

EMS Sport Device  
MXES-R410PRWPK

PA 1522-00

User 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.



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## Contents of the box

### Accessories



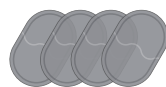
Device x 1



Protective sheet x 1



Carrying pouch x 1



Gel pad x 4



Power adapter x 1



Charging cable  
(approx. 50cm) x 1



Fitting Belt  
(approx. 125cm) x 1

Training  
Sheet

User manual

## 1 Preface

### About the user manual

- Contents of this user manual might change 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 unauthorised copying of part or all parts of this manual is prohibited. Unauthorised 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.







- All explicit and implicit contents not stated in the user manual are not covered.
- Maxell shall not be responsible for failure due to any damage caused by usage other than described in the user manual.
- This product is not designed to be used in medical equipment, nuclear equipment, aerospace equipment, transportation equipment and other device or equipment that involve human life and require high reliability. In the instance that this product is used as the above equipment and/or systems, Maxell is not responsible for any injuries or fire accidents caused by the failure of this product.


## 2 Safety caution

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

 <b>Danger</b>	Warning refers to misuse which might lead to death or serious injury* <sup>1</sup> to 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, burns, electric shock, bone fracture, poisoned or injury with after-effect, or resulted in hospitalisation or long-term follow-up consultation.
- \* 2: Injury refers to burns, electric shock which do not result in hospitalisation or long-term follow-up.
- \* 3: Damages refers broad damages to houses or properties and domestic animal / pets.

Key		Prohibited actions when handling the product. Details will be illustrated inside or next to the symbol or with written description next to it. Graphic symbols representing specific instructions are shown in white color in the shape of  .
		Caution to fire, electric shock, high temperature when handling the product. Details will be illustrated inside the symbol. Graphic symbols representing specific instructions are shown in white color in the shape of  .
		Instruction which must be followed. Details will be illustrated inside or next to the symbol or with written description next to it. Graphic symbols representing specific instructions are shown in white color in the shape of  .


**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.



**Do not touch leaked liquid**

If liquid leaks from this device and gets into the eye, do not rub. Rinse with plenty of clean water immediately and consult a doctor. It may cause blindness.



## 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 with infection, wounds, etc. on skin surrounding the application area.
- (9) People with abnormal blood pressure.
- (10) People who feel an abnormality 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, who feel an abnormality on their body.  
It may cause accident or physical deterioration.



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

- (1) People who are consuming or recently consumed alcohol.
- (2) People under 18.
- (3) Do not use on children or pets.



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

This may cause electric shock.



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### • If you feel unwell, stop use immediately

This may cause accidents or physical deterioration. Discontinue use and consult a doctor if you feel any discomfort or abnormality such as dry skin, itchiness, redness, burning or inflammation during use. Continued use may aggravate the symptoms.



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### • Do not use near your heart, head, face, eyes, neck or vulva

This may cause accidents or physical deterioration.



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

This may cause overheating, electric shock or malfunction.



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### • Do not put into heating appliances such as microwave ovens or pressure cookers

This may cause overheating, smoke or fire.



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### • Do not operate with wet hands

This may cause overheating, shock, malfunction.



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

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



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### • Store in a place out of a child's reach

This may cause accidents or physical deterioration.



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### • Do not sleep during use

This may cause accidents or injury.



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### • Do not wear metal accessories such as necklaces during use

This may cause electric shock.



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### • Do not disassemble or remodel

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








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### • Stop using broken devices

This may cause accidents or injury.



- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• <b>Do not use more than two devices on different body parts at one time</b><br/>This may cause accidents or injury.</li> </ul>            |   |
| <ul style="list-style-type: none"> <li>• <b>Do not carry out housework involving water, knives or fire during use</b><br/>This may cause accidents or injury.</li> </ul>           |  |
| <ul style="list-style-type: none"> <li>• <b>Do not short the terminals</b><br/>This may cause overheating, electric shock, malfunction or injury.</li> </ul>                       |  |
| <ul style="list-style-type: none"> <li>• <b>Be sure to attach the gel pad to the main unit</b><br/>If the electrodes touch the body directly, there is a risk of burns.</li> </ul> |  |
| <ul style="list-style-type: none"> <li>• <b>Do not put into fire</b><br/>This may cause smoke, fire or damage the device.</li> </ul>   |  |

## **Caution**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• <b>Charge within 10-35°C</b><br/>Charging out of this temperature range may result in liquid leak, overheating, malfunction or damage to the device.</li> </ul>                         |    |
| <ul style="list-style-type: none"> <li>• <b>If charging does not complete over the designated time, stop immediately</b><br/>This may cause leakage of liquid, overheating, fire or damage the device.</li> </ul>                |    |
| <ul style="list-style-type: none"> <li>• <b>Do not forcibly press the device</b><br/>This may deform or damage the device. This may also cause liquid leak, overheating, fire or malfunction.</li> </ul>                         |    |
| <ul style="list-style-type: none"> <li>• <b>Do not use the device on the same body part for more than once a day</b></li> </ul>  |    |
| <ul style="list-style-type: none"> <li>• <b>Do not use for more than 20 minutes each time</b><br/>Continuous usage may result in muscular or neuropathic pain.</li> </ul>  |    |
| <ul style="list-style-type: none"> <li>• <b>Do not leave the gel pads on your body</b><br/>This may cause skin inflammation.</li> </ul>  |    |
| <ul style="list-style-type: none"> <li>• <b>Do not use other electrical devices such as mobile phones during use</b><br/>This may cause accidents.</li> </ul>  |    |
| <ul style="list-style-type: none"> <li>• <b>Do not use before or whilst driving</b><br/>This may cause traffic accidents.</li> </ul>   |   |
| <ul style="list-style-type: none"> <li>• <b>Do not use any other charging cable, other than the one provided</b><br/>This may cause smoke, fire, malfunction or damage the device.</li> </ul>                                    |  |
| <ul style="list-style-type: none"> <li>• <b>Do not use the cable to charge other products</b><br/>This may cause smoke, fire, malfunction or damage the device.</li> </ul>   |  |
| <ul style="list-style-type: none"> <li>• <b>Please ensure the device is well connected to the AC adapter</b><br/>Poor connection may result in fire due to electric shock and accumulation of dust.</li> </ul>                   |  |
| <ul style="list-style-type: none"> <li>• <b>If abnormality occurs during use, remove the charging cable</b><br/>This may cause smoke, fire, malfunction or damage the device.</li> </ul>   |  |
| <ul style="list-style-type: none"> <li>• <b>Do not use and store in locations of high temperature</b><br/>This may cause accidents, injury or malfunction.</li> </ul>  |  |
| <ul style="list-style-type: none"> <li>• <b>Do not step on, drop or apply strong shock to the device</b><br/>This may deform or damage the device. This may also cause liquid leak, overheating, fire or malfunction.</li> </ul> |  |

- **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.



- **Do not use the belt for other purposes.**

It may cause injury.



- **Charge the battery every 3 months.**

The battery may deteriorate and the product will become unusable.



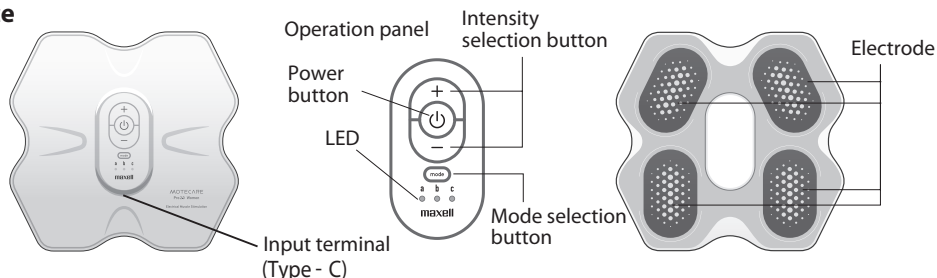
- **Do not exercise while using this product.**

It may cause injury.

