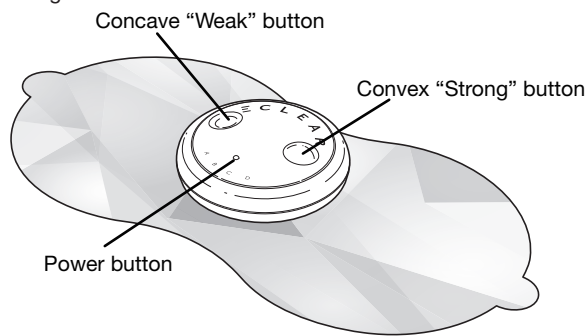


How to use

1 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.



2 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.

3 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.

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How to store

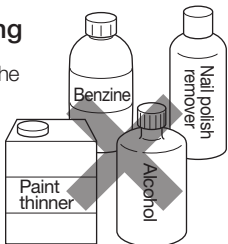
Store this product in an environment meeting the following conditions:

Storage temperature: -10°C to 60°C

Storage humidity: 20 to 85% RH*

■ Caution when Maintaining and Storing

- Do not use benzine or paint thinner when caring for the product.
- 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.



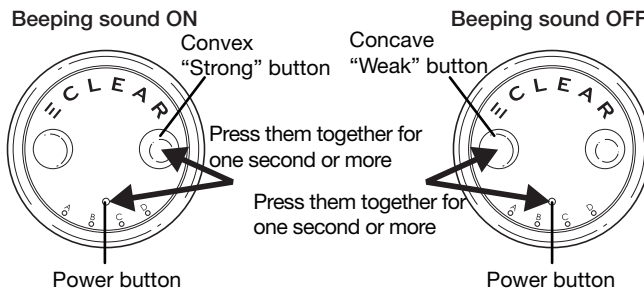
Loving Check		Check your long used EcClear Lean!	
	Have you notice any of the following?	● Abnormal sound or vibration during charging or operation ● Main unit becomes extremely hot ● Main unit is deformed or releases a burning smell	Stopping use To prevent accidents, turn off the power or pull out the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

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4 Setting the operation sound

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 beeping sound and the operation sound is turned off.
- Press the convex "Strong" button and the power button at the same time for one second. It makes one short and one long beeping sound and the operation sound is turned on.
- * The operation sound is not turned off for some operations for the safety reasons. Please note that it is by design, not a malfunction.
- * If you turn off the operation sound by mistake, press the convex "Strong" button and the power button simultaneously.



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5 Turning off

It makes a long beeping sound and the power is turned off automatically every fifteen minutes after training starts.

- * To turn off the power during training, press one of either the power button, the convex "Strong" button or the concave "Weak" button 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.

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

■ Mode

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

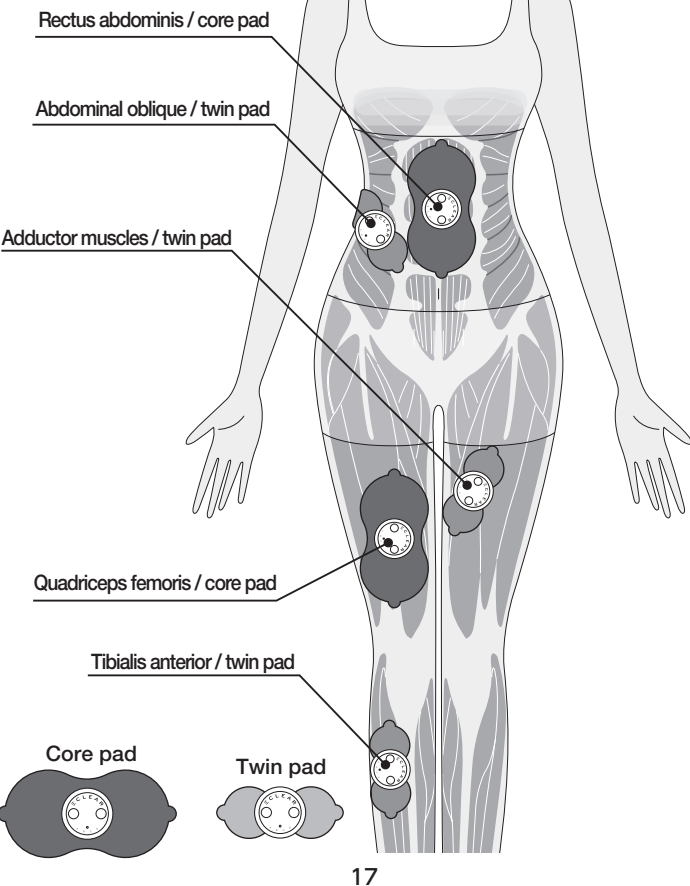
⚠ CAUTION:

