

# ELECOM

ECLEAR  
lean<sup>UP</sup>

ECLEAR LEANUP

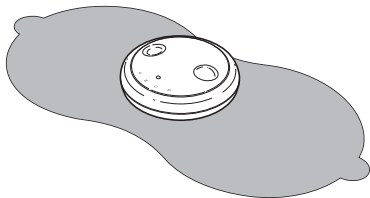
## Instruction Manual

### HCT-BTP01 series

For use in Hong Kong, Singapore and the Philippines only.

If you made your purchase in another country,  
please refer to manual from the relevant country.

[www.elecom.co.jp/global/download-list/manual/](http://www.elecom.co.jp/global/download-list/manual/)



Thank you for purchasing Eclear leanup.

This Instruction Manual features operating methods, as well as precautions for safe handling of the product.

Be sure to read this Instruction Manual prior to using the product. Store this Instruction Manual for safekeeping once you have finished reading.

\*This product is not a medical equipment.  
This product cannot analyse if you are ill or not.

# Advantages of the product

This product is an EMS product that supports Bluetooth® connection. You can install the dedicated app on your smartphone or another device, and use this product via the app for workouts.

All recommended workout moves are displayed in the app and are easy to learn.

## Simple four-step operations via the app

※ Ensure that the Bluetooth® on your smartphone/  
laptop is set to ON

Step  
**1**



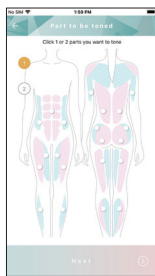
Select "Part to  
be toned"

Step  
**2**



Power ON  
(long press)

Step  
**3**



Select one or two  
places for toning



※ When  
unconnected  
to the main  
unit, the pairing  
settings  
interface is  
displayed.

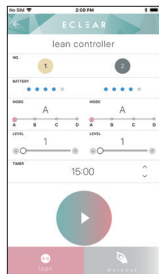
※ Due to continuous version upgrades, specifications are subject to change without notice

## Workout app ECLEAR APP



Download here

Step  
4



Set the intensity and  
timer, and then start

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# About this product

## ■ What is EMS?

EMS, short for Electrical Muscle Stimulation, is a product that stimulates mechanical movements of muscles through electrical stimulation to achieve a workout result.

## ■ What is deep layer frequency?

The deep layer frequency is a high frequency in the range of 2,000 to 5,000 Hz. The higher the frequency, the more body parts where fat has accumulated can be stimulated. The core muscles of the body that are normally hard to stimulate can be stimulated.

## ■ What is relaxation frequency?

The relaxation frequency is a low frequency in the range of 20 to 30 Hz. By relaxing the muscles contracted by the deep layer frequency, you can train for long hours without exhausting your muscles.

## ■ Stretching

By using this product while your muscles are stretched, you can train hard-to-stretch tendons and improve flexibility.

## ■ Dedicated app

By pairing this product with a smartphone using Bluetooth®, you can use up to two products with the dedicated app. This product can also be used without the dedicated app.

## ■ Recommended operating time

Use the gel pad on one place in one day, for about 30 minutes. Do not use this product for a long time since it might cause injury.

Set the product timer. The product will automatically power off 15 minutes after the workout started.



### **CAUTION:**

Do not use this product when you are exercising vigorously.




Moisture in sweat may cause skin inflammation or the gel pad to lose adhesive strength.







## Safety precautions (Important)





To avoid injury and property damage to the user and other people, comply with the following instructions:

- The categories of degree of damage or risk caused by failing to following these instructions are as follows:

 <b>DANGER</b>	This symbol indicates a high probability of death or serious injury.
 <b>WARNING</b>	This symbol indicates a probability of death or serious injury.
 <b>CAUTION</b>	This symbol indicates the possibility of bodily harm or damage to property.

	This symbol indicates a prohibited action.
	This image indicates "compulsory" items that must be performed.

 <b>DANGER</b>	
	<p>Never use this product together with the following medical equipment:</p> <ul style="list-style-type: none"> <li>• Internally implanted electronic devices such as pacemakers</li> <li>• Electrical life support devices such as artificial hearts and lungs</li> <li>• Wearable medical electrical devices such as an ECG</li> </ul> <p>If used with the product, these types of medical devices may malfunction and endanger life.</p>

 <b>WARNING</b>	
	<p>The following people must not use this product.</p> <ul style="list-style-type: none"> <li>• People suffering venous thrombosis or arterial thrombosis</li> <li>• People who a doctor has instructed not to exercise</li> <li>• Pregnant women</li> <li>• People with telangiectasia due to prolonged use of steroid hormone drugs or hepatic dysfunction</li> </ul>
	<p>Do not use this product in the following cases.</p> <ul style="list-style-type: none"> <li>• The skin near the gel pad(s) is painful</li> <li>• When drinking alcohol or smoking</li> <li>• When you are extremely tired</li> <li>• During sleep or when taking a shower</li> </ul>
	<p>Do not use the product for any other purpose than working out.</p> <p>Otherwise, accidents and problems may occur.</p>