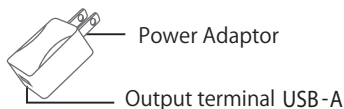


## 3 Names of Parts of The Device

### Device



### Power Adaptor



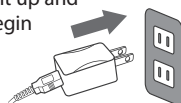
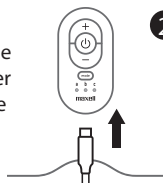
### Charging Cable \*Charging only. Not for data communication



## 4 Usage

### Charging (Charge before use)

- 1 Connect the device and the power adaptor with the cable
- 2 When the power adaptor is plugged into a power outlet, the LED will light up and charging will begin
- 3 When the LED light turns off, unplug the USB charging cable




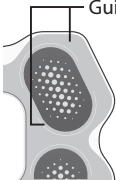
※The LED turns off when charging is complete.

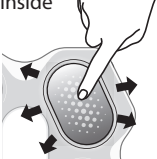


## Caution

- Charging time is approximately 2 hours (charging time varies depending on the remaining battery capacity and the charging environment).
- The buttons cannot be operated while charging.
- Please use only the supplied charging adapter and charging cable.
- Charge in an ambient temperature between 10 ~ 35°C.
- The number of times that can be used per charge varies depending on the strength setting level, usage environment and usage conditions.
- When storing, please charge once every 3 months. Otherwise, the battery may deteriorate and the product will become unusable.

Number of Training	Intensity 25	Approx. 15 times
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## Attaching Gel Pads

- 1** Remove the blue film  

- 2** Paste the gel pad along the guide  


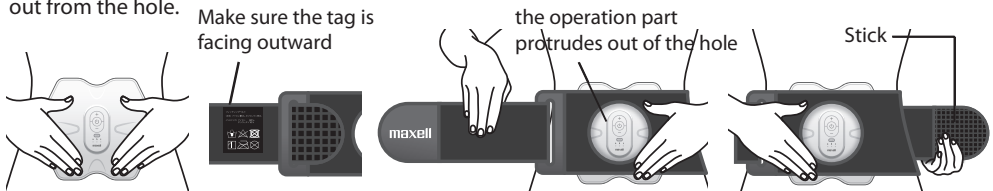
※ Place the gel pads on the electrodes and ensure no air inside. Please put the gel pad correctly so as to cover the electrode part. If the electrode is used in direct contact with your skin, you may get burned.
- 3** Press the pads with your finger tip and remove the air inside  

- 4** Remove the transparent film  

- 5** Adhering protective sheet  


## Caution

Misplacement of protective films will reduce the adhesiveness, there is a risk of premature deterioration of the gel pad.

## How to use the fitting belt

After attaching the main unit on the body, wrap it around the body so that the operational part protrudes out from the hole.



## Caution

- Do not tightly wrap it around the body.
- Stop using the product if it does not suit your skin or if you feel itching, pain or rashes appears.
- Pulling the belt hard may cause it to stretch.

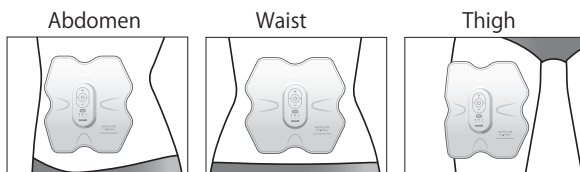
## Usage

- 1 Remove the protective sheet of the device
- 2 Place gel pads to the device. Attach the device onto the targeted area to begin training

※Please paste the body according to the direction of muscle texture.

### Recommended body parts

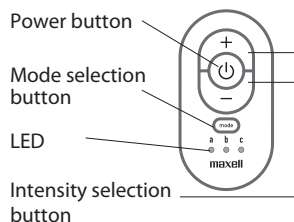
Before applying to the body, wipe off sweat, moisture and dirt from the skin. It may cause a decrease in adhesive strength.



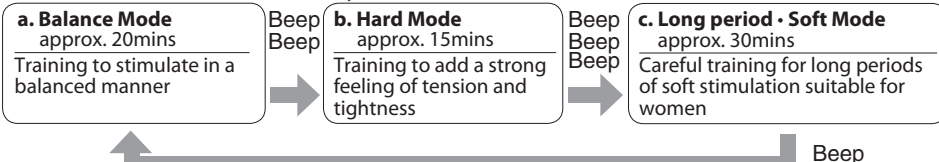
- 3 Press the power button (Approx. 1sec)  
When you hear a “beep” sound, LED flash and training begin.  
When the device turns on, the intensity is preset as 1 (minimum).

※If gel pads do not attach to your body well, the “beep” sound will continue and LED will flash, but the device will not work.

※If the power is turned on without being attached to the body, 1 minute waiting time will start. please paste on your body to use within 1 minutes.

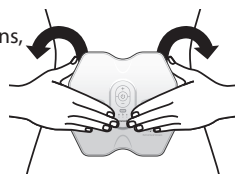


- 4 Mode selection button  
Three modes would be switched between by pressing the mode button.  
※Once mode is switched, intensity returns to 1.



- 5 Adjust intensity  
• There are 25 levels of strength. Select “+” or “-” from the strength selection button. When you operate the “+” or “-” button, it will have “beep” sound and the strength changes.  
• When the strength level reaches 25 (maximum) or 1 (minimum), it will have “beep” sound.

- 6 Training finishes  
• After starting the operation, a mode approx. 20 mins, b mode approx. 15 mins, c mode 30 mins and then automatically closed.  
• To turn off the power in halfway, press and hold the power button (approx. 2 seconds) until you hear the beep sound, the LED light turns off and the power is turned off.  
• Remove the device in vertical direction **slowly** after use.



## Caution

- If you feel pain or numbness during use, switch off the device and try on a different position of your body.
- Do not forcibly increase the intensity.
- Training steps will be switched automatically and does not support manual operation.
- When the device is stopped during the training, next training will start from the beginning.
- Use within 10-35°C.
- When removing the device, please proceed slowly and carefully. Electrode may be damaged when peel with strong force.
- If the LED does not turn on or the electrical stimulus cannot be felt, the charge in the battery is low. Please charge the battery.
- If there is no working or electrical stimulation, the gel pad may have deteriorated. Replace the original gel pad.
- Be sure to disconnect the charging cable before use.
- The electrodes parts may darken depending on the method of use and frequency of use.

## Storage

- After use, wipe off sweat and moisture, and attach the main unit on a storage sheet for storage.
- If the product is left without wiping off sweat or moisture, the product life may be shortened.
- Make sure that the power is not turned on, and store it away from high temperatures, high humidity, direct sunlight and dusty places.
- Do not store the unit using anything other than a protective sheet. If you use other paper, it will not be removed.
- Please keep in mind that if they are stored for a long period of time with heavy objects on them, the fitting belt may have permanent folds or wrinkles.
- When not using the product for a long period of time, please charge the product before storing it. Furthermore, please charge the battery every 3 months. Otherwise the battery may deteriorate and the product will become unusable.

## 5 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, it 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 damp soft cloth to wipe away the dirt on the device gently. Please squeeze out water from wet cloth before wiping.
- Clean the gel pad according to "Maintenance of the Gel Pad".

### Caution

- This product is not waterproof. Please make sure that the control panel of the main unit and input terminal are not exposed to water.
- Do not wipe with chemicals such as benzine, thinner or alcohol.
- If the product is used without being cleaned or stored for a long period of time, the electrodes may darken. Regular maintenance is recommended.

### Maintenance of Gel Pad

Please follow the steps below to clean the adhesive side of the gel pads.

- ① Dip your finger tip in water and wipe away the dirt on the adhesive side.
- ② Wipe away the water, place the adhesive side on top and dry in a cool, well ventilated location.
- ③ Ensure there is no water left and cover with the protective film.



#### Gel pads are consumable parts.

When the adhesiveness of the gel pads is significantly reduced after continuous use and maintenance, replacement gel pad (sold separately) shown on the right.

#### Replacement Gel Pad

MXES-GELB4S (1 set Pack)  
MXES-GELB8S (2 set Pack)

### Caution

- The gel pad may peel off depending on the usage conditions, storage environment or insufficient maintenance. • Frequent use and maintenance will reduce the adhesiveness and the longevity of gel pads. • Never stick the gel pads together. Place the protective films on the adhesive side of the pads and store properly. • Please be aware that we are not liable for any trouble caused by using non-original gel pads.



## Maintenance of fitting belt

- Do not use a washing machine or tumble dryer. Please hand wash.
- Due to the nature of the product, it may lose color. To avoid color transfer, do not wash with different colors or leave wet after dehydration.
- Do not use chlorine bleach or softener.
- Please avoid the direct sunlight.
- Do not iron.

## 6 Troubleshooting

Problem	Cause	Solution
Power supply cannot turn on	Battery level is low	Charge the device
	The time to press and hold the power button is not long enough	When the power button is pressed for approximately 1 second, a beep sounds and the power turns on.
Continuous warning sounds	Not using an original gel pad	Use original gel pads.
	Gel pads not properly placed	Reattach the gel pads well and try again
	Extremely dry skin	Use water to moisten your skin and try again
Device cannot operate	Battery level is low	Charge the device
	Power supply automatically turns off after several time	This device will stop after a mode approx. 20 mins, b mode 15 mins, c mode 30 mins.
Cannot feel the training/ Weak sensation  Weak sensation, intensity does not increase	Not using an original gel pad	Use original gel pads.
	Gel pads deterioration	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 moisten your skin and try again
Sensation is too strong or feels painful	Intensity is too strong	Press "-" to increase intensity
	Gel pads not properly placed	Reattach the gel pads well and try again
	Not using an original gel pad	Use original gel pads
	Gel pads deterioration	Replace a new gel pads
	Used continuously	For the same part,use once in a day
Gel pads detached from the device	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 is not applied correctly	Stick the blue film side to the main unit

# 7 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 action the following (will cause the 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.

## Caution

- **Removed lithium ion battery should be kept out of reach of children.**

If you think it has been 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.

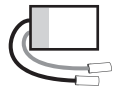
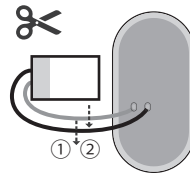
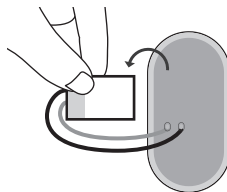
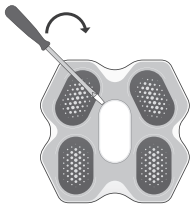
If liquid gets onto the body and clothes, please clean with plenty of clean water and consult a doctor if necessary.

- **Please do not dismantle the device other than when you are required to dispose of the device. ( will cause the fire, electric shock, injury)**

## Way of taking out the lithium-ion battery

※ After this operation, you will not be able to use this product.

- 1 Please continue to use the device until it can no longer be operated in order to fully discharge the battery.
- 2 Insert a minus screwdriver into the gap of the device and open the case
- 3 Take out the battery from the base  
※ The battery is attached with double-sided tape.
- 4 Cut each of the 2 lead wires
- 5 Affix the tape to the tip of the each cut lead wire



### 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.
- Do not bend the battery, apply strong force, or scratch it.

## 8 Specification

Device	Dimension	W178 × H170 × D15mm (without Gel Pad)
	Weight	Approx. 71g (without Gel Pad)
	Input voltage / current	DC5V / 200mA Max.
	Battery	Lithium ion battery 3.7V 200mAh
	Charging time	Approx. 2 hours
Gel Pad	Dimension	W45 × H75 × D0.8mm / pc
	Weight	Approx. 3g / pc
	Material	Hydro Gel
Power adapter	Input	AC100-240V 50 / 60Hz
	Output	DC5V / 1A Max.
Charging cable	Length	Approx. 50cm
Fitting Belt	Length	Approx. 125cm

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