

User-friendly  
rechargeable and  
cordless EMS device.



Cordless for simple and easy training.

The power supply and controller are built into the thin, cordless main unit.  
You can exercise without fuss anytime, anywhere.

Rechargeable system doesn't require battery replacement

You can use MOTECARE about 10 times\* once it is fully charged, resulting in a decrease in running cost.

\* The MXES-R400YG when power is set to 15 (maximum). The amount of repeat usage varies according to the product, power and usage mode.

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- Training results vary between individuals.
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- The products in this catalog indicate open prices.
- The information contained in this catalog is accurate as of April 2018.

#### Contacts

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ACTIVEPAD  
MOTECARE | EMS Device

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Simply attaching  
MOTECARE to your  
skin can give your body the  
training it needs to stay in shape.

MOTECARE

You have no time for exercise.  
You can't continue severe training.  
You want to improve the parts of your body that are  
out of shape.  
The "MOTECARE" series of EMS devices can give you  
the appropriate training.

NEW

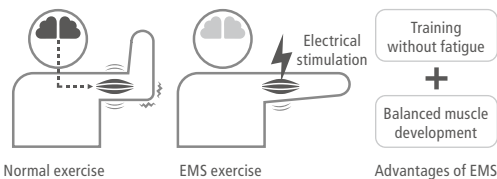
MOTECARE Pro has been  
newly released with  
three modes.

MOTECARE balances development of both outer  
and inner muscles.



## EMS

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



## Professional

By simply attaching MOTECARE, you can get both outer and inner muscles into great shape.

Experience of enhanced functions.  
The new training patterns and 20 power levels provide intense training.

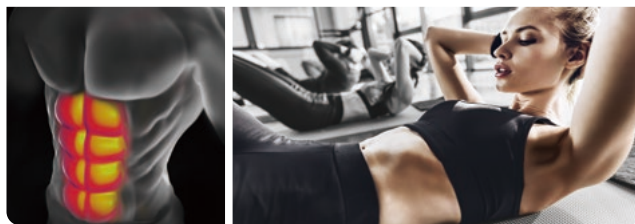
- MOTECARE has unique training patterns to prevent your muscles from becoming habituated to stimulation.
- You can select from among 20 power levels.  
MOTECARE stimulates and trains muscles more powerfully.
- You can select from among 3 modes to provide the most versatile and effective training.

### Balanced mode



Balances powerful development of both outer and inner muscles.

### Outer muscle mode



Intensively develops outer muscles similarly to Kaatsu Training.

### Inner muscle mode



Intensively develops inner muscles similarly to core training.

You can select from among 20 power levels.  
The optimum training steps are set for each  
of the three modes.

37 types of stimulation frequencies in total are combined for  
each mode to meet various needs.  
MOTECARE is appropriate both for comprehensive training  
and efficient short-time training.

Function list	Training mode 1/2/3	Training steps ■■■■■■■	Stimulating frequency types ~~~~~	Power levels ☞☞☞	Training time 🕒
	1. Balanced mode	20 steps	34 types	20 levels	20 minutes
	2. Outer muscle mode	15 steps	28 types	20 levels	10 minutes
	3. Inner muscle mode	10 steps	21 types	20 levels	10 minutes

For details of each pattern, refer to our website.  
[http://www.maxell.jp/consumer/mxes\\_training\\_menu.html](http://www.maxell.jp/consumer/mxes_training_menu.html)



A fitting belt that supports  
EMS exercise is also 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 110 cm



MXES-R400PR (4-electrode type)

Major specifications

Main unit	Model	MXES-R400PR
	Number of electrodes	4
	JAN code	4902580757328
	External dimensions	165 (width) x 165 (height) x 13.0 (thickness) mm*
	Weight	About 62 g*
	Input voltage/current	5 V DC/Max. 100 mA
	Built-in battery	Lithium-ion battery (3.7 V/60 mAh)
Gel pad	Charging time	About 1 hour 40 minutes (10 to 35°C)
	Dimensions	56.5 (width) x 56.4 (height) x 0.85 (thickness) mm/1 piece
	Weight	About 3 g/1 piece (excluding the film)
	Quantity	4 pieces
Power supply adapter	Material	Hydrogel
	Input	100 to 240 V AC, 50/60 Hz
Accessories	Output	5 V DC/Max. 1 A
	4-electrode gel pad x 4 (1 set), protective sheet x 1, fitting belt x 1, carrying pouch x 1, power supply adapter x 1, charging cable x 1 (about 50 cm), user manual	

