

# Shape pad

EMS Device MXES-400SHPK

## Instruction Manual

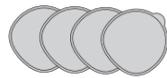
Thank you for buying this product. Please read this user manual in advance and use the product safely. Please keep this user manual for future reference.

### Contents of The Box

MXES-400SHPK



Device × 1



Gel pad × 4



Storage sheet × 1



Fitting belt × 1



Carry pouch × 1



Power adaptor × 1



Charging cable (Approx. 50cm) × 1



Instruction Manual (this manual) × 1

## 1 Introduction

Keep the following in mind when reading the Instruction Manual.

- This Instruction Manual may be subject to change without prior notice.
- Due to product improvement, the appearance or a part of the specifications of the product may be subject to change without prior notice.
- A part or all of this Instruction Manual shall not be copied without permission except for personal use. This Manual shall not be reprinted without permission.

## 2 Safety precautions

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

	<b>DANGER</b> Indicates "an imminently dangerous situation in which improper handling may result in death or serious injury* <sup>1</sup> to a user."
	<b>WARNING</b> Indicates "a dangerous situation in which improper handling could result in death or serious injury to a user."
	<b>CAUTION</b> Indicates "a dangerous situation in which improper handling could result in slight injury* <sup>2</sup> to a user or damage to property* <sup>3</sup> ."

- \* 1 : Serious injury means injury with aftereffects including sight loss, physical damage, burns, electric shock, bone fracture or poisoning and injury which requires hospitalization or long-term hospital visits for medical treatment.
- \* 2 : Slight injury means injury, burns, or electric shock which does not require hospitalization or long-term hospital visits for medical treatment.
- \* 3 : Damage to property means consequential loss related to house, household goods, livestock or pets.

Examples of pictorial indication		Symbol  draws attention to ignition, rupture, high temperature, etc., in handling of the product. Specific content of caution is described in the illustrations. (Example:  Watch out for electric shock)
		Symbol  prohibits the indicated action in handling of the product. Specific prohibited content is shown in and near the pictorial symbol by picture or sentence. (Example:  Prohibition of disassembly)
		Symbol  indicates mandatory action by user based on the instructions in handling of the product. Specific mandatory content is shown in and near the pictorial symbol by picture or sentence. (Example:  Disconnect plug from the power outlet)

### DANGER

#### Do not use this product together with medical electronic device.

Never use this product together with the following medical electronic devices. May cause a serious accident or injury to the human body.  
 (1) Human body implanted medical electronic devices such as Heart rate regulator  
 (2) Life-support medical electronic devices such as artificial heart-lung machine  
 (3) Each medical electronic device such as wearable medical electronic devices including an electrocardiograph

#### Do not touch leaked liquid

If liquid that has leaked from this product gets into eyes, Rinse with plenty of clean water without rubbing, and then consult a doctor immediately. May cause blindness.

### WARNING

#### The following persons should consult a doctor before using this product.

May cause an accident or injury to the body.  
 (1) Person with acute illness  
 (2) Person with malignant tumor  
 (3) Person with infectious disease  
 (4) Persons who are pregnant, menstruating, or have just given birth  
 (5) Person with heart problems  
 (6) Person with fever  
 (7) Person suffering from anemia  
 (8) Person with any abnormality (such as infectious disease or wounds) on the skin surrounding the application area  
 (9) Person with abnormal blood pressure  
 (10) Person who requires rest or is in significantly poor physical condition  
 (11) Person with vertebral fracture, sprains, muscle torn or similar acute (pain) disease  
 (12) Person with perception disorder due to advanced circulation disorders such as diabetes  
 (13) Person who has undergone cosmetic surgery or breast implant  
 (14) Person who feels any abnormality in body other than the above

#### The following persons must not use this product

(1) Person who are consuming or recently consumed alcohol. (2) Person under 18.

#### Make sure to turn off the power when attaching and removing the gel pad

This may cause electric shock.

#### Stop using immediately if you feel any abnormality in your body

May cause an accident or poor physical condition.

#### Do not use near your heart, on head, around eyes and neck or near genitalia

May cause an accident or poor physical condition.

#### Do not use in highly humid locations such as bathroom

May cause overheating, electric shock or failure.

#### Do not put this product into cooking appliances such as a microwave oven or high-pressure cookers

May cause heat generation, smoking or ignition.

#### Do not use with wet hands

May cause heat generation, electric shock or failure.

#### Do not splash liquid such as water on this product

May cause heat generation, smoking, ignition, explosion, failure or injury.

#### Keep this product out of the reach of small children when using or storing

May cause an accident or poor physical condition.

#### Do not use this product while sleeping

May cause an accident or injury.

#### Do not use this product while wearing any metal-based accessories such as a necklace

You may receive a strong shock.

#### Do not disassemble or remodel

May cause heat generation, smoking, ignition, explosion, liquid leakage, failure or injury.

#### Do not use this product when it is broken

May cause an accident or injury.

#### Only up to two pieces are allowed to be used simultaneously on different areas

May cause an accident or injury.

#### Do not perform household chores using water, knife or fire with this product fitted to the body

May cause an accident or injury.

#### Do not short the terminals

May cause heat generation, electric shock, failure or injury.

### CAUTION

#### Charge in a temperature range from 10 to 35°C

Charging outside of this temperature range may cause liquid leakage, heat generation, explosion, or failure.

#### Stop charging when charging is not completed even if the predetermined charging time is exceeded

May cause liquid leakage, heat generation, ignition or explosion.

#### Do not apply excessive force

May cause deformation, liquid leakage, heat generation, ignition, explosion or failure.

#### Use this product on the same area only one time per day

#### Do not use this product continuously for 20 minutes or longer

Long-time use may damage muscles or neuropathic pain.

#### Do not leave the gel pads on your body

May cause skin inflammation, etc.

#### Do not use other electrical devices such as mobile phones during use

May cause an accident due to malfunction.

#### Do not use this product just before driving a car or while driving

May cause an accident or trouble.

#### Do not put this product into fire

May cause smoking, ignition, or explosion.

#### Do not use any other charging cable, other than the one provided

May cause smoking, ignition, explosion, or failure.

#### Do not use the one provided cable for charging to other products

May cause smoking, ignition, explosion, or failure.

#### Securely and completely insert the power adaptor

Use with insufficient insertion may cause electric shock or fire due to accumulation of dust.

#### Disconnect the power adaptor from the power outlet immediately when any abnormality occurs while charging

May cause smoking, ignition, explosion, or failure.

#### Do not use and store this product under high temperature environment

May cause an accident, injury or failure.

#### Do not step on , drop or gives strong impact to the product

May cause deformation, liquid leakage, heat generation, ignition, explosion or failure.

#### Do not put a combustible material , heavy object or covering , wrapping with a blanket or cushion on this product

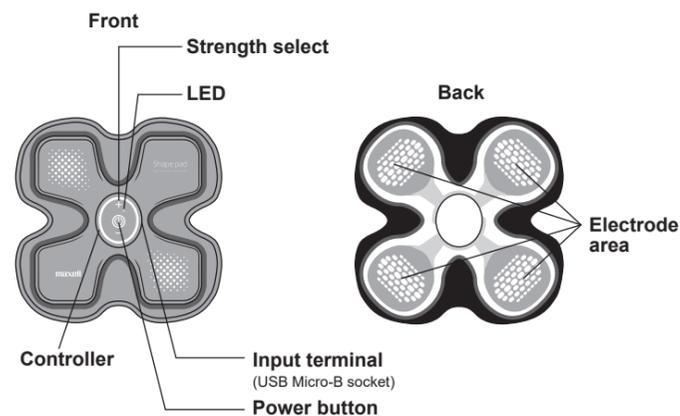
May cause heat generation, ignition, explosion, or liquid leakage.

#### Do not use the product other than for the purpose of training

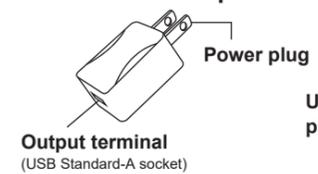
May cause an accident or injury.

## 3 Names of each part

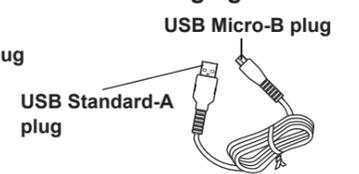
### Main body



### Power adaptor



### Charging cable



※Only for charging  
Data communication is not available

## 4 Specifications

Main body	Outer dimensions	Width 165 × Height 165 × Thickness 13mm (without gel pad)
	Mass	Approx. 62g (without gel pad)
	Input voltage/current	5V DC/Max. 100mA
	Built-in battery	Lithium ion battery 3.7V 60mAh
	Charging time	Approx. 1 hour 40 minutes
	LED indication	
	Operation	Lighting/Blinking in red, green, yellow
	While charging	Lighting in red
	Charging completed/Power off	Turns off
	Gel pad	Dimensions
Mass		Approx. 3g/1 sheet
Material		Hydro gel
Power adaptor	Input	100-240V AC 50-60Hz
	Output	5V DC/Max. 1A
Charging cable	Length	Approx. 50cm
Fitting belt	Dimensions	Width 12 × Length 110cm
Storage sheet	Dimensions	Width 173 × Height 173 × Thickness 1mm

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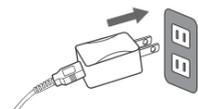
## 5 How to use

### Charge (Charge to use after purchase)

1. Connect charging cable with Input terminal of Controller and Power adaptor
2. Insert the power adaptor into a household power outlet



Pay attention to the direction of the cable



When the LED turns on, charging begins  
 ※If the LED turns off immediately, the product is sufficiently charged, and can be used as it is.