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

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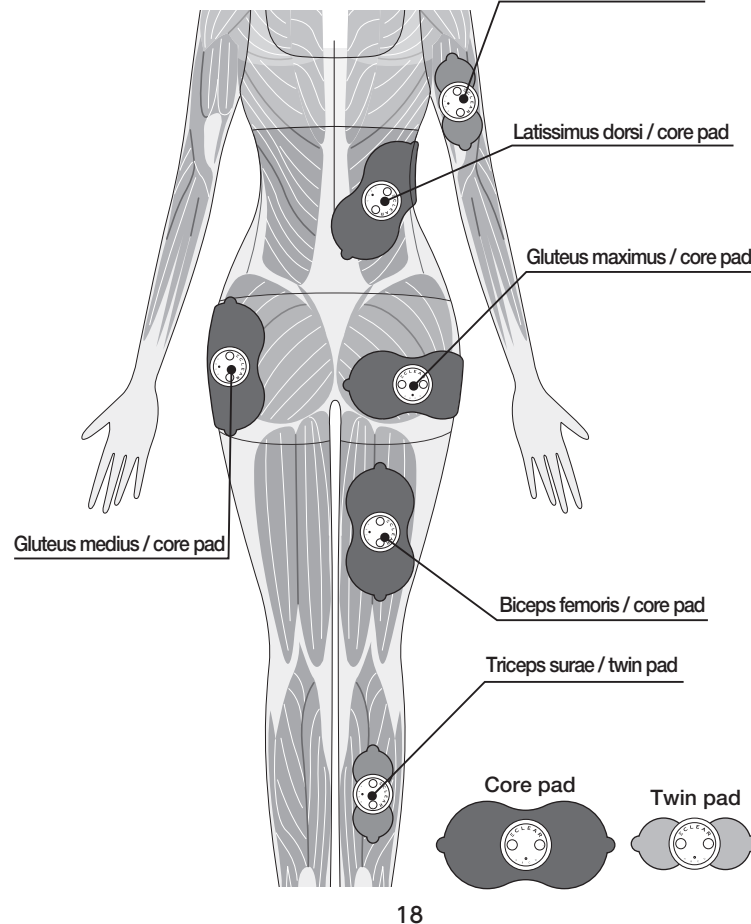
Front

* Attach the gel pad directly to your skin.



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Back



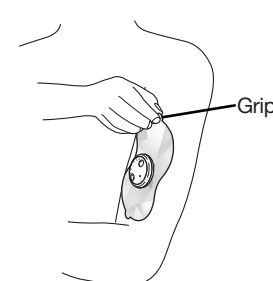
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After use

1 Storing

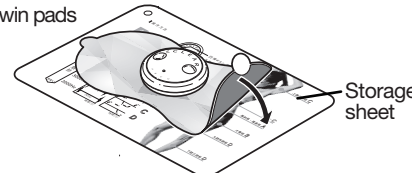
- 1 Make sure the power is turned off and peel off the gel pad from your skin.

Pinch the grip of the gel pad and peel it off being careful not to touch the adhesive surface.

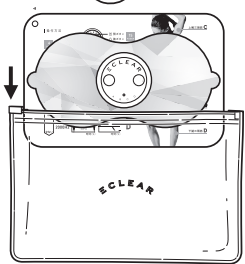


- 2 Do not disconnect the gel pad from the main unit and attach it to the storage sheet.

* For the paired gel pad, attach one core pad on one side of the storage sheet and attach two twin pads on the other side.



- 3 Store it in the enclosed storage bag.



⚠ CAUTION:

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

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Maintenance

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

■ Care of the gel pad

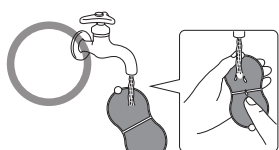
The gel pad needs to be cared for in the following situations:

- 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.



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

* If it is not completely dry, it loses adhesive strength.
* 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.

⚠ CAUTION:

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

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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.

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

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MSC-HCT-P01_JP_eng_ver.1

Troubleshooting

Trouble	Cause	How to troubleshoot
Does not turn on	Battery is not charged fully or there is no power left in battery	Turn off the power and charge the battery. ➡P.11
	During charging	Pull out the dedicated USB cable after charging is completed. ➡P.11
	Gel pad is not attached to skin	Turn on the power after attaching the gel pad to your skin correctly. ➡P.13
Power goes off immediately after being turned on Power goes off during use	Battery is not charged fully or there is no power left in battery	Turn off the power and 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
	Gel pad is not attached to skin correctly	Turn off the power then attach the gel pad to your skin correctly. ➡P.13
Cannot charge the battery	Battery has discharged after a long period of storage	Cannot be used. Charge every three months to prevent it from being discharged completely. ➡P.21
Gel pad does not stay on the skin	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. ➡P.13
	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.20
	Using immediately after rinsing with water	Shake off the excess water and air dry the adhesive surface. ➡P.20
	Adhesive surface of the gel pad is damaged	The gel pad is a consumable. Stop using it when the adhesive surface is damaged and purchase another gel pad. ➡P.9
	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
No / weak stimulus felt	Gel pad is not attached to skin firmly	Attach the gel pad to your skin firmly. ➡P.13
	Gel pad is overlapping with another gel pad	Attach it being careful not to overlap with another gel pad. ➡P.13
	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.20
	Gel pad is not connected correctly	Connect it correctly by pushing in until it clicks. ➡P.12
	Level is set to "Weak"	Adjust the level. ➡P.15
	It is not charged enough or the battery is out of power	Charge the battery. ➡P.11
	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.9
Skin becomes red / skin feels prickly	Used for too long	Limit the workout time on one location up to 30 minutes and peel off the gel pad after use. ➡P.15
	Gel pad is not attached to skin firmly	Attach the gel pad to your skin firmly. ➡P.13
	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.20
	Adhesive surface of the gel pad is damaged	The gel pad is a consumable. Stop using it when the adhesive surface is damaged and purchase another gel pad. ➡P.9
	Muted by mistake	Muting can be canceled by pressing both of the "Strong" button and the power button simultaneously. ➡P.15
No sound	Muted by mistake	Muting can be canceled by pressing both of the "Strong" button and the power button simultaneously. ➡P.15

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Product specifications

Product name	EcClear Lean
Series model number	HCT-P01
Power source voltage	DC 5.0V ± 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. φ 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

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