

# ACTIVEPAD MOTECARE Pro

EMS Device MXES-R400PR

Warranty card inside

## User Manual

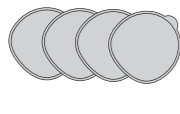
Thank you very much for buying this product. Please read the user manual in advance and use the product safely. This user manual is also a warranty card; please keep it properly after reading.

### Content of the package

MXES-R400PR



Device x 1



Gel pad x 4



Protective sheet x 1



Fitting belt x 1



Carrying pouch x 1



Power adapter x 1



Charging cable (about 50cm) x 1



User manual x 1

## 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

	<b>Danger</b>	Warning refers to misuse which might lead to death or serious injury <sup>*1</sup> in a high degree.
	<b>Warning</b>	Warning refers to misuse which might lead to death or serious injury.
	<b>Caution</b>	Caution refers to misuse which might lead to injury <sup>*2</sup> , and may cause property damage <sup>*3</sup> .

\*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

### 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. It may cause medical electronics accidents and impediment to the body.
- This may cause accidents or physical deterioration.

## Warning

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

- (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.

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

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

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

This may cause electric shock.

### If you feel unwell, please stop immediately.

This may cause accidents or physical deterioration.

### 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, shock, 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 more than two devices on different body parts at one time.

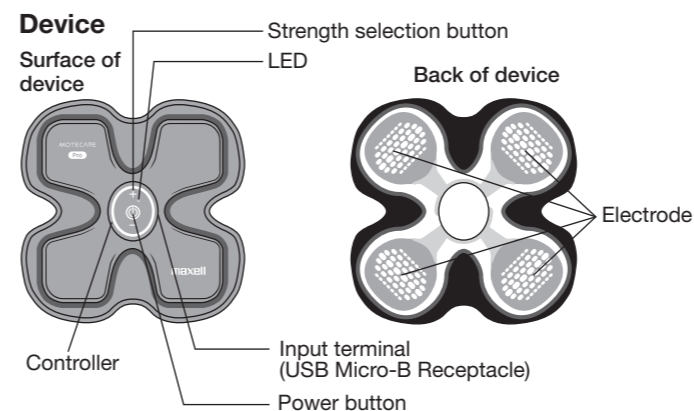
This may cause accidents or injury.

	<b>Do not carry out housework with water, knife or fire during use.</b> This may cause accidents or injury.
	<b>Do not short the terminals.</b> This may cause overheating, electric shock, malfunction or injury.

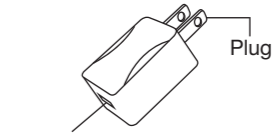
## Caution

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

## 3 Names of parts of the device

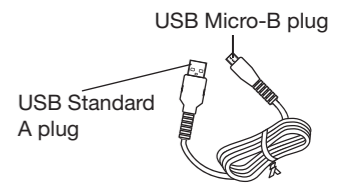


### Power adaptor



Output terminal (USB Standard A Receptacle)

### Charging cable



\*Charging only. Not for data communication.

### Main unit LED

Operation	Steady/Blinking red, green, or yellow light
Charging	Steady red light
Charging completed/Power off	Off

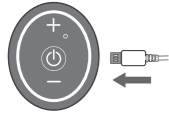
## 4 Specification

Device	Dimension	165 (W) x 165 (H) x 13.0 (D) mm (without Gel Pad)
	Weight	About 62 g (without Gel Pad)
	Input voltage/current	5 V DC/Max. 100 mA
	Battery	Lithium ion battery 3.7 V/60 mAh
Gel Pad	Charging time	About 1 hour 40 minutes
	Dimension	56.5 (W) x 56.4 (H) x 0.85 (D) mm/piece
	Weight	About 3 g/piece
Power adapter	Material	Hydro Gel
	Input	100-240 V AC, 50/60 Hz
Charging cable	Output	5 V DC/Max. 1 A
	Length	About 50 cm

## 5 Usage

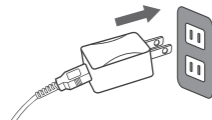
### Charging (Charge before use)

1. Connect the device and the AC adapter with the cable



Pay attention to the direction of the cable.

2. Plug the AC adapter into the socket



When the LED light turns on, charging starts.

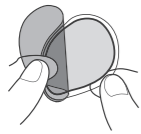
3. When the LED light turns off, unplug the AC adapter and the cable

#### Caution

- Charging takes about 1 hour 40 minutes. (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.
- Use on a single charge: About 7 times in mode 1 at the highest intensity level (20)

### Attaching Gel Pads

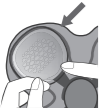
1. Remove the blue film



2. Place the gel pads on the electrodes and ensure no air in the gap. (Place the gel pads correctly so that the electrodes are covered. If you use this product while the electrodes are in direct contact with your skin, burns may occur.)



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



4. Remove the transparent film



5. Adhering protective films

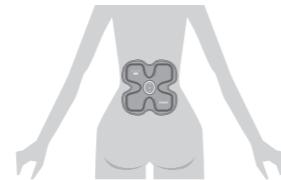


#### Caution

- Misplacement of protective films will reduce the adhesiveness and long time of use may make the films unavailable for use.