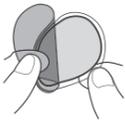
3. When the LED turns off, unplug the power adaptor and charging cable

#### Attention

- The charging time is approx. 1 hour and 40 minutes. (The charging time differs depending on the remaining battery capacity, and charging environment.)
- The buttons cannot be operated while charging. When using this product, make sure to unplug the charging cable.
- Use only the one provided cable and Power adaptor.
- Charge in an environment at a temperature from 10 to 35°C.
- Number of uses with one time charge varies depending on strength setting level, use environment and use condition.
- Guide for number of uses: Approx. 7 times in case of mode 1 and strength level 20 (Max.)

### Attach the gel pad

1. Remove the blue film
2. Attach the gel pad on each electrode part so as to prevent air bubbles from entering (Correctly attach the gel pad so as to cover the electrode part. If this product is used with the electrode directly contacting skin, it may cause burns or injury.)



3. Extrude air from the top of the film with your fingertips
4. Remove the transparent film
5. Attach the storage sheet

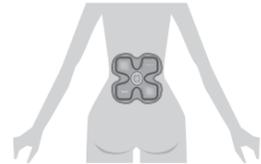


#### Caution

- Misplacement of protective films will reduce the adhesiveness along with limiting the longevity of the gel pads.

### Use

1. Remove the storage sheet from the device
2. Attach the device on which the gel pad is attached in the target part of body where you want training

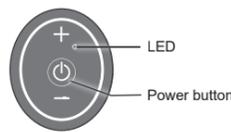


<Recommended training part of body> Abs, Waist, Thighs

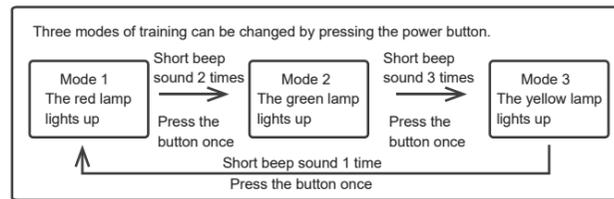
- ※Before attach to your body, please wipe off sweat, moisture and dirt from skin. May cause decrease in adhesive force.

3. Press the power button

- Short beep sound is made from Controller, and then start training.
- ※It is not work if all gel pads are not close connection to the skin. (Beep sound and LED flashing continuously)
- ※After turn on the device, starting strength level is pre-set as 1 (Min.).
- ※LED is lighting when the device is working.



## 4. Mode change

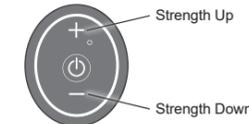


Mode 1: Balance mode (Approx. 20 minutes)	Mode 2: High mode (Approx. 10 minutes)	Mode 3: Low mode (Approx. 10 minutes)
Balance mode applies balanced stimulation by unique combination program which mixed unique frequency carrier and other factors.	High mode applies strong and heavy stimulation by unique combination program which mixed unique low range frequency carrier and other factor.	Low mode applies soft and fine stimulation by unique combination program which mixed unique middle range frequency carrier and other factor.

※There is individual difference that transmitting of muscle and feeling of stimulation.

## 5. Adjust the strength

- There are 20 levels of strength which can be selected by pressing "+" or "-" on the strength select button.



- ※When there is no sound, the LED does not light up or electric stimulation is not worked, battery power is low. Please charge to the device.
- ※When the strength reaches the maximum or minimum level, 2 times short beep sounds are made from controller

## 6. End

- The power is automatically turned off in approx. 20 minutes after start in mode 1 or in approx. 10 minutes after start in mode 2 and 3.
- If you want to turn off the power in mid-process, hold the power button down (approx. 2 seconds). Long beep sound is made from Controller, and then power is off.
- ※The LED also turns off at the same time as the beep sound.
- Slowly remove from the skin in the vertical direction after the training has ended.



#### Note

- Confirm whether the gel pad is closely attached to the skin when feeling stimulus pain.
- Do not excessively increase the strength.
- The training step will switch automatically. It cannot be changed by manually.
- If the training is stopped by manually before end of process, it is started from the beginning of the process in an operation at next time.
- Use in an environment at a temperature from 10 to 35°C.
- Slowly and carefully remove the gel pad from skin. May cause failure.

