



* Please use while sitting or lying down.
* You may risk falling if you use it while standing.

MOTE CARE
Foot



maxell

Within, the Future

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Maxell MOTE CARE Foot EMS Device Catalog

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ACTIVE PAD

EMS Device for legs

Major specifications

Model	MXES-FR230LBK
JAN code	4902580795191
External dimensions	360 (width) × 340 (height) × 22 (thickness) mm (Including controller/Excluding protrusions)
Weight	About 150 g (Including controller)
Power supply	Controller: Lithium-ion rechargeable battery Remote controller: Coin type lithium battery (CR2032)
Charging time	About 2.5 hours
Continuous operation time	About 10 minutes
Accessories	Storage pouch x 1, remote controller x 1, power supply adapter x 1 (Input: AC100-240V 50/60Hz), charging cable (about 50 cm), user manual (with warranty), easy guide, CR2032 (trial battery) x 1

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

- Applicable to people over 18 years of age and weighing 100 kg or less.
- Please use while sitting or lying down.
- You may risk falling if you use it while standing.
- Training results may vary between individuals.
- The names, logos, and service marks are trademarks or registered trademarks of Maxell and other companies.
- Photos and illustrations may be different from the actual product.
- Specifications and appearance are subject to change without notice.
- The products in this catalog indicate open prices.
- The information contained herein is accurate as of November 2020.

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Maxell product dealer



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



Your future will change,
from your feet up.

These days, when life expectancy can reach up to 100 years, we want to extend the number of years we can stay mobile.
The “MOTE CARE Foot” EMS device can satisfy this aspiration.
Low-frequency stimulation works over a wide area of the legs, exercising your leg muscles.
The steps to a healthy future start from here.

Low-frequency stimulation penetrates the large muscles even while sitting.



Place MOTE CARE Foot under the sole of your foot while sitting.

Low-frequency stimulation penetrates from the sole of the foot.

Circulation of low-frequency wave

Place MOTE CARE Foot under your thighs or buttocks while sitting.

MOTE CARE Foot strengthens your muscles with ease.

Circulation of low-frequency wave

(For illustrative purposes only)

Easy-to-use, refined functions



The electrode surface is **antibacterial*** and uses a silver material.



Not needing a gel sheet makes it **economical.**



Since it has a remote controller, it is **easy to operate** under the sole of your foot.



Due to its rechargeable and cordless design, **you can use it anytime, anywhere.**



MOTE CARE Foot has a foldable, compact slim body. **It is equipped with a dedicated pouch that makes it convenient to carry around.**

*Test method: Based on JIS Z 2801-2012, Antibacterial method: Kneaded into conductive silicone rubber

Advantages of EMS

Training without fatigue + Balanced muscle development



Normal exercise



EMS exercise
Electrical stimulation

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

Equipped with a total of four selectable modes
You can select the training/relaxation mode that is right for you.

Mode	Steps	Stimulating frequency types	Power levels	Operating time
Training mode Various stimuli over a wide range of muscles in the legs and hips	20 steps	25 types	15 levels	About 10 minutes
Relaxation mode Gentle and comfortable stimulus to your feet	14 steps	17 types	15 levels	About 10 minutes
Sole relaxation mode Comfortable tapping massage sensation to your feet	3 steps	3 types	15 levels	About 10 minutes
Calf relaxation mode Comfortable kneading massage sensation to your calves	3 steps	3 types	15 levels	About 10 minutes


Recommended for “locomotive syndrome”

“Locomotive syndrome” is when aging, disease, lifestyle and other factors deteriorate the function of the locomotor system (the bones, joints, muscles, and nerves). Daily exercise habits are important as “locomotive syndrome” remedies. Although you may not be in the habit of exercising, you can begin exercising your muscles easily, using MOTE CARE Foot while sitting in a chair.

* This product does not treat or improve locomotive syndrome.


A unique design using thin, light materials
MOTE CARE Foot is capable of exercising various parts of your body.

Place your feet vertically and **train the muscles of your entire lower limbs.**




Recommendation: training mode

You can rest your feet horizontally and **relax comfortably from the soles of your feet.**




Recommendation: Relaxation mode/Sole relaxation mode

You can **relax your calf muscle** with just the right amount of stimulation and a kneading massage sensation.



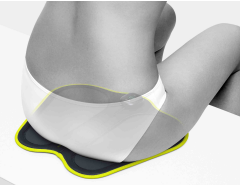
Recommendation: Relaxation mode/Calf relaxation mode

Place MOTE CARE Foot under your thighs to **train your hamstrings.**



Recommendation: Training mode

Place MOTE CARE Foot under your buttocks to **train your hip muscles**, which tend to deteriorate with age.



Recommendation: Training mode

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