### Using the device

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



<Recommended body parts> Abs, waist, thighs

- \* Wipe away the sweat, fluid and dust after use. This can help lengthen the longevity of the device.

3. Press the power button

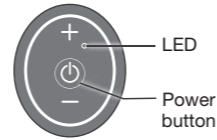
When training starts, you will hear a "beep" sound.

- \* 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).

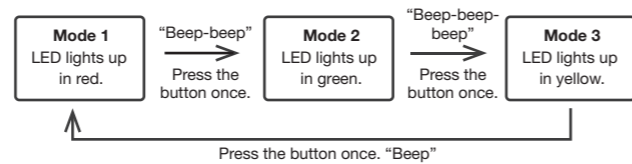
- \* When you hear a "beep" sound, the LED light will start flashing at the same time.

- \* The LED is on while the device is operating.



4. Switching the modes

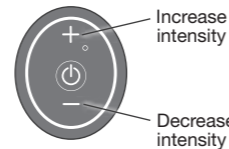
Press the power button to switch among the three modes.



Mode 1: Balanced mode (about 20 minutes)	Mode 2: Outer muscle mode (about 10 minutes)	Mode 3: Inner muscle mode (about 10 minutes)
Balances powerful development of both outer and inner muscles.	Intensively develops outer muscles similarly to Kaatsu Training.	Intensively develops inner muscles similarly to core training.

5. Select intensity

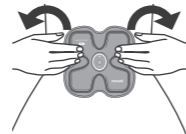
- There are 20 levels of intensity that can be selected by pressing "+" or "-".



- \* 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.

6. Training finishes

- The power automatically turns off after 20 minutes in mode 1 and 10 minutes in modes 2 and 3.
- 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.
- \* When you hear a "beep" sound, the LED light will turn off at the same time.
- Remove the device in vertical direction slowly after use.

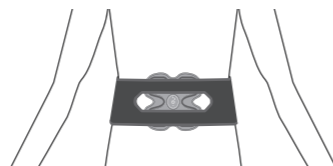


#### Caution

- If you feel a tingling or stinging sensation, check whether the gel pads are attached firmly to your skin.
- 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 again from the first movement.
- Use under 10-35°C.
- Peel off the gel pad from the skin slowly and gently, otherwise, malfunction may occur.

### How to use the fitting belt

Attach the main unit to your body, and then lightly wind the belt around your body so that the controller protrudes from the hole.



#### Caution

- Do not wind the belt strongly around your body.
- Do not use this product on an area affected by eczema.
- If this product does not suit your skin or if you experience itching, eczema or pain, discontinue use of this product.
- If you pull the belt strongly, it may become stretched.

#### 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 (mode 1: about 20 minutes, modes 2 and 3: about 10 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.

If you leave the product without wiping away sweat or other fluids, the electrodes may become discolored (black) and work poorly.

- 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.
- If the fitting belt is stored for a long period of time while in a folded shape under a heavy object, it may cause fold lines or wrinkles. Take care to avoid this.

## 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

- This product is not waterproof. Do not splash the main unit controller.
- 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-400GEL1P (applicable to MXES-R400 series; 1 set)  
MXES-400GEL2P (applicable to MXES-R400 series; 2 sets)

#### 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.

Care of the fitting belt

- Do not use a washing machine or tumble drier. Hand-wash by repeatedly but carefully submerging the fitting belt in a washing bowl.
- Do not use a chlorine bleaching agent or softener.
- Dry the fitting belt away from direct sunlight.
- Do not iron the fitting belt.
- The color of the fitting belt may fade due to the nature of its characteristics. To avoid the colors running and affecting other items of washing, do not wash the belt together with clothing of different colors and do not leave it even slightly wet, even after most of the water has been removed.

## 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.
Continuous warning sounds/ Cannot increase intensity/ Device cannot operate	Not using exclusive gel pads	Use exclusive gel pads or replacement gel pads.
	The power automatically turns off in 10 or 20 minutes after start.	The product is working normally. The product automatically stops after about 20 minutes in mode 1, and about 10 minutes in modes 2 and 3.
	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.

Problem	Cause	Solution
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.
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.
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 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)

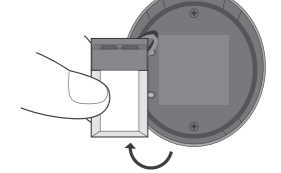
### Way of taking out the lithium-ion battery

1. Please continue to use the device until it cannot operate totally. Then allow the battery to discharge.

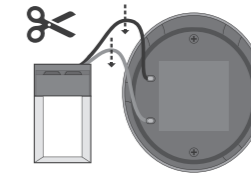
2. Insert a minus screwdriver into the case of the device and open the case.



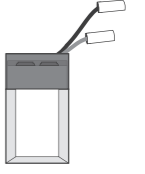
3. Take out the battery from the base



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: