating on the waist or hips.

- Mode A**

Simultaneously exercises the waste and hips

Psoas major, gluteus maximus, oblique abdominal, transverse abdominal, and hamstring muscles
- Mode B**



Exercise concentrating on the waist

Rectus abdominis, oblique abdominal, and transverse abdominal muscles
- Mode C**



Exercise concentrating on the hips

Gluteus maximus and hamstring muscles



Number of electrodes used: 6

Number of electrodes used: 4

Number of electrodes used: 2

Weight: About 170 g (When gel pad not installed)
 Model: MXES-H600YG
 JAN code: 4902580756512
 External dimensions: 580 (width) x 340 (height) x 17.4 (thickness) mm (When gel pad not installed)

Accessories: gel pad x 6 (1 set), protective sheet x 6, power supply adapter x 1, charging cable (about 50 cm) x 1, user manual (guarantee included)
 * See pages 13 - 14 for more about the replacement gel pad.

The 2-electrode integrated type also fits to the fine body parts.

The 2-electrode integrated type with long pad fits various parts of your body such as upper arms and flanks. This type supports exercise for the parts where the 4-electrode type cannot fit easily, such as the upper arms, flanks, or the base of the thigh.

Versatile patterns allow efficient exercise while you are doing other things.

Fifteen versatile patterns and fifteen power levels. The unique waveforms are integrated into a program to support effective training while preventing your muscles from becoming habituated to stimulation.





Upper arms

Around the waist

Thighs

Just attach it around the upper arms, the thighs, or around the waist!

Weight: About 40 g (When gel pad not installed)
 Model: MXES-R200YG
 JAN code: 4902580755744
 External dimensions: 225.5 (width) x 65.5 (height) x 10.5 (thickness) mm (When gel pad not installed)

Accessories: gel pad x 2 (1 set), protective sheet x 1, power supply adapter x 1, charging cable (about 50 cm) x 1, user manual (guarantee included)
 * See pages 13 - 14 for more about the replacement gel pad.

“MOTECARE” special-use gel pads,
to get the best performance
from the EMS device.

The adhesive power of the gel pads becomes weaker
as they are used continuously.
If you feel the pads do not fit to the skin even after
maintenance carried out, replace them with new ones.
“MOTECARE” provides you with safety- and
comfort-oriented genuine gel pads.

- * Be sure to use Maxell's dedicated gel pads.
- * Maxell shall not be responsible for any problems resulting from the use of unofficial products.
- * Note that the main unit shown in the photo does not come with the gel pads in the package.



6-electrode



MXES-600GEL1P



MXES-600GEL2P

Applicable model number: MXES-H600YG

Applicable model	MXES-H600	
Model	MXES-600GEL1P	MXES-600GEL2P
Quantity	1 set (6 pieces)	2 sets (12 pieces)
JAN code	4902580756529	4902580756536



2-electrode



MXES-200GEL1P



MXES-200GEL2P

Applicable model number: MXES-R200YG

Applicable model	MXES-R200	
Model	MXES-200GEL1P	MXES-200GEL2P
Quantity	1 set (2 pieces)	2 sets (4 pieces)
JAN code	4902580755836	4902580755843

If you have the former 4-electrode integrated type (MXES-R400),
please purchase this replacement gel pad.
* The device applicable to this product has been discontinued.



4-electrode



MXES-400GEL1P



MXES-400GEL2P

Applicable model number: MXES-R400YG/MXES-R400PR (discontinued product)

Applicable model	MXES-R400	
Model	MXES-400GEL1P	MXES-400GEL2P
Quantity	1 set (4 pieces)	2 sets (8 pieces)
JAN code	4902580755850	4902580755867



Replacement gel pad



MXES-GELB45



MXES-GELB85

Applicable model number: MXES-R410PRCP/MXES-R410PRWPK/MXES-R410LG

Applicable model	MXES-R410	
Model	MXES-GELB45	MXES-GELB85
Quantity	1 set (4 pieces)	2 sets (8 pieces)
JAN code	4902580792619	4902580792626