

For use in Japan only

This user's guide is based on the Pharmaceuticals and Medical Devices Law of Japan. A custom who purchases outside Japan should refer to the localized manuals in the country of pur www.elecom.co.jp/global/download-list/manual/



Thank you for purchasing Eclear Lean. This manual details the operation method and precautions for the safe handling of the product. Please read this manual before use. After reading, keep this manual in a safe location for future reference.

Created: July 2017 (1st Edition)

About this product

■ What is EMS?

EMS is a product that aims to produce an exercising effect by moving muscles mechanically through stimulation with electricity.

What is deep layer frequency?

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

What is relaxation frequency?

The relaxation frequency is a low frequency in the range of 20 to 30Hz. 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 muscles are stretched, you can train hard-to-train tendons and improve flexibility.

Recommended operating time

Up to 30 minutes per day for one location. Do not use this product for long hours since it might be harmful to your health.

In this product, an integrated timer turns off the power automatically every fifteen minutes after training starts.

∠ CAUTION: –

Do not use this product while you are exercising vigorously. Moisture in sweat causes skin inflammation or the gel pad to lose adhesive strength.

Safety precautions (Important)

Read the following precautions thoroughly to prevent property damage or harm to you or other people.

■The degree of the possible damage or risk you may cause if you misuse this

product against these precautions are described in the following categories: DANGER Sections with this heading have contents that "have a high possibility of death or suffering from serious injuries."

Sections with this heading have contents that "are assumed to | MARNING | Security is reading a restriction of the serious injuries."

ACAUTION Sections with this heading have contents that "have a possibility of suffering from injuries or assumed to have a possibility of property damage only occurring."

This symbol refers to things which must not be done, i.e. are "prohibited" This symbol refers to things which must be done, i.e. are "mandatory".

<u>M</u> DANGER

Never use this product along with the following medical equipment: Pacemakers and other implanted electric equipment

 Heart-lung machines and other life-supporting medical electronic equipment Electrocardiographs and other wearable medical electronic equipment This product may open such equipment to malfunctions and may lead to serious consequences for your health

/ WARNING

- The following people must not use this product: • People with blood cots in their veins or arteries.
 - People whose doctors have prohibited them from exercising. People who are pregnant, or have the possibility of being pregnant.
 - People who have been taking steroid type hormone drugs for a long period of time, or have a dysfunctional liver and are suffering from
- Do not use this product in the following cases.
- When sudden pain is felt around the padding area • When drinking alcohol or smoking • When severely fatigued
- When sleeping or taking a bath

capillary dilatation

№ WARNING

- Do not use this product on any of the following body parts:
- around the heart (e.g. chest), or upper body parts higher than the neck (e.a. head, face)
- mucous membrane (e.g. wound, eye, mouth and genitals) body parts that have undergone plastic surgery
- body parts with metal, plastic or silicone implanted. backbone, spine
 body parts with tattoos abdomen region during menstruation
- body parts with necklace, watch or body piercing
- O Do not use this product for any other purpose than exercising. t will cause accidents or problems
- Keep this product away from children and do not let them play or ride on the main unit or the gel pad. It will cause accidents or injuries
- Check for damage, chipping or deformation of the gel pad surface before use.
- If there is any, it will cause accidents, problems and malfunctions. Make sure to turn off the power when you are connecting/disconnect
 - ing the gel pad, putting on / re-positioning / peeling off the gel pad or changing the gel pad.
- If you are seeing a doctor, or have the following conditions, be sure to consult your doctor before using.
- People receiving treatment from a physician, or people who feel a particular abnormality in their body
- People who have malignant tumors (cancer)
- People who have an abnormality in their heart or cerebral nerve • People with a body temperature of 38°C or higher (during fever)
- *Example 1: Acute onset of symptoms (e.g. fatigue, chills and blood pressure fluctuation) *Example 2: When feeling weak People with infectious diseases
- People with tactile perception disorder, or skin disorders

Front side

- People with acute (painful) conditions such as a fractured spine, strained
- or pulled muscles • People that need to remain rested • People taking medication
- People with blood pressure abnormality People who are physically handicapped
- People who cannot control the product on their own
- People with perceptual disorder due to serious peripheral circulation • People with a low body temperature • People with circulatory disorders
- People who are allergic to gel pads People with epilepsy (seizure)

It will cause accidents or health problems.

Back side

Connection terminal (main unit side)

Do not use or store this product in the following locations:

This product is intended for one person use only. Do not use this

MARNING

♠ CAUTION

Places with direct sunlight

Do not disassemble, repair or modify.

t will cause a fire or electric shock

product with more than one person.

It will cause accidents or electric shock

- Places with high temperature (e.g. near heaters)
- Places with high humidity (e.g. bathroom) Near water
- Places with a lot of dust
- Places with a lot of vibration
- It will cause fire, electric shock or malfunctions.
- Do not use while sleeping. It will cause accidents or injuries
- Do not use right before driving or during driving. t will cause accidents or problems.
- Do not leave the gel pad on your skin for a long period of time It will cause skin inflammation.
- Do not use the gel pad when it is wet. It will cause an electric shock.
- Do not use more than 30 minutes on a single location. t will cause accidents or health problems.
- Do not use it on more than two locations at the same time. t will cause accidents or health problems.
- Please make sure the main unit and the gel pad are connected correctly and securely before use.
- Check that each operation button functions correctly before use.
- When you are using it for the first time or using it after not using it for a long period of time, please check that it operates correctly according to this instruction manual.

↑ CAUTION

- If you feel any strong stimuli, rash, redness, itch or any abnormalities on your skin during use, stop using it immediately and consult a doctor. It will cause accidents or health problems.
- O not touch the USB connector slot with any parts of your body (e.g. hand or finger). It will cause an electric shock, fault or malfunction.
- Do not insert any metallic objects into the USB connector slot. It will cause a fire or heat generation.
- Do not forcibly pull, bend, or place any heavy objects on top of the It can cause cable damage, disconnection, and lead to a fire or electric
- Do not use the product if the dedicated USB cable is damaged, or the USB connector slot is loose. It will cause a fire or electric shock
- Do not charge it using a transformer such as a travel converter. It will cause a fire or heat generation
- O Do not charge it inside a car using a cigar socket. It will cause a fire or electric shock
- Do not touch the dedicated USB cable or the gel pad with wet hands. No wethands It will cause an electric shock, failure or accidents.
- Do not use the enclosed USB cable for any other purposes than charging the main unit. The enclosed USB cable cannot be used for any other purposes such as for communication or charging other
- If you are charging it with a commercial charger of AC power supply, read its instruction manual thoroughly and follow the safety instructions.
- When charging, insert the dedicated USB cable all the way. If it is not inserted completely when charging, it might cause a fire or electric shock.
- Charge at least once in three months. After it is completely discharged, charging might be impossible.

• Do not use transformers such as travel converters since they might cause a fire or generate heat.

- The main unit cannot be operated while charging.
- The mobile battery might not be usable for charging.

• Use the AC adapter for USB 5V output.

• The operable time will gradually decrease as you repeat charging. If the operation time becomes extremely short, the battery has expired but it is not replaceable.

Connecting gel pad to main unit

CAUTION: -

- 1 Take out the gel pad of the bag when using it for the first time. (Do not remove the protective film on the gel pad yet.)
- (2) Turn off the main unit and make sure that the LED light is turned off.
- (3) Push in the connecting terminal until it clicks to connect the main unit and the gel pad.



Use the designated gel pad only.

Replacing gel pad

- (1) Remove the main unit from the gel pad.
- (2) Take out the gel pad from the bag. (Do not remove the protective film on the gel pad yet.)
- (3) Make sure that the main unit is turned off and the LED light is
- 4 Push in the connecting terminal of the gel pad until it clicks to connect the main unit and the gel pad.

Attaching the gel pad

Removing the protective film



↑ CAUTION

It might cause an accident. If a child swallows the main unit, consult

If any failures occur, stop using it immediately and turn it off. Contact

O Do not submerge the main unit in water or any liquid, or let it become

Do not store this product in a place where children can reach it.

When disposing, follow the instruction from your local municipal

the distributor or our information center.

It will cause heat generation, bursting or a fire.

government. Do not disassemble when disposing.

a doctor immediately.

- * After the first use, peel it off from the storage film to use it.
- Attaching the gel pad

CAUTION: —

Attach the gel pad to the desired body parts. Make sure the gel pad is firmly attached to your skin.

* If the gel pad is detached from your skin, the main unit is turned off automatically.

Do not attach the gel pad over any metallic items such as a necklace or a body piercing.

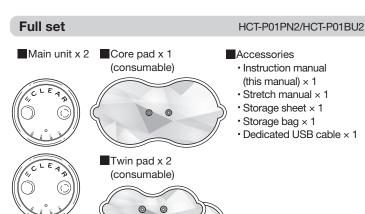
Handling the gel pad

- Do not touch the attachment surface of the gel pad. When it loses its adhesiveness, see "Maintenance of gel pad" (page 19).
 - Do not bend the gel pad.

Confirmation of Package Contents

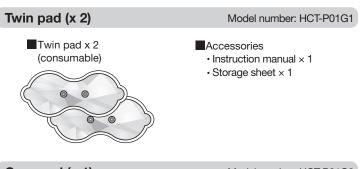
Make sure there are no missing parts before use. The product is packed with the greatest care, but if you still find any missing or damaged parts, contact the distributor you purchased the product from.

Starter Set HCT-P01PN1/HCT-P01BU1 ■ Main unit x 1 ■ Core pad x 1 Accessories Instruction manual consumable) (this manual) \times 1 Stretch manual x 1 Storage sheet × 1 Storage bag x 1 Dedicated USB cable x 1

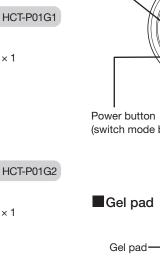


Items sold separately

The following items are sold separately



Core pad (x 1) Model number: HCT-P01G2 Core pad x 1 Accessories (consumable) Instruction manual × 1 Storage sheet × 1



LED light (switch mode button)

Concave

"Weak" button

USB connector slot (for charging) Connection terminal (gel pad side) Protective film ■ Dedicated USB cable

USB A connector USB micro B connector

Preparation

Charging

If you are using it for the first time or after a long storage period, or the battery becomes low during use, charge it fully up to maximum.

(1) Plug the USB micro [B] connector of the dedicated USB cable into

the USB connector slot of the main unit. (2) Plug the USB [A] connector of the included USB cable into the USB port of the PC or the AC adapter for charging, to supply the power. (3) It makes a long beep when charging is completed. A Connector nicro B connector AC adapter Dedicated USB cable for charging USB connector slot It can be charged with a smartphone

charging service (e.g. at hotels). The pattern of LED changes depending on the remaining amount of [50 to 74%] [25 to 49%] B - flashing, A - flashing A - continuously lit

A, B, C and D are

all continuously lit

[75 to 99%]

D - flashing,

A. B and C - continuously lit

C - flashing. A and B - continuously I [Fully charged]

Charging time: Approx. 2.5 hours

Continuously lit

13

Turning the power on

Press the power button for two seconds with the gel pad attached to your skin. The main unit beeps and turns on, and the training starts. The LED light turns on.

4. Setting the operation sound

Beeping sound ON

Power buttor

Recycling lithium ion batteries

• Do not disassemble the battery when disposing.

How to take out a lithium ion battery

Disassemble the product in the following manner with

(1) Open the cover by inserting a minus screw

driver into the groove right below the power

button on the main unit.connector slot of

(2) Unscrew the screw fastening the base plate.

(3) Cut off the power cord using a nipper from

On the removed battery, place a piece of tape on the

terminals to isolate them, paying attention not to

shirt-circuit the "+" and "-" terminals.

the black cord on the back of the base plate.

Do not disassemble this product unless you are disposing of it.

Turning off

Disposing

Li-ion00

heat generation.

Fully discharge the battery.

the main unit.

(4) Remove the battery.

a screw driver.

You can turn on/off the operation sound.

Press the concave "Weak" button and the power button at the

same time for one second. It makes one short and one long

• Press the convex "Strong" button and the power button at the

same time for one second. It makes one short and one long

The operation sound is not turned off for some operations for the

safety reasons. Please note that it is by design, not a malfunction.

Strong" button "Weak" buttor

Press them together for

one second or more

Press them together for one second or more

Concave

* If you turn off the operation sound by mistake, press the convex

beeping sound and the operation sound is turned off.

beeping sound and the operation sound is turned on.

"Strong" button and the power button simultaneously.

It makes a long beeping sound and the power is turned off

* To turn off the power during training, press one of either the power

button, the convex "Strong" button or the concave "Weak" button

A lithium ion battery is included in this product. It is a recyclable,

nstructions from your local municipal government.

• Do not dispose this product as household waste. The destroyed lithium ion

battery inside a garbage truck causes a short-circuit and may lead to a fire or

MARNING disassemble this product on your own, the functions will not be

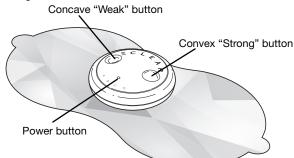
maintained and may cause failures or accidents.

valuable resource, so please recycle. When disposing, follow the

The following procedure is for disposing, not for repairing. If you

automatically every fifteen minutes after training starts.

Convex



Switching mode

You can switch between the modes by pressing the power button during operation.

- The operation always starts in mode A.
- It beeps every time you press the power button and the mode changes. It makes a long beep sound when it goes back to mode A.

Adjusting training level

You can choose your desired strength from fifteen levels. The strength level when the main unit is first turned on, or when the

- mode is changed, is "1."
- If you press the convex "Strong" button, it beeps and the strength goes up by 1 level.
- If you press the concave "Weak" button, it makes two short beeping sounds and the strength goes down by 1 level.
- If you press the convex "Strong" button at level 15, or the concave "Weak" button at level 1, it makes three short beeping sounds and the level stays the same.

How to store

Store this product in an environment meeting the following conditions:

Storage temperature: -10°C to 60°C

Storage humidity: 20 to 85% RH°C

■ Caution when Maintaining and Storing • Do not use benzine or paint thinner when caring for the

- Do not store this product in any of the following places: - A place with direct sunlight
- A place exposed to high temperature,
- high humidity, water or excess dust
- A place with high vibration
- A place where chemicals are stored or an environment with corrosive gas
- Keep this product away from children
- If you are not using it for a long period of time, store at room temperature (10 to 30°C) in its fully charged condition.
- Charge it at least once in three months. If it is completely discharged, recharging might be impossible.

Loving Check	Check your long used Eclear Lean!				
S	Have you notice any of the following?	Abnormal sound or vibration during charging or operation Main unit becomes extremely hot Main unit is deformed or releases a burning smell	>	Stopping use	To prevent accidents, turn off the power or pul out the dedicated USB cable and contact the distributor for a check up

Examples of attaching gel pad

This product has 4 modes. There are suitable training modes and attachment methods for the respective body parts and thickness of the fat layer

How to measure thickness of fat under the skin

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

		Your body type		
Mode	Thickness of fat under the skin (mm)	Overweight	Normal	Thin
Α	More than 25	Abdomen, buttocks	Abdomen	
В	More than 20	Arm, back	Buttocks	Abdomen
С	More than 10	Thigh	Arm, back	Buttocks
D	More than 0	Calf	Calf, thigh	Arm, back, thigh, cal

Troubleshooting

Trouble

Power goes off immediately

Power goes off during use

Cannot charge the battery

Gel pad does not stay

No / weak stimulus felt

Skin becomes red /

skin feels prickly

on the skin

after being turned on

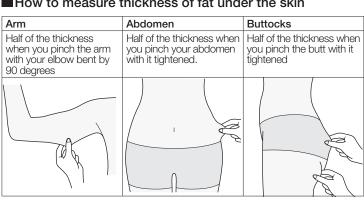
Does not turn on

for more than two seconds. * It is also turned off when the gel pad is detached from your skin or disconnected from the main unit.

Beeping sound OFF

Power buttor

Front



- ∕N CAUTION:-Do not use it on more than two locations at the same time.

During charging

Gel pad is not attached to skin

Gel pad is not attached to skin correctly

Adhesive surface of the gel pad is dirty

Gel pad is not attached to skin firmly

Adhesive surface of the gel pad is dirty

Gel pad is not connected correctly

Gel pad is not attached to skin firmly

Adhesive surface of the gel pad is dirty or dry

Adhesive surface of the gel pad is damaged

l evel is set to "Weak'

Muted by mistake

Using immediately after rinsing with water

Gel pad is overlapping with another gel pad

Adhesive surface of the gel pad is damaged

Cause

Battery is not charged fully or there is no power left in battery

Turn off the power and charge the battery.

P.11

Battery is not charged fully or there is no power left in battery. ▶ Turn off the power and charge the battery. ▶ P.11

Gel pad adhesive surface peels off or slides out of position

Excess amount of sweat or water on adhesive surface of gel pad

The gel pad is a consumable. Stop using it when the adhesive surface is damaged and purchase another gel pad. > P.9

It is not charged enough or the battery is out of power Charge the battery. ▶P.11

Main unit and gel pad are not connected correctly to each other

Turn off the power and reconnect the main unit and the gel pad.

P.12 ⋅ P.13 ⋅

Transparent protective film is not removed from the adhesive surface of the gel pad

Remove the transparent protective film from the adhesive surface of the gel pad

P13

Adjust the level. ▶P15

Adhesive surface of the gel pad is dirty or damaged The gel pad is a consumable. Stop using it when the adhesive surface is damaged and purchase another gel pad. > P.

* Attach the gel pad directly to your skin. Rectus abdominis / core pad

Abdominal oblique / twin pad Adductor muscles / twin pad

Quadriceps femoris / core pad

Tibialis anterior / twin page Core pad Twin pad

Pull out the dedicated USB cable after charging is completed. ▶P.11

Turn on the power after attaching the gel pad to your skin correctly. ▶P.13

Turn off the power then attach the gel pad to your skin correctly.

→ P.13

Shake off the excess water and air dry the adhesive surface. → P.20

Attach it being careful not to overlap with another gel pad.

→ P.13

Connect it correctly by pushing in until it clicks.

→ P.12

Attach the gel pad to your skin firmly.

→ P.13

Attach the gel pad to your skin firmly.

→ P.13

How to troubleshoot

Run a small amount of water on the surface and rub it with your fingertips for several seconds. → P.20

The gel pad is a consumable. Stop using it when the adhesive surface is damaged and purchase another gel pad. → P.9

Run a small amount of water on the surface and rub it with your fingertips for several seconds. ▶ P.20

Limit the workout time on one location up to 30 minutes and peel off the gel pad after use. ▶ P.15

Run a small amount of water on the surface and rub it with your fingertips for several seconds. ▶ P.20

The gel pad is a consumable. Stop using it when the adhesive surface is damaged and purchase another gel pad. → P.9

Muting can be canceled by pressing both of the "Strong" button and the power button simultaneously. ▶ P.15

Product specifications

Back

Gluteus medius / core pad

Product name	Eclear Lean		
Series model number	HCT-P01		
Power source voltage	DC 5.0V \pm 5% (Lithium ion battery)		
Internal battery	75mAh *1 *2		
Number of times charging can be repeated	Approx. 500 times *1		
Charging time	Approx. 2.5 hours *3		
Operating time	More than 90 minutes (when fully charged) *4		
Rated output voltage	Approx. 42 V		
Deep layer frequency	Approx. 2000 to 5000Hz		
Relaxation frequency	Approx. 20 to 30Hz		
Timer	Approx. 15 minutes		
Main unit dimensions	Approx. <i>ϕ</i> 48mm × D16mm		
Main unit mass	Approx. 20 g		
Cable length	Approx. 0.2 m		
Operating temperature / humidity	0°C to 40°C, 20 to 85% RH		
Storage temperature / humidity	-10°C to 60°C, 20 to 85% RH		
Made in	China		

- *1 According to JIS C 8711
- 2 With protection function for over-charging, over-discharging and over-voltage
- 3 Standard when charging fully discharged battery to full power

*4 Depends on operation and environment

After use

Triceps brachii / twin pad

Latissimus dorsi / core pad

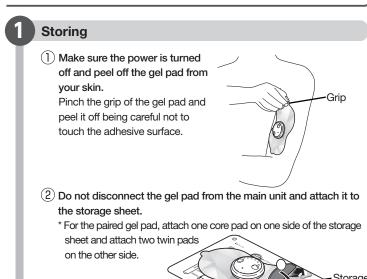
Gluteus maximus / core pad

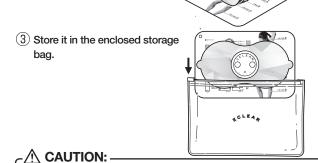
Biceps femoris / core page

Twin pad

Triceps surae / twin pag

Core pad





Store the gel pad in a place free from direct sunlight, high humidity and high temperature.

Maintenance

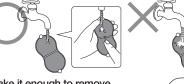
To care for the gel pad, disconnect it from the main unit.

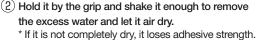
Care of the gel pad

- The gel pad needs to be cared for in the following situations:
- Gel pad has lost adhesiveness • When stimulation during use has weakened
- When stimulation during use feels strengthened
- When the gel pad is dirty
- When the gel pad is not sticky enough to remain attached to the storage sheet

Replace the gel pad if you feel there is not enough/too much stimulus during use even after caring for 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 too much water. It will cause loss of adhesive strength or
- damage to the adhesive surface.





- * Never wipe the adhesive surface with tissue paper or a cloth
- * Avoid direct sunlight.

How to care for the main unit

• When the main unit is dirty, wipe it with a dry soft cloth.

Prevent the water from getting inside the USB connector slot or the main

A customer who purchases outside Japan should contact the local retailer in the country of purchase for enquiries. In "ELECOM CO., LTD. (Japan)", no customer support is available for enquiries about purchases or usage in/from any countries other than Japan. Also, no foreign language other than Japanese is available. Replacements will be made under stipulation of the Elecom warranty, but are not available from outside of Japan.

> Eclear Lean EMS HCT-P01 Series Instruction Manual July 2017 (1st Edition) ELECOM CO.,LTD.

- ELECOM CO., LTD. owns the copyright of this manual.
- Copying/reprinting any part, or the whole of this manual without written permission from ELECOM is prohibited.
- The specification or appearance of this product might be changed without prior notice to improve the product quality
- ELECOM is not responsible for any damages to, or failure of other devices caused by using this product.
- To export the part of this product applicable to strategic goods or services, export or service trading permission according to foreign currency laws is necessary. • All products and company names on the product and the package are trademarks or
- registered trademarks of their respective holders ©2017 ELECOM Co., Ltd. All Rights Reserved.

MSC-HCT-P01_JP_eng_ver.1

23 22 24 25