\* When gel pad not installed



MXES-400GEL1P




MXES-400GEL2P

Replacement gel pad

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





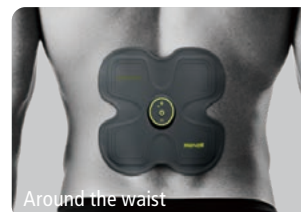
MOTECARE  
efficiently tightens  
the out-of-shape  
parts of your body.

Just attach MOTECARE to the part  
of your body that is out of shape.  
MOTECARE provides training anywhere,  
anytime while you are doing other things.

The electrode surface area is appropriate for  
the stimulation of each muscle.  
MOTECARE stimulates muscles mainly at the  
17.5 Hz frequency known to augment  
muscle contraction.

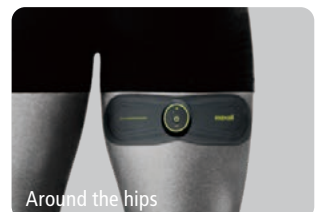
#### 4-electrode integrated type

Exercises muscles over a wide  
area, such as around the  
abdomen and waist, for  
concentrated training.



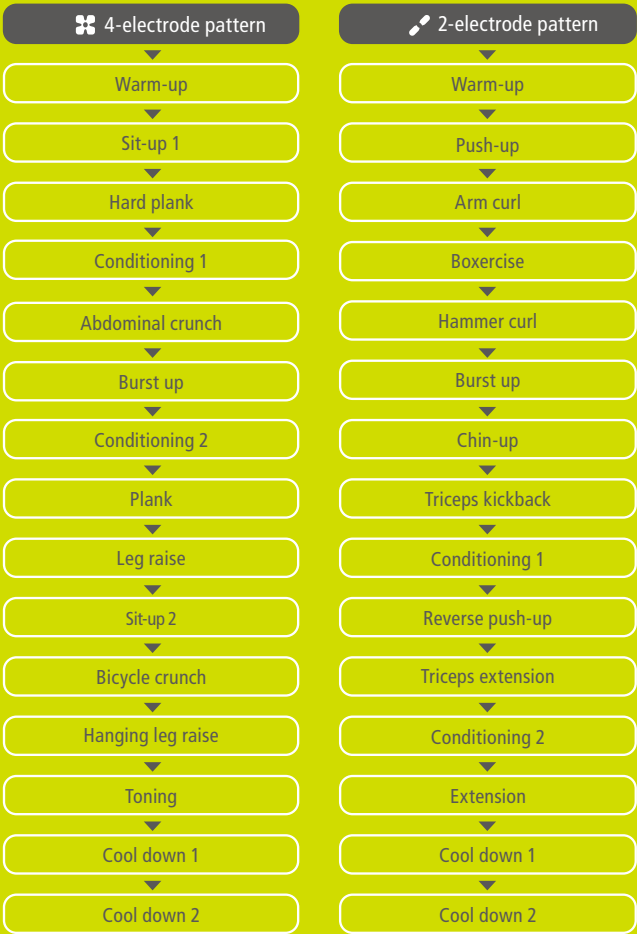
#### 2-electrode integrated type

Fits various parts of your body such  
as upper arms and flanks. Gives  
pin-point training to the places you  
want to focus on.



# 15 effective steps give you efficient training!

You can experience 15 muscle exercise steps.  
These steps switch automatically.  
The unique waveforms are integrated into a program appropriate for training.



\* Movements for each pattern are based on our original programs.