### How to use the fitting belt

After attaching the device to your body, please wrap around lightly to your body such that the controller comes out from the hole section of the belt.



#### Note

- Do not tightly wrap around your body.
- A person who has eczema on use area should not use the belt.
- If this product is not appropriate for your skin, or you feel an itching sensation, eczema or pain, stop using the belt.
- Pulling the belt too tightly may cause it to stretch.

### Recommended training method

- Four points for achieving good results
- Rest the training for one or two days per week.
  - Record daily strength level and gradually increase the strength level.
  - A more intensified output level may result in better results, however, avoid uncomfortable excessive stimulation.
  - Perform training until the power is automatically turned off (mode 1: for approx. 20 minutes, modes 2 and 3: for approx. 10 minutes).

### Store

- Wipe off sweat and moisture after use, and attach the device to the storage sheet to store. If the product is left as is without wiping off sweat and moisture, the electrode may change to black and stimulation effect may be reduced.
- Confirm that the power is turned off, and avoid places subject to high temperatures, high humidity and direct sunlight and dusty places when storing.
  - Use only the storage sheet when storing. If other paper is used, it may not be removed.
- Note that if the fitting belt is stored for a long time in a state that it is folded and a heavy object is put on it, it may cause folding lines or creases.

## 6 Cleaning

Before cleaning, please make sure that you are not charging and that the power is off. If cleaning is conducted while charging or with the power turned on, you may receive electrical stimulation.

### Cleaning of the device

- Wipe off any stains with a dry soft cloth.
- If there are heavy stains, moisten a soft cloth with water and squeeze it sufficiently and wipe it so as to lightly press.

#### Caution

- This is not waterproof product. Please avoid water from being splashed on Controller of the device.
- Do not wipe with chemicals such as benzine, thinner or alcohol.

### Cleaning of the gel pad

If the adhesive surface of the gel pad is contaminated and cannot easily attach to your body, conduct cleaning according to the following procedures

1. Place water drops on your fingertips and rub the adhesive surface of the gel pad to remove any stains.
2. Sufficiently remove moisture and naturally dry it in well-ventilated shade with the adhesive surface positioned upward.
3. Naturally dry it until moisture is removed from the surface, and then attach the storage sheet. The gel pad is a consumable goods. When adhesive force is weak even after cleaning please replace with for the replacement gel pad (optional accessory) as below.

Product name: Replacement gel pad  
 Model No.: MXES-SH400GEL 2P

#### Note

- If the gel pad is maintained for many hours or frequently, the adhesive surface will be damaged and lifetime of the gel pad may be shortened.
- Do not attach the surfaces of the gel pad to each other. Attach the storage sheet to the adhesive surface to store after use.

### Cleaning of fitting belt

- Do not use a washing machine or tumble dryer. Please hand wash (or push wash).
- Do not use chlorine bleach and softener.
- Avoid direct sunlight and dry it in shade.
- Do not iron.
- The belt may be discolored because of the product characteristics. In order to avoid color transfer, do not wash with a different color clothes and laundry and do not leave in a wet condition after dewatering.

## 7 Trouble shooting

Phenomenon	Cause	Countermeasure
Power cannot be turned on	Battery level is low	Charge battery of the device
Beep sound is not stopped Output is not increase Does not work	A gel pad other than the dedicated one is used	Use one the provided gel pad, or replacement gel pad suitable for the model number.
	Power is turned off in 20 minutes or 10 minutes automatically after started	It is normal operation. Power is automatically stopped in approx. 20 minutes in mode 1 and in approx. 10 minutes in case of mode 2 or mode 3.
	Skin is extremely dried The gel pad is not closely attached	Moisten the skin with water and use again. Closely attach it and use again.
There is no actual feeling of the training is weak	A gel pad other than the dedicated one is used	Use one the provided gel pad, or replacement gel pad suitable for the model number.
	The gel pad has worn out	Replace with new gel pad.
	The gel pad is not closely attached	Closely attach it and use again.
	Battery level is low	Charge battery of the device
	The setting of strength is weak Skin is extremely dried	Press "+" on the strength selection button to increase the strength. Moisten the skin with water and use again.
Electric stimulation is too strong It has a pain	The setting of strength is strong	Press "-" on the strength selection button to increase the strength
	This product is used in an unusual position, then the gel pad is not closely attached	Closely attach it and use again.
	A gel pad other than the dedicated one is used The gel pad has worn out	Use one the provided gel pad, or replacement gel pad suitable for the model number. Replace with new gel pad.
The gel pad peels off the device	There is the air inside between gel pad and electrode of the device	After attaching the gel pad to the electrode of the device, press with your finger to extract air before using.

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