## ⚠ WARNING

	<p><b>Do not use this product on any of the following body parts:</b></p> <ul style="list-style-type: none"> <li>• Chest and other parts near the heart; parts above the neck such as the head and face</li> <li>• Mucosal surfaces such as wounds, eyes, mouth and genitals</li> <li>• Areas where plastic surgery has been performed</li> <li>• Where metal, plastic or silica gel is implanted</li> <li>• Spine • Areas with tattoos • Abdomen (during menses)</li> <li>• Parts where necklaces and watches are worn, or puncture sites</li> </ul>
	<p><b>Do not let children use the device. Do not let children play or step on top of device's main unit or gel pads.</b></p> <p>Doing so risks accidents or injuries.</p>
	<p><b>Check for damage, chipping or deformation of the gel pad surface before use.</b></p> <p>Otherwise, an accident, fault or malfunction may occur.</p>
	<p><b>Turn off the power before connecting or removing the main unit and gel pads, and before repasting or removing the gel pads.</b></p>
	<p><b>You must consult your doctor before using the product if any of the following conditions apply:</b></p> <ul style="list-style-type: none"> <li>• You are undergoing treatment or suffering a health condition</li> <li>• Malignant cancer • Heart or cranial nerve abnormalities</li> <li>• Your temperature is above 38°C (fever) <ul style="list-style-type: none"> <li>※ Example 1: Acute onset of symptoms (e.g. fatigue, chills and blood pressure fluctuation)</li> <li>※ Example 2: When feeling weak</li> </ul> </li> <li>• Infectious disease • Dermatological issues</li> <li>• Acute pain, e.g., spinal fractures, contusions, or pulled muscle</li> <li>• You are convalescing • Taking medication • Abnormal blood pressure</li> <li>• Impaired mobility</li> <li>• Impaired perceptual disability due to severe peripheral circulatory disorder caused by diseases such as diabetes</li> <li>• Low body temperature • Circulatory problems</li> <li>• Your skin reacts badly to gel pads</li> <li>• Epilepsy</li> </ul> <p>Otherwise, accidents or discomfort may occur.</p>
 <small>Do not disassemble</small>	<p><b>Do not disassemble, repair or modify the product.</b></p> <p>Otherwise, a fire or electric shock may occur.</p>
	<p><b>This product is intended for use by one person only. It cannot be used by multiple people at a time.</b></p> <p>Otherwise, an electric shock or accident may occur.</p>

## ⚠ CAUTION

	<p>Do not use or store the product in the locations described below.</p> <ul style="list-style-type: none"> <li>• Areas exposed to direct sunlight</li> <li>• Places near a heating device or other high-temperature unit</li> <li>• Where humidity is high, such as bathrooms</li> <li>• Wet places • Dusty environments • On vibrating surfaces</li> </ul> <p>Otherwise, fire, electric shock or malfunctions may occur.</p>
	<p>Do not use while sleeping.</p> <p>Doing so risks accidents or injuries.</p>
	<p>Do not use immediately before driving or while driving.</p> <p>Otherwise, accidents and problems may occur.</p>
	<p>Do not leave the gel pads attached on the skin for a long time.</p> <p>Otherwise, inflammation of the skin may occur.</p>
	<p>Do not use a damp gel pad.</p> <p>Otherwise, an electric shock may occur.</p>
	<p>Use the gel pad in one place only on the same day. Do not use it for more than 30 minutes.</p> <p>It may cause accidents or discomfort.</p>
	<p>Do not use it on more than two locations at the same time.</p> <p>It may cause accidents or discomfort.</p>
	<p>Ensure the main unit and gel pad are connected correctly and securely before use.</p>
	<p>Do not use the device until you are sure that all operation buttons are working normally.</p>
	<p>When using the device for the first time or after storing a long time, follow the instruction manual. Before use, check that the device is working.</p>
	<p>If you feel any discomfort or skin irritation such as eczema or redness or itching, stop using the device immediately and consult a specialist.</p> <p>It may cause accidents or discomfort.</p>
	<p>Do not touch the USB port with your hand, finger or any other body part.</p> <p>Doing so may cause an electric shock, fault or malfunction.</p>
	<p>Do not insert metal objects into the USB port.</p> <p>This may cause heating and fire.</p>

## ⚠ CAUTION

	Do not pull, bend or place a heavy object on top of a cable. Otherwise, the cable may be damaged, and a fire or electric shock may occur.
	Do not use a special USB cable when it is damaged, or when the USB connector insertion receptacle is loose. Otherwise, a fire or electric shock may occur.
	Do not use a travel converter or other transformers to charge the product. It may cause heating and fire.
	Do not charge the device using a vehicle's cigarette lighter. Otherwise, a fire, heating or electric shock may occur.
 <small>No wet hands</small>	Do not touch the special USB cable or gel pad with wet hands. Otherwise, an electric shock, malfunction or accident may occur.
	The attached dedicated USB cable is for charging the main unit only. The dedicated USB cable cannot be used for communications or charging other devices.
	If you are charging it with a commercial charger using an AC power supply, read the charger's instruction manual thoroughly and follow the safety instructions.
	When charging, insert the dedicated USB cable all the way. Otherwise, a fire or electric shock may occur.
	Charge the product at least once every three months. The product may not be able to charge if it is fully discharged.
	If any failures occur, stop using it immediately and turn it off. Contact the distributor or our information center.
	Keep the device away from children. Otherwise, accidents may occur. If a child swallows the main unit, consult a specialist immediately.
	Do not pour water or any other liquid into the main unit. Do not let the main unit get wet. Otherwise, heating, cracks or fire may occur.
	Follow local disposal requirements to dispose of the product.
	Attach the gel pad onto the skin securely. The main unit will automatically power off when the gel pad is removed from the skin. The gel pad cannot securely attach to body hair and doing so will age the gel pad.


## Precautions for cordless (Wireless) security

This product is a radio device that uses the 2.4 GHz band, which does not conflict with the frequency of detecting moving objects. FH-SS is adopted, and the interference distance is 10 m.

Medical devices and WLAN devices under IEEE802.11b/11g/11n also use 2.4 GHz.

- Before using this product, ensure no other radios※ are operating nearby.
  - If a radio wave causes interference between this product and another radio※, move to another location or stop using the product.
- ※Other radios include industrial, scientific, and medical devices that use 2.4 GHz; other radio stations of the same type; internal radio stations used in assembly lines; environments for detecting mobiles objects that require a license; specific low-power radio stations that require no license; and amateur radio stations.

### WARNING

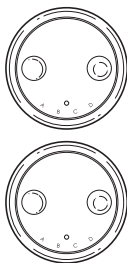
- |   |   |
|---|---|
|  | <ul style="list-style-type: none"> <li>• Do not use this product on a machine that may have significant adverse effects due to misoperation. This product may malfunction, slow down or not react if it is interrupted by an external electromagnetic wave at the same frequency or one generated by a mobile phone.</li> <li>• Do not use this product in places where electromagnetic waves are prohibited such as hospitals. The electromagnetic waves generated from this product may affect electrical devices and medical equipment such as pacemakers.</li> <li>• This product cannot be used in an airplane cabin according to aviation law, as it may compromise the safe running of the aircraft. Power off the main unit before boarding. Do not use the product during a flight.</li> </ul> <p>※ELECOM assumes no liability for accidents and danger to the public arising from product malfunctions.</p> |
|---|---|

## Package contents

Make sure there are no missing parts before use. We have done everything possible to ensure the quality of packaging. If components are missing or packaging damaged, please immediately contact the dealer.

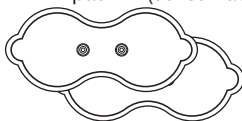
### ■ Main unit type: HCT-BTP01

■ Main unit × 2  
(Ivory white/Gray)

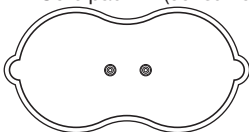


■ Gel pad

• Twin pad × 2 (consumable)



• Core pad × 1 (consumable)



■ Accessory

- Instruction Manual × 1
- Storage sheet × 1
- Storage bag × 1
- Dedicated USB cable × 1

### ■ Accessories (Sold Separately)

Ask the retailer for details on separately sold accessories.  
The following items are sold separately.

#### Twin pad (2 pieces)

SN: HCT-BTP01G1

■ Twin pad × 2  
(consumable)

■ Accessory

- Instruction Manual × 1
- Storage sheet × 1

#### Core pad (1 piece)

SN: HCT-BTP01G2

■ Core pad × 1  
(consumable)

■ Accessory

- Instruction Manual × 1
- Storage sheet × 1

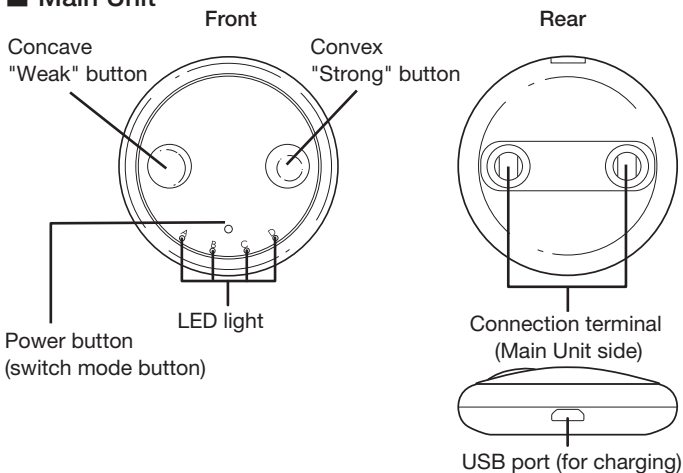
Used for HCT-P01 series gel pads only.

Twin pad (2 pieces) SN: HCT-P01G1

Core pad (1 piece) SN: HCT-P01G2

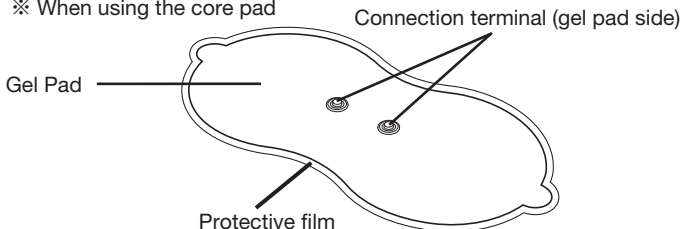
# Names of individual components

## ■ Main Unit



## ■ Gel pad

※ When using the core pad



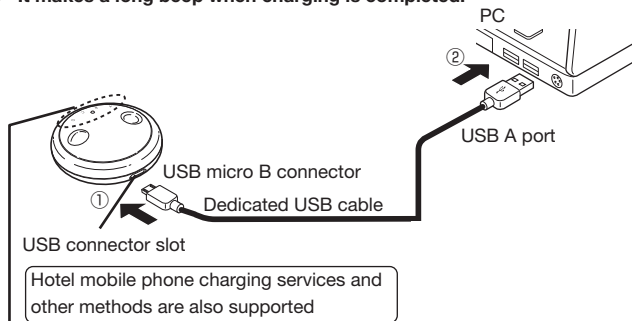
## ■ Dedicated USB Cable



# Charging

Before using the product (not long after purchasing or if it has not been used for a long time) or in the case of a low battery during use, fully charge the product. (Charging time: Approx. 2.5 hours)

- ① Connect the USB micro B connector of the dedicated USB cable to the USB port of the main unit.
- ② Connect the USB A connector of the dedicated USB cable to the USB port of a computer or AC charger to connect to the power supply.
- ③ It makes a long beep when charging is completed.



## LED

The pattern of LED changes depending on the remaining amount of battery.

<p>[0 to 24%]</p> <p>A blinks</p>	<p>[25~49%]</p> <p>B blinks, A is continuously lit</p>	<p>[50~74%]</p> <p>C blinks, A and B are continuously lit</p>
<p>[75~99%]</p> <p>D blinks, A, B, and C are continuously lit</p>	<p>[Fully charged]</p> <p>A, B, C and D are all continuously lit</p>	<div><p>○ Off      ☀ Blink</p><p>● Continuously lit</p></div>



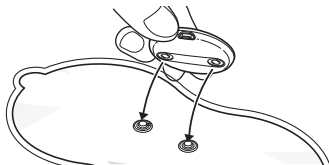
**CAUTION:**

- Use the 5V AC charger that has a USB output.
- Do not use a travel converter or other transformer to charge the product, as it may cause it to heat up or start a fire.
- The product cannot be operated while charging.
- Certain mobile power supplies may not be suitable for charging.
- After repeated charging of the main unit, the time a full charge lasts will gradually shorten. If the operation time becomes extremely short, the battery has expired but it is not replaceable.

# Attaching the gel pad

## 1 Install the gel pad onto the main unit

- ① Take the gel pad out from the bag the first time you use it.  
(Do not remove the protective film from the gel pad yet.)
- ② Make sure that the main unit is powered off (LED indicator is off).
- ③ Connect the gel pad terminal to the main unit until you hear a click.



### **CAUTION:**

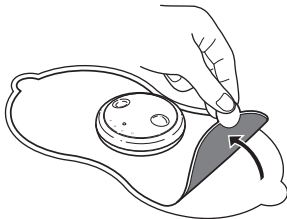
Use only gel pads specified by ELECOM.

## ■ When replacing the gel pad

- ① Remove the main unit from the gel pad.
- ② Take a new gel pad out from the package.  
(Do not remove the protective film from the gel pad yet.)
- ③ Turn OFF the power supply to the main unit and ensure the LED indicator is off.
- ④ Connect the gel pad terminal to the main unit until you hear a click.

## 2 Removing the protective film

Hold the grip on the protective film of the gel pad and peel it off.



## 3 Attaching the gel pad

**Attach the gel pads to the desired body parts.**

Attach the gel pad onto the skin securely.

※ If the gel pad separates from the skin, or the main unit is removed from the gel pad, the device automatically powers off.



### CAUTION:

Do not place the gel pads on top of metal, such as a necklace or navel piercing. Do not apply gel pads on tattoos.

### ■ Handling Gel Pads

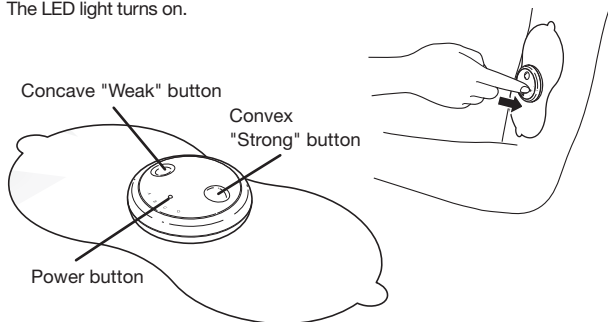
- Do not touch the surface of the attachable side on gel pads. If you have trouble applying the gel pads, refer to "Gel Pad Maintenance" (➡P.27).
- Do not bend the gel pads.
- When using two products at the same time, ensure they do not overlap.

※ After the second time of use, remove from the storage sheet before use.

# Basic operations

## 1 Turning the power on

When the gel pads are applied on the skin, long-press the power button to turn on the power. A beep will sound and you can start your workout. The LED light turns on.



## 2 Switching mode

When the product is running, press the power button to switch mode.

※ When the power is connected, the product always starts in mode A.

- It beeps every time you press the power button, and the mode changes.

"A→B→C→D→A→..."

It makes a long beep sound when it returns to mode A.

## 3 Adjusting the training level

You can choose the desired intensity from fifteen levels.

※ When connecting to the power supply for the first time or when changing mode, the intensity setting is "1".

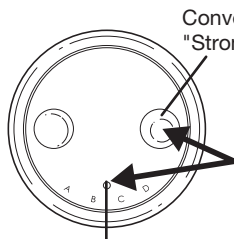
- Press the convex "Strong" button. A "beep" is generated, and the intensity setting increases by 1.
- Press the indented button. A "beep" is generated, and the intensity setting decreases by 1.
- If you press the convex "Strong" button when the intensity setting is at "15" or press the concave "Weak" button when the intensity setting is at "1", a beep will be heard but the intensity level will not change.

## 4 Setting the operation sound

The buzzer can be turned on/off as required.

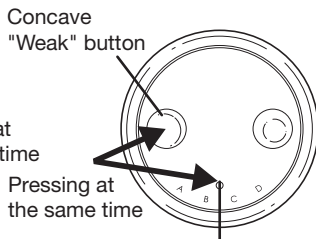
- If the concave "Weak" button is pressed at the same time, two "beeps" will sound, indicating that all sound has been muted.
- If the convex "Strong" button is pressed at the same time, two "beeps" will sound, indicating that all sound has been muted.
- ※ For security reasons, sound is generated for certain operations even in mute mode. This is not a fault.
- ※ If you accidentally mute the system, you can press the convex "Strong" button and the power button at the same time to turn on the sound.

Beeping sound ON



Power button

Beeping sound OFF



Power button

## 5 Turning the Power Off

**About 15 minutes after starting, a "beep" sounds and the product powers off automatically.**

- You can long-press the power button, the convex "Strong" button or the concave "Weak" button to turn off the power during a workout.
- ※ When the gel pad is removed from the skin or the main unit, the power turns off automatically.

# Using the dedicated app "ECLEAR APP"

Please use the dedicated "ECLEAR APP" to activate and use the product. Although this product can be used separately, you are advised to download the dedicated app on your smartphone or laptop to get full access to its features.

## ■ Install "ECLEAR APP"

Install "ECLEAR APP" on your smartphone or other device.



### CAUTION:

Downloading the app using a data connection may incur fees.

## 1 Access the "ECLEAR APP" download page

Two methods are available.

A Scan the QR code to visit



B Enter the URL in the browser

<http://app.elecom.co.jp/eclear/Windex.html>

※ Please confirm the latest terminal device and the operating system on the download page.

## 2 Download "ECLEAR APP"

iOS:

Click [Download iOS version]  
The APP Store download page is displayed.

Android OS:

Click [Download Android version].  
The Google Play download page is displayed.

## 3 Install "ECLEAR APP"

Follow prompts on the page to install "ECLEAR APP".



For details about how to use and set the "ECLEAR APP", refer to the help pages of the "ECLEAR APP".

## ■ Using the Dedicated "ECLEAR APP"

### 1 Pairing phone and product

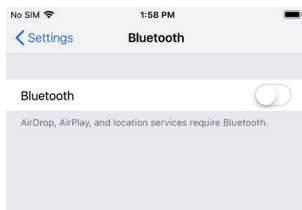
On a smartphone with the dedicated "ECLEAR APP" installed, pair the smartphone with the product using Bluetooth®.

For details, refer to the smartphone user manual.

#### ■ iOS

(For example, iOS 11.2)

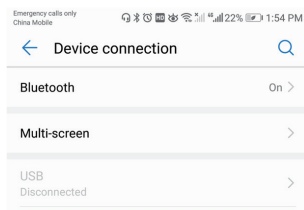
- ① Choose [Settings] - [Bluetooth]. In the Bluetooth page, set [Bluetooth] to "ON".



#### ■ Android OS

(For example, Android 7.0)

- ① Choose [Settings] - [Bluetooth]. In the Bluetooth page, set [Bluetooth] to "ON".



Pairing should be completed using the dedicated "ECLEAR APP"

## 2 Starting the dedicated "ECLEAR APP"

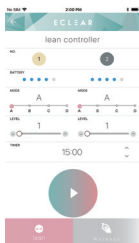


Tap the icon.

Starting the Dedicated "ECLEAR APP".

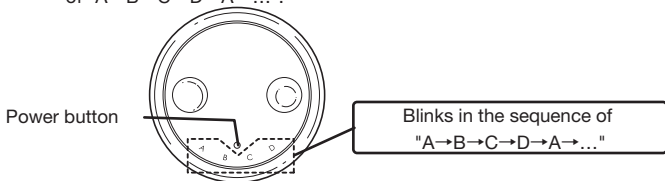


For details about how to use the dedicated "ECLEAR APP", refer to the help pages of "ECLEAR APP".

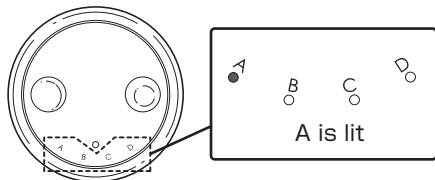


## 3 Pair the product with a smartphone.

- ① When the power button is pressed, the power supply will be connected, which is indicated by a "beep".
  - The pairing enters standby status, and the LED blinks in the sequence of "A→B→C→D→A→..."



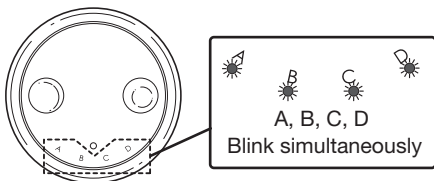
- After the gel pads are applied to the skin and when the power button is pressed, the 'A' Led will light up, indicating pairing standby status.



※ Before successful pairing, workout at intensity level 1 in mode A.



- ② When the pairing settings page is displayed, follow the prompts on the page to pair the product with the smartphone or laptop.
- ③ After successful pairing, the four LEDs "A, B, C, D" blink simultaneously and two "beeps" will sound.



※ If one minute has elapsed or if any button on the product is pressed before successful pairing, the pairing has failed. To operate the product on the app, reconnect the product power supply.

## 4 Start your workout

**Follow the prompts on the page for the product to automatically start the workout.**

- ※ The auto frequency setting and 16-grade intensity adjustment are available only in the dedicated app.
- ※ Only someone who is wearing the product can operate the dedicated app.
- ※ Do not hold anything in your hand when you are wearing this product, or you may drop it.

## 5 Turning the power off

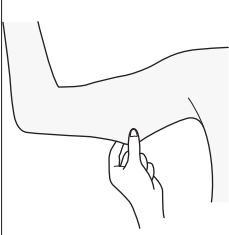
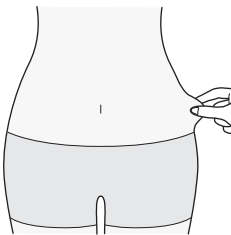
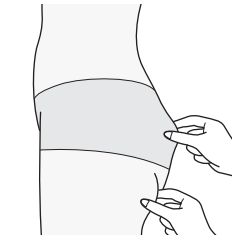
**About 15 minutes after starting, a "beep" sounds and the product powers off automatically.**

- You can press the stop button or long-press the power button, convex "Strong" button or concave "Weak" button to turn off the power during a workout.
- ※ When the gel pad is removed from the skin or the main unit, the power turns off automatically.
- ※ To disconnect the product during a workout via the app, use the button(s) on the product.
- ※ To change the connected or paired mobile phone, unbind the devices first on the app, and then start a new pairing.

## Examples for applying gel pads

This product supports 4 modes. There are suitable training modes and attachment methods for the respective body parts and level of body fat.

### Reference standard for thickness of fat under the skin

Arm	Abdomen	Buttocks
Half of the thickness when you pinch the arm with your elbow bent at 90 degrees	Half of the thickness when you pinch your abdomen with it tightened.	Half of the thickness when you pinch the buttocks with it tightened
		

### Mode

		Your body type		
Mode	Thickness of fat under the skin (mm)	Overweight	Normal	Lean
A	25~	Abdomen, buttocks	Abdomen	
B	20~	Arm, back	Buttocks	Abdomen
C	10~	Thigh	Arm, back	Buttocks
D	0~	Calf	Calf, thigh	Arm, back, thigh, calf



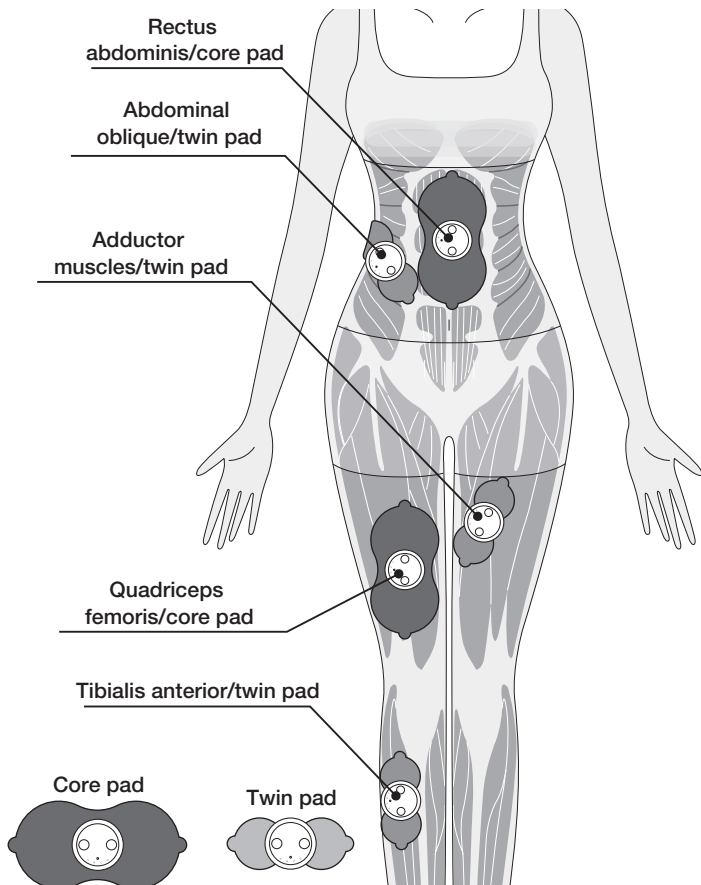
### CAUTION:

Do not use it on more than two locations at the same time.

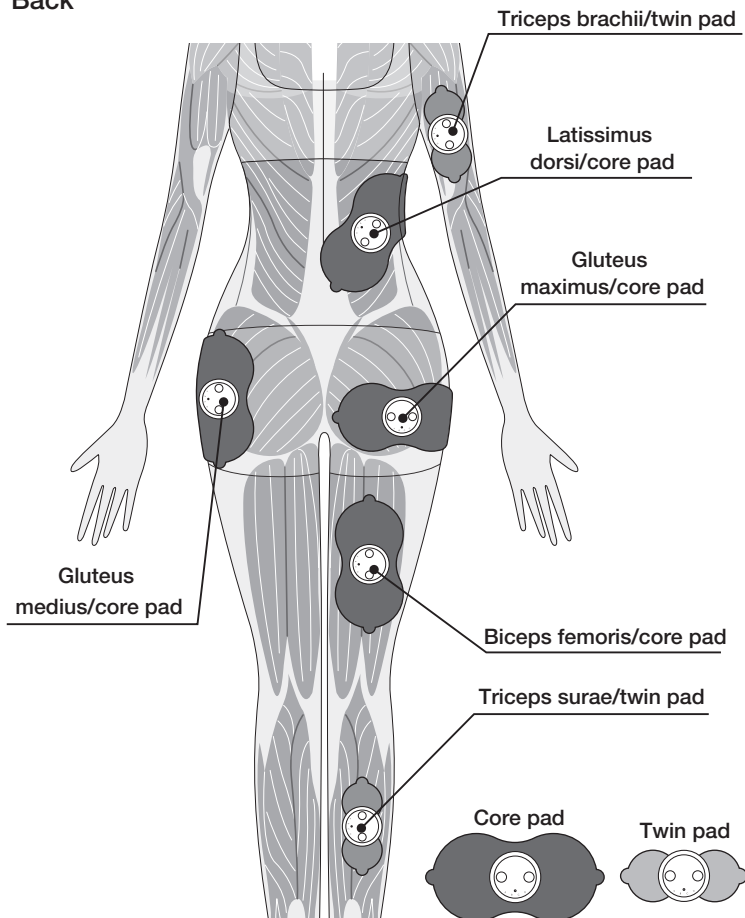
## Examples for applying gel pads (Continued)

### Front

※ Attach the gel pad directly on to your skin.



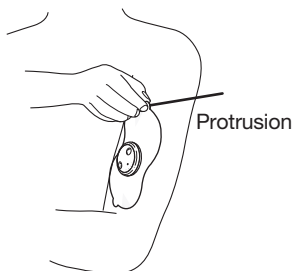
## Back



# Storing

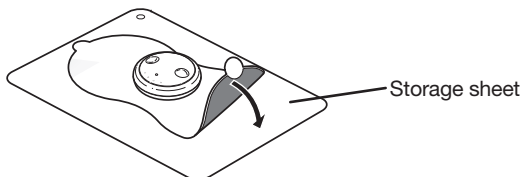
- ① **Ensure the power is turned off before peeling the gel pad from your skin.**

Do not touch the adhesive surface of the gel pad. Instead, peel the gel pad off.

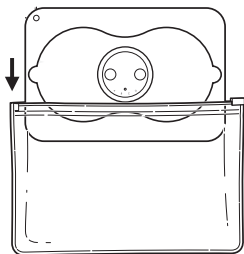


- ② **Do not disconnect the gel pad from the main unit. Attach it to the storage sheet.**

※ Paste the single core pad on one side of the storage sheet, and the two twin pads on the other side.



- ③ **Place it in the attached bag for storage.**



## **CAUTION:**

Store the gel pad in a place out of direct sunlight, high humidity and high temperature.

# Maintenance

Before maintenance, remove the gel pad from the main unit.

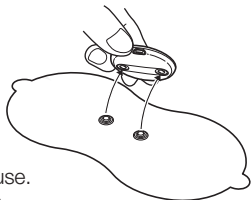
## ■ Gel pad maintenance

Clean the gel pad in any of the following cases:

- The gel pad cannot be securely fixed
- Weak stimulation during use
- Tingling in skin during use
- Dirty gel pad
- The gel pad cannot be fixed to the storage sheet

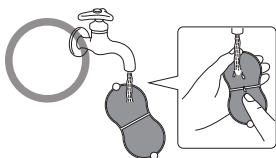
Do the following maintenance after every 30 times of use.

If the stimulation is still weak or your skin tingles after maintenance, replace the gel pad.



- ① **Run a small amount of water on the surface and rub it gently with your fingertips for several seconds.**

※ Do not pour on too much water, otherwise the viscosity will reduce and the contact surface to be bonded will be damaged.



- ② **Hold it by the grip and shake it sufficiently to remove excess water and let it air dry.**

※ If not dried thoroughly, adhesion decreases.  
※ Do not wipe the adhesive surface with a tissue or cloth.  
※ Avoid direct sunlight.



## ■ Main unit maintenance

- Wipe dirt off the main unit with a soft cloth.



### **CAUTION:**

Do not let water get into the main unit or USB port.

# How to store

Please store this product in a place that meets the following conditions.

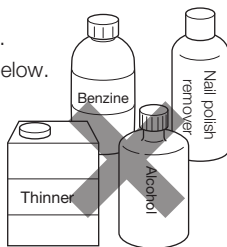
Storage temperature: -10°C to 60°C

Storage humidity: 20% to 85% RH


## ■ Maintenance and storage precautions

- Do not use benzene or thinner to service the product.
- Do not store the product in the locations described below.

- Under direct sunshine
- High temperatures, high humidity, near water, or dusty environments
- Vibrating surfaces
- Where chemical agents are stored, or a corrosive gas is produced



- Place the product at a location that is out of reach of infants.
- Fully charge the product and store where the temperature is 10°C to 30°C if the product is not going to be used for a long time.
- Charge the battery at least once every three months. The product may not be able to charge if it is fully discharged.

Check	Check your Eclear Lean if you have been using it for a long time	
	<p data-bbox="174 1154 275 1253">Do you notice any of the following?</p> <ul style="list-style-type: none"><li>● During charging or use, there are unusual sounds or vibrations</li><li>● Main unit becomes extremely hot</li><li>● The main unit deforms or generate a burning smell</li></ul>	<p data-bbox="640 1176 695 1224">▶ Stop using</p> <p data-bbox="723 1140 974 1263">To avoid accidents, cut off the power or disconnect the dedicated USB cable, and ask a dealer to check the product.</p>



# Disposing

## ■ Precautions for disposing of lithium ion batteries



### Li-ion00

A lithium ion battery is included in this product. Lithium ion batteries are precious resources that can be recycled, so we request that you recycle them. Follow local disposal requirements to dispose of the product.

- Do not disassemble the battery when disposing of it.
- Do not dispose of the device in regular household waste. Lithium ion batteries that are damaged in a garbage truck may cause a fire or heat up due to short circuiting.

## ■ How to remove the lithium-ion battery

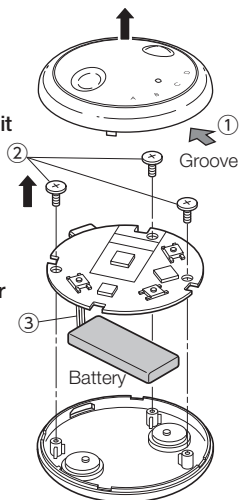
Never disassemble the product, except to dispose of it.



### WARNING

The procedure described below outlines the steps taken to dispose of the product and not repair it. Disassembling the product yourself can disable the product, cause it to malfunction, or lead to an accident.

- Fully discharge the battery.
- Use a screwdriver to disassemble the unit by following these steps.
  - ① Insert a flat head screwdriver into the groove just beneath the Power button on the Main Unit
  - ② Unscrew the base plate screw.
  - ③ Use a pair of combination cut pliers to cut the black connector lug at the negative electrode of the battery at the back.  
※Do not cut both the black and red connector lugs at the same time.
  - ④ Remove the battery.
- Place a piece of tape on the terminals of the removed batteries to isolate them, paying attention not to short-circuit the "+" and "-" terminals.



# Troubleshooting

Trouble	Cause	How to troubleshoot
Power does not turn on	The battery is not charged fully or there is no power left in the battery	Turn off the power and charge the battery. ➡P.12
	Still charging	Once the battery has been charged, remove the special USB cable before using the product. ➡P.13
	Gel pad is not attached to skin	Turn on the power after attaching the gel pad to your skin correctly. ➡P.15
	Muted by mistake	Muting can be canceled by pressing both the "Strong" button and the power button simultaneously. ➡P.17
Power disconnected during use	The battery is not charged fully or there is no power left in the battery	Turn off the power and charge the battery. ➡P.12
	The main unit and gel pad are not connected correctly	Disconnect the power and then reconnect the main unit and gel pad. ➡P.14
	A gel pad is not properly sealed onto the skin	Turn off the power then attach the gel pad to your skin correctly. ➡P.15
	Long press the power button or the intensity adjustment button to cut the power supply.	Short press the button during use. ➡P.16
	Dry skin	Use a wet towel to wet the skin.
The device cannot be charged	Battery completely discharged after storing the product for a long period	The product can no longer be used. Charge the product at least once in about three months to prevent a complete discharge. ➡P.28

Trouble	Cause	How to troubleshoot
The gel pad does not stay on the skin	The transparent protective film is not removed from the adhesive surface of the gel pad	Remove the transparent protection film from the adhesive surface. ➡P.15
	The adhesive surface of the gel pad is dirty	Run a small amount of water on the surface and rub it with your fingertips for several seconds. ➡P.27
	Using immediately after rinsing with water	Shake off the excess water and air dry the adhesive surface. ➡P.27
	The adhesive surface of the gel pad is damaged	Gel pads are consumables. When the adhesive surface has deteriorated, stop using and purchase optional pads.
The adhesive surface of the gel pad detaches or shifts	There is excessive sweat or water on the adhesive surface of the gel pad	Gel pads are consumables. When the adhesive surface has deteriorated, stop using and purchase optional pads.
No / weak stimulus felt	The gel pad is not securely applied to the skin	Attach the gel pad to your skin firmly. ➡P.15
	Overlapped gel pads	Attach it, but be careful not to overlap with another gel pad. ➡P.15
	The adhesive surface of the gel pad is dirty	Run a small amount of water on the surface and rub it with your fingertips for several seconds. ➡P.27
	The gel pad is not properly connected	Connect it correctly by pushing it in until it clicks. ➡P.14
	The level is set to "Weak"	Adjust to a stronger intensity. ➡P.16
	Insufficient charging or depleted battery	Charge the battery. ➡P.12
	The adhesive surface of the gel pad is dirty or damaged	Gel pads are consumables. When the adhesive surface has deteriorated, stop using and purchase optional pads.

## Troubleshooting (Continued)

Trouble	Cause	How to troubleshoot
Skin becomes red/skin feels prickly	Used for too long	Do not use the gel pad in one position for over 30 minutes. After use, remove the gel pad from the skin. ➡P.4
	The gel pad is not securely applied to the skin	Attach the gel pad to your skin firmly. ➡P.15
	The adhesive surface of the gel pad is dirty or dry	Run a small amount of water on the surface and rub it with your fingertips for several seconds. ➡P.27
	The adhesive surface of the gel pad is damaged	Gel pads are consumables. When the adhesive surface has deteriorated, stop using and purchase optional pads.
No sound	Muted by mistake	Muting can be canceled by pressing both the "Strong" button and the power button simultaneously. ➡P.17
Cannot pair	The Bluetooth® is disabled on your smartphone.	Check whether Bluetooth® is enabled on your smartphone. ➡P.19
	Connect to the power supply, and wait before starting the dedicated app.	Reconnect the product power supply. If the problem persists, unbind the machine from the Bluetooth list of the dedicated app, and then start pairing again. ➡P.21
	Before pairing, press the button on the product	Before pairing, press the button on the product to start a workout without pairing. In this case, you need to reconnect the product power supply. ➡P.21
	Already paired with another EMS machine	Cut the power to the EMS machine that is not in use, and then start pairing again.
The product cannot be operated via a smartphone	The battery is not charged fully or there is no power left in the battery	Turn off the power and charge the battery. ➡P.12
	The product is too far from the smartphone.	Place the product nearer to the smartphone. ➡P.9

# Product specifications

Power source voltage	DC 5.0V
Built-in battery	lithium-ion battery 75 mAh *1 *2
Number of times you can charge the device	Approx. 500 times *1
Charge time	Approx. 2.5 hours *3
Operating time	Over 90 minutes (fully charged) *4
Rated output voltage	Approx. 42 V
Deep layer frequency	Approx. 2000 ~ 5000 Hz
Relaxation frequency	Approx. 20 ~ 30 Hz
Timer	Approx. 15 minutes
Supported Bluetooth® version	Bluetooth® 4.1 (Bluetooth low energy)
Radio frequency	2.4 GHz band
Radio wave method	GFSK
Operation distance	Approx. 10 m (without obstacles) *5
Main Unit dimensions	Approx. $\phi$ 48 mm × D16 mm
Main Unit Weight	Approx. 20 g
Length of the connecting cable	Approx. 0.2 m
Operating temperature and humidity ranges	0°C to 40°C; 20% to 85% RH
Storage environment temperature and humidity	-10°C to 60°C; 20% to 85% RH

\*1 According to JIS C 8711

\*2 With protection function for over-charging, over-discharging and over-voltage

\*3 Reference standard for fully charging a fully discharged battery

\*4 Depends on the operation and environment

\*5 The distance depends on the performance, battery capacity, and surrounding environment of the device connected via Bluetooth.

## ■ Dedicated app

OS that support the dedicated app	iOS 10.0 or later, Android 5.0 or later (may vary with the update of the dedicated app) * May 2018
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部件名称	有毒有害物质或元素					
	铅 (Pb)	汞 (Hg)	镉 (Cd)	六价铬 (Cr (VI))	多溴联苯 (PBB)	多溴二苯醚 (PBDE)
①灰色款	×	○	○	○	○	○
②黄色款	○	○	○	○	○	○
③USB 线	○	○	○	○	○	○
④贴	○	○	○	○	○	○

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Complies with  
IMDA standards  
DA106058.

CMIITID: 2019DJ0057

Under the environment with electrostatic discharge, the sample may malfunction and need user reset to recover sometimes.



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