For details on each pattern, refer to our product website.  
[http://www.maxell.jp/consumer/mxes\\_training\\_menu.html](http://www.maxell.jp/consumer/mxes_training_menu.html)



MXES-R400YG (4-electrode type)      MXES-R200YG (2-electrode type)

Major specifications			
Main unit	Model	MXES-R400YG	MXES-R200YG
	Number of electrodes	4	2
	JAN code	4902580755737	4902580755744
	External dimensions	165 (width) x 165 (height) x 10.5 (thickness) mm*	225.5 (width) x 65.5 (height) x 10.5 (thickness) mm*
	Weight	About 61 g*	About 40 g*
	Input voltage/current	5 V DC/Max. 100 mA	
	Built-in battery	Lithium-ion battery (3.7 V/60 mAh (222 mWh))	
	Charging time	About 1 hour (10 to 35°C)	
Gel pad	Dimensions	56.5 (width) x 56.4 (height) x 0.85 (thickness) mm/1 piece	82.2 (width) x 51.8 (height) x 0.85 (thickness) mm/1 piece
	Weight	About 3 g/1 piece	About 5 g/1 piece
	Quantity	4 pieces	2 pieces
	Material	Hydrogel	
Power supply adapter	Input	100 to 240 V AC, 50/60 Hz	
	Output	5 V DC/Max. 1 A	
Accessories	Gel pad x 1 set, protective sheet x 1, power supply adapter x 1, charging cable x 1 (about 50 cm), user manual		

\* When gel pad not installed



MXES-400GEL1P



MXES-400GEL2P



MXES-200GEL1P



MXES-200GEL2P

Replacement gel pad		
Applicable model	MXES-R400	
Model	MXES-400GEL1P	MXES-400GEL2P
Quantity	1 set (4 pieces)	2 sets (8 pieces)
JAN code	4902580755850	4902580755867
Applicable model	MXES-R200	
Model	MXES-200GEL1P	MXES-200GEL2P
Quantity	1 set (2 pieces)	2 sets (4 pieces)
JAN code	4902580755836	4902580755843



3-way exercise  
concentrating on the  
waist or hip line.

#### 6-electrode integrated type

Number of  
electrodes used: 6



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]

Number of  
electrodes used: 4



Number of  
electrodes used: 2



mode C

Exercise concentrating  
on the hips

[Gluteus maximus and  
hamstring muscles]

# Fifteen versatile training patterns and fifteen power levels

Deep muscle training over a wide area with twice the power.

Output strength has been doubled\* to reliably develop the hips and waist where large muscles are concentrated, from the surface right down to the deep layers.

\* Compared to "MOTECARE" MXES-R400YG.

## 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.

1	Warm-up	0 minutes
2	Training A (Squeezing)	Hip walking
3		Hip extension
4		Hip abduction
5		Hip lift
6		Wide squat
7		Burst up
8	Training B (Tightening)	Back extension
9		Leg raise
10		Hip thrust
11		Front lunge
12		Hard plank
13		Burst up (dead lift)
14	Cool down 1	
15	Cool down 2	20 minutes

\* Movements for each pattern are based on our original programs.

For details on each pattern, refer to our product website.  
[http://www.maxell.jp/consumer/mxes\\_training\\_menu.html](http://www.maxell.jp/consumer/mxes_training_menu.html)



MXES-H600YG (6-electrode type)

## Major specifications

Main unit	Model	MXES-H600YG
	Number of electrodes	6
	JAN code	4902580756512
	External dimensions	580 (width) x 340 (height) x 17.4 (thickness) mm*
	Weight	About 170 g*
	Input voltage/current	5 V DC/Max. 110 mA
	Built-in battery	Lithium-ion battery (3.7 V/200 mAh)
Gel pad	Charging time	About 3 hours (10 to 35°C)
	Dimensions	51.8 (height) x 82.2 (width) x 0.85 (thickness) mm
	Weight	About 5 g/1 piece (excluding the film)
	Quantity	6 pieces
	Material	Hydrogel
Power supply adapter	Input	100 to 240 V AC, 50/60 Hz, 0.2 A
	Output	5 V DC/1.0 A
Accessories	Gel pad x 1 set (6 pieces), protective sheet x 6, power supply adapter x 1, charging cable x 1 (about 50 cm), user manual	

\* When gel pad not installed



MXES-600GEL1P



MXES-600GEL2P

## Replacement gel